Ovarian Cancer Australia Webinar

‘About Us’
Supporting the health and wellbeing of carers and the person they are caring for.
Ovarian Cancer Australia

Webinar Presenters

Sarah was diagnosed with ovarian cancer, Stage 3C in September 2015 aged 47. Following a hysterectomy and debulking surgery she had six sessions of chemotherapy. Her Mum, Jackie, with whom she has always been close has been a great support to her throughout treatment and since the recurrence of her cancer in November last year. They both enjoy books, art, music, movies and spending time with friends and family. One of the positive things to come out of Sarah’s diagnosis has been all the time they have spent together.

Jennifer Daddow has extensive experience as a health and community adult educator, community development worker and project co-ordinator. She has worked with a range of diverse groups in the community, welfare and health sectors. Jennifer joined the Education and Training team at Carers Victoria in 2008. In that role she enjoys educational opportunities to improve carer health and wellbeing, facilitating workshops for carers and service providers. Jennifer has a Masters’ Degree in Health, and is a qualified workplace trainer and assessor.
Caring for the Carer

Jennifer Daddow
Carers Victoria
Who are carers?
Who are carers?
Who are carers?

Two carer stories...
Mai and Quyen
What themes can we draw from these stories, and research conducted in Australia and others countries?
Carer themes
Carer theme one

Carers can develop their own health and wellbeing issues
Carer theme two

Carers often feel deep guilt and grief
Carer theme three

Carers often feel invisible
What are the clues to look for?
Taking action

Ensure you have regular breaks to recharge your battery.
Taking action

Keep up to date with your own health checks
Taking action

Find support for your own emotional ups and downs
Taking action

1800 242 636
The best possible outcome for everyone
Jennifer Daddow
Education Services
education@carersvictoria.org.au
1800 242 636

www.carersvictoria.org.au
Ovarian Cancer Australia Connect

Ovarian Cancer Australia has now launched a place where you can connect with other women with an ovarian cancer diagnosis to seek support, advice and information.

Go to our website (www.ovariancancer.net.au) and follow the links to view the forum and join the community.
Ovarian Cancer Australia

www.ovariancancer.net.au

OCA Support and Information Line

1300660334