

Frequently asked questions

Where are *LifeMoves* group programmes held?

All programmes are held in community venues with disabled access.

When is the next programme?

When we have minimum numbers. Call to find out the next dates.

Can I bring my carer?

Not into the room. Please call to discuss.

What if I have issues with getting to the toilet?

Please call to hear what some of us have done in the past.

Will there be food?

Morning tea or afternoon tea will be provided.

How do I get there?

There is ample parking and tram and train in walking distance. The venue has disabled access and facilities.

How many people per session?

6 -12.

Will I cope with 2.5 hours?

We cater for fatigue and concentration issues.

How do I find out more?

Speak to:

- Peers Inspiring Peers on:
Phone/fax: (03) 9376 6669
PO Box 279, Fairfield VIC 3078
info@peersinspiringpeers.org.au
www.peersinspiringpeers.org.au

Donations of \$2 or more are tax deductible.

peers inspiring peers

Delivering the LifeMoves programme

Structured peer support that empowers people with acquired neurological conditions

Talking with someone who has been through a similar experience may make all the difference.



Empowering

Supporting

Partnering

Who are we?

LifeMoves provides trained volunteers - *people who have been through a neurological illness and know how hard recovery can be.*

LifeMoves has been a service of the Royal Melbourne Hospital, Royal Park Campus from 2002-2009. Now delivered by the not-for-profit organisation Peers Inspiring Peers, LifeMoves is expanding to reach more people across a wider geographical area.



You are unique but not alone

What people have said

“During LifeMoves, I found my community and a sense of adding value and contributing. I felt normal again and so found my confidence.”

“We shared our difficulties and we contributed our suggestions to help find solutions. LifeMoves is one of those programmes where there is no right and there is no wrong. For those of us who chose not to talk, we listened.”

“I didn’t believe anything could make a difference to me. I would never dare to say I could imagine what they felt like, but many of the emotions we were experiencing were very similar.”

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Delivering the LifeMoves programme

LifeMoves group programmes

- Weekly sessions 10.00am -12.30pm or 1.00pm-3.30pm over 8 weeks.
- Group members decide the issues to discuss and select guest speakers.
- All participants have neurological conditions.
- Participants support each other, listen and share strategies.



Topics have included:

- Fatigue
- Communication with family and friends
- Loss and grief
- Incontinence
- Returning to work