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SUNBURY

## Carers to show how it is done

SUNBURY Community Health Centre will host an expo next Wednesday aimed at providing information and forms of potential support for carers.

The expo, at Sunbury Senior Citizen Centre, follows a successful inaugural event last year.

Health and wellbeing manager Jo Howard said agencies such as MS Victoria, Ambulance Victoria, Hume Council, Royal District Health Service and Western Region Mental Health will be on hand.

"Last year's expo struck a chord with a lot of the peoples ... as the sector can be a big maze and many people expressed to us they had no idea what support was available," she said.

Ms Howard said having other full-time care givers in the same place showed people they are not alone.

Sunbury man Chris Judd has been caring for his wife Kerry, 68, for 16 years.

"She gets confused and can't function from time to time and I have to call the ambulance," he said.

Mr Judd works full-time to keep the house functioning, while ensuring his wife is keeping up with medication, which includes diabetes-related injections.

He said carer support groups play an important function for him as it was an opportunity to "bounce off ideas".

"It doesn't matter how bad things might seem, there are always those doing it even harder," he said.

The expo is from 2-4pm next Wednesday.

Details: [9744 4455](tel:97444455)

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