

Connecting Carers in their Community 2024 Application Form – Sample Responses

This resource provides example responses to selected questions on the Application Form for projects relating to Carer Group / Social Activities (Dandelion Support Group for ABI carers) and Work (Carer Work Readiness Program).

Carer Group / Social Activity Example

Page 4: Your Project Details

Tell us what you are planning

Question: Project name	Dandelion Support Group
Question: Total amount requested	\$15,000
Question: Project description	
We are planning to create a carer support group for carers who support someone with an Acquired Brain Injury (ABI). The support group will be a space where carers can connect with each other, have some down time for themselves and learn how to practise self-care. These activities will reduce social isolation, give carers a regular event they can look forward to and an opportunity to learn about self-care to support them in their daily life.	
Question: What best describes your planned activities?	
Select from:	
<input type="checkbox"/> Social activities <input type="checkbox"/> Setting up a new Carer Group	



Page 5: A description of Your Planned Activities

Tell us about why you want this grant

Question: Which of the grant objectives relate to your planned activities? At least one choice and up to three. See pg. 3 of Grant Guidelines

- Opportunities for carers to connect and receive support within their local community
- Supporting Carer Support Groups, peer-support groups, and yarning circles (new and existing)
- Connecting carers in regional and remote Victoria to their local carer networks and supports

Question: Why is your project important? (no more than 200 words)

There are a limited number of support groups for carers who support someone with an ABI in the Loddon-Mallee which is a significantly disadvantaged area. ABI carers typically experience isolation and have few people in their circle who understand their challenges. Depending on the severity of the person with an ABI, carers also have little or no time for experiences which create a sense of wellbeing, i.e. enjoyment and social interaction. For these reasons, it is essential for this carer cohort to have a group where they feel a sense of belonging and where their carer experience is genuinely understood. The concept of self-care is also important in helping this cohort to maintain wellbeing on a day-to-day basis and for the longevity of their caring role.

Question: How will the planned activities **benefit** carers or Carer Groups? (no more than 200 words)

The planned activities of the carer support group will:

- Enhance social connectedness within the ABI carer community in the Loddon-Mallee region, combating social isolation and poor mental health
- Create information sharing about community supports and resources
- Enable carers to explore new activities and hobbies, at no cost
- Enable carers to showcase and share existing skills with the group
- Enable carers an opportunity for mutual emotional support



Question: How will the planned activities improve carer wellbeing?
(no more than 200 words)

The planned activities of the carer support group will improve carer wellbeing by:

- Providing a safe and confidential space where they can share their feelings and challenges without judgement
- Providing them with a mental and physical break from caring responsibilities
- Reducing social isolation by mixing with other carers
- Giving carers something to look forward to in their day to day lives
- Providing an opportunity to learn a new and enjoyable skill or develop a hobby
- Providing an opportunity to teach others a skill, enhancing self esteem
- An opportunity to form mutually beneficial friendships in their local community
- An opportunity to learn about and practise self-care

Question: Describe in detail your **planned activities** for this grant. This forms the basis of your activity plan. Please be as specific and detailed as possible.
(no more than 500 words)

We plan to hold meetings every 3 weeks for a period of 6 months in which the following activities will occur. There will be 8 meetings in total and each session will be 2.5 hours in length including morning tea/catering. Two facilitators will be present at each meeting.

- 1 x meet and greet session [getting to know group members, experiences, desired outcomes for the group, guest speaker from Carers Victoria on supports for carers].
- 2 x art sessions
- 1 x music session
- 1 x 'Showcase your skill' session
- 1 x excursion to Melbourne Aquarium including lunch
- 1 x session on self-care [low cost, realistic, effective strategies]
- 1 x End of group celebration and launch of an online Facebook group for continued connection



Employment Example

Page 4: Your Project Details

Tell us what you are planning

Question: Project name	Carers Work Readiness Program
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Question: Total amount requested	\$20,000
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Our project aims to provide employment-related support to unpaid carers in our community. It will include 1:1 employment mentoring, local referrals to training and employment opportunities, and resume building workshops. These activities will empower carers with the skills, knowledge, and confidence needed to re-enter the workforce or change their career path, thereby improving their financial independence and personal well-being.

Question: What best describes your planned activities?

Select from:

- Work readiness/employment activities
- Activities designed to support carers' goals

Page 5: A description of Your Planned Activities

Tell us about why you want this grant

Question: Which of the grant objectives relate to your planned activities?

At least one choice and up to three. See pg. 3 of Grant Guidelines

- Opportunities for carers to advance their personal goals, especially in the area of work-readiness and supporting carers to seek, advance or change employment
- Connecting carers in regional and remote Victoria to their local carer networks and supports



Question: Why is your project important? (no more than 200 words)

Through consultations and surveys with local carer groups, we identified that many carers face significant challenges when seeking employment due to gaps in their work history, lack of confidence, and limited access to training resources. These barriers are particularly pronounced among regional and remote carers, Aboriginal and Torres Strait Islander carers, and carers from multicultural backgrounds.

Question: How will the planned activities **benefit** carers or Carer Groups? (no more than 200 words)

By providing tailored employment support, our program will help carers achieve greater financial security and personal fulfillment. This, in turn, will reduce stress and improve overall mental health and well-being. Regular workshops and mentoring sessions will also offer social interaction opportunities, reducing feelings of isolation.

Question: How will the planned activities improve carer wellbeing? (no more than 200 words)

Enhanced employment opportunities and skills training will empower carers to balance their caring responsibilities with their career aspirations. By improving their employment prospects, carers can achieve a better quality of life, making their caring role more sustainable in the long term.

Question: Describe in detail your **planned activities** for this grant. This forms the basis of your activity plan. Please be as specific and detailed as possible. (no more than 500 words)



Implementation

We will implement this project through a combination of in-person (x 2) and online (x 4) sessions to ensure accessibility for all carers, including those in regional and remote areas.

The program will be managed by a project officer who will oversee the delivery of workshops, mentoring sessions, and referral services. Partnerships with local training providers and employment agencies will be established to facilitate referrals and support.

Promotion

Promotion will be carried out through social media, local community centers, healthcare providers, and carer support networks. We will also use flyers and brochures distributed in key community locations and through our network of partner organizations.

Resources and/or equipment

The grant funds will be used to cover wages for the project officer, costs for promotional materials, venue hire for workshops, online platform subscriptions for virtual sessions, and guest speaker fees.

