

Outcomes For Today...

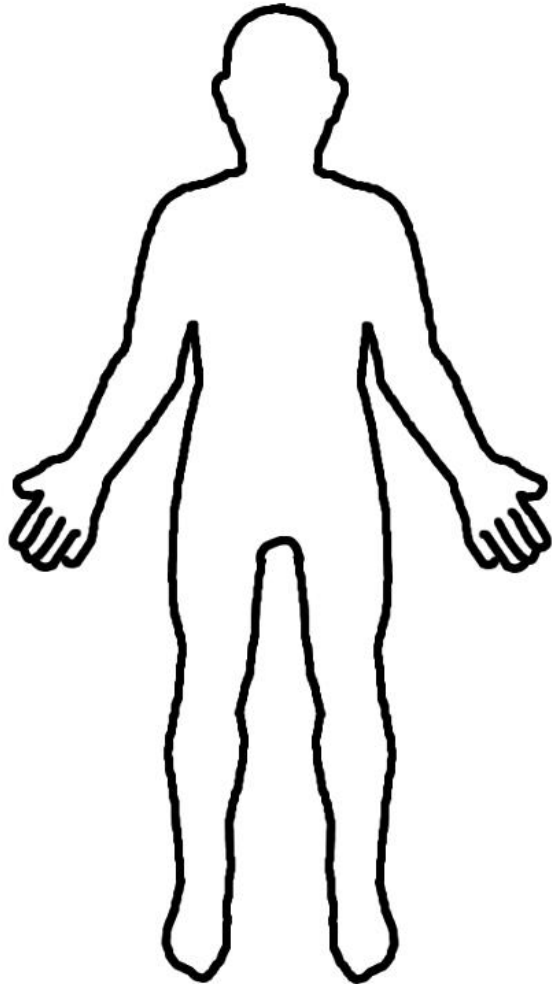
- Share challenges you face as a Parent Carer
- Explore ways to build your resilience and ability to deal with the day to day challenges you may face
- Time to reflect on and develop coping mechanisms
- Tools and strategies to develop your self expression skills and strengthen your ability to advocate for your child
- Time to think about yourself and how best to nourish your mental health



Introductions



What does it mean to be a Parent Carer?



- Heart
- Head
- Body

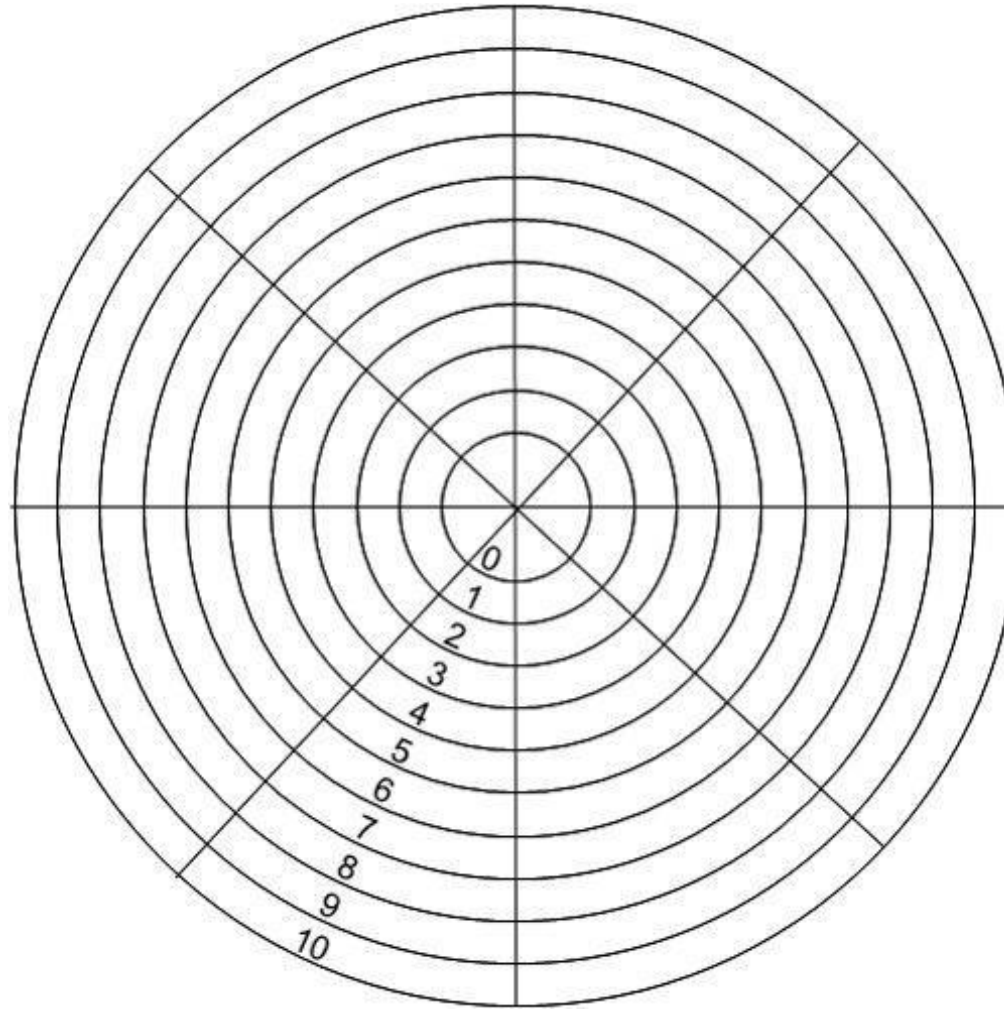


Group Share



Wheel of Life...

- Family
- Friends
- Health and wellbeing
- Finances
- Career
- Life Goals
- Personal Growth
- Fun and Recreation
- Romance
- Contribution to society
- Home/Physical Environment
- Personal Time
- Creativity



Find a **wheely** suitable partner!

- Find a partner from another group
- What are the commonalities and differences?
- If you have differences what makes your/their area more balanced?
- All change!



The Power Of One Small Change...



- What small practical change can you implement to improve one of your areas?
- Make a pledge to yourself. Make sure you give it a time reference to help you make the change!



Listen To Me...



Advocating For Your Child – Communication

- What situations have you been in where you have had to advocate for your child?



- What are your biggest strengths in these situations?
- What are your biggest weaknesses?
- What have the barriers been to effective communication? In you? Others?



- Write your communication/advocacy challenges on the washing line
- Pick and choose solutions for others challenges. Is it **you** changing?
Professionals changing? Systems changing?
- No solutions – can we find a way to share these and support each other?



Juggle



“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”



Five Minutes Peace...

Make Time v. Take Time



To Be Continued...

- Take a photo of the body boards – this is what it means to be a Parent Carer.
- Aim to update your wheels every 3 months. Remember to set time reference for measuring your success. Be proud of yourself when small changes happen.
- Have a read of the communication solutions. Can you implement one?
- In trays – off load your brain! Once a week, every day, once a month. You decide what works for you.

