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## **FURTHER READING**

**SECTION SEVEN**  
CARER SUPPORT GROUP  
FACILITATOR GUIDE



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## FURTHER READING

Peer support can take many forms – phone calls, text messaging, group meetings, home visits or going for walks together. Peer support groups create emotional, social and practical assistance.

### Peers for Progress

[www.peersforprogress.org](http://www.peersforprogress.org)



## AUSTRALIAN RESOURCES

### Amaze

An extensive literature review about peer support groups and a range of other resources on developing a peer support group.

### Directory to Autism Support Groups in Victoria

[www.carersvic.com.au/amaze-supportgroups](http://www.carersvic.com.au/amaze-supportgroups)

### Amaze Literature Review Best Practice in Peer Support

[www.carersvic.com.au/amazereview](http://www.carersvic.com.au/amazereview)



### Australian Charities and Not-for-profits Commission

The national regulator of charities provides information, advice and guidance of the requirements of for setting up, running and reporting on a registered group.

[www.acnc.gov.au](http://www.acnc.gov.au)



### Cancer Australia

An extensive resource developed to ensure support networks are accessible, well coordinated and sustainable.

### Cancer support groups: A guide for peer facilitators

[www.carersvic.com.au/peer-facilitators](http://www.carersvic.com.au/peer-facilitators)





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### **Carers Victoria**

Carers Victoria represents and provides support to Carers in Victoria including resources and training.

#### **Workshops for Carer Support Group Facilitators**

[www.carersvictoria.org.au/training-workshops](http://www.carersvictoria.org.au/training-workshops)



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### **Carers WA**

Funded by the Department of Social Services, Carers Western Australia developed resources for carers to develop skills and knowledge in providing support to carer peers.

#### **The Carer Peer Volunteer Training Workbook**

[www.carersvic.com.au/carerswa](http://www.carersvic.com.au/carerswa)



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### **Centre of Excellence in Peer Support in Mental Health (ARAFEMI)**

An extensive range of resources for mental health peer support.

[www.peersupportvic.org](http://www.peersupportvic.org)



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### **Certificate IV in Mental Health Peer Work**

This training is for facilitators who want to improve their knowledge and skills in peer support whilst obtaining a qualification at TAFE level which provides a pathway to a career working as a Peer Support Worker.

[www.carersvic.com.au/training](http://www.carersvic.com.au/training)



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### **Chronic Illness Alliance**

A peer support network for people who work in or have an interest in peer support which includes some useful resources.

[www.chronicillness.org.au/peer-support-network](http://www.chronicillness.org.au/peer-support-network)



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### **Connect Groups - Helping support groups and individuals**

A WA based organisation with self help and support group development resources. Clear guides including starting a group, how to attract and retain new members, managing conflict, ensuring successful meetings and keeping financial records.

#### **Self Help and Support Group Development Resources**

[www.carersvic.com.au/connectgroups](http://www.carersvic.com.au/connectgroups)

## Consumer Affairs Victoria

Details on registering and winding up an incorporated association and legal requirements for groups organising fundraising activities.

[www.consumer.vic.gov.au](http://www.consumer.vic.gov.au)



## Dementia Australia

Dementia Australia has developed a comprehensive guide to enhance the experience of leaders running a dementia carer support group.

### Best Practice Guidelines for Dementia Carer Support Group Leaders

[www.carersvic.com.au/dementia](http://www.carersvic.com.au/dementia)



## Department of Health and Human Services Victoria

This guide explains what peer support is and provides ideas about how to go about it. The guide is for both carers and families and for those with a disability.

### Peer Support Guide

[www.carersvic.com.au/dhhs-peersupport](http://www.carersvic.com.au/dhhs-peersupport)



## Funding Centre

There are common questions that you will be asked every time you write a grant application. Become more experienced at answering the questions. This is an extensive resource about grants and fundraising, including templates, planning tools, grant alerts and more.

[www.fundingcentre.com.au](http://www.fundingcentre.com.au)



## Genetic Support Network of Victoria

Comprehensive factsheets on peer support groups from starting a group to maintaining and growing a group.

[www.carersvic.com.au/gsnv](http://www.carersvic.com.au/gsnv)





### **Grow Mental Wellness Programs**

New online program which connects carers of those with mental health issues across rural and remote communities in Victoria via video conferencing.

[www.grow.org.au/egrowcarers](http://www.grow.org.au/egrowcarers)



### **Health Talk Australia**

A series of videos and profiles of carers talking about their experiences of becoming carers of a family member and of the benefits of peer support groups.

[www.carersvic.com.au/healthtalkaus](http://www.carersvic.com.au/healthtalkaus)



### **Peer Connect**

Developed by the National Disability Insurance Agency (NDIA). The extensive information about Peer Support Networks applies to all peer support groups, and includes Quick Guides for recruiting members to a peer support group, to how to deal with conflict, and more.

[www.peerconnect.org.au](http://www.peerconnect.org.au)



### **Peer Leaders Online Training (PLOT)**

Free self-directed training course providing a step-by step guide to setting up and running a peer support group. Developed by the Chronic Illness Alliance to build the capacity of an existing group or train a new peer support group facilitator.

[www.peerleadersonlinetraining.net](http://www.peerleadersonlinetraining.net)



### **Peer Projects Self Help Addiction Resource Centre (SHARC)**

SHARC is an organisation which focuses on building peer support initiatives and providing peer worker training and resource development. The organisation advocates for peer support for people and families impacted by drug and alcohol misuse.

[www.sharc.org.au/peer-support](http://www.sharc.org.au/peer-support)



### **Peer Support Australia**

This resource provides schools with professional development, support and guidance to address school wellbeing and ways to implement programs for peer support within schools.

[www.peersupport.edu.au](http://www.peersupport.edu.au)

## Peer Zone

This resource focuses on mental health and supporting mental health through peer support.

General resources include research about peer support.

[www.peerzone.info](http://www.peerzone.info)



## ProBono – Top 10 Tips for Grant Writing

Attention to detail is the key to drumming up financial support for a not-for-profit project, according to WA grants consultant Tammy King who offers her top ten tips for grant writing.

[www.carersvic.com.au/probonoaus](http://www.carersvic.com.au/probonoaus)



## Purple Orange

Comprehensive paper on the theory plus benefits of peer support groups for people with a disability and for their families and carers.

**Why Peer Support is Awesome: How Communities of Practice and Communities of Interest are helping people living with disability lead a good life**

[www.carersvic.com.au/purpleorange](http://www.carersvic.com.au/purpleorange)



## Regional Development Australian

Based in and focussed on Tasmania this resource is a useful quick guide to grant writing.

## Grant Writing Tips

[www.carersvic.com.au/rdatasmania](http://www.carersvic.com.au/rdatasmania)



## INTERNATIONAL RESOURCES



### **Bruce Tuckerman's Forming, Storming, Norming and Performing Team Development Model**

A team development model which looks at phases that groups of people tend to go through as they come together and work together.

[www.carersvic.com.au/extensionaus](http://www.carersvic.com.au/extensionaus)



### **Centre for Addiction & Mental Health (CAMH), Ontario**

#### **Best Practices in Peer Support**

Looks at the principles of peer support with recommendations for quality outcomes for peer support groups. Helpful definitions, good governance principles and leadership framework.

[www.carersvic.com.au/eenetbp](http://www.carersvic.com.au/eenetbp)



#### **What are the core elements of peer support programs?**

Looks at the core components of peer support programs across a range of health conditions.

[www.carersvic.com.au/eenet](http://www.carersvic.com.au/eenet)



### **Canadian Mental Health Association**

A guide for parent facilitators in providing peer support and mutual aid to other parents. With helpful tips on setting up and developing a peer support group.

#### **Parent Peer Support Guide - For Parents of Children or Youth with Mental Health Problems**

[www.carersvic.com.au/cmha](http://www.carersvic.com.au/cmha)



### **Community Tool Box**

Great range of descriptions, examples, checklists and tools for creating and facilitating a peer support group.

#### **Creating and Facilitating Peer Support Groups**

[www.carersvic.com.au/ctb](http://www.carersvic.com.au/ctb)



## Department of Behavioural Health and Intellectual Disability Services - Philadelphia

Toolkit for professionals designed to support behavioural health treatment agencies with the process of integrating peer providers into their professional service setting. With a brief history of peer support and guidance on working with peer support staff.

### Peer Support Toolkit

[www.carersvic.com.au/dbhids](http://www.carersvic.com.au/dbhids)



## Holland Bloorview Kids Rehabilitation Hospital, Ontario, Canada

Developed as a resource for individuals developing and offering peer support programs for families of children with medical complexity and other lifelong disabilities. Includes a good range of models and recommendations and resources to get you started. Covers common challenges and barriers, how to evaluate how successful your group is and academic reviews.

### Peer Support Best Practice Toolkit

[www.carersvic.com.au/hollandbloorview\\_pdf](http://www.carersvic.com.au/hollandbloorview_pdf)



## Intentional Peer Support (ISP)

ISP is a structured and organisational model and this resource also includes some practical tools for peer facilitators, such as indicators of when a group is going well.

[www.intentionalpeersupport.org](http://www.intentionalpeersupport.org)



## Mental Health America's Centre for Peer Support

Description of what a Peer Support Group is and the benefits. Explores topics such as Facilitator Functions (Role), Facilitator Skills, Self-Care, Listening Skills, Reflection, Disruptive Members and Meeting Preparation.

### Support Group Facilitation Guide

[www.carersvic.com.au/mentalhealthamerica](http://www.carersvic.com.au/mentalhealthamerica)





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### **Peers For Progress Peer Support Around the World**

An international network set up to demonstrate the value of peer support, extend the evidence base and to promote best practices in peer support. With a focus on health and diabetes the resources and information are valuable for all peer support groups.

[www.peersforprogress.org](http://www.peersforprogress.org)



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### **Clear breakdown of common support models**

[www.carersvic.com.au/peersupport-models](http://www.carersvic.com.au/peersupport-models)



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### **Peers For Progress Program Development Guide**

Complete guidelines from establishing to growing a comprehensive peer support program.

[www.carersvic.com.au/peersforprogress](http://www.carersvic.com.au/peersforprogress)



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### **Global Evidence for Peer Support: Humanizing Health Care**

A report featuring the evidence of major research funded by Peers for Progress plus extensive findings from collaborators and others worldwide.

[www.carersvic.com.au/peersupport-global](http://www.carersvic.com.au/peersupport-global)



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### **Pulmonary Fibrosis Foundation**

Written by support group leaders, this guide provides an overview of support group basics, meeting fundamentals, and potential meeting topics.

### **Support Group Leader Guide - We imagine a world without pulmonary fibrosis**

[www.carersvic.com.au/pulmonaryfibrosis](http://www.carersvic.com.au/pulmonaryfibrosis)

## The TLC Foundation for Body-Focused Repetitive Behaviours

Developed by and for people with Body-Focused Repetitive Behaviours the essential information on peer support groups is still very useful for carer support groups.

### Starting and Maintaining a Support Group

[www.carersvic.com.au/bfrb](http://www.carersvic.com.au/bfrb)

## Self-Help Resource Centre

### Peer Support Facilitator Guide

A very good general resource on peer support and facilitating a group. Includes advice on self-care.

[www.carersvic.com.au/selfhelp](http://www.carersvic.com.au/selfhelp)

## U.S. Department of Veterans Affairs

Developed by the US Department of Veterans Affairs, useful facilitation tips for all peer support groups.

### Peer Support Group Facilitation Skills: Dealing with Challenges in Groups

[www.carersvic.com.au/mirecc](http://www.carersvic.com.au/mirecc)



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