

Are you a parent with children who care for an icare participant?

wecare
Caring for icare families

If so, chances are one or more of your children will be eligible for support from wecare.

Traumatic injury (and illness) affects the whole family, not just the individual. Each member will experience the changes in different ways and will need different support along the way.

What we do

The *wecare* **Children and Young People's Mentoring Program** is delivered by Carers NSW and turns the focus towards the siblings or children of the participant, providing them with individually tailored support to guide them through this time of trauma and life change. A Children and Young People's Mentor will work with the young person on a one-to-one basis, using a range

of age appropriate activities and exercises to gain an understanding of their particular needs, strengths and emotions. From here, the mentor will assist the young person to connect and achieve their personal goals.

Service delivery

Due to the current restrictions associated with COVID-19, the *wecare* program will currently be offering mentoring sessions through Skype, Zoom or telephone. When these restrictions are lifted, we will also be able to offer some sessions in person. This flexible approach to the delivery of our carer mentoring sessions is outlined on the referral form and carers can nominate their preferred service delivery option.

More information

For more information and to find out if your family is eligible, speak to your icare contact or the *wecare* team on wecare@carersnsw.org.au or 02 9280 4744 and ask to speak to someone from the *wecare* **Children and Young People's Mentoring Program**.

☎ 02 9280 4744
✉ wecare@carersnsw.org.au

 Carers NSW
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