

# CARER NEWS

Freecall 1800 052 222



**Barwon  
Health**

**Carer Support**

## Spring Newsletter 2018

**Welcome** to our Spring Newsletter.

We have a busy time of year coming up with lots of activities during **Carers Week** in October. This is a time to celebrate and recognise the outstanding contribution that Australia's 2.7 million unpaid carers make to our nation. We also have some fantastic free education sessions for carers during November. Our newsletter has a selection of Carers Week events in the Barwon South West region.



If you would like more information about regional and metropolitan activities check out the website of Carers Victoria at [www.carersvictoria.org.au](http://www.carersvictoria.org.au)

If you would like to attend any of our upcoming events for carers, a reminder that we can support with in-home respite or assistance with transport so that you may attend. All of our events are free of charge but please remember if you have RSVP'd we have paid for your attendance and late cancellations cannot be refunded. Therefore we appreciate you letting us know as soon as possible if you are unable to attend.

A reminder also about changes to carer services, which were announced in our Winter Newsletter. From **September 2019**, the Australian Government will establish a new network of Regional Delivery Partners across Australia to deliver and / co-ordinate local and targeted carer services including needs assessment and planning; financial support packages; in person and phone-based counselling; information and advice; assistance to navigate services, and access to emergency crisis support.

At this stage we don't know exactly what these new services will look like, but we do know that **Barwon Health Carer Support** will cease its role as a carer support service from November 2019. A tender for the provision of the Regional Delivery Partners will take place in coming months. In the meantime carers can continue to access support through their usual service providers including Barwon Health Carer Support until the commencement of the Regional Delivery Partners from September 2019.

**OUR TEAM:** **Co-ordinator:** Jennifer Polley **Barwon Team** Aleisha; Bernadette; Charlotte; Cynthia; Danielle; Deb; Elizabeth; Jodi; Kristy; Linda  
**South West Team** Gail; Lyn; Robyn; Sussanne **Customer Service** Susan; Tina

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

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

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

# Sounds of Summer Show

*The ultimate beach party with the best of the Beach Boys and summer hits with superb harmonies in one great show. With the look, feel and even the smell of the beach. The show brings the summer vibe to you whatever season you are in!*

Carers please join our

## Carers Week Celebrations



Thursday 18th October, 2018

10.30am to 3pm

(includes morning tea, 2 course lunch and afternoon tea)

City Memorial Bowls Club

58-60 Cramer Street, Warrnambool

To RSVP and further information please contact:

Barwon Health Carer Support on  
1800 052 222 (FreeCall 9am to 5pm)

RSVP by Thursday 11th October, 2018

Respite Available - Limited transport available

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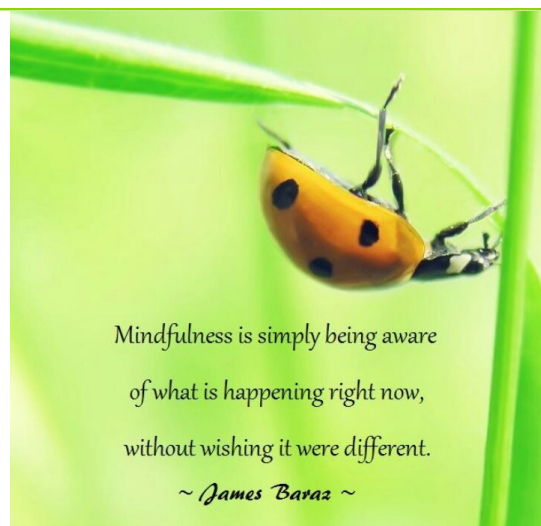


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# Carers please join our Carers Week Celebrations

*Our event for carers in the Barwon region commences with a **mindfulness session** with Jessica Connor-Kennedy from 10am to 12 noon - register and arrive by 9.30am. Mindfulness simply means paying attention to the present moment, and can help you cope with everyday life and deal with tough times. It can also help you to concentrate, relax and be more productive.*



*A delicious **lunch** will be served from 12 until 1pm. From 1pm to 2.30pm we have a fantastic activity for carers, led by the Bluebird Foundation. This is an opportunity to experience the **joy of singing** in a large group. Group singing has many proven benefits, from physical and mental health and wellbeing, increased energy and confidence, and a heightened sense of belonging and connection. You do not need any prior singing experience to join in - just bring your enthusiasm! **Afternoon tea** will conclude the event from 2.30pm to 3pm.*

## Tuesday 16th October, 2018

From 10am to 3pm

### Royal Geelong Yacht Club

25 Eastern Beach Road, Geelong

**Please RSVP by 12th October:**  
Barwon Health Carer Support on  
1800 052 222 (FreeCall 9am to 5pm)



## Apollo Bay Carers Lunch

Carers in Apollo Bay and surrounding areas are invited to attend our Apollo Bay Carers Lunch to celebrate Carers Week. For this activity, carers may bring along the person cared for (if you wish) or we can arrange in-home respite for the person you care for, at no cost to you. Please phone **Carer Support** during business hours to RSVP by October 3 on **FREECALL 1800 052 222**.

**Date:** Tuesday, October 9

**Time:** 12 noon

**Cost:** FREE

**Where:** Apollo Bay Hotel, SS Casino Room





## Dance on the Pier

**Barwon Health Carer Support** in conjunction with **Multicultural Aged Care Services** invite carers of all ages to our Dance on the Pier. This will be an afternoon of fun and dancing for carers, and the person you care for (if you wish!) With music by Don Fisher, playing his huge repertoire of music from the 40s through to present...Elvis, Tom Jones, UB40, Robbie Williams, Buddy Holly, Neil Diamond, The Beatles and the Rolling Stones. Afternoon tea will be provided.

This event is free of charge. As Carer Support has paid for your attendance, please let us know if you are unable to attend as late cancellations cannot be refunded.

**Date:** Thursday, October 25

**Time:** 1pm to 3pm

**Where:** Cunningham Pier, Geelong

**RSVP:** By Friday, October 19 on **FreeCall 1800 052 222**



## Carers Week Movie & Lunch in Colac



Carers in Colac and surrounding areas are invited to join us to celebrate Carers Week with a special screening of the movie *Edie*, followed by lunch.

83 year old Edie believes it is never too late - packing an old camping bag, leaving her life behind and embarking on an adventure she never got to have - climbing the imposing Mount Suilven in Scotland.

You may bring the person you care for if you wish, or we can arrange respite at no cost to you. **RSVP:** by Friday, October 12 on **FREECALL 1800 052 222**

**Date:** Wednesday, October 17

**Time:** from 10.30am

**Where:** COPACC, Gellibrand Street, Colac

A reminder that this event is free however your attendance is paid for by us, so please let us know as soon as possible if you are unable to attend, as late cancellations cannot be refunded.

## Carers Week at Anam Cara Colac

Carers in Colac and surrounding areas are invited to celebrate Carers Week with a wellbeing session - *Caring for the Carers*, followed by lunch at Anam Cara House Colac.

**Date:** Friday, October 19 **Time:** from 10.30am

**Where:** Anam Cara House Colac, Forans Rd, Barongarook West

**RSVP:** Please contact Anam Cara House Colac to book on **5233 8203**

## Dementia Program: Carers, families & the system

Commencing in November at Newcomb Community Health Centre, **Carer Support** and **Carers Victoria** are offering a free program for carers in the Barwon region who care for someone who has a diagnosis of dementia. It is also open to people who have a family member with dementia in long term residential care. This interactive program will provide information and practical strategies to assist you in your caring role.

The program consists of three sessions of 3 hours each in duration. These sessions are for carers only and will be held in a small group setting. Participants must attend the first session to continue in the program. In-home respite can be provided for the person being cared for so that carers may attend. We can also assist carers with transport to and from the venue if required.

**Session 1:** Dementia realities and myths. **Session 2:** Communication techniques and strategies for managing behaviours of concern. **Session 3:** Caring for yourself, problem solving, activities

**Dates:** Monday, November 5, 12 & 19      **Time:** 10am to 1pm

**Where:** Barwon Health Newcomb Community Health Centre, 104-108 Bellarine Hwy Newcomb  
Please RSVP by October 30 on **FREECALL 1800 052 222** to book your place in these sessions.

## Strong Boundaries, Strong Carers

Boundaries are about drawing a line in the sand; deciding what you can accept from others in your life and what you can't. This workshop will give you the practical strategies to protect your sense of self as well as your health and wellbeing.

**Date:** Friday, November 9      **Time:** 10am to 12pm

**Where:** Barwon Health Newcomb Community Health Centre, 104-108 Bellarine Hwy Newcomb  
Please RSVP by November 23 on **FREECALL 1800 052 222** to book your place in this session.

## When Carers Over-Care

Do you find yourself doing more for the person you support than you would like? Is your energy low from trying to anticipate their every need? Perhaps you have fallen into the trap of over-caring. This workshop explores what the concept means for you and the person you care for. It will give the opportunity to reflect on your caring style and make changes that benefit both of you.

**Date:** Thursday, November 29      **Time:** 10am to 12pm

**Where:** Barwon Health Newcomb Community Health Centre, 104-108 Bellarine Hwy Newcomb  
Please RSVP by November 23 on **FREECALL 1800 052 222** to book your place in this session.

## Residential Respite Information Day - Colac

This is a free information session with guest speakers from the Aged Care Assessment Team, Centrelink, Barwon Community Legal Service and a manager from a residential care facility. These sessions are for carers only - you may bring along a family member if you wish. In home respite is available for the person you care for. Morning tea and lunch provided. Places are limited so bookings are essential if you would like to attend. Call Carer Support on **FREECALL 1800 052 222**.

**When:** Thursday, November 15      **Time:** 9.30am to 3pm

**Where:** COPACC - Colac Otway Performing Arts Centre, 95-97 Gellibrand St, Colac

## How do we support carers?

**Barwon Health Carer Support** is here to support you - the carer - in your caring role. Even though we may at times put support in place for the person you care for, the focus of our service is on supporting **you**, helping you to take a break from caring and reducing carer stress. We may support you by arranging respite for the person needing care, such as with occasional respite in the home, transport to appointments (if you can't be there) or a short break in an aged care facility. We also strive to support carers in creative ways, through education programs, social activities and special events that encourage carers to take time out for themselves.

If you or the person you care for need more support than we can provide, our Carer Support staff will make a referral to other services, with your consent. We also provide emotional support for those days when you just need someone to talk to. Our service is funded by the Commonwealth and State Governments and has been operating since 1997.

## Help for Carers in an Emergency

At **Barwon Health Carer Support**, we provide support 24 hours a day, 7 days a week 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 simply can't cope. This support can be very helpful in circumstances where a carer is taken to hospital and the person being cared for cannot be left home alone. Outside business hours the after hours response team will answer your call, assess your needs and when this is the best option, they will contact an agency on your behalf to organise short term respite in the home, at no cost to you. If you have a medical emergency always call **000**. When you need urgent respite call us on **FREECALL 1800 052 222 (24 hours / 7 days)**. Please note the after hours response team cannot arrange emergency admission to aged care facilities however our staff can arrange this during working hours.

## Our Carer Benefits Program

**Barwon Health Carer Support** provides the *Carer Benefits Program* exclusively to carers in the Barwon South West region. The program consists of a card that gives you a discount at selected restaurants, a handbook with discount vouchers, a mobile site and a website. You can choose to use any or all of these benefits. If you wish to book discounted accommodation or discounted gift cards, you will need to use the mobile site or website. If you are unsure how to access the mobile site, we have prepared a simple smartphone guide. Call us on **FREECALL 1800 052 222** if you would like to receive this.

Your card and card number are valid for 12 months only. If you do not have a current Benefits Card it is likely that you have not been in contact with us for some time. It is not too late to receive your 2018 Benefits Program so please call and ask to speak to the Intake team during business hours. Carers that have recently registered with our service will receive their Benefits Program pack in about 4-6 weeks. Please take care not to lose your Benefits card as we may not be able to replace lost cards.

If you experience any difficulties accessing the site, or wish to provide feedback about a participating business contact *Frequent Values* customer service on **1800 008 553**.

## Our Newsletter

Would you prefer to receive our newsletter by email? This will help us reduce printing and postage costs. To switch to email delivery simply send an email to [carersupport@barwonhealth.org.au](mailto:carersupport@barwonhealth.org.au) so that we can add your name to the email distribution list.