
FURTHER READING

SECTION SEVEN
CARER SUPPORT GROUP
FACILITATOR GUIDE

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For More Information

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

<https://peersforprogress.org>



Scan for website

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

<https://www.amaze.org.au/support/support-groups/>



Scan for website

Amaze Literature Review Best Practice in Peer Support

<https://www.amaze.org.au/wp-content/uploads/2019/07/Final-Amaze-peer-support-literature-review-April-2018.pdf>



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Australian Charities and Not-For-Profits Commission

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

<https://www.acnc.gov.au/>



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Cancer Australia

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

Cancer Support Groups: A Guide To Setting Up Peer Facilitated Supports

https://cancerwa.asn.au/assets/public/2022/07/peer_supports1_504af01f596c3.pdf



Carers Victoria

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

Workshops for Carer Support Group Facilitators

<https://www.carersvic.com.au/calendar>

Or search for “Carer Support Group Facilitator training” on the Carer Victoria website at:

<https://www.carersvictoria.org.au/how-can-we-help-you/connect/carers-support-groups>



Centre of Excellence in Peer Support | Mental Health (ARAFEMI)

An extensive range of resources for mental health peer support.

<https://www.peersupportvic.org/>



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.

<https://connectgroups.org.au/wp-content/uploads/2021/10/Best-Practice-Standards.pdf>



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



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Funding Centre

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

<https://www.fundingcentre.com.au/>



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Genetic Support Network of Victoria

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

<https://www.gsnv.org.au/community-professionals/support-groups/resources-for-support-groups/>



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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.

<https://www.healthtalkaustralia.org/carers/carers-experiences-of-support-groups-support-workers-and-respite-care/>



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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.

<https://www.peerconnect.org.au/accessible-resources/>



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Peer Projects Self Help Addiction Resource Centre (SHARC)

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

<https://www.sharc.org.au/sharc-programs/family-drug-gambling-help/>



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.

<https://peersupport.edu.au/>



Peer Zone

This resource focuses on mental health and supporting mental health through peer support. It also provides resources for peer support workers.

General resources include research about peer support.

<https://www.peerzone.org/>



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.

<https://probonoaustralia.com.au/news/2012/11/top-10-tips-for-grant-writing/>



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

<https://purpleorange.org.au/what-we-do/library-our-work/why-peer-support-awesome>



Regional Development Australian

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

Grant Writing Tips

<https://rdatasmania.org.au/grants-documents>



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.

<https://www.skillsyouneed.com/ips/group-life-cycle.html>



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.

Peer Support Guide - For Parents of Children or Youth With Mental Health Problems

<https://bc.cmha.ca/wp-content/uploads/2016/07/ParentPeerSupportGuide.pdf>



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

<https://dbhids.org/about/organization/planning-innovation/peer-culture-and-community-inclusion-unit/peer-support-toolkit/>



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

<https://hollandbloorview.ca/research-education/knowledge-translation-products/peer-support-best-practice-toolkit>



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.

<https://intentionalpeersupport.org/>



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.

<https://peersforprogress.org/>



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.

<https://www.prnewswire.com/news-releases/global-evidence-for-peer-support-humanizing-health-care-275284461.html>



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

https://www.pulmonaryfibrosis.org/docs/default-source/programs/sgl-guide-4-21-2022.pdf?sfvrsn=d948f0b3_3



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