



## CARERS VICTORIA

## MEDIA RELEASE

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### MINISTER MEETS WITH CARER SUPPORT GROUPS

Carers who support family members with mental illness, disability, chronic illness and dementia had an opportunity on 19 July to meet the Australian Minister for Ageing, the Hon. Julie Bishop.

Minister Bishop came to the new Footscray premises of Carers Victoria. She met with many carers, including who care for adult children with mental illness and disability. These carers are ageing themselves and often worry about who will care for their son or daughter if they become ill or when they die.

Two of these carers have participated in Carers Victoria's Counselling Program. Judith Walker from Carers Victoria's Carer Resource Centre told the Minister how valuable it was for carers to have access to support and information to assist them in their caring role. Minister Bishop listened to a song written by the carers' music therapy group.

The Minister also met with members of the Men's Carer Support Group, a western region group that has been running for 5 years. Members of the group are able to meet and discuss issues around their caring role, to support each other and share ideas.

Martin from the Men's Carers Support Group told the Minister "It is good to come to the group because you realize that other blokes have problems too. Some have problems much worse than yours. We run the group ourselves. We sometimes go on outings and weekends away. It's a good way to have a break."

#### **For further information:**

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*Carers Victoria is the statewide voice for family carers,  
representing and providing support to carers in the community.*