

Caring and Wellness: Keeping it Balanced and Yourself Together

Presenters: Lionel Evans (Lead Presenter); John Dekkers

Intended Audience: Self-Advocates, Direct Support Workers, Carers, Families, Service Providers, Community Members

Session Description

A report into Carers titled, *The Wellbeing of Australians: Carer Health and Wellbeing (2007)* headed by Professor Robert Cummins found that the Wellbeing scores for carers were particularly low. The research measured how satisfied Australians are with their lives and investigated levels of satisfaction with economic, environmental and social conditions in Australia, as well as giving ongoing insights into our perceptions of individual wellbeing. The report found that there was a significant gap in the Wellbeing scores of Carers when compared to the rest of the population.

This current paper is based on PhD research by Evans (2008). The research investigated in part, issues experienced by family members who share their lives with loved ones with a diagnosis of Asperger's Syndrome. The research considered aspects such as: the current way carer's view and form their own sense of self identity; their role as a carer and how to incorporate the six capacities of Wellness into people's daily life. The research results were used to develop a model that provides ways to encourage more positive experiences into life.