

Becoming Carer Aware



A discussion guide

About the tool

This discussion guide complements Becoming Carer Aware, for National Carers Week 2025. It's a tool designed to deepen engagement with the key themes, encourage reflection and facilitate dialogue. By sharing perspectives our understanding and work with carers is strengthened.

How to use this guide

The questions below are a guide. They are intended to generate discussion in a group setting or for individual reflection. Please select what is appropriate for you. For more information, please visit www.carersvictoria.org.au Thank you for your interest and work with carers.

1. What is your key takeaway from the session?
2. What resonated most with you, and why?
3. What is something you learned which was surprising?
4. How did the content either consolidate or prompt you to change your thinking?
5. What is something you would share with a colleague?
6. How might you apply what you learned in your own work or with your team?
7. In what ways did the information presented reinforce your current practices?
8. What do you plan to do differently as a practitioner?
9. How can you work together with others in your team or across your organisation?
10. You may wish to consider a carer you have encountered in your workplace. Based on your learning and insights:
 - What might you do differently?
 - What additional services would you refer them to?



Care for a
CARER

This National Carers Week, show carers you care

carersvictoria.org.au/carersweek
#CareForACarer #NCW25

NATIONAL CARERS WEEK
12-18 OCTOBER 2025