

# CARER NEWS

Freecall 1800 052 222



**Barwon  
Health**

**Carer Support**



## Spring 2016 Newsletter

**Welcome** to our Spring newsletter. It's been a busy time for us here at **Carer Support** with Dementia Awareness Month throughout September then Mental Health Week followed by Carers Week in October. We hope you have taken the opportunity to join in some of the activities we have had lately such as the High Teas in the Barwon region, the movie day in Colac and the Carers Concert in the South West. It has been a pleasure meeting so many of you and seeing carers enjoying a well-earned break.

We've also had some staff changes with the departure of *Kath*, our Commonwealth Home Support Program worker, from the Warrnambool office. In the Barwon team, *Serena* our Mental Health Carer Support Worker has moved on to another role within

Barwon Health. We thank *Kath* and *Serena* for the wonderful contribution they have made to our team over the years. We will soon have some new faces joining our team.

### We're here for you

A reminder that we are here to support ALL carers - whatever your age, background or who you care for. We can still support carers who care for someone on an NDIA plan, as well as supporting carers of those who are not eligible for the NDIA.

### Newsletter Delivery

Due to an increase in postage and print costs, we are now delivering our newsletter by email. If you are receiving this newsletter by post but have access to a reliable email account please let us know if you would like to receive the newsletter electronically in future. If you do not have access to email we will be happy to continue sending to you by post. Already this change has made a big difference in helping to keep our costs down.

Visit our website at

[www.respitebarwonsouthwest.org.au](http://www.respitebarwonsouthwest.org.au) to keep up to date with latest news and events for carers.

BARWON OFFICE  
104-108 Bellarine Hwy  
Newcomb 3219  
P: 4215 7600

SOUTH WEST OFFICE  
64B Banyan St  
Warrnambool 3280  
P: 5564 6054

EMAIL [carersupport@barwonhealth.org.au](mailto:carersupport@barwonhealth.org.au)

WEB [www.respitebarwonsouthwest.org.au](http://www.respitebarwonsouthwest.org.au)

CONTACT US  
For carer support (24 hrs)  
**FreeCall 1800 052 222**

## Barwon Carer Support Group News

### Belmont Carer Support Group

Meets monthly on a Tuesday from 1pm to 3pm at Barwon Health Belmont Community Health Centre, facilitated by our Carer Support Worker, **Aleisha**.

#### Upcoming dates and activities:

November 8: TBC

December 13: Christmas Party

### Corio Carer Support Group

Meets on the first Friday of each month from 1pm to 3pm at Barwon Health Corio Community Health Centre, facilitated by our Carer Support Worker, **Gail**. We have a guest speaker each month on various topics and all carers are welcome to attend.

#### Upcoming dates and activities:

November 4: Planning for 2017

December 2: Christmas Party

### Ocean Grove Carer Support Group

Meets monthly on a Wednesday from 1pm to 3pm at Collendina Recreational Centre, Minerva Close in Ocean Grove, facilitated by our Team Leader, **Kristy**.

#### Upcoming dates and activities:

November 9: Planning for 2017

December 14: Christmas Party

### Newcomb Carer Support Group

Meets monthly on a Monday from 1pm to 3pm at Newcomb Community Health Centre, facilitated by our Team Leader, **Kristy**.

#### Upcoming dates and activities:

November 14: Trip on Queenscliff Ferry

December 12: Christmas Party

### Making Memories - Colac

Making Memories is an opportunity for people with memory loss or dementia and their family carer to meet with others in a supported and friendly environment for a regular morning tea. This is a joint initiative with Alzheimer's Australia, Vic. The group meets monthly at Baronga Motor Inn, Colac from 10.30am to 12 noon. To RSVP contact Cynthia on **1800 052 222** or Narelle at Alzheimer's Australia on **5229 6979**. **Upcoming dates:** October 26, November 30

### Men's Carer Support Group (Geelong)

Our men's carer support group meets every 2 months at various locations.

#### Upcoming activities:

December 14: Tour of Geelong Botanic Gardens

February 3, 2017: Bay fishing from Queenscliff

If you would like to be placed on the mailing list to receive a copy of the upcoming event schedule for the men's **group please contact us on 1800 052 222**.

### Carer Drop-in at Newcomb

All carers are welcome to drop into the Activities Room at Newcomb Community Health Centre on the **2nd Thursday of each month** from 1pm to 3pm to *relax, rest and recharge*. The drop-in centre will give carers a chance to have a cuppa and chat with other carers in a relaxed, informal setting. Carers are invited to bring any project that they may be working on such as craft, knitting or sewing. Board games, cards and adult coloring books are also available.

For more information about these support groups contact us on **FREECALL 1800 052 222** during business hours.

A reminder also should you require respite to allow you to attend these meetings or assistance with transport, we can arrange this at no cost to you.

## New Activities in Barwon

**Barwon Health Carer Support** is working with **Barwon Health Day Programs** to offer new activities that carers can enjoy with the person they care for. Some of the upcoming activities we are organising include:

- ◇ Art / pottery sessions
- ◇ Morning Melodies at GPAC or Shell Club
- ◇ Chair yoga
- ◇ Ukelele sessions
- ◇ Bus outings
- ◇ Exercise programs
- ◇ Walking groups

The activities will take place at various locations around the Geelong region. If you are interested in receiving flyers about future activities or for further information please contact *Gail* at **Carer Support** on **1800 052 222** during business hours.

We also have a social dinner night coming up, which is open to all carers, the person they care for and family members. This will take place at Gateway Hotel, Corio on **November 15 at 5.30pm**. Places are limited so bookings are essential.

Day Programs currently operate from Belmont, Norlane, Torquay and Anglesea, on various week days. Carers are encouraged to use the centres in a way that best suits their needs. This could mean a regular booking on one or more days each week, attending some of our new activities with the person you care for or using the centres for occasional care so that you can attend appointments for yourself. If you would like to arrange occasional care you simply need to book 24 hours ahead. Contact either *Maree* at Norlane Day Program on **4215 7301** or *Jan* at Belmont Day Program on **4215 7049**. If you would like to see the day programs 'in action' feel free to drop in for a cuppa and chat with staff.

## Well Ways Snapshot

Do you care for someone with a mental illness? Do you want information and support? Do you live in the Warrnambool region?

Well Ways Snapshot is a brief 2 session education program designed to assist family members, carers and friends to increase their knowledge of mental illness and access to ongoing support.

The program is facilitated by trained and experienced carers and includes a presentation from someone with a lived experience of mental illness and recovery.

Learn up to date information about mental illness; increase your knowledge of current treatment and support options; hear from a carer with a lived experience of mental illness; share and learn from other carer's experiences in a supportive environment; explore the dilemmas and complexities of the caring role, and develop ongoing support networks.

Registration is essential. Contact *Tracey Morriss* on **0417 777 016** or email **tmorriss@mifellowship.org**

**When:** Tuesday November 8 and 15

**Time:** 1pm to 4pm

**Where:** Wellways, 505 Raglan Pde, Warrnambool

**Cost:** FREE (program funded by MI Fellowship)





## Dementia: carers, families and the system

This program is for people caring for a person who has been diagnosed with dementia. It is practical, interactive and offers clear take-home strategies for carers. It is also open to people who have a family member in long term residential care, however they must have a formal diagnosis of dementia / Alzheimer's disease. The program runs over four consecutive weeks from **November 4th through to 25th** from 10am to 1pm at Newcomb Community Health Centre. Morning tea will be provided.

### Program outline:

**Session 1 Dementia - Myths and realities:** Expose myths, explore realities and understand the impact on carers of some of the changes in the brain of the person with dementia.

**Session 2 Behaviours of concern:** Identify some triggers for behaviours of concern, identify some strategies that may assist carers including communication tips.

**Session 3 Communication techniques:** Identify and practice effective specialist communication skills to use with the person living with dementia, the importance of self-care for carers and services available to assist.

**Session 4 Problem solving and activities:** Problem solving for carers to assist with behaviours of concern, meaningful activities carers can do at home with the person with dementia.

Note that the sessions are for carers only and will be in a small group setting. In-home respite can be provided so that carers may attend. There is no cost for this respite or to attend the program.

Carers Victoria is offering this program in partnership with **Barwon Health Carer Support**. To book for this program contact Carer Support on **FREECALL 1800 052 222** during business hours.

**When:** Friday, November 4, 11, 18 & 25

**Time:** 10am to 1pm

**Where:** Community Health Centre, Barwon Health  
104-108 Bellarine Hwy, Newcomb

## My Aged Care Information Session

**Presented by Simone Meara**  
**Manager, Barwon Regional Aged Care Assessment Service**

Alzheimer's Australia Vic and Barwon Health Carer Support invites you to an overview of the transition to **My Aged Care** that may be relevant to elderly persons, people with dementia and their carers.

**My Aged Care** was developed by the Australian Government to assist consumers to navigate the aged care system. This aged care system consists of a website and contact centre. In March 2016 Aged Care Assessment Services in Victoria transitioned to a nationally consistent approach. This has resulted in key changes on access to service for assessment and service delivery. This session will update you on the changes that have occurred so far.

There will be an opportunity to ask general questions, however Simone will not be able to address individual cases during the session.

**When:** Thursday, 24 November

**Time:** 1.30pm to 3pm

**Where:** Community Health Centre, Barwon Health,  
104-108 Bellarine Hwy, Newcomb

Bookings are essential. To register please contact **Barwon Health Carer Support** on **FREECALL 1800 052 222**. Assistance with respite and transport is available if required.



## Centrelink Benefits and Services

### For people with dementia and their carers

Alzheimer's Australia Vic invites you to join *Janifer Dooley*, Centrelink Financial Information Service Officer, as she offers an overview of some of the Centrelink benefits and services that may be relevant to people with dementia and their carers.

Topics covered will include:

- ◇ the role of Financial Information Service Officers, and when and why you might access them during the dementia journey,
- ◇ Disability Support Pension, Carer Payment and Aged Pension,
- ◇ Future planning,
- ◇ Income and asset testing, in particular residential care,
- ◇ Concession cards,
- ◇ Centrelink online services.

There will be an opportunity to ask general questions, however Janifer will not be able to address individual cases during this session. Afternoon tea will be provided. Bookings essential. To register call **Alzheimer's Australia Vic Geelong Office** on 5229 6979.

**When:** Wednesday, 9 November

**Time:** 1.30pm to 3pm

**Where:** Alzheimer's Australia Vic Geelong Hub, 318 Pakington St, Newtown

## Residential Respite Information Session

Have you considered respite in an aged care facility for the person you care for?

Not sure how it works and want to find out more?

Come along and hear from guest speakers from the Aged Care Assessment Team, Centrelink and a residential care facility. These sessions are for carers only and run from 10am to 3pm, with lunch and morning tea provided. We can help you with transport and respite (at no cost to you) to care for your family member, if required.

These information sessions are held throughout the year and are very popular. If you would like to attend please phone during business hours on **FREECALL 1800 052 222** to book your place.

**When:** Thursday, 24 November

**Time:** 10am to 3pm (registration from 9.30am)

**Where:** Newcomb Community Health Centre, Bellarine Hwy, Newcomb

## Carers Membership Program

We provide the Carers Membership program to family carers to help you save money on dining out, activities and accommodation deals. We pre-purchase this program from Entertainment Publications (the same people who create the 'Entertainment Book').

Businesses participate in the program to attract new customers and repeat business. There is no cost to the business to be in the program. Use your membership card at participating restaurants for 20% off the bill each time you dine. Please make the most of your membership by using it everywhere you can! here are also many great offers that can only be accessed on the Membership website. To access the website visit...

[www.respitebarwonsouthwest.org.au](http://www.respitebarwonsouthwest.org.au)



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## Emergency Support

**Barwon Health Carer Support** provides a 24 hour emergency service for carers needing to access immediate, short term in-home respite in the event of an emergency such as carer illness or accident, a family crisis or when you just can't cope. When you need urgent respite, call us on...

**FREECALL 1800 052 222**

**24 hours / 7 days**

After 5pm weekdays and on weekends and public holidays the after hours response team will answer your call.

However If you have a medical emergency and you or the person you care for require immediate medical assistance, first call **000**. If you are concerned about the health of the person you care for, and are not sure whether they should see a doctor or go to the emergency department, you can call NURSE-ON-CALL for assistance and advice on **1300 60 60 24**. This helpline operates 24 hours a day, 7 days a week.

## Save the Date

South West Disability Network presents Professor Tony Attwood, 'Autism Spectrum Disorder & Asperger's Syndrome'.

Tony is a clinical psychologist who has specialised in autism spectrum disorders since he qualified as a clinical psychologist in England in 1975. He currently works in his own private practice and is also a professor at Griffith University.

**When:** Thursday, 30 March, 2017 from 4.30pm - 7pm  
& Friday, 31 March 2017 from 9.30am - 3.30pm

**Where:** Warrnambool (venue TBC)

**Further details:** contact *Janet Collins* at South West Disability Network on **0439 116 092**

## Traveller's Aid Companion Service

Are you travelling to Melbourne for an appointment? The Traveller's Aid Companion Service provides trained volunteers to meet travellers and accompany them by public transport to and from essential appointments in central Melbourne. Volunteers assist people who are able to travel independently but who are unfamiliar with Melbourne, or feel anxious using public transport alone. The service is available for medical appointments as well as appointments for legal matters, work, education or training.

This is a free service and can be booked by calling **1300 700 399**. It is available to regional and metropolitan travellers. To book please give a week's notice or a minimum of 48 hours.

The service operates Monday to Friday 8am to 6pm. Weekend or out-of-hours services can be requested depending on volunteer availability. The service is available at Flinders Street Station and Southern Cross Station. Travellers must purchase their own public transport tickets.



### OUR TEAM

**Co-ordinator**  
Jennifer Polley

### Barwon Team

Aleisha Brown  
Susan Cox  
Tina Gordon  
Gail Humphries  
Kristy Leorke  
Elizabeth McCracken  
Cynthia Rossack  
Deb Smith  
Charlotte Stace  
Linda Verhoeven

### South West Team

Gail Blackwood  
Lyn Boyd  
Robyn Hose