



Age Well Stay Connected (Brisbane) Event 31/3/25

World Café Conversation on Carers and Social Connections

Key Themes	Participant Examples
Accessible and Coordinated Support	<ul style="list-style-type: none"> • Face-to-face and phone outreach • Clear and accessible information • Broad support systems not reliant on a single person • Pre-planning for contingencies to improve social connection.
Awareness and Outreach	<ul style="list-style-type: none"> • Expand awareness to raise understanding of carers' needs • Increase knowledge in schools, workplaces, and community centres, and provide flexible work arrangements and support • Focus programs and resources on carers supporting people with high needs to ensure equitable access
Barriers to Connection	<ul style="list-style-type: none"> • Limited respite and support for carers • Fragmented services and complex government systems • Rural or remote isolation • Burnout among carers and professional
Belonging, Identity and Wellbeing	<ul style="list-style-type: none"> • Social connection helps carers maintain purpose, identity, and a sense of self beyond their caring role • Connections with family, peers, and community, online or in person, enhance carers' belonging, wellbeing, and sense of value • When connections match carers' interests and values, it further strengthens enjoyment and overall wellbeing.
Education, Support & Advocacy	<ul style="list-style-type: none"> • Access to services and programs, such as Carers Queensland and local community resources is essential. • Pre-planning (Ensuring Powers of Attorney, Wills) and respite support help prevent burnout and promote independence.

Ideas generated to inform future initiatives and collaboration included:

- **Expand Accessible Social Connections:** Provide carers with both online and in-person opportunities to connect, fostering purpose, identity, and mental wellbeing.
- **Improve Awareness and Information Access:** Ensure carers have clear, easy-to-access information about services, support networks, and respite options.
- **Strengthen Community and Workplace Support:** Develop targeted outreach, carer awareness programs, and flexible workplace policies to reduce isolation and burnout