



# News

MAY - JUN - JUL 2008

## Have Your Say Our ACT Election Campaign

With the Australian Capital Territory elections due in October this year, Carers ACT will be working hard to keep caring high on the list of political priorities for every candidate. It is vital that we understand the issues which are important to you, so that we can accurately represent your needs and concerns to those who hope to obtain or retain public office.

We plan that caring issues will be a central issue of concern during the election, as you, and other Carers in the ACT community, are providing vital unpaid support which is a foundation underpinning the health and social welfare systems on which the government depends. Yet Carers may often pay a high cost in personal health and wellbeing due to the level of commitment needed by the caring role.

It is important that you are able to receive the supports that you need. It is vital that you maintain an optimum state of health and wellbeing enabling you to sustain your caring role for as long as you need to. It is critical that you have access to essential goods and

services, such as food, warmth, shelter and health care.

At Carers ACT we are aware that many Carers may be struggling with the current pressures created by the increasing cost of living. We are also concerned about your health, safety and financial security in the long term. We recognise the diversity of Carer's individual circumstances, and understand that needs change over time. Therefore we need to know exactly what is having the most impact on you at the moment, and exactly what you need to best help you keep caring.

It is crucial that your voice is heard by those seeking to be elected to represent you. Please take five minutes to respond to our enclosed Carer Needs Survey. Having your say is easy, just answer the following questions and mail (reply paid envelope provided), fax or email them into us before 31st May 2008. Alternatively, from 15th May you will be able to find a form to submit on our website at <http://www.carersact.asn.au/>. Results of the survey will be published in the August edition of Carers News.

**"It is crucial that your voice is heard by those seeking to be elected to represent you."**

### Access to Carelink now available on the northside too!

The Commonwealth Carelink service in the ACT is run by Carers ACT and has been running from our Torrens Office for the past few years. We are happy to announce that we have just opened a new shopfront and call centre on the north side in our Belconnen Office, so we are now operating from two locations.

Carelink provides free information and assisted referral to over 700 local community aged care, disability and other support services, with the aim of assisting the elderly and people with disabilities to remain living independently in their own home.

This Service is available to anyone, 9am to 5pm, Monday to Friday. We have local knowledge about:

- the range of services available and how to contact them;
- who is eligible to receive the services;
- whether there are any costs associated with receiving the services; and
- aged care assessment services for access to community aged care packages or entry into aged care homes.

You can contact Carelink by visiting one of the shop fronts at Torrens Shops or the Belconnen Churches Centre, or by calling 1800 052 222\*.

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# From the CEO

## Who is Carers ACT?

Carers ACT is the recognised and expert voice for carers, and a member of the National Network of Carers Associations. We are a non-profit association that relies on public and private sector support to fulfil its mission with and on behalf of Carers. We are governed by a volunteer board of directors with caring and professional skills who set the strategic direction of the organisation and oversee financial and legal governance.

### Our Vision:

Caring is accepted as a shared community responsibility

### Our Mission:

Leading change and action with and for Carers

### Contact Us:

#### Belconnen Office:

Ground Floor, Churches Centre,  
Benjamin Way, Belconnen ACT 2617  
Phone: 6296 9900 Fax: 6296 9999  
E-mail: [carers@carersact.asn.au](mailto:carers@carersact.asn.au)  
<http://www.carersact.asn.au>

#### Torrens Office:

1 Torrens Place, Torrens ACT 2607  
<http://www.carersact.asn.au>

**Commonwealth Carelink Centre**  
1800 052 222\*

**Carer Advisory Service**  
1800 242 636\*

**Commonwealth Carer Respite Centre** 1800 059 059\*

*\* An Australian Government Initiative.  
Free local call. Mobile phones will be charged at mobile phone rates.*

Patron Mr R J Cahill, OAM,  
Chief Magistrate

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### NEXT NEWSLETTER DEADLINE:

Friday 11 July 2008

Please send articles and items to [carers@carersact.asn.au](mailto:carers@carersact.asn.au)

Dear Members,

The leaked news of the Carers Bonus did much to raise the community's understanding of the vulnerability of many Carers and the need for improved, sustained support. The ACT provides another platform to ensure that Carers are a critical part of the political agenda. Carers ACT is developing an election campaign to ensure that carers issues and concerns are heard by those who represent you in the legislative assembly. First, we need to know your priority needs and ensure those needs are heard. See our front page story on how you can be part of this campaign.



As a member based association, Carers ACT is committed to evaluating and understanding the impact and effectiveness of the services and supports we provide to Carers and their families. A focus group is planned in early May to gauge Carers' feedback and to seek ideas for ways we can improve our service delivery and better support Carers in the ACT.

In the interests of ensuring our evaluation process is rigorous and meets good practice standards, the focus group is being run by volunteer consultant Carol Flynn and Kirsten Byrne a volunteer Carer. Carers who will be participating will be anonymous to Carers ACT. The information from this workshop will inform the 2008-09 Business Plan to ensure we work steadily in meeting our mission in driving positive change for Carers.

We hope you find this edition of our newsletter informative and useful. We would warmly welcome contributions from Carers – sharing tips and experience with others. Please do not hesitate to contact Colleen Donohoe on 62969900 for more information.

On behalf of the board, management and staff we hope you stay warm and healthy this winter and look forward to your participation in the many events and workshops planned in the coming months.

Best regards,  
Dee McGrath  
CEO

## RESOURCE: CarersHaven.com

An online support group for Carers. It is a place for Carers to connect with other Carers, to break down the isolation barrier and a distraction from the day to day frustrations. CarersHaven.com not only provides a place to chat, but there are links to medical, government and non government sites, informative newsletters and personal stories.

## Support and Social Group for Bereaved Carers

The Bereaved Carers Social group meets monthly. It meets on the fourth Wednesday of every month at 10am and visits different places each month. Last month we went to Old Parliament House, in May we are going to the National Library and in June we are going to the Canberra Glassworks. We would welcome new members. Please ring Jill on 6296 9913 if you are interested in joining us.

No one knows what it means to be a Carer more than you, so you can use the newsletter to share your story with other Carers who are in the same boat as you.

My daughter in law, Tempe, was diagnosed with demyelination in 2006 when she was 38 years old. Prior to this she was being treated for depression, which it was finally revealed she did not have. From 2004, Tempe had lost her capacity to organise, supervise, direct, drive a car, shop or manage money. She could not care for her husband and two children under extreme stress and eventually support workers had to be bought into the home to look after her eight year old intellectually disabled daughter after school. Respite workers were also put in place to help Tempe cook, clean, shop etc. Carers ACT were an enormous help to me during times of need, when Tempe's husband was away with his work. If there was no one with Tempe, she would wander aimlessly around the streets, shops and even night clubs/bars, seeking the company of others and the noise of people. She cannot relax or stay still, the condition driving her to relentless pacing, day and night.

After a crisis situation in August 2007, Carers ACT arranged

some respite for us, eventually taking Tempe into temporary accommodation at Fraser House and Deakin Cottage. Pauline Dunk, the manager of these two respite homes realised the vulnerability and extreme risk Tempe was at if she was sent home. The workers at the Cottage and Fraser House became our Guardian Angels.

For the first time in three years Tempe's husband, children and extended family knew she was safe and secure. This allowed the very slow process of everyone starting to settle down and get some direction in each of our lives. Tempe's daughter was so frustrated, her behaviour uncontrollable under Tempe's care and supervision. It took some months to get routine and normality back into their lives.

The stressful process of getting Tempe into permanent care started. Five aged care facilities took her application and the monthly phone calls took place with no results and almost no hope. Everyone concerned knew that Tempe could not go home and be at extreme risk again, but many facilities were not

appropriate for Tempe.

During this time, the management and staff at Deakin Cottage and Fraser House gave Tempe the most wonderful care and really gave Tempe a sense of purpose and wellbeing. She had people around her everyday, staff took her to activities and gave her minor tasks to help occupy her time. The environment Tempe was in was the best possible option we could have hoped for, it was a home away from home and it seemed each support worker went above and beyond their call of duty everyday.

Tempe has finally been accepted into permanent care. She is now 40 years of age and now the next phase starts for the family.

It was only a matter of time before Tempe was injured seriously or fallen pray to the predators roaming the streets. We were living with the constant fear of the phone call from the police or hospital.

Without the two respite homes of Carers ACT, I really do not want to guess where we would be today.

Janice, a Carer.

## Sign Up and Be Heard

Since our incorporation in 1992, with the help of our members, Carers ACT has worked to make a difference to Carers' lives across the ACT. Our role is to support Carers wherever and whenever they need it. This may involve providing advice, counseling, arranging respite care, specialized assistance or other information and resources.

Carers ACT would be nothing without its members. Our future aim is to reach even more Carers throughout the ACT Community by improving the quality and range of support offered to Carers. Carers ACT is working with business, other community services, and government to create an improved understanding of the diversity of Carers' needs and the contribution of unpaid care.

We are fighting to achieve financial stability, improved health and wellbeing for Carers. We link in with the national network of Carer Associations to share information, build policy and commission research, which enables us to better understand and represent Carers.

We need you to add your voice by joining Carers ACT, as many voices are louder than just a few. We welcome any individual who supports our aims. Membership is free to all Carers in the ACT. Join today and you'll receive extra benefits, including:

- Our quarterly members' magazine, Carer News, with the latest information on caring issues and stories
- A Membership Card which allows Carers a free entry to Hoyts Cinema's when accompanying their cared-for person.
- A range of practical information and resources
- Access to our specialised library service
- A range of fun events and social activities
- Opportunities to contribute your experience and expertise on caring issues to improve our services and increase community understanding.

Joining is easy, simply complete the form on the back page of this newsletter.

# Getting Carers on the radar of the 2020 summit

On Saturday, 5th April carers ACT CEO, Dee McGrath, attended the ACT 2020 summit and gathered ideas for our submission to the National 2020 summit. This submission was completed and put forward on behalf of the ACT's 43,000 family Carers on 9th April. Here is what we had to say:

On behalf of the 43,000 unpaid family Carers in the ACT we propose the following three ideas for the 2020 Australian Summit:

## 1. A National Carers Recognition Act – legislation which recognizes and supports the role of informal Carers

It is vital that current Carers are properly supported so that they, and the people they care for, are not added to existing queues within an already overburdened health system. The number of people available to provide care will also greatly reduce by 2020,

simply because there were not a sufficient number born in that population cohort. With time, current shortfalls in the Carer to care-recipient ratio will widen from a gap to a chasm (based on NATSAM). Carers need services and support in their own right with an aim to improve their own health and wellbeing.

## 2. National legislation to give family Carers rights for more flexible work practices

As greater numbers in the workforce are affected by age-related disability, or called upon to care for family members, it is essential that government, employers and the community sector work together on effective strategies to keep skilled Carers in the workforce, while also supporting and adequately compensating those Carers who undertake full-time caring commitments. Carers must also be provided with appropriate and affordable options for the quality

care of their loved ones while they are working or studying. Government also needs to formally engage with Corporate Australia to play a significantly greater role in supporting employed Carers in their workforce as well as supporting more choice for non employed Carers to participate in the workforce.

## 3. A national family tax benefit for caring families to help with significant costs of caring

The overall opportunity cost borne by Carers has been estimated to be \$4.9b a year in lost earnings. In addition, Carers must manage the extra financial costs related to caring such as medication, equipment, transport, therapies, continence products, electricity and alternative care. Tax relief can help reduce the caring costs that other Australians do not have to bear.

## Help for seniors coping with the loss of a loved one

The Australian Government is now providing financial support to seniors in their time of need after losing their life partner, through 'Pension Bonus Bereavement Payments'.

The new payment commenced on January 1 this year. While not easing the loss, the payment is designed to help the surviving spouse in the transition to changing financial circumstances after the death of a loved one.

The Pension Bonus Scheme allows people who reach pension age, but defer claiming the Age Pension, to receive a tax-free lump-sum bonus payment when they eventually claim and receive the pension.

The maximum benefit available under the Pension Bonus Scheme is \$32,853.50 for a single person and \$27,440 (each) for members of a couple. The amount of bonus payable depends on how long people are members of the Scheme and the rate of pension they are entitled to when they ultimately claim the Age Pension. Bonuses can accrue under the Pension Bonus Scheme for a maximum of five years.

We encourage people who were approaching age pension age but considering staying in the workforce to contact Centrelink to register for the Pension Bonus Scheme by phoning 13 2300 or visiting their nearest Centrelink office.

WOULD YOU LIKE TO TALK TO A COUNSELLOR BUT NEED ONE THAT CAN SEE YOU OUTSIDE THE 9 -5 WORKING HOURS?

AFTER-HOURS CONSELLING IS AVAILABLE BETWEEN 5PM AND 7PM WEDNESDAYS AND FROM 11.30AM TO 4PM ON SATURDAYS

TO MAKE AN APPOINTMENT CALL THE CARER ADVISORY SERVICE ON:

1800 242 636

Carers ACT recently ran two writing workshops, *Writing the Everyday* with Lizz Murphy and *Journaling* with Kathy Kituai. The workshops were funded by a grant from the Australian Government Department of Health and Ageing via Carers Australia. The aims of the writing workshops, run nationally, were:

- to assist Carers in the art of personal writing and, through this process, gain valuable lifelong skills; and
- to create a body of works produced by participants that can be published to increase community awareness of the diverse experiences of Carers.

Carers Australia is planning on publishing a book **"...because we care - from the hearts of Carers"**. Some of the work will also go on to the Carers Australia website. Carers from the ACT submitted both poems and stories about their caring roles to the project. These pieces of work are now being considered by a panel and certain works will be chosen for the book and/or website.

The Carers who attended the workshops found them stimulating and a helpful way of expressing their thoughts and feelings. One participant said of the *Writing the Everyday* workshop: "I enjoyed... Lizz Murphy's style, readings and

techniques; meeting other writers and Carers; and the respectful and gentle facilitation and insightful intelligent creative suggestions."

A Carer who attended Kathy's journaling workshop commented that she enjoyed "the closeness, the directness, & the ability to use this work to understand our caring."

**In light of the success of these workshops Carers ACT is planning more writing workshops in the second half of this year. If you are interested in attending please ring Jill on 6296 9913.**

## Getting your 30 minutes a day

We are constantly receiving messages about the importance of doing 30 minutes of exercise at least 5 days a week to keep us fit and healthy. It is also a great way for you to take some time out for yourself. Did you know that these 30 minutes a day can be broken up into shorter sessions of at least 10 minutes each? This makes finding time for 30 minutes of exercise a day quite easy to achieve. Here are some ideas:

- Organise a 30 minute walk with friends or work colleagues each day – have a good chat while you walk and see how fast the 30 minutes go!
- Park your car a 10 to 15 minute walk from where you need to be
- When possible, take stairs instead of a lift or escalator
- Try to incorporate 'active' chores into your day, such as walking the dog, vacuuming and active gardening
- Walk or cycle to you local shops, instead of driving, when you are picking up milk, bread or the newspaper
- Organise to do something active when catching up with friends, such as a walk around the lake, followed by a coffee.

**"...it's good to meet other Carers... We find the walking group to be a very pleasurable morning out."**

- Go for a swim at your local pool
- Learn to do something active that you have never tried before, like dancing, yoga or golf.
- Join a sporting club, leisure centre or gym
- Go window shopping in a large shopping mall
- Join a walking group

**Did you know that Carers ACT has its very own walking group, which meets monthly?**

The group enjoy a leisurely walk and light conversation at a different location each month, followed by a cup of tea or coffee. Carers ACT now also foots the bill for morning tea, so all you need to bring each month is yourself and a pair of comfortable shoes!

This walking group allows you to take some time out and get your daily dose of exercise, while enjoying the company of some fellow Carers.

"Although we walk regularly in our own area, it is nice to stroll through other areas that we may never have been to before. And it's good to meet other Carers from outside our own support group. We find the walking group to be a very pleasurable morning out." said a regular of the group.

So come and join us! For details on our monthly meetings, turn to page 6.

# Carers Calendar

May - June - July

## Walking Group

**10am Tuesday, 13 May**

Meet next to the miniature train at Weston Park – coffee to follow at a nearby café.

**10am Tuesday, 10 June**

Meet at the Visitors Centre for a leisurely walk around the National Botanical Gardens and then coffee at the café.

**10am Tuesday, 8 July**

Meet in front of the National Gallery of Australia for a peaceful walk around the lakeside and a cuppa in the café afterwards.

For more information contact Lindy on 6296 9900 or [lindyw@carersact.asn.au](mailto:lindyw@carersact.asn.au)

## Art Appreciation Group

**10am Tuesday, 20th May**

Meet outside the main entrance to the NGA for "Movement in the Landscape" ink drawing with Penny Low.

**10am Tuesday, 17th June**

Meet outside the main entrance to the NGA for a tour of the Richard Larter exhibition.

**10am Tuesday, 15th July**

Meet outside the main entrance to the NGA for a tour of the body in Art with Krysia Kitch.

RSVP essential, please call Jill on 6296 9913 or email [jillp@carersact.asn.au](mailto:jillp@carersact.asn.au)



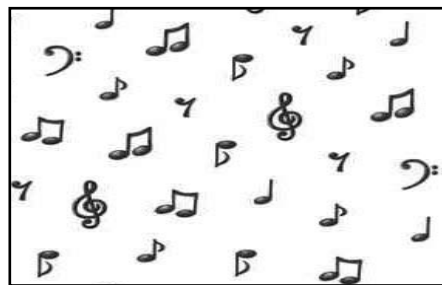
## Craft Group

We are planning a group project, making blankets and cushions for the Respite Cottage in Deakin. Bring wool to May's Group.

- **9.30am Thursday, 22nd May**
- **9.30am Thursday, 26th June**
- **9.30am Thursday, 24th July**

Carers ACT, Churches Centre, Benjamin Way, Belconnen

For more information, contact Jill on 6296 9913 or [jillp@carersact.asn.au](mailto:jillp@carersact.asn.au).



## Carers Singing Group

1.00pm - 2.30pm Monday's (except on public holidays or during the school holidays) at Carers ACT, Churches Centre, Benjamin Way, Belconnen.

For more information, call Lindy on 6296 9900 or [lindyw@carersact.asn.au](mailto:lindyw@carersact.asn.au)

## Winter Seasonal Lunch

12:30 - 2:30pm Wednesday, 18th June 2008

Training room, Carers ACT, Churches Centre, Benjamin Way, Belconnen.

Bookings are essential - RSVP by 5pm Wednesday, 4th June by calling Lindy on 6296 9900 or email [lindyw@carersact.asn.au](mailto:lindyw@carersact.asn.au)

## Christmas in July

6.30pm Friday, 25th July at the Harmonie German Club, Narrabundah.

Tickets cost \$30 each and include a three course meal.

This is a combined event organized by Carers ACT, Mental Health Foundation and Mental Illness Fellowship.

Call us on 6296 9900 to find out how to get your ticket.

## New Partners – Carers ACT and the Friends of the Arboretum

We are pleased to announce that the Friends of the Canberra International Arboretum and Gardens have entered into a supporting partnership with Carers ACT. Carers and the people they support will be offered the opportunity to plant a tree at the Arboretum. Friends will conduct open days on the site which Carers ACT will be invited to, as well as other activities through the year. Friends will also provide a proportion of their fundraising to assist Carers ACT.

The Friends are currently planning for this project and will shortly be training volunteers so that Carers days can be developed in consultation with Carers ACT. The planning for a major fundraising event in 2009 has also commenced.

The Friends look forward to seeing Carers take up this opportunity for participation in this fabulous project.

<http://www.cmd.act.gov.au/arboretum/friends>

# Support Groups Diary

## Northside Carers Support Group

10am - 11.30am at Room 3,  
Belconnen Community Centre,  
Swanson Court, Belconnen.

Wed 7 May Open Discussion  
Wed 4 Jun Open Discussion  
Wed 2 Jul Open Discussion

## Inner North Carers Support Group

10am - 11.30am at Function Room,  
Majura Community Centre, Rosevear  
Place, Dickson

Fri 16 May Open Discussion  
Fri 20 June Open Discussion  
Fri 18 July Open Discussion

## Southside Carers Support Group

10.30am - 12noon at Weston Creek  
Community Centre, Parkinson St,  
Weston

Tues 6 May Open Discussion  
Tues 3 June Open Discussion  
Tues 1 Jul Open Discussion

## Tuggeranong Support Group

1.30pm - 3pm at Tuggeranong  
Community Centre, 245 Cowlshaw  
St, Tuggeranong

Mon 12 May Respite Options  
Mon 9 Jun **No meeting** - QB  
Mon 14 Jul Open Discussion

## Bereaved Carers Support Group

10.30am - 12noon

Wed 28 May National Library  
Wed 25 Jun Canberra Glassworks  
Wed 23 Jul National Library  
Meet at reception desk. RSVP to Jill  
on 6296 9913.

## Male Carers Support Group

11am - 12.30pm at the Lounge,  
Canberra Southern Cross Yacht  
Club, Lotus Bay, Yarralumla

Tue 20 May Open Discussion  
Tue 17 Jun Open Discussion  
Tue 22 Jul Open Discussion

## Indigenous Carers Support Group

10am-2pm Boomanulla Oval,  
Goyder Street, Narrabundah  
Please contact Roslyn Brown on  
6296 9900 for meeting details.

## Arabic Carers Support Group

10am - 12noon at the Canberra  
Museum and Gallery, Ground Floor,  
North Building, London Circuit, Civic

Tue 13 May Prostate Cancer  
Tue 10 Jun Legal aid  
July - CALD Winter Party

## Chinese Carers Support Group

10am - 12noon at Theo Notaras  
Multicultural Centre, North Building,  
London Circuit, Civic

Wed 7 May Nutrition  
Wed 4 Jun Smilercise  
July - CALD Winter Party

## Croatian Carers Support Group

12pm - 2pm at the Training Room,  
Carers ACT, Belconnen

Mon 12 May Prostate Cancer  
Mon 9 Jun Palliative Care  
July - CALD Winter Party

## Filipino Carers Support Group

1pm - 3pm at the Canberra  
Museum and Gallery, Ground Floor,  
North Building, 180 London Circuit,  
Civic

Sat 3 May Prostate Cancer  
Sat 7 Jun Legal aid  
July - CALD Winter Party

## Greek Carers Support Group

10am - 12noon at the Orpheus  
Room, Hellenic Club, Woden

Thurs 8 May ACAT  
Thurs 12 Jun Prostate Cancer  
July - CALD Winter Party

## Hungarian Carers Support Group

11am - 1pm at Polish Australian  
White Eagle Club, Turner

Wed 28 May Smilercise  
Wed 25 Jun Diabetes  
July - CALD Winter Party

## Indian Carers Support Group

12noon - 2pm at the Canberra  
Museum and Gallery, Ground Floor,  
North Building, London Circuit, Civic

Sat 10 May Legal aid  
Sat 14 Jun ACAT  
July - CALD Winter Party

## Italian Carers Support Group

10.30am - 12noon at the Italo-  
Australian Club, Forrest

Fri 2 May Legal aid  
Fri 6 Jun Prostate  
July - CALD Winter Party

## Mon Carers Support Group

12noon - 2pm at Theo Notaras  
Multicultural Centre, North Building,  
London Circuit, Civic

Thurs 1 May Footsure  
Thurs 5 Jun Prostate Cancer  
July - CALD Winter Party

## Polish Carers Support Group

11am - 1pm at Polish Australian  
White Eagle Club, Turner

Wed 28 May Smilercise  
Wed 25 Jun Diabetes  
July - CALD Winter Party

## Samoan Carers Support Group

12noon - 2pm at the Tongan  
Community Centre, Copland Drive,  
Spence

Fri 23 May Community  
Fri 27 Jun Alzheimers  
July - CALD Winter Party

## Spanish Carers Support Group

12pm - 2pm at the Training Room,  
Carers ACT, Belconnen

Mon 12 May Prostate Cancer  
Mon 9 Jun Palliative Care  
July - CALD Winter Party

## Sudanese Carers Support Group

10am - 12noon at the Canberra  
Museum and Gallery, Ground Floor,  
North Building, London Circuit, Civic

Sat 24 May Prostate Cancer  
Sat 28 Jun ACAT  
July - CALD Winter Party

## Tamil Carers Support Group

11am - 1pm at Tamil Aged Care  
Home, 11 Bromby St, Issacs

Sat 17 May Legal aid  
Sat 21 Jun Caldor  
July - CALD Winter Party

## Tongan Carers Support Group

12noon - 2pm at the Tongan  
Community Centre, Copland Drive,  
Spence

Fri 23 May Community  
Fri 27 Jun Alzheimers  
July - CALD Winter Party

## Vietnamese Carers Support Group

10am - 12noon at Theo Notaras  
Multicultural Centre, North Building,  
London Circuit, Civic

Mon 5 May Chinese Nutrition  
Mon 2 Jun Aged Care  
July - CALD Winter Party

To find out more about the  
**Winter Party**, please call  
Emiliana on 6296 9915

# Carers ACT Workshops

your wellbeing, understanding, coping skills

## Introduction to Yoga

This class will be a gentle introduction to yoga and relaxation run by Pam Bleakley (*VitalYoga*, Chifley). Pam is registered with the International Yoga Teachers Association.

4.30pm - 6.00pm Tuesday evenings from 29th April to 3rd June 2008.

Weston Creek Community Centre, Parkinson St, Weston

Please bring your own mat. Register by ringing Jill on 6296 9913.



## Seasons for Growth - Understanding Change and Loss

These sessions will be helpful for Carers who are experiencing loss and change in their lives. Seasons for Growth is a national organisation well known for its work with adults and children in assisting them to understand and manage their grief.

10am – 12noon Thursday mornings from 15th May to 12th June 2008

Carers ACT - Churches Centre, Benjamin Way, Belconnen

For more information and to register contact Jill on 6296 9913 or email [jillp@carersact.asn.au](mailto:jillp@carersact.asn.au) (places limited).

## Stress Management

A three week introductory course on stress management incorporating relaxation techniques, self care and getting a balance in our lives, and the role that our thinking plays in managing stress.

1pm – 3pm Wednesdays from 14th May to 28th May 2008

Weston Creek Community Centre, Parkinson St, Weston

To register contact Jill on 6296 9913 or [jillp@carersact.asn.au](mailto:jillp@carersact.asn.au)

## Money Matters

Centrelink discusses your financial entitlements. CARE Financial counselling talks about debt and budget management.

10am – 12.30pm Thursday, 12th June 2008

Carers ACT, Churches Centre, Benjamin Way, Belconnen

To register contact Jill on 6296 9913 on [jillp@carersact.asn.au](mailto:jillp@carersact.asn.au)



## Legal Matters

The Public Trustee discusses Enduring Powers of Attorney and Wills. Find out where to go for help with a legal problem.

10am – 12.30pm Thursday, 5th June 2008

Carers ACT Belconnen Office, Churches Centre, Benjamin Way

To register contact Jill on 6296 9913 or [jillp@carersact.asn.au](mailto:jillp@carersact.asn.au)

## The A-Z of funerals

Peter Dinn of Toscan Dinn Funerals will talk on planning and organising a funeral.

10am - 11am Tuesday 29th July 2008 at Carers ACT, Churches Centre, Benjamin Way, Belconnen

OR

5.30pm - 6.30pm Tuesday 29th July 2008 at Toscan Dinn Funerals, Unit 2/10 Liardet St, Weston

Please RSVP to Lindy on 6296 9900 or [lindyw@carersact.asn.au](mailto:lindyw@carersact.asn.au).



## Workshops - Your Ideas for 2008/09

We are now planning the education and training calendar for July 2008 - June 2009 and are keen to find out the sorts of courses that you believe would help you with your caring role. Some of the ideas that have been suggested so far include tai chi, communication skills, conflict management, disability rights, suicide prevention, labyrinth walks, journalling/creative writing. If you have some suggestions can you please email them to Jill at [jillp@carersact.asn.au](mailto:jillp@carersact.asn.au) or ring her on 6296 9913. Jill works part time so you may need to leave a message so she can get back to you.

# Money Matters

## Credit Card: Your Friend or Your Foe?

Using a credit card is part of everyday life for many of us. When used correctly, they can be a useful form of short-term finance to purchase goods and services, particularly over the internet or phone, and when travelling. However, it should be remembered that when using credit cards we are borrowing money from a financial institution and creating a liability or debt.

The May 2007 edition of Money magazine reported that the amount owing on credit cards in Australia in January 2007 was more than \$38 billion. This figure represents more than 13 million credit card accounts nationally, with an average of \$2877 owing on each card. Keep in mind that some people have more than one card.

When credit card use is controlled and the user is able to pay it off each month, they are completely safe to use. However, when a user can't pay the card off, it is easy for the amount owing to escalate to an unmanageable amount.

For example, John spends around \$300 every month on his card. He normally pays the card off on the next pay day after the bill comes, but this month his car broke down and that cost him \$300 to fix, so he only pays the minimum payment on the card.

because, even though he is paying the minimum payment, he is now being charged interest on the items charged to the card.

So you can see how easy it is to lose control of your credit card. Here are some things you can do to reduce the risk:

- \$ Have a low limit on your card and don't accept offers to increase the limit. Remember that it is borrowed money and it does have to be paid back.
- \$ Instead of increasing the limit on your card if you are going on holidays, put money on the card before you go. You can have your card in a credit so that you are using your own money.
- \$ Leave your card at home when you go shopping
- \$ If the debt on your card is increasing, talk to a financial counsellor, who will help you get it under control, free of charge.

**Did you know?**  
**If you have a credit card debt of \$1000 and you only make the minimum repayments each month, it will take more than 11 years to pay off that \$1000 and you will pay \$860 in interest. ([www.fido.asic.gov.au](http://www.fido.asic.gov.au); Training your credit card)**

The electricity bill has come and it is higher than usual – he can't afford the \$300 debt on the card, so once again he only pays the minimum off the card. So, when he spends \$300 in the third month, he now has a debt of about \$900

This information was obtained from [www.fido.asic.gov.au](http://www.fido.asic.gov.au).

## QANTAS Carer Concession Card

The Carer Concession Card is issued to people with a disability and high level support needs, who require the full-time assistance of a Carer whilst they are on the plane.

You are eligible if you need one-on-one support when on board the plane, e.g. for meals, bathroom use and communicating with the flight staff. You are not eligible, if you only need assistance when boarding the plane, or when you arrive at your destination.

Card holders receive 50% discount on the standard full-price domestic air travel, in addition to 50% off your carer's fare. Please note that the Carer Concession Card does not apply to already discounted fares or twenty-one-days-in-advance fares.

The card will not reduce a child's fare any further but it will reduce their adult Carer's fare by 50%.

This card is a photo ID card which is valid for three years and has an administration fee of \$27.50, including GST. For further information and an application form contact: Nican on Freecall/TTY: 1800 806 769 or email: [info@nican.com.au](mailto:info@nican.com.au)

### FREE Financial Information Service Seminars – run by Centrelink

#### Retirement Reality and Investment Choices

6.00pm Tuesday, 10th June 2008  
at Southern Cross Club Woden, 92 Corinna St, Phillip

#### Financial Planning and Choosing a Financial Planner

6.00pm Wednesday, 11th June 2008  
at Southern Cross Club Woden, 92 Corinna St, Phillip

Reserve your place by e-mail to [Fis.seminar.bookings@centrelink.gov.au](mailto:Fis.seminar.bookings@centrelink.gov.au) or phone the National Booking service on 136 357.

# ACOSS Conference

## Taking Steps to a Fair Go for All

The Rudd Government's proposed agenda for promoting social inclusion through sweeping reforms to the funding and delivery of community services was the central topic at the Australian Council of Social Services (ACOSS) national conference, held in Melbourne on 9th and 10th April 2008. Representatives from community services organisations and government departments across Australia gathered to hear international and national speakers discuss the reform of policies and practices, to address inequity in Australia and to encourage a fair go for all people.

Professor Dan Finn addressed the conference on the UK government's social inclusion policy. Reforms of the way social services were funded and delivered aimed to reduce poverty, unemployment and homelessness in the UK. Professor Finn reported that some schemes had more success than others, and the best outcomes were achieved by user-directed services which addressed the real and complex needs of individuals living in poverty.

The conference also heard

key papers on social policy reform, from representatives encompassing four sectors of Australian society: the corporate sector, trade unions, the not-for-profit sector, and state government. Topics included corporate responsibility, workplace reform, meeting the challenges of embedded poverty, and the social inclusion initiatives already underway in Victoria and South Australia.

The conference allowed for contribution from all delegates. Nine separate groups examined issues such as climate change; disability; early childhood development; health; housing; inclusive and diverse communities; Indigenous communities; employment and participation; and youth transitions and education. Each seminar formulated three key points to present to the Deputy Prime Minister. Annemarie Ashton, Policy Advisor, represented Carers ACT as a delegate to the conference. Annemarie contributed to the Employment and Participation debate by calling for greater recognition of unpaid work done by Carers, and a reduction in the

social and economic inequity caused by lengthy periods out of the workforce due to caring commitments. The National Network of Carer Associations was also represented by delegates from Carers Victoria and Carers Tasmania who participated in the disability and housing workshops. Deputy Prime Minister, the Hon Julia Gillard MP, delivered a speech outlining federal government plans to invest in developing the skills and capabilities of the Australian population, to enable greater workforce participation and reduce the levels of disadvantage currently suffered by many marginalised people in society. The establishment of the Social Inclusion Cabinet Committee is coordinating a whole of Government response to address critical issues in housing, health and social services. Central to the reform process is the creation of new partnerships between government, business and the community sector to create sustainable and innovative solutions to improve the wellbeing of all Australians.

## What does 'social inclusion' really mean???

Many Carers may have heard the term 'social inclusion' being discussed a lot recently by government ministers, in the media, and by community services representatives. Social inclusion means different things to different people, but in practice, social inclusion policies have a few specific features that are easily recognised.

**Targeted policies aimed at specific groups:** People in poverty rarely have a single factor that causes social exclusion. Governments usually make a list of groups having complex needs for priority action, such as homeless people or jobless households.

**Early intervention:** A key strategy is to aim to break the poverty cycle at the earliest possible stage. For example, making sure a child has a house, regular meals, and access to basic health care is proven to increase their chances of attending school. Keeping kids in school reduces the risk of homelessness and unemployment in the future.

**User guided and locally responsive services:** Socially inclusive services are shaped by the people who use them and the staff at the front-line of service

delivery, and based on evidence of local needs. Services are 'joined-up' through the development of strategic partnerships. For example, an urban renewal project may have departments, other services and local residents joining to implement agreed changes.

**National benchmarks:** Minimum 'floor targets' are essential for ensuring that programs reach the most vulnerable people in society. For example, setting a target that all children must complete a guaranteed minimum of 10 years of schooling makes sure that fewer people fall through the gaps.

**Reform is driven by the highest point:** The process of social inclusion has only been successful when driven by the highest levels of government, which sends a clear message to departments that shifting of responsibility will no longer be acceptable. Accountability for improvement is increased through named responsibility for implementing plans and achieving targets.

For more information on social inclusion already in practice in Australia, check out the following website at <http://www.socialinclusion.sa.gov.au>

# How the Commonwealth Ombudsman can help you

The Ombudsman receives and investigates complaints about Government agencies and departments. As a result of the volume of transactions it undertakes every day, Centrelink is the agency about which we receive the largest number of complaints.

People with disabilities and their Carers represent a significant proportion of the complainants who contact the Ombudsman about Centrelink matters.

## Common complaints from Carers, include:

- Claims for payment – Carer payment / allowance, DSP
- Rates of payment – Carer

- payment / allowance, DSP
- Medical review – Carer payment / allowance
- Job capacity assessments – DSP
- Access issues (access to social workers, physical access to offices)
- Staff behaviour

## Outcomes the Ombudsman may be able to achieve, include:

- ✓ Expedited Outcome
  - o Payment restored
  - o Review decision made
  - o Interview scheduled
  - o Forms sent

- ✓ Apology
- ✓ Systemic change (this takes time!)
  - o Process
  - o Procedure
  - o Forms

## Outcomes of the Ombudsman generally cannot achieve:

- ✗ Changed decisions
- ✗ Decisions or actions that are contrary to the law
- ✗ Legislative change
- ✗ Disciplinary action against staff

## Managing your relationship with Centrelink

The Commonwealth Ombudsman can help you deal with any difficulties you may face when dealing with Australian Government agencies, such as Centrelink.

A major part of our job is to help complainants effectively manage their interactions with government. We try to ensure that the system works well, and sort out day to day problems.

We also consider it important to educate the public about our role and how to avoid getting into difficulties – which is what this message is all about.

### DO

- ✓ Make contact with relevant agency when a problem first arises
- ✓ Try to find out as much as you can about your rights and obligations – check out the Centrelink website
- ✓ Seek advice if things are complex and/or confusing, including about your review rights
- ✓ Understand that you are responsible for the contents of

the claims you make

- ✓ Lodge all claims and documents on time
- ✓ Ask Centrelink for a review if you are dissatisfied with its actions
- ✓ Try to keep good records of your contacts with Centrelink
- ✓ Make voluntary disclosures if your circumstances change, including your address
- ✓ Understand that the Ombudsman's office handles complaints concerning the reasonableness of actions and decisions of Governments departments
- ✓ Understand that the Ombudsman's office will normally expect you to peruse your review rights where they are available
- ✓ Tell us what remedy or outcome you are seeking when making a complaint to us
- ✓ Be aware that the ombudsman is not an advocate and will normally expect a complainant to present their complaint in writing supported by relevant documents.

### DON'T

- ✗ Ignore Centrelink correspondence or notices
- ✗ Forget to advise Centrelink of changes to your situation
- ✗ Get angry or abusive with Centrelink staff during any contact with them – communicate with them in the same way you would like to be spoken to.
- ✗ Expect that the Ombudsman will always investigate a complaint – we have a number of discretions available to us to not investigate.
- ✗ Establish a poor compliance history as this may influence future decision-making
- ✗ Let your relationship with Centrelink become dysfunctional
- ✗ Be unrealistic about what Centrelink can do for you
- ✗ Stop communicating with Centrelink if you have a problem
- ✗ Leave it to the last minute to contact the Ombudsman

# The Community Village

## Turning Inspiration Into Reality

An inspirational tale of one parent's vision for a meaningful life for her child has motivated attendees at a recent forum to form a working group to help bring that vision to reality for their own children. The Community Living Parent Forum was held at Carers ACT's Belconnen office on 8th April, with over 30 parents coming together to discuss their needs for accessible, affordable, supported accommodation and for suitable post-school opportunities for young people with disabilities.

Alison McGregor spoke on behalf of Esther Woodbury who developed the concept of a Community Village in response to the needs of her late son, Jack, for a safe, healthy and socially-connected environment. Young

people with special needs and their Carers currently face limited options when it comes to post-school options for living, working and enjoying life in the ACT.

The Community Village is an inclusive living model, broadly based on the highly successful 'special interest' retirement communities already being enjoyed by many senior aged Australians. Ongoing commitment and involvement of the family is central to the success of the Village concept. A key criteria for eligibility to join the Village is the young person's ability or potential to socially engage with the whole community group. The Community Village aims to provide a positive and supportive environment where safety, healthy

living and opportunities for life-long development are paramount; and where residents and guests are supported by knowledgeable and professional staff.

Carers ACT is assisting the commencement of this project in a general capacity by facilitating initial meetings and assisting with the gathering of supportive evidence. Carers ACT is strongly supportive of the need for all ACT Carers to have access to quality services where their loved ones are provided with a safe, healthy and meaningful environment. For more information on the Community Village concept or to join the working party, please email [communityliving@optusnet.com.au](mailto:communityliving@optusnet.com.au) or call Alison McGregor direct on 0406 333 904.

## 10<sup>th</sup> Annual Young Carers Big Breakfast

On Saturday, 12th April 2008, I attended the Young Carers Big Breakfast at the Southern Cross Yacht Club in celebration of 10 years of the Young Carers network. The day was filled with lots of fun and games, we had a lovely breakfast with delicious muffins and lots more. While eating our breakfast, there were some speeches from people

telling us about their experiences within the network. My sister and I both spoke and a presentation was given which brought back a lot of memories. After breakfast, we headed outside for some entertaining music and fun, going on rides, which were excellent. The highlight of my day was the motorbikes, which was exciting and heaps fun. The Young Carers

network come together to hold events like this. They always work together to create an exceptional event that runs so smoothly. This year's big breakfast was amazing, one of the best so far, and I look forward to attending future ones, as they keep improving and getting bigger.

Joshua Haines



## Are you a Young Carer, a girl and aged between 12 and 15?

If so, then you are invited to join our social group! We will be meeting monthly in Belconnen, starting on the 20th of May. We will be doing a mix of things... something fun one month, and something educational the next! Most of all you will get to meet some new Young Carers and also catch up with some old ones!

On the 20th of May everyone will get a chance to meet each other and have a say about what you would like us to do in the group (while eating pizza!).

**Where:** Carers ACT - Ground Floor, Churches Centre, 54 Benjamin Way, Belconnen

**Time:** 4pm till 5:30pm

**Bring:** Yourself, your ideas and your permission form!

**RSVP:** To Nat on 6296 9900 or via email [nataliet@carersact.asn.au](mailto:nataliet@carersact.asn.au)

**Note:** If this date or time doesn't suit you but you would like to be involved, give us a call and we'll see if we can come up with a new time that suits everyone!

# Staff Profiles

Hi, my name is Melissa Kirby. I am the new Flexible Family Support Coordinator at Carers ACT. I previously worked at the Family Relationship Centre and have done volunteer work with parent line. I am currently studying a Bachelor of Community Education at the University of Canberra and hope to finish next year. I am thrilled to be at Carers ACT, as my goal has always been to support family Carers. I am just here a little earlier than I expected, which is great!

I have two great and interesting kids, Mat who is 13 and Emily who is 10. They keep my busy and life is very full!

I look forward to working with many of you in the near future.



My name is Tina Napier and I am a new recruit at Carers ACT. While I was initially trained as an archaeologist, I worked in the community services sector with Home and Community Care programmes for several years in Sydney until my late 20's.

Once my husband Martin and I had our first child (Harry), we decided to buy a clapped out bus that had been converted into a motor-home and do some travelling around Australia. We ended up finding work in Innisfail and then Atherton in North Queensland, where I worked with state funded disability support services, providing general respite services for Carers. Along the way I had two more boys (Nimmo and Jack).

We moved to Canberra at Christmas time as my husband has started studying at the School of Arts at ANU. Since then, I have been working for Carers ACT, concentrating on promoting our organisation and services to staff in doctor's surgeries and pharmacies.

I am now working with our new Information Services team and am looking forward to future challenges. As I'm new to Canberra, I like to spend my free time exploring the territory and riding my new bike.

Meet Bessy. Bessy was rescued from the pound by Golden Retriever Rescue (GRR) when her elderly owner had to be placed in permanent residential aged care.

GRR has now found her a new home at the Carers ACT Dementia Respite Cottage in Deakin.

The arrival of Bessy at The Cottage has been amazing for our Carers, their family and especially our staff. Some of the first comments included:

"I want to take her home", "Is she ours forever", "Boy, can she snore," and from a staff member working overnight "Thankyou for giving me a companion while everyone is sleeping".

Bessy recently went on a fishing trip with our men's day group and was a great edition to the team. She waited patiently on the bus, taking her very own seat while the men boarded the bus and then enjoyed the day out with them.

We hope that Bessy has a long and happy life with her new family at The Cottage.



# Caring for a family member with a mental illness?

The Mental Health Respite Program is a new program funded by FaHCSIA and is open to Carers of people with a mental illness, psychiatric disability or intellectual disability.

The aim of the program is to provide support to Carers by increasing access to respite services. Respite enables Carers to sustain their on-going carer responsibilities. Respite can be emergency or planned, and may take the form of residential or in-home care for your cared-for person, or alternative support such as domestic assistance, child

care or social support. You do not require a clinical diagnosis to receive support from the Mental Health Respite Program.

The eligibility criteria are related to age. The specific age related priorities include:

- Parent carers over 65 years of age, who live with and care for their child with a mental illness or intellectual disability
- Parent carers over 65 years of age, who care for but do not live with their child with a mental illness or intellectual disability

- Indigenous Carers over 50 years of age, who care for their child with a mental illness or intellectual disability
- Carers of any age who care for people with a mental illness who require crisis respite care (unplanned)

With the opening of 'Mark's Place' we are now able to work in conjunction the Mental Health Foundation to broker services through this program to provide residential respite options to both Carers and the Care recipient.

## MARK'S PLACE

### Providing Respite for Mental Health Carers

The Mental Health Foundation has provided services to people affected by mental illness in the Canberra region for over twenty years. Recently the Foundation has opened a new Carers respite service, called Mark's Place, located in Narrabundah. Mark's Place aims to provide Carers of people living with a mental illness with the opportunity to have a short break, in order to enhance their own health and wellbeing. Carers have the option to stay at Mark's Place with or without their care recipient. Alternatively the care recipient can stay on their own, and Foundation staff will assist with supporting recovery goals of the care recipient through rehabilitation. To find out how you can access this new service, ring Cathy Sims on 61624980. Assessments may involve the Commonwealth Respite and Carelink centre.

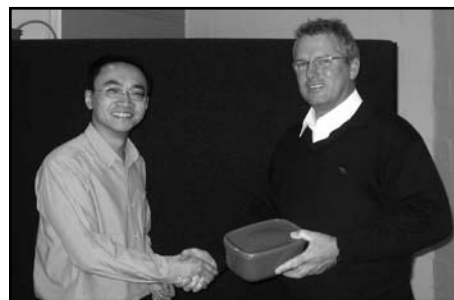
The Foundation has a number of other services for Carers and their care recipients. To find out more, ring 62826658 or visit [www.mhf.org.au](http://www.mhf.org.au).

## G.E Shaw & Associates Donate \$50k to Carers ACT

During early April, G.E Shaw visited our Belconnen Office to present the proceeds of their Annual Charity Bowles event to Carers ACT. This is the third year running that G.E. Shaw has presented us with the money raised at this event to support family Carers, and each year the amount grows. These funds are used to provide special 'outside the box' respite to ACT Carers. While our Government funds are generally tied to providing a specific kind of respite for specific groups of Carers, the

continued support from G.E. Shaw allows us to get creative when giving Carers a well deserved break. In previous years we have used these funds for luncheons, bus trips, Carers Gatherings, and short breaks away for unsupported Carers. We would like to thank G.E Shaw for their commitment to the Carers that they have and will support through their donations.

This years funds will be used to do similar things, providing even more support!



Valdis Luks, G.E Shaw CEO, hands donation to Andy Jin, Carers ACT Finance Manager.

## FLY - Family Leadership & You

The Family Leadership & You project is designed to work with a small number of ACT families to start creating a life of possibility for a person with a disability. People with a disability can and do have work, leisure, a home of their own, friends and relationships. And this can happen without total reliance on governments and organisations. Fly aims to lead and support families to plan and create a positive and rich life for a young person with a disability. For more information on FLY, please contact Sally Richards on 6281 0974 or mobile 0402 418 974 or email sallyr1@iinet.net.au.

## Cancer Psychosocial Service - Continuing Care (ACT Health)

The Cancer Psychosocial Service addresses cancer-related issues and provides therapeutic intervention, counselling and support for people living with cancer and their families. Will support bereaved families.

9am - 5pm Monday to Friday at Phillip Health Centre, Corner of Keltie & Corinna Streets in Phillip.

Contacts:

Patience Nartey on 6207 9977 or [Patience.Nartey@act.gov.au](mailto:Patience.Nartey@act.gov.au)

Elly Law on 6205 1449 or [Elly.law@act.gov.au](mailto:Elly.law@act.gov.au)

## Carers Assist - Well Ways

Assists families, friends and Carers to care more effectively for themselves, other family members and the person living with mental illness by:

- Improving knowledge of mental illnesses, treatment and support options
- Developing better coping skills
- Increasing confidence in dealing with challenges
- Creating ongoing support.

Well Ways consists of 8 consecutive 3 hour weekly sessions with 4 follow-up workshops. The Facilitators are an experienced Carer and a staff member of Carer Assist.

Next course starts at 6pm (till 9pm) on Wednesday, 7th May 2008.

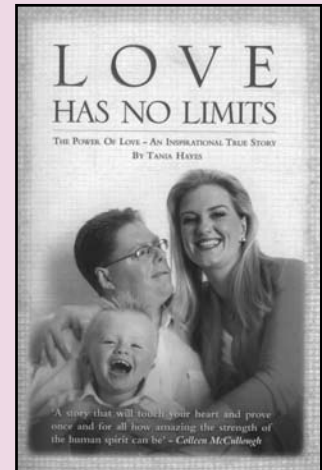
This is a free course, open to NSW and ACT Mental Health Carers. For further information or to secure a place, please contact our Queanbeyan Office on 6232 9044 or email: [carly@carerassist.org.au](mailto:carly@carerassist.org.au)

## WOOL WANTED!

The Carers ACT Craft Group is creating blankets and cushions for the Deakin Respite Cottage and would love to receive any donations of wool you may have around your home. If you would like to donate some wool (or to join the group to help with this project), please call Jill on 6296 9913 or email [jillp@carersact.asn.au](mailto:jillp@carersact.asn.au)

## LOVE HAS NO LIMITS

By Tania Hayes



Tania Hayes tells the true story of how her life transformed when, at the age of 22, her fiancé, Warren, was diagnosed with a dangerous brain tumour. Taking on the responsibility of becoming Warren's full time Carer, her story takes you on their journey of uncertainty, medical battles, mishaps and close-calls, and demonstrates how Tania's devotion inspired Warren to cling to life. The story also tells of their triumphs, including how they rebuilt their lives around Warren's condition, their marriage and the birth of their son Josh.

For her fellow Carers, Tania has included specific details at the back of the book which could not be included in the story itself. Such information includes a glossary of medical terms, a timeline of Warren's hospital admission, information on acoustic neuromas and information on services that have supported her.

It is an engaging and inspirational true story.

**Carers ACT has a number of copies available on loan through our library.**



**Would you or someone you know like to become a member of Carers ACT?**

Membership is **FREE** and benefits include: Delivery of our quarterly Newsletter to your home, special invitations to Carers ACT events, and a buy-one-get-one-free arrangement for Carers at Hoyts Cinema's. By being a member of Carers ACT you also enable us to represent a stronger Carers voice to Government and the community. To become a member, simply fill out and return the **MEMBERSHIP FORM** below to: Carers ACT, Ground Floor, Churches Centre, Benjamin Way, Belconnen ACT 2617

Title  First name  Surname   
Address  Postcode   
Phone  Mobile  Email   
Gender:  Male  Female Date of Birth  Country of Birth   
Are you Aboriginal or Torres Strait Islander?  Yes  No Are you a family Carer?  Yes  No

If you are a family Carer, please provide the details of the person you are caring for & answer other questions below:

Title  First name  Surname   
Gender:  Male  Female Date of Birth  Country of Birth   
Condition of Care Recipient:  Disability  Chronic illness  Frail aged  Mental illness  Other  
Option: Specify Condition \_\_\_\_\_ Is he/she Aboriginal or Torres Strait Islander?  Yes  No  
How long have you been caring?   
What is your relationship to your cared for person?

By signing this form you are agreeing to allow us to store your information in our confidential database, provide this information (without your name and address) to our funding bodies for statistical and planning purposes, and send you relevant information, including a copy our quarterly Newsletter (4 per year) and invitations to workshops and special member events. Signed: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_\_\_

**DONATIONS GRATEFULLY ACCEPTED** I wish to donate:  \$10  \$20  \$50  Other \_\_\_\_\_  
 I have enclosed a cheque/money order for my donation payable to "Carers ACT" OR  
Please charge to my credit card (min \$10):  Bankcard  Visa  MasterCard  Other \_\_\_\_\_  
Card number: \_\_\_\_\_ Expiry: \_\_\_/\_\_\_  
Name on Credit Card: \_\_\_\_\_ Signed: \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_\_\_



An Australian Government Initiative



IF UNDELIVERED PLEASE RETURN TO:  
Carers ACT Inc.  
Ground Floor, Churches Centre,  
Benjamin Way, BELCONNEN ACT 2617

