



SSCSS

Sutherland Shire

Carer Support Service Inc

‘Supporting unpaid Carers in the
Sutherland Shire’

Carers Corner Newsletter November Edition 2011

What to look out for this quarter.....

Support Group activities for Nov 2011 to January 2012

Including information on:

- Talk by Parent to Parent Association Nov 8
- Our New Website going live on Nov 7
- Carers and Consumers Forum Nov 22
- National Carer Strategy
- End of Year Combined Support Groups Devonshire tea

What to look out for this month!

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If you need emergency Respite please call the Benevolent Society Southeast Sydney Commonwealth Carer Respite Centre on 1800 052 222 or Pole Depot Respite on 95800688 for availability

This newsletter is compiled by Leonie Puckeridge. Please feel free to call Leonie or Tracy on 9542 6292 if you need information about services to assist you in your caring role. The Carer Support Service also offers referral, advocacy, support groups, training courses, or support if you'd just like to talk.

Note

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Greetings from the Carer Support Team

Dear Carers,



A big thank you!

At our AGM we sadly farewelled two longstanding members from our Management Committee, Chairperson Sue Roach and Treasurer Robert Mander. Both members have been instrumental in advocating for carers in the Sutherland Shire by way of leadership with SSCSS.

Over the years both committee members have witnessed a change in our organisation **and also the community's awareness and recognition of the value of carers and the work they do in our community.**

Sue has shown considerable commitment to this organisation over the past 15 years, initially commencing as a worker with the then Carer Support Project. After resigning as a worker Sue was quickly elected to the Committee. For many years Sue has been our trusty chairperson which has been so valuable especially given her experience within the sector. Robert was invited to the committee over 9 years ago and proved to be a dedicated and insightful committee member who in recent years was elected to Treasurer. Both Robert and Sue were not only a reliable source of support to the other committee members but also to both myself and the SSCSS team. They have both been influential in assisting the service grow as it has and enabling us to assist so many more carers. They were also invaluable during the recent restructure. Robert & Sue were awarded with SSCSS life membership and we would like to wish them every success for the future. Tracy

New Website!!!

We are very pleased to announce that SSCSS has a new website, which will be going live on 7th November. The web address is www.sscss.org.au. See the flyer on page 7. The website is an exciting development for our service. We hope it will enable more Sutherland Shire carers to find out about supports and services available to them. It will enable carers to access our newsletter electronically. If you would prefer an electronic version please call us on 9542 6292 or email tracy@ssccn.org.au

Office closure-

We would like to take this opportunity to advise carers of our Christmas closure. Our office will be closed from Friday 23rd December and re-opening Monday 9th January 2012. We will recommence our support groups in February.

For emergency respite enquiries during this period please contact Pole Depot on 9580 0688 or Southeast Sydney Commonwealth Carer Respite and Carelink Centre on 1800 052 222.

The team at SSCSS wishes carers and their families a Merry Christmas!



What we have been doing

CARD MAKING WORKSHOP

The Carer Social Support Group had a morning of creativity in September. Our artistic student Sharlienne very ably conducted a card-making workshop, using a wide variety of materials including paints, fabric, ribbons, papers and calligraphy. The participants had fun and were pleased to create some cards for the special people in their lives.

Dementia Awareness Week Morning Tea

Carers of people with dementia were treated to a “High Tea” style morning tea for Dementia Awareness Week on September 20. The emphasis for this morning was on valuing carers and encouraging them to think about and share self-care strategies.

This event was made possible by a small grant from Alzheimers Australia NSW. In return, carers were asked to distribute Alzheimers Australia NSW brochure holders to their local G.P’s and pharmacists, as a way of raising awareness about memory loss, dementia and “minding your mind”.

Annual General Meeting

The Annual General Meeting of SSCSS was held on September 20. It was very pleasing that around 40 people attended, including carers, consumers representatives from local services, Management Committee members and staff. An overview was given of the year's activities at the Carer Support Service, including a summary of our presentation at the Carers NSW Biennial conference in March. Sue Roach and Robert Mander both stepped down from the SSCSS Management Committee after many years of dedicated service. Pictured is retiring Chairperson Sue Roach with Manager Tracy Sami. Sue and Robert were both awarded Life Membership of SSCSS in recognition of their highly valued contributions to the service. We are very grateful for the important work and support given by our Management Committee.

WINTER WARMERS COOKING COURSE

To warm up the winter months we ran in partnership with Southern Sydney TAFE Outreach a very successful 'Winter Warmers Cooking Course' the 10 week course was filled with laughter and lashings of healthy and hearty food from all over the world. Each week carers travelled the globe (food wise) learning to prepare, cook and sample a delicious range of food, which can be easily reproduced at home for family and friends. The highlight was our visit to France – on the menu: coquilles saint-Jacques, volovants, quiche, beef bourguignon, and lemon tart and banana and pear bread. Ces't d'elicieux! (= French for delicious!). Teacher and Chef Di Whittacker inspires all carers who attend our cooking courses to be adventurous and most importantly, to have fun in the kitchen.





What we have been doing

SHARE Gentle Exercise and Relaxation Program

Due to popular demand, this ten week program was repeated in Term 3 for carers who wanted to integrate gentle exercise while performing their caring roles.

The exercise program showed carers how to do gentle exercises without strain, learn how to relax as well as meet other carers who also wanted to keep fit

The participants all enjoyed the program and cannot wait for the program to start again.

One carer stated that she feels fitter and has more energy to perform her caring role. The program even helped with the care recipients being able to join in with their carers while watching TV or as part of other activities.

We hope to offer more gentle exercise opportunities to carers in 2012.

COPING WITH TRANSITIONS COURSE

In partnership with **Liz Smith** from “**Beyond Thinking Meditation**”, SSCSS offered a course for carers called “Coping with Transitions—Exploring and Understanding your Experiences of Grief and Loss”. The course was held at Engadine Community Centre over 6 weeks during August and September and 9 carers participated. Facilitator Liz Smith has a background in adult education, community services and meditation teaching. The course was designed to help carers explore the impact of grief and loss on their lives, to release grief, to live in the present moment and to learn strategies for thinking positively and managing stress. This course was particularly suited for carers who are facing major changes, such as the transition of the person they care for into aged care, the deterioration of the care recipient’s condition, concerns about the future or pain from the past.

The feedback from those who took part was very positive and we hope to be able to offer such a course again in the future. We thank **Sutherland Shire Council** for the Community Services Grant which enabled us to run this course. As part of her private practice, Liz Smith runs free introductory talks on Vedic Meditation on the first Saturday of each month at Sutherland. Phone her on 0425 392 630 if you are interested.



A Carer Story

Four years ago I entered a new world : “Dementia and Aged Care”. I was going on a steep new learning curve. I became a carer for my mum who was diagnosed with **Dementia and my dad has terminal cancer.** I needed a “Guide Book” on what to do and how to do it—ACAT assessments— Centrelink-Pensions-Super-Accommodation Bonds—do we sell the house— Power of Attorney-Enduring Guardianship— Medical Healthcare Directives—the list goes on. Then finding an aged care facility that would keep them **together.** After 65 years married we couldn't separate them. No luck in the Shire, so went to a facility outside the area. We were in luck— a low care wing had two rooms next to each other. I was happy but mum and dad weren't. They found it very hard to settle. **Totally different routine, loss of independence, didn't like the food.** Mum couldn't just go the shops. Dad was exhausted; he just wanted to sit. So many tears. They wanted to go home. What had we done? I was feeling so guilty.

I was given the name of Sutherland Shire Carer Support Service. I rang Leonie, heard what the group did and decided I needed to go.

I'm so glad I did. The meetings were great, the other people knew what I was talking about and feeling. It's so good to talk to people who understand what I was feeling and thinking—especially the guilt.

The meetings are very good, guest speakers on different topics. Great—legal issues—such good ideas to help with our families. Lunches, morning teas, weekends away for the carer to relax and enjoy time alone. The library, DVD's and mail outs are also very helpful and full of information. All the girls in the office are so friendly and helpful. **Anything you need they can help you with.** Thanks Katie, who lets me “VENT” after a bad day. Thanks girls for your help and encouragement.

At Christmas things changed with mum and dad. Mum's dementia got worse and we had to move her into a secure dementia unit. Separating them was terrible. Mum didn't understand. We had lots of tears. We had to keep mum safe and she needed more care. This was the only place for her. Dad is so lonely and he goes to see her each day. **Joining the carers' group has been good for me.** I have made new friends, learnt new ways to cope with mum and dad. I go to as many meetings on dementia as I can.

The group has taught me I have to think more of “me.” I need to take better care of myself or I won't be able to help mum and dad.

Being a carer is challenging, exhausting, sad and sometimes funny. As long as mum and dad are safe, healthy and happy—I'm good too. **You also need to have a good sense of humour.**



Carer Social Support Group

To RSVP to any group or if you require assistance with respite or transport to attend, please call Leonie on 9542 6292

Tuesday 8th NOVEMBER

10am to 12 noon

Meeting Rooms 1 & 2,

Stapleton Ave Community Centre, 3A Stapleton Ave
Sutherland

Morning Tea Provided

Speaker: Helen Panigiris, Parent to Parent Association

Topic: Social and recreation activities for young people with a disability over age 16 and support for older parent carers.



Tuesday 6th DECEMBER

10am to 12 noon

Combined Support Groups

End of Year Morning Tea

Hazelhurst Gallery Cafe

The Kingsway, Gympie

Cost: \$6 for standard coffee or tea and a scone

Please RSVP by Monday 5th Dec



JANUARY : No Support Groups

HAPPY NEW YEAR

SSCSS office will be closed from 23rd Dec, reopening 9th January. Support Groups will resume in February

Dementia Support Group

Meetings are held on the
3rd Tuesday of the month
In Meeting Rooms 1 & 2
Stapleton Ave Community Centre
3A Stapleton Ave, Sutherland
Morning Tea provided

To RSVP to any group, or for assistance with respite or transport, contact Leonie or Tracy on 9542 6292

NOVEMBER MEETING

Tuesday 15th November

10am to 12 noon

Speaker:

**Mary Bills, Educator,
Alzheimers Australia NSW**

Topic:

**“Family and Friends”
- Part 2**



DECEMBER MEETING

Tues 6th December

10am to 12 noon

Combined Support
Groups Morning Tea

Hazelhurst Gallery
Cafe, The Kingsway,
Gymea

Cost: \$6 for

Devonshire Tea

(Note: Dementia
Support Group will not
be on Dec 20)



**JANUARY: No Support Groups -
Groups will resume in February
2012**

Culturally & Linguistically Diverse (CALD) Support Groups

Support Group for Carers of CHINESE background
Meetings are held on the 2nd Thursday & 4th Tuesday of the month,
10am, at Stapleton Ave Community Centre
3A Stapleton Ave, Sutherland.

All meetings are presented in either Cantonese or Mandarin, and a
bilingual worker is present.

RSVP to Nora Mak on 9542 6292

Thursday 25th October
Card Making with Sharlienne

Thursday 10th November
Hearing Test with Hearing Australia



Tuesday 22nd November
Family Law presentation by Law Society of NSW

Thursday 8th December
Christmas Celebration



January : No support group meetings.

Support groups will resume in February 2012

Culturally & Linguistically Diverse (CALD) Support Groups

Support Group for Carers of GREEK background

Meets 3rd Thursday of the month, 10am to 12 noon

Stapleton Ave Community Centre, 3A Stapleton Ave Sutherland

Thursday 17th November:

Guest speaker on Macular Degeneration



Thursday 15th December:

Christmas Lunch—venue to be advised

No Support Group in January—group resumes in Feb 2012

For more information, contact **Mary Antoniou** on 9542 6292



SSCSS Resource Library

SSCSS has a library of resources which may assist carers in their caring role. Borrowing period is 4 weeks. If you would like to receive a full list of resources available, please call us on 9542 6292

Now What? Living with the death of your parent or brother or sister from cancer

1001 Life Story Questions: The Memory Man : Questions which help trigger memories so people can tell their life stories

Caring for Someone with a Long-Term Illness: Support for Family and Friends

Prepare for Take Off: Air Travel Tips for People with Disability (Booklet)

Former Carer Support Group

This support group is for people whose caring role has ended, usually due to the death of the care recipient. The group meets monthly, generally on the 2nd Monday of the month, alternating support group meetings at Sutherland United Services Club (followed by coffee at the Club cafe if you wish) with social outings. Assistance can be given with a lift if you require transport.

Please RSVP to any meeting by phoning
Leonie on 9542 6292 or Lydia on 9521 8600

Monday 14th November: 12 noon to 2pm

Support Group Meeting:

Sutherland United Services (SUS) Club

Activity: Planning for 2012 and social morning:
"Show and Tell from 2011"

Monday 12th December: 12 noon

**Christmas Lunch: Venue to be
advised**



**WISHING EVERYONE A HAPPY CHRISTMAS
AND**

A GREAT HOLIDAY SEASON!!!

No Support Group meeting in January

Support group will resume in February 2012



St George/Sutherland Parkinson's Support Group

The St George/Sutherland Support Group of Parkinson's NSW has regular meetings for people living with Parkinson's Disease and their carers. Support Group general meetings are held on the 4th Wednesday of the month, 10.30 am at Sylvania Community Hall, cnr Melrose Ave and Canberra Rd, Sylvania. The group also publishes a monthly newsletter "Chit Chat"

CARERS MEETING Is held on the **2nd Wednesday of the month**
10.30 am in the Recreation Rooms
Viola Grove Building, **Donald Robinson Village**
81-85 Flora St, Kirrawee
Ph: **9525 7215** for more details

Other news! Other news!

NEW MEN'S SHED AT MENAI

Menai Men's Shed opened on August 16 at the Community Hall on Coachwood Crescent, Alford's Point., with the support of Sutherland Shire Council and Menai Community Services. It is a venue for men who want to lend a hand doing worthwhile jobs for the community. It gives men a place to meet, talk, share their skills and build friendships.

They make toys for children with disabilities, equipment for local preschools, and provide maintenance and repairs for older members of the community. One of their major projects is making shuffleboard tables for residential aged care facilities. Menai Men's Shed includes a workshop and there are already 50 members who are keen to find more interested men. The Shed may be suitable for retired men, men with a disability, male carers or men who are working part-time or casually. It is open 9.30am to 3pm on Mondays, Tuesdays, Thursdays and Fridays.

For more information, contact 0428 203 879

(Source: St George and Sutherland Shire Leader, 6/9/11)

QUANTUM'S 2011 PRINT DISABILITY SCHOLARSHIP PROGRAM AND SENIORS GRANT

Quantum is a company which sells assistive technology. They are offering a "Print Disability Scholarship" Program which has a range of prizes, including electronic magnifiers, text-to-speech devices and portable DAISY players. They invite applicants to tell them how having a print disability has impacted their lives.

A person with a print disability is unable to access printed material, either because they are blind or vision impaired, or have a perceptual or learning disability, such as dyslexia. There are 3 available categories under the Scholarship program: Primary Education; Secondary Education and Tertiary Education/TAFE. **To enter**, complete the application form and provide a supporting piece of writing that tells in 500 words or less how having a print disability affects you and how the adaptive equipment on offer would help you at school or in your studies.

There is also a Seniors Grant category. **To enter**, complete an application form and tell in 50 words or less how low vision most affects you in your daily life and how the adaptive technology on offer may help you get back to doing what you miss most.

You can find more details and the application form here:
www.quantumrlv.com.au/2011-Scholarship-Program-and-Seniors-Grant
Or call us at SSCSS on 9542 6292 and we can send it out to you.

APPLICATIONS CLOSE FRIDAY 25TH NOVEMBER 2011

(Source: IDEAS Newsletter, July/Aug 2011)

Wanted: Old Cards

Old unwanted birthday and greeting cards with attractive designs, flowers, etc on them are wanted for a decoupage activity for people with disabilities. This group produces beautiful pictures, placemats, trays, etc with these old cards. Please drop them off the SSCSS Office at Stapleton Ave Community Centre Monday to Friday between 10am and 2pm.

AGED CARE INFORMATION

From 1 July 2011, a **single national information line** was introduced to make it easier for older Australians, their families and carers to access information about aged care. The new number is **1800 200 422**

In addition improvements are being made to the national aged care website (www.agedcareaustralia.gov.au—see Websites section). These are the first steps in the implementation of a new “front end” for aged care. It is part of the Australian Government’s national health reform efforts to build a nationally consistent and integrated aged care system, and to simplify access for people needing aged care services. Further steps in the reform process will be developed in the context of the Australian Government’s response to the Productivity Commission’s final report into the aged care system. (see websites section for PC report summary)

NATIONAL CARER STRATEGY

The National Carer Strategy was launched in August 2011, and includes \$60 million new funding over the next 4 years. The strategy “delvers on the Australian Government’s commitment to better respond to the needs of carers and helps to ensure carers have the opportunity to take part in all aspects of society, including the chance to participate fully in work, community and family life.”

(Media release, The Hon Jenny Macklin MP, 3/8/11)

New funding under the National Carer Strategy includes;

- \$42.6 million to extend automatic eligibility for the Carer Allowance (child) for around 2,200 carers of children with Type 1 Diabetes aged 10-16 years.
- \$10.3 million to continue the Carer Adjustment Payment, a one-off payment for families who, following a catastrophic event involving a child aged 0-6 years, need additional support to cater for the needs of their child.
- \$2.9 million to improve access to the Carer Supplement for carers who are working when the Supplement is paid in July each year, which will help carers to maintain paid employment.
- \$2.1 million to ensure fairer access to Bereavement Payment, which will provide some assistance to carers receiving Carer Allowance and an income support payment at the difficult time following the death of the person they care for.
- \$1.6 million for a national and targeted campaign to raise awareness of the role of carers.

For more information on the National Carer Strategy, visit www.fahcsia.gov.au

DO NOT KNOCK!!

Are you sick and tired of door-to-door salespeople and marketers? Do you know someone who has been misled by salespeople at their door? Combined Pensioners and Superannuants Association has a solution.

CPSA has produced a 'Do Not Knock' sticker that can be placed neatly on your door so that salespeople will quickly and quietly get the message. If the salesperson still knocks you should report them to the Energy and Water Ombudsman NSW (EWON), the Telecommunications Industry Ombudsman or NSW Fair Trading depending on the business they represent.

Contact CPSA on 1800 451 488 for more information and to order a sticker.



“Get Healthy” Information and Coaching Service

This is a free, confidential telephone-based service run by NSW Health which helps people make lifestyle changes regarding healthy eating, being physically active and achieving and maintaining a healthy weight.

The service runs for 6 months and delivers the coaching support and information you need to help reach your health goals. As a coaching participant of the *Get Healthy Service* you will have your own personal health coach, receive up to 10 free coaching calls and receive support to make changes over 6 months. You will receive a free information booklet that provides you with information on what you need to do, and a coaching journal to write down your goals and actions. There is a website where you can download tools to keep track of your goals and help you keep an eye on your progress.

People who have existing health condition(s) will need to complete a medical clearance form and have it signed by their medical practitioner before commencing the service.

To get started, phone **1300 806 258** or send an email with your contact details to **contact@gethealthynsw.com.au** and a qualified health coach will call you back on the next business day.

www.gethealthynsw.com.au

Low Level Home Maintenance

Three local Neighbour Aid Services offer low level home maintenance to people who are eligible for Home and Community Care (HACC) services—Cronulla, Jannali and Miranda Neighbour Aid. The service is subsidised by ADHC. One service per year is offered to clients to assist in those tasks required to enable them to stay in their own home. Staff will do an assessment to see if you are eligible for this service.

Jobs which can be done include:

- Window cleaning, curtain/blind cleaning, oven cleaning, carpet cleaning
- Small gardening jobs
- Spring cleaning

A quote can be obtained prior to the job being done, or the price can be discussed with the service. These jobs are referred to private contractors who are working for the Neighbour Aid service. Contractors are required to have a police check, public liability insurance and be a registered business.

Cronulla Neighbour Aid 9544 0104
Jannali Neighbour Aid 9528 6299
Miranda Neighbour Aid 9540 2633

In addition, **Sutherland Shire Home Modification and Maintenance Service** can be contacted on **9524 1100** for gutter cleaning, home modifications and lawn mowing for HACC eligible clients; that is people who are frail and older, people who have a disability, and their carers.

KNOW YOUR OPTIONS SEMINARS

A series of free talks run by Sutherland Shire Council aimed at:

- Providing information about options and opportunities
- Promoting well-being and healthy lifestyles
- Facilitating the making of informed choices
- Linking residents to specialised guest speakers



Upcoming Seminar:

17 Nov: Safety for Older People

Bookings essential as space is limited. Refreshments will be served.

Ph: 9710 0272 or 9710 0563

Other Events

The following flyers are groups, projects and events organised by other service providers, which may be of interest to carers.

For information on these events, please contact the service providers directly



Useful Websites



www.agedcareaustralia.gov.au

A comprehensive Australian Government website for older Australians and family or friends who are caring for them. It is an entry point into the aged care and assessment system, especially for people who do not know “where to start”. Includes information on the Australian Aged care system, assessment, care options, help staying at home, health and hospitals, support for carers and family, thinking ahead, and help for people with particular needs.

www.ideas.org.au/travel

The IDEAS online travel directory allows you to search a database for information on accessible accommodation and other related travel services

www.fahcsia.gov.au

Information about the recently launched National Carer Strategy can be found on the website of the Dept of Families, Housing, Community Services and Indigenous Affairs

www.sesiahs.health.nsw.gov.au/Carer_Support_Program

The South East Sydney Illawarra Area Health Carer Program webpage. This very useful website has specific information for carers of all ages and experience, including Aboriginal carers, carers who have English as a second language, family and carers of people with a mental illness. Includes information on navigating the hospital system, resources for carers, working carers, young carers, community services, other help available. Also has some relevant policy documents.

DID YOU KNOW ?? It is estimated from the ABS Census 2006 that there are over **97,627** carers living in South East Sydney, Illawarra and Shoalhaven areas.

www.pc.gov.au

Productivity Commission website, where you can find summaries of the final reports of the Commission into *Disability Care and Support* and *Caring for Older Australians*. A plain English and Easy English version of the disability report is included.

Want more...?

If you would like more information about any of the events in this newsletter, please feel free to call

OR...

Not on our mailing list and would like to be? Please complete the following form and return it to the address below

(Note: The person who wants the information needs to be the person who completes this form)

Sutherland Shire Carer Support Service Inc.

Stapleton Ave Community Centre

3A Stapleton Ave, Sutherland 2232

Phone: 9542 6292 Fax: 9542 6291

Email: tracy@ssccn.org.au

Full Name:

Postal Address:

..... Post Code:

Phone No: Fax:

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