

What is the Carer Coaching Program?

EDV Carer Coaching is a structured eight week program designed to get families off to a good start in supporting their young person's recovery from a restrictive eating disorder. The program is delivered by one of EDV's experienced Carer Coaches.

What is a Carer Coach?

Our Carer Coaches have lived experience of supporting their young person through to recovery from an eating disorder. They also bring a wealth of collective experience from their ongoing peer support work with other families. They are not clinicians, but they bring the expertise and skills they have gained throughout their own journey, to support your family.

How can the program help families?

Families will feel empowered by gaining knowledge about eating disorders and learning actions they can take to support recovery, prior to beginning formal clinical treatment.

How does the program work?

Participants attend up to eight weekly online sessions prior to commencing treatment with their specialist clinical team. These sessions will run for 60 minutes and carers will leave feeling more empowered and confident.

Eligibility

- The person with the eating disorder must be under the care of a GP or pediatrician.
- You are the carer/s of a young person (under 19) who is experiencing a restrictive eating disorder.
- The young person with the eating disorder is on a wait list for formal treatment.
- You are able to commit to weekly sessions (up to 8) until formal treatment commences. You are a Victorian resident.

Participant feedback:

"It is true support from someone who has been in your shoes. I have been so impressed with the level of understanding, care and knowledge I have gained by doing these sessions."



"The carer coaching has been an invaluable tool in navigating a daunting and overwhelming circumstance that a parent finds themselves in."

Get involved

Learn more:

www.eatingdisorders.org.au/find-support/edv-carer-coaching-program/

More information can also be accessed through speaking to the EDV Hub on 1300 550 236.