



Production and Distribution of Training DVDs

Balance the Care

Explores the major issues of people who provide care for others (DVD and Users' Guide)

This DVD offers an excellent and honest insight into the lives of carers and the problems they face. Ideal for everyone who deals with carers, either health professionals or family and friends, to gain an understanding of the problems such as isolation, emotional stress, loss and grief, the importance of looking after yourself and building on strengths and skills.

Written and produced by [Fran Haarsma Productions](#) for Commonwealth Carer Respite Centre Southern Region.

"What a great idea! We feel we have made some new friends we can see and listen to, and never again feel we are on our own."

A carer, VIC

"Too often Nurses are unaware of the difficulties faced and this DVD provides a wonderful discussion base to highlight these problems."

TAFE Lecturer, VIC

Price:

\$100.00 General Usage

\$180.00 Training Usage*

(DVD and Users' Guide)

*Training usage price is for organisations such as TAFEs, Universities, RTOs, private training providers and VET in schools programs which will be using the DVD for training purposes.

****Special Offer:** If you are a carer, family member of a carer or member of a carer support group then contact us about the special price for this DVD that you may be eligible for.



Price

General - AUD\$100.00

Training - AUD\$180.00

Duration

32 mins

Topics covered

- I'm a person not just a carer
- looking after myself
- loss and grief
- everything changes
- ups and downs – emotional stress
- tough stuff
- sometimes I feel I'm on my own
- open up and talk about it
- using services – it can make a difference
- communication
- building on strengths and skills.

Resource Material for

(i) Community Services Training Package

Certificate II

- Community Services Work

Individual Client Support Certificate III

- Home and Community Care
- Aged Care
- Disability

For example, use for competencies:

CHCICS304A Work effectively with carers
CHCAC318A Work effectively with older people
CHCCS411A Work effectively in the community sector

(ii) Certificate IV in Health - Nursing

(iii) General practitioners and other health professionals

(iv) Carer support groups**

(v) Carers and family members**

More information

For more information on any of our DVDs please contact us

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