



Connecting Carers

Quarterly newsletter
Spring 2011

Dear Carers and Families,

Welcome to the spring edition of the CRCC Newsletter.

Are you looking for information to assist you with your caring role?
There are a number of carer education events being held over the next three months that could assist you such as learning about self care; dementia; nutrition and health and legal issues to name a few (read more on page 3 and 4).

Do you need help with planning your future?
Find out about the importance of planning ahead and how to protect your interests at the healthy ageing talks in Marrickville (more information on page 6).

Are you in need of a break to recharge your batteries?
Call us for respite to organise your planned break or why not put a spring in your step and join us for the Carers Week celebrations on Thursday 20th October at Anzac Mall, Campsie. The Mental Health Month, Well Being celebration is also on again this year: Thursday 13th October at the Campsie Uniting Church (all details on page 2).

In this edition of the newsletter we have also included a survey form in which we would appreciate your time to tell us what you think of our newsletter and how we can make it better. Your opinion is important so please mail back your survey form in the self addressed envelope provided.

We hope that you will enjoy reading this newsletter and the many activities, information and support available to you.

Best wishes for the spring season from,

*Management and Staff of Inner West Commonwealth Respite
and Carelink Centre.*



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Community events, information and training



Ethnic People with Disabilities Programme (EPDP) would like to invite you to join the ARTS GROUPS FOR CARERS

Learn how to make key holders, candles, book marks, Christmas cards and more!

For Further Information, please contact Nelly or Luciana
Phone: 02 9569 1288

Dates: September 15
September 29
October 13
November 3
November 16
December 1

Time: 10:00—12:30

Venue: Ethnic Child Care, Family and Community Services Cooperative, Building 3, 142 Addison Road, Marrickville, NSW

RSVP: 02 9569 1288 or iwmap@eccfcsc.org

Limited Seats !

Celebration Days

1-30 September- Prostate Cancer Awareness Month

1-30 September- Heart Foundation Doornock Appeal

4 September- Fathers Day

12-18 September- World Alzheimer's Day

1 October-International Day of Older Persons

1-31 October-Mental Health Month

4-11 October- National Amputee Awareness Week

17-23 October- Carers Week

Wellbeing : Invest in your life **Mental Health Month Celebration**

Scheduled Thursday `13th October (To Be Confirmed)
Time: 10am-2pm

Where: Campsie Uniting Church, 36 Evaline St Campsie

Guest Speakers, entertainment by the "Coffee Coloured Characters", and refreshments

For more info contact John Evernden: 9789 9432

Carers Day Out- Free Event

Info stalls, live performances and entertainment, free hand massage, gentle exercise, Tai Chi, free goodies.

When: Thursday 20th October

Where: Anzac Mall, Beamish St Campsie

Time: 10am-3pm

**For more info contact City of Canterbury Council on
9789 9594**

FREE SEMINAR

Alzheimer's and You?

Prevention and Treatment of Dementia

Presented by Professor Henry Brodaty AO

Director of the Primary Dementia Collaborative Research Centre at the University of New South
Wales Sydney

And Professor Nicola Lautenschlager, Professor of Psychiatry University of Melbourne

Date: Wednesday 21st September 2011

Time: 6pm- 7.30pm

Place: Wesley Conference Centre, 220 Pitt Street Sydney (between Market and Park Streets)

Enquires and RSVP: email dcrc@unsw.edu.au

Telephone: 9385 2585 or 9385 2702

Caring for Carers

A series of 6 Free Information Forums at Concord Hospital

10.30am- 12pm in Conference Room 1 on Wednesdays

7th September- Legal issues presented by Solicitor from the Aged-Care Rights Service

Dementia and support services presented by the Inner West Dementia Advisory Service

21st September- Aged Care Facilities and Community Resources presented by a Social Worker

Wellbeing and Relaxation presented by a Psychologist

5th October- Self Care Tasks presented by an Occupational Therapist

Ergonomics and Caring presented by a Physiotherapist

26th October- Feeding and Swallowing presented by a Speech Pathologist

Healthy Eating presenting by a Dietician

9th November- Healthy Feet presented by a Podiatrist

Oral Care presented by a Dentist from the Sydney Dental Hospital

30th November- Medications presented by a Pharmacist

Seeing your GP presented by the Central Sydney GP Network

Morning Tea provided

For enquires and RSVPs contact Lisa on 9767 6680 or Lisa.Yip@sswahs.nsw.gov.au

Well Ways, Helping families and friends find better ways

Aim: The Well Ways Program is designed to increase the capacity of families, carers and friends to care effectively for themselves, other family members and their relative living with mental illness. The program provides a broad and sensitive perspective to the many issues facing families as they manage the impact of mental illness on their lives.

Duration: Eight, three-hour weekly group sessions plus four followup workshops over 12 months.

Starts: Monday 26th September 2011

Times: 6pm-9pm

Bookings Essential,

For further information or to book contact Carer Assist Belmore on (02) 9750 9744

Carer Assist Program Talks

Location: Belmore

Assisting with the NSW Mental Health Act. When: Wednesday 28th September 2011

Time: 9.30am-12.30pm

Assisting with Difficult Times and Emotions, When: Wednesday 26th October 2011,

Time: 9.30-12.30pm

Assisting with caring for yourself, When: Wednesday 23rd November 2011,

Time: 9.30- 12.30pm

This program is free of charge, bookings are essential. For further information or to book a place contact Carer Assist Belmore: (02) 9750 9744

Public Health Panel

Health in the Korean Community

Please join us for this special Public Health Panel relating to the Korean Community. All presenters are Korean speaking and the focus will be around Hepatitis and Gastric Cancer.

When: 6.30pm, Monday 24th October 2011

Where: Concord Hospital's Clinical Science Building Hospital Road Concord West

Bookings: This is a free event but bookings are essential. Reserve your place on 9911 6589 or for a Korean speaking worker call 9718 9589 by Monday 17th October.

Multicultural Respite Services (MRS)

Over the 32 years since inception, the Ethnic Child Care, Family and Community Services Co-operative Ltd (ECCFCSC) has addressed access and equity issues through provision of appropriate services for Culturally and Linguistically Diverse (CALD) people which has influenced its information base for policy and planning.

The Multicultural Respite Services (MRS) program of ECCFCSC, has been operating over 27 years. Over the years the MRS has contributed significantly in terms of its flexible service delivery model, innovation and above all providing a most needed service to the CALD people with disabilities and their carers.

MRS provides respite options to the carers of people with disabilities. This is achieved through a variety of community access recreational and social activities provided to support children, young people and adults with mild, moderate and severe intellectual and/or physical disabilities.

The recreational activities provided by MRS are planned in consultation with the participants and their families and are designed to give the participants a range of experiences as well as opportunities for community access, social interaction, physical activity and skill development.

MRS Participants come from diverse cultural and linguistic backgrounds and currently 43 families are receiving respite services through the Partners Program. Multicultural Respite Options and Vacation Care programs.

Partners Program-Marrickville- Canterbury Local Government Area-

The Partners Program is a social support, mobile community access recreational program for people with mild to moderate intellectual and/or physical disabilities.

Multicultural Respite Options- Marrickville- Canterbury LGA

Assists people with intellectual and/or physical disabilities who have high support needs and require one to one care and support. Flexible respite options are offered to meet the individual needs through participation in the group recreational Children's and Adult's Partners Programs, in-home respite and individual community access outings to places of interest and of benefit to individual participants.

Vacation Care- Inner West LGA's

The MRS Vacation Care Program is offered to children aged 5-17 years with intellectual and/or physical disabilities who have low to moderate and high support needs. The program operates during school holidays from 10am-3pm.

Each year the MRS seeks and avails every opportunity to receive funding from various sources to enhance the quality of life for people with disabilities and their carers. The commitment to improve the life of people with disabilities and their carers has been an inspiration for ECCFCSC to continue providing the best possible care to the people with disabilities and their carers.

Shikha Chowdhary

Programs Manager

Ethnic Child Care, Family and Community Services Co-operative Ltd

Phone: 9569 1288

Planning for Later Life

Advanced Health Care Directive

An Advanced Care Directive is a document that sets out your wishes about future medical treatment if you lose the capacity to make these decisions for yourself. It is legally binding and is completed prior to loss of capacity.

Power of Attorney

A Power of Attorney is a legal document that appoints one person to act on behalf of another in relation to property and financial affairs. It ceases to have effect after you lose capacity.

Enduring Power of Attorney

As for Power of Attorney, but continues to have effect after you lose capacity

Enduring Guardianship

Enduring Guardianship involves appointing someone to make personal and lifestyle decisions for you when you can not do this for yourself.

Will

A will is a written statement of the way in which you wish to have your property distributed after you death. You can make you own will using a 'will kit', but this is not advisable. It is preferable to see a solicitor or use the free services of the NSW Trustee and Guardian.

Contacts for planning ahead

NSW Trustee and Guardian, Phone: 1300 364 103 Website: www.tag.nsw.gov.au

Alzheimers Australia NSW, Phone: (02) 9805 0100 Website: www.alzheimers.org.au

Legal Aid, Phone 1300 888 529 Website: www.legalaid.nsw.gov.au

Palliative Care Australia, Phone: (02) 6232 4433 Website: www.palliativecare.org.au

The Aged Care Rights Service, Phone: 1800 424 079 Website: www.tars.com.au

Healthy Ageing Talks

The Importance of Planning Ahead, Family and Finance- How to protect your interests

Wednesday 21st September 2011, Time: 10.30am

Marrickville Library, Corner Petersham and Marrickville Roads Marrickville

FREE MORNING TEA INCLUDED, RSVP: 9335 2143

Carers Story

My name is Kathleen, I'd like to share with you my experience as a carer.

My daughter Debbie has a chronic borderline Schizophrenia. In her teens she had problems with anxiety, depression and irrational thoughts. She did see a Psychiatrist for a while but at the time he wouldn't give a definite diagnosis.

Debbie left home in 1998 when she was 21 and after going to a refuge found supported accommodation. Approximately a year later she started having psychotic episodes. The Mental Health Team started treating her with medication which she had some bad reactions to, so it was a while before that was sorted out to her benefit. When she had to leave the supported accommodation she again became unstable and was on occasions suicidal. She did try living in her own rented accommodation but found that very difficult. Her case manager suggested she try shared supported accommodation in a group house where she stayed for three months and had a lot of support.

In May 2001 three years after she left, she decided to come back home and over time has become more stable. She now has insight when she is having problems and will ask for appropriate help.

Caring for someone with a mental illness can be difficult as you go through a myriad of emotions. Grief is an emotion you encounter as you know your loved one has lost their normal life. I used to question myself why did it happen to me and even though it can be emotionally exhausting- it does make you realise you have qualities yourself you didn't think you had and it does make you more resilient.

It was a long time before I was informed Carer Support Groups existed and I now regularly attend a group- it helps meeting people in similar circumstances learning coping skills and gaining information.

As a carer I know I have to take care of myself and occasionally have 'time out'.

Over the last 2 ½ years we have received invaluable support and encouragement from our local Respite Service staff. Debbie has regularly been attending an Art Group run by Respite and is continuing to improve her skills. She is now a lot more stable and confident.



Celebration Days

24 October- Pink Ribbon Day

24-31 October- Childrens Week

28 October- National Bandana Day

1-30 November- Movember

14 November- World Diabetes Day

15-21 November- Spinal Cord Injury Awareness Week

22-27 November- Assistance Dogs Australia Awareness Week

1 December- World Aids Day

3 December- International Day of Persons with Disabilities

She has recently participated in a program 'Meaningful Engagement' which was organised by Inner West Respite Services, Commonwealth Respite and Carelink Centre Inner West and Ashfield Council. She has developed better communication skills and improved her self esteem and motivation. She knows that even though she has a mental illness she is a worthwhile person. It is very satisfying to see her happy and content and I know it's because she has had good support that she's been able to achieve as much as she has.

There is hope with appropriate help and care it can be achieved

Kathleen

Seniors save with Fridge Buyback

Join them by getting rid of that big old fridge in the garage.

The Fridge Buyback program provides a \$35 rebate for residents to get rid of their old energy-guzzling second fridges with free removal by professional removalists (conditions apply).

Fridge Buyback is an energy efficiency program supported by the NSW Government's Climate Change Fund as part of its Home Saver Rebates

To participate in the program fridges must be working second fridges that are in regular use, are 250 litres or more in size and at least 10 years old.

Fridge Buyback provides residents with free collection by professional removalists and a \$35 rebate if the removal of the fridge involves 6 steps or less. The fridge is collected for free if there are between 7 or 20 steps but no rebate is available. A fee will apply only if the property has more than 20 steps

Ring Fridge Buyback on 1800 708 401 or visit the Fridge Buyback website at

www.fridgebuyback.com.au

Commonwealth Respite
and Carelink Centre
Inner West

Commonwealth Respite and Carelink Centre Inner West
Wesley Mission
44 Liverpool Road, Summer Hill NSW 2130
FREECALL. 1800 052 222 (calls from mobiles are charged at applicable rates)
FAX. (02) 9716 6863

Commonwealth Respite and Carelink Centre, Inner West
is an activity of Wesley Mission