



PEER SUPPORT PROGRAM



**CYSTIC
FIBROSIS**
Community Care



What is peer support?

Cystic Fibrosis Community Care's Peer Support Program provides opportunities for people with cystic fibrosis (CF), their family members and carers to connect with and support others who have a lived experience of CF.

Our peer support volunteers include people who have CF, parents of someone who has CF, and the partner of someone who has CF.

Connecting with, and being supported by others in the community can help you make sense of your experiences, feel less isolated and more connected. It can also support you in coming to terms with changes in your life.

Some of the types of assistance given by peer supporters include:

- talking about their personal and family experiences associated with CF
- exploring and talking through solutions
- finding and giving information
- providing referrals to other sources of help in the community.



How to access one-on-one peer support

01

Get in contact with the Programs and Support Services team on

(03) 9686 1811 or email programs@cfcc.org.au.



02

Provide details about what kind of support you need or the type of person you'd like to connect with

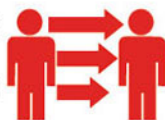
(for example, the parent of a child just starting school, or someone who has had a double lung transplant recently).



03

We find a suitable match - we can either match you with someone who lives locally, or with someone who

has a similar experience to you (for example, someone who has a young child with CF, is an adult with CF starting a family, or is a grandparent of a newly diagnosed child).



Peer support volunteers are available to chat with anyone wanting support around CF issues - including people with CF, family members or friends.

How to become a peer supporter

1
STEP

To become a peer supporter, contact us on (03) 9686 1811 or email programs@cfcc.org.au.

2
STEP

Provide details on what capacity you would like to provide support, such as your connection to CF and experience, what you are happy to share with others, and whether you prefer a phone call or if you are happy to connect online.

3
STEP

We will provide training and support for you to have these conversations.

4
STEP

We will identify a suitable match for you, based on the needs of the person seeking support, and facilitate the introduction.

Volunteers do not have to continue providing support and you can stop at any time.



You can connect with our peer support volunteers in a number of different ways.

Support over the phone



This is a great way for people with CF to connect with each other without the risk of cross-infection. It's as simple as exchanging details and working out the best time to connect with one another. Find what works for both of you.



Connecting online

We can help you to connect online (email, skype or zoom). This allows that face-to-face interaction, but in the comfort of your own home. We also run a closed Facebook group for women with CF aged 17 and over called '**Sister5roses**' www.facebook.com/groups/599600560379574.



Face-to-face peer support

We provide a range of face-to-face support events such as dinners, afternoon teas and online chat sessions, which allow you to connect with others from the CF community in different environments.

More information about our support events can be found at www.cfcc.org.au

Peer support volunteers do not offer medical advice. They simply provide people with similar lived experiences the opportunity to connect with one another in an informal way.

If you are interested in peer support or other programs and services available through Cystic Fibrosis Community Care, please contact us on:

Phone: (03) 9686 1811 or (02) 8732 5700

Email: programs@cfcc.org.au

Website: www.cfcc.org.au



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