

THE Carers circle



THE OFFICIAL NEWSLETTER OF CARERS ACT • WINTER EDITION – JULY 2010



Carers gather for well earned rest

Supporting Family Carers

INSIDE THIS ISSUE: We have moved to Holt • Carers Update • Dear Diary
• Support groups for Carers • On course for Carers



“I’d encourage you to give one of our meditation classes a try...”

DEAR FRIENDS

For those involved in caring for someone with a disability, the Productivity Commission’s review of long term disability support and care – will be of interest to you. There are a number of opportunities for you to be involved in this important review. If you don’t have time to write your own submission, perhaps you could attend one of our workshops where we will be developing a submission on behalf of all Carers in the ACT. Carers ACT’s submissions are informed by Carers so your input and ideas on what would make a better service and support system would be invaluable – including a no fault disability insurance scheme. Sue Thomas, our new Policy Manager would love to hear from you – suet@carersact.asn.au or 6296 9900.

The staff at Carers ACT have become relocation experts when the organisation moved from Belconnen and Torrens to new premises at Holt in June. Southside Carers can also access us in new rooms at The Smith Family in Woden for counselling, information and general support. Thanks to input from a number of Carers, we will be developing the new Carers Hub at Holt. The Hub will be a relaxing space just for Carers to meet, have a coffee or develop some interest groups for joint activities. We will be planning a big Open Day in the near future to showcase the new space – so watch this space.....

I’d encourage you to give one of our meditation classes a try. Meditation can really help you relax, refocus and help if you have sleeping difficulties. There are also a number of upcoming events for you to enjoy at the National Gallery - make sure you book your place soon.

On behalf of the board, management and staff, I look forward to welcoming you to Holt and giving you the grand tour.

Warm regards.

Dee McGrath
CEO





We have moved to Holt

CARERS ARE MOST WELCOME to call in and enjoy the beautifully appointed Carers Hub at our new premises in Holt. The Carers Hub includes a café area with fully equipped kitchen, relaxation area and children's room for Carers who may wish to bring their children with them. The Carers Hub will be open from 10.00am – 4.00pm Monday to Friday. The Snow Foundation made a generous contribution to furnish the Carers Hub including comfortable furniture and a new flat screen television.

All staff that were previously located at Belconnen and Torrens have moved to our new premises at **80 Beaurepaire Crescent in Holt**. The former Holt Primary School has been refurbished and converted to the new Holt Community Hub. We are the major tenant of the community hub and will be sharing with National Brain Injury Foundation, Sharing Places, Anglicare Canberra and Goulburn and Sexual Health and Family Planning ACT.

Farewell ceremonies were held at Belconnen and Torrens offices with staff reminiscing about happy times spent providing services for Carers and developing friendships with colleagues.

An "Indigenous Smoking Ceremony" was conducted at Holt by well known 'Wiradjuri' man Duncan Smith to cleanse the new office. The ceremony was followed by a performance from the 'Wiradjuri Echos'

On the next page is a map showing the location of our new premises. There is a bus stop which is just a short walk down the street.

For the convenience of south side Carers, with the Torrens office closing, we will be conducting counseling and information services at the Smith Family premises in Woden.



An "Indigenous Smoking Ceremony" was conducted at Holt by well known 'Wiradjuri' man Duncan Smith to cleanse the new office.

welcome to Holt



CARERS ACT now located at

80 Beaurepaire Crescent, Holt

at the former Holt Primary School which has now become the Holt Community Hub
Ph 6296 9900

CATCH BUS 44

from Belconnen to Beaurepaire Cres Holt ('s' indicates the school)

CHECK OUT TIMEABLE

http://www.action.act.gov.au/Routes_25_May/Route_44.html



does this affect YOU?

Inquiry into National Disability Care and Support scheme – update

The Productivity Commission released an Issues Paper on 17 May to assist anyone who might be interested in providing a submission to this Inquiry. The paper covers a range of issues that the government is seeking information and feedback on.

The Productivity Commission Inquiry is examining a range of options for providing long-term care and support to people with disabilities, including consideration of the appropriateness of a no-fault social insurance approach to disability. The key question for the Commission is not how bad the current system is – nearly everyone thinks it needs to be overhauled. What the Commission wants to hear from you is how to build a good system. You may have ideas about the features of a new long-term disability care and support scheme, based on your own experiences as a Carer.

The date for initial submissions has been extended until 16 August and the Productivity Commission held its Canberra public hearings on 12 and 13 July at its premises in Moore Street Canberra City. To obtain a copy of the discussion paper or the Inquiry terms of reference, you can go onto the Productivity Commission website at www.pc.gov.au or contact Roberta Bausch on **(02) 6240 3221**

The Minister for Families, Housing, Community Services and Indigenous Affairs, Jenny Macklin, said the Productivity Inquiry “is a significant inquiry into the future of disability in this country, and it is essential that we listen to the views of the people most affected.”

Carers Australia will be developing a submission, guided by input from Carers. Carers ACT will be hosting specialised forums to develop an ACT specific submission for the second part of the inquiry. If you are interested in being involved, please contact Jodie on (jodief@carersact.asn.au).

Federal Update – Improved accessibility to Special Disability Trusts

As part of the recent Federal Budget, the government announced measures to make Special Disability Trusts more accessible and flexible for eligible beneficiaries and their families.

Measures include:

- The eligibility of people with a disability to work up to seven hours per week while remaining qualified as a beneficiary of a Special Disability Trust (SDT).
- Expanding the uses of an SDT to include medical expenses, private health fund memberships, and the maintenance of Trust assets and properties.

- Permitting a level of discretionary spending of up to \$10,000 per year, not directly related to care and accommodation needs.

These measures will take effect from January 1, 2011.

Carer Recognition Bill 2010

The Parliamentary Library has released a Bills Digest examining the legislation that creates a Statement for Australia’s Carers which includes ten key principles regarding Carers and how they should be treated by Commonwealth public service agencies and their funded providers. However, the Bill does not establish Carers’ rights or create legally enforceable obligations for Carers, public service care agencies or associated providers. The publication is available at: <http://www.aph.gov.au/library/pubs/bd/2009-10/10bd190.pdf>

Simpler assessment process for Carers of children with severe disability or medical conditions

The Australian Government’s legislation to implement a simpler and fairer assessment process for thousands of Carers of children with severe disability or medical conditions today passed the Parliament on 24 June.

From 1 July 2010, there will be a single assessment process for Carer Payment (child) and Carer Allowance (child).

The Disability Care Load Assessment (child) was introduced on 1 July 2009 for Carer Payment (child). It assesses the level of care provided rather than a narrow set of medical conditions, and will now also be used for Carer Allowance (child).

This means that parents who qualify for Carer Payment (child) will automatically qualify for Carer Allowance (child), removing the requirements for more forms and medical examinations.


The List of Recognised Disabilities will remain as an alternative eligibility pathway providing for automatic qualification for Carer Allowance (child) to Carers of children with disabilities or conditions on the List.

As well, this legislation will introduce new rules from 1 July 2010 to provide Carers with more time to transition from Carer Allowance (child) to Carer Allowance (adult) once the child turns 16.

Carers will now have up to six months to be assessed for the adult payment – a three month extension on the previous rules to complete the Adult Disability Assessment Tool.

The changes will also allow speech pathologists to complete medical assessments for Carer Payment (child).





“Sharing time with other Carers was important as we often are lost in our devotion to the person we care for.”

Carers gather for well earned rest

The recent Carers Gathering to Kangaroo Valley has been hailed a resounding success by all participants. 47 Carers along with a small team of dedicated staff headed off to Kangaroo Valley on 18th May for 3 days of rest and relaxation. Accommodation was at the beautiful Kangaroo Valley Golf and Country Resort with magnificent views from beautifully appointed villas and cabins.

Carers enjoyed a range of activities including golf, tennis, craft, yoga, bushwalking, fishing and visiting the village shops. Local artist Lorraine Hahloss conducted two popular painting workshops resulting in some beautiful scenes of the Kangaroo Valley escarpment.

Entertainment on the first night was provided by local performer Ricky Lynch who had guests singing

along to his tunes. For our Australiana Extravaganza evening on night two guests were entertained by the very talented D’BanJac who had Carers singing and dancing late into the night.

Carers expressed their delight by being pampered with either a massage, facial, pedicure or manicure. With 47 treatments to be provided the Pamper Me team were kept very busy.

Thank you to our sponsors Tempo Strategies, GE Shaw and HACC for assisting with the funds necessary to conduct this event. Thanks also to our team of Lucinda, Jodie, Lindy, Melissa, Alison and Wayne who worked tirelessly to ensure our Carers had a wonderful time.

Representing the voice of Carers living in the ACT

Carers ACT’s mission is to lead change and action with and for Carers so that that caring becomes accepted as a shared community responsibility. To do this we need to represent the voice of Carers to government and the wider community. We need to share caring experiences and alert people to the fantastic contribution Carers make to our society. We need to highlight the challenges facing Carers and develop and suggest improvements to the system.

To be recognised, by Carers, government and the broader community, as the voice for and with Carers, what we say has to ring true. Our words need to be grounded in real caring and care receiving experiences.

We are looking for Carers who would like to participate in shaping this voice.

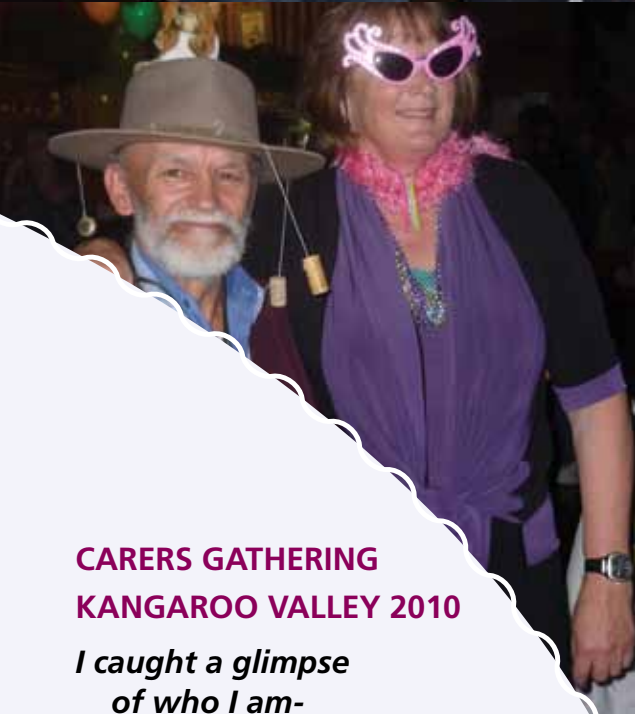
There are many ways to be involved and we welcome all contributions.

For example: would you like to be asked for your opinion the next time we prepare a submission to a government inquiry? Would you like to participate in a focus group? Are you frustrated with the way things are and do you have some ideas on how things could be better?

Give Sue a call on **6296 9935** to register your interest and learn more about contributing to our policy and representation program



"Just want to thank you for all the hard work you put in so that people like myself could have a carefree couple of days. It was just wonderful."



"The entertainment was the best I've seen in a very long time. – the girls were tops."



**CARERS GATHERING
KANGAROO VALLEY 2010**

*I caught a glimpse
of who I am-
who I can be.*

*I danced the night
away-
I got to be me!*

*I met new friends
and talked a lot-
they listened to me.*

*I reconnected
with myself-
re-learnt how to be.*

*I had to come home-
the hardest part.
But I carry the experience
-in my heart.*

Helen Upshall 2010

**Welcome to RECEPTION and
The Woolshed Restaurant**





CARERS CRAFT GROUP:

Members work on their own craft items, group projects and learn new skills in a friendly environment. Come and enjoy a chat, some craft and morning tea.

WHEN: the 4th Thursday of the month

9:30am Thursday 22nd July – Sculpture installation

9:30am Thursday 26th August – Work on own project

9:30am Thursday 23rd September – Busy with Boots

9:30am Thursday 28th October – Work on your own project

9:30am Thursday 25th November - Christmas Craft

December – no group

WHERE: Carers ACT Training Room,
80 Beaurepaire Cres Holt

CONTACT: Lucinda on **6296 9900** or
lucindar@carersact.asn.au

ART APPRECIATION GROUP

Meets at The National Gallery of Australia to view and learn about the various exhibitions. Carers can enjoy a coffee afterwards in the Gallery Café

WHEN: the 3rd Tuesday of the month

10am Tuesday 20th July

10am Tuesday 17th August

10am Tuesday 21st September

10:30am Tuesday 19th October – Carers Week Special event

10am Tuesday 16th November

WHERE: Meet outside the entrance of the National Gallery of Australia, Parkes Place ACT at 9:50am

CONTACT: Call Lucinda on 6296 9900 or lucindar@carersact.asn.au to register as numbers are limited

SPRING SEASONAL LUNCH

Enjoy the new beginnings of Spring at our new Carers ACT space. A chance to enjoy lunch and visit our new premises

WHEN: Wednesday 1st September 12 – 2.00pm

WHERE: Carers ACT Hall, 80 Beaurepaire Cres Holt

BOOKINGS ARE ESSENTIAL – please RSVP by Friday 27th August by calling CACT Reception on **6296 9900**

or lucindar@carersact.asn.au

DAY TRIP TO TULIP TOPS GARDENS

Come and join us for a day at the lovely Tulip Tops Gardens just 20 minutes from Canberra. Experience all the beauty and peace of the Gardens. Lunch, entry fee and transport all provided.

WHEN: Wednesday 22nd September 2010

10:00am – 4:00pm

DEPART: from Carers ACT, 80 Beaurepaire Cres Holt (free all day parking available at Holt)

CONTACT: Free to family Carers – Bookings are essential – please RSVP by calling CACT Reception on **6296 9900** or lucindar@carersact.asn.au

CARERS SINGING GROUP

Come and sing for joy. This group of Carers love to sing. New members are always welcome.

WHEN: 1pm – 2:30pm every second Monday (except on public holidays or during school holidays) Starting 2 Aug.

WHERE: Training Room at Carers ACT

CONTACT: Lucinda for more information on **6296 9900**

NATIONAL GALLERY OF AUSTRALIA-

WHERE: Parkes Place, Parkes

Private Viewing for Carers – Robert Dowling Exhibition

WHEN: Wednesday 11th August 2010, 10:30am

ABOUT: Robert Dowling holds a special place in the history of Australian art. He was the first artist to be trained in Australia and was renowned for his paintings of pastoralists and their properties, Indigenous people and biblical themes. This is the first major exhibition of his oeuvre, including his much-lauded oriental subjects.

MEET: at the entrance of NGA (Parkes Place, Parkes) for a guided tour by NGA volunteer guides in collaboration with Carers ACT. *FREE:* for Family Carers

CONTACT: Bookings essential contact reception on **6296 9900** or lucindar@carersact.asn.au

CARERS WEEK 2010 CELEBRATION

WHEN: Tuesday 19 October 10.30 -12.00

ABOUT: **Talk/event and morning tea at the National Gallery of Australia to celebrate Carers Week 2010. Speaker TBC.**

FREE: for family Carers bookings essential phone CACT reception (02) 6296 9900

PRIVATE VIEWING FOR CARERS

WHEN: Tuesday 26 October 10.30am

ABOUT: Tour and viewing of **Life death and magic: 2000 years of Southeast Asian Ancestral art** for Carers, led by volunteer guides in collaboration with Carers ACT.

FREE: for family Carers bookings essential phone CACT reception **6296 9900**

MEET: in NGA (Parkes Place, Parkes) foyer at 10:20am

Collected Flores, Indonesia The Bronze Weaver 6th century





support groups

Carers ACT Support Groups provide a safe, supportive and welcoming environment for you to share your experiences with other Carers who may be in a similar situation as you. Call 6296 9900 for more information about these free groups.

NORTHSIDE CARER SUPPORT GROUP

WHEN: 10am–12pm. First Wednesday of each month.
WHERE: Carers ACT – 80 Beaufort Crescent Holt
FACILITATOR: Alison

SOUTHSIDE CARER SUPPORT GROUP

WHEN: 10.30am–12pm. Second Tuesday of each month.
WHERE: JULY 13TH Tuggeranong Community Centre
245 Cowlshaw St Tuggeranong
AUGUST 10TH Visit to Woden Smith Family
Cnr of Launceston St. & Easty St. Phillip
FACILITATOR: Lydia

MALE CARERS SUPPORT GROUP

WHEN: 11am. Fourth Tuesday of each month.
WHERE: Canberra Southern Cross Yacht Club, Lounge,
Lotus Bay, Yarralumla
FACILITATOR: Lydia

PARENTS OF SCHOOL AGED CHILDREN WITH A DISABILITY

WHEN: 11am–12.30pm. Second Thursday of each month (during school term).
WHERE: Carers ACT – 80 Beaufort Crescent Holt.
FACILITATOR: Lucinda

MATURE CARERS SUPPORT GROUP

Carers over 65 with a daughter or son with a disability are invited to join our support group.
FACILITATOR: Isabelle *NO GROUP IN JULY OR AUGUST.*
Group recommences in September, time and venue to be confirmed.

YOUNG CARERS (AGED 7–10) BOYS AND GIRLS

This group meets monthly to have fun and share experiences.
WHEN: 4–5pm. First Tuesday of each month.
WHERE: Carers ACT – 80 Beaufort Crescent Holt
CONTACT: Natalie on **6296 9938**

YOUNG CARERS – GIRLS SUPPORT GROUP 12–15 YEARS

The girls meet monthly to do a range of activities depending on their interests.
WHEN: 4–5.15pm. Third Wednesday of each month.
WHERE: Carers ACT – 80 Beaufort Crescent Holt (other locations at times to be advised)
CONTACT: Natalie on **6296 9938**

MENTAL HEALTH CARERS SUPPORT GROUP

This is a new support group for family members and friends caring for someone living with mental health issues.
WHEN: 6–8pm. Fourth Wednesday of each month
WHERE: Woden Smith Family,
Cnr Launceston St & Easty St, Phillip
CONTACT: Lindy on **6296 9900**

LEARN TO MEDITATE

Meditation is a way of becoming more alive and aware of our moment-to-moment experience. It includes relaxation and is an effective way to bring about change in our lives. Two essential Buddhist meditation practices will be taught: *Mindfulness of Breathing* and *Metta Bhavana*. Through these complementary practices we can overcome negative feelings with a confident, kind and regarding attitude.
WHEN: 10.00am – 12.00pm Wednesday (6 sessions)
DATES: 4th August to 8th September
WHERE: Carers ACT – 80 Beaufort Crescent Holt.
FACILITATOR: Serena Ann
COST: \$5.00 registration fee
BOOKINGS: essential *CONTACT:* Lindy on 6296 9900

CARERS SELF GUIDED MEDITATION GROUP

For family Carers who have done a meditation of mindfulness course previously. The group is self directed.
WHEN: Meets monthly Thursday 10.00 – 11.30am on the first Thursday of the month.
Thursday 1st July
Thursday 5th August
Thursday 2nd September
Thursday 7th October
Thursday 4th November
WHERE: Carers ACT – 80 Beaufort Crescent Holt.
CONTACT: For more information ring Lucinda on 6296 9900.



DAUGHTERS CARING FOR MOTHERS

This is a four week course aimed at women who are caring for their mothers and who want to work through changing aspects of the mother/daughter relationship. Daughters who have been wounded or have felt unloved or uncared for by their mothers may now find themselves caring for someone who inadequately cared for them. This course will examine the relationship between mothers and daughters, past experiences and expectations on both sides and how these might be impinging on current issues.
WHEN: 9:30am – 12.30pm Mondays
DATES: 9th, 16th, 23rd and 30th August
WHERE: Carers ACT – 80 Beaufort Crescent Holt.
FACILITATOR: Jennifer Hume
CONTACT: Lydia for more information **6296 9900**
or lydias@carersact.asn.au

CALD Carers are people from culturally and linguistically diverse backgrounds. Like other Carers, they also experience stress, burnout, isolation and lack of assistance. However, cultural issues may add an additional burden on their demanding roles. Thus, the CALD program aims to assist CALD Carers to break down these barriers and ensure they have access to the services they are entitled to. At present, we have 12 active support groups meeting monthly around Canberra. These groups are facilitated by our trained BCF (Bilingual Community Facilitators) and various speakers will be invited to come to provide information and education sessions for Carers. The BCF are not just bilingual, they are also receiving constant training regarding services available in the Canberra community. Further, they also provide social support to the Carers who might sometimes require a hand to access services or appointment if needed. Carers ACT is very grateful to these BCF for their dedication and commitment.

The CALD program also organises two big events a year – Winter and Christmas celebrations for the CALD Carers to have a break and a change to meet with other Carers to celebrate their efforts and stories together. We will continue to expand our CALD groups so more people will have the opportunity to receive support and services while they are doing a wonderful job in caring for their loved ones.

AUGUST TO OCTOBER PROGRAMS:

•CHINESE

ESA (Emergency Service Agency)

4/8 Wed @ 10am – 12noon

Centrelink 1/9 Wed @ 10am – 12noon

Depression 6/10 Wed @ 10am – 12noon

@ Theo Notaras Multicultural Centre, North Building, London Circuit, Civic.

•INDIAN

Depression 14/8 Saturday @ 11am – 1pm

ACT Health/Day care services

Saturday 11/9 @ 11am – 1pm

Massage 9/10 Saturday @ 11am – 1pm

@ Belconnen Community Centre

•GREEK

Yoga 12/8 Thursday @ 10:30am – 12:30pm

ACT Health/Day care services

Thursday 9/9 @ 10:30am – 12:30pm

Massage 14/10 Thursday @ 10:30am – 12:30pm

@ Hellenic Club, Woden

•ITALIAN

Yoga 6/8 Friday @ 10:30am – 12:30pm

Depression 3/9 Friday @ 10:30am – 12:30pm

Alzheimer 1/10 Friday @ 10:30am – 12:30pm

@ Italo Australian Club, Forrest.

•HUNGARIAN

Alzheimer 4/8 Wed @ 11:30-1pm

ACT Health/Day care services 1/9 Wed @ 11:30am – 1pm

Beyond Maturityblue 6/10 Wed @ 11:30am – 1pm

@ Braddon Bowling Club, Elder Street, Braddon

•POLISH

Alzheimer 11/8 Wed @ 11:30am – 1pm

ACT Health/Day care services 8/9 Wed @ 11:30am – 1pm

Beyond Maturityblue 13/10 Wed @ 11:30am – 1pm

@ Catholic Centre, 211 Goyder Street, Narrabundah

•SPANISH

Yoga 2/8 Monday @ 11am – 1pm

Beyond Maturityblue 6/9 Monday @ 11am – 1pm

Centrelink 11/10 Monday @ 11am – 1pm

@Canberra Labor Club, Belconnen

•TONGAN

Yoga 27/8 Friday @ 12noon – 2pm

Legal Matter 24/9 Friday @ 12noon – 2pm

Massage 29/10 Friday @ 12noon – 2pm

@ Tongan Community Centre, Copland Drive, Spence.

•SAMOAN

ACT Health/Day care services 30/8 Monday @ 11am – 1pm

Massage 27/9 Monday @ 11am – 1pm

Nutrition 25/10 Monday @ 11am – 1pm

@ Tongan Community Centre, Copland Drive, Spence.

•TAMIL

ACT Health/Day care services

21/8 Saturday @ 11am – 1pm

Massage 18/9 Saturday @ 11am – 1pm

Alzheimer 16/10 Saturday @ 11am – 1pm

@Tamil Aged Care Residential Home,

11 Bromby Street, Isaacs.

•VIETNAMESE

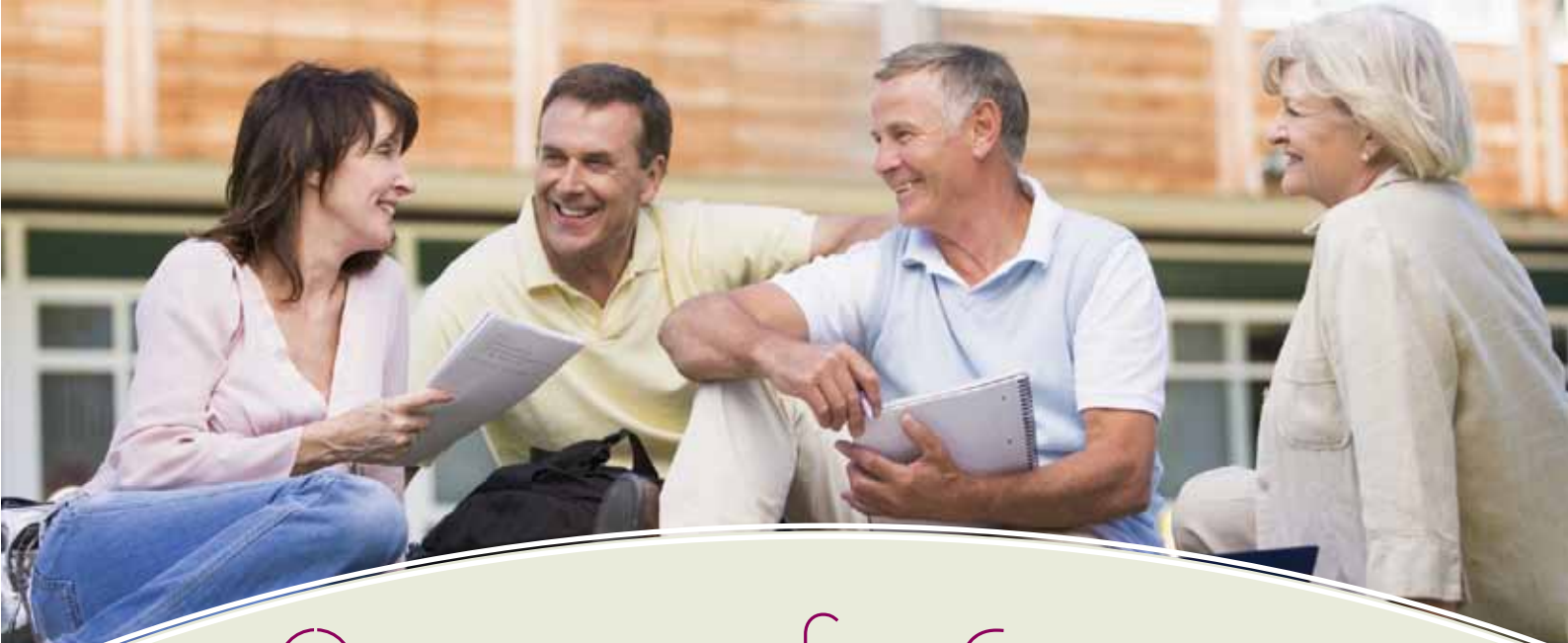
Depression 3/8 Tuesday @ 10am-12noon

Massage 7/9 Tuesday @ 10am-12noon

Medicine 5/10 Tuesday @ 10am-12noon

@ Theo Notaras Multicultural Centre, North Building, London Circuit, Civic.

CALD Bridging the cultural gap for Carers



On course for Carers

FOOTSURE AND SKILLS FOR CARERS

Thursday 29th July at 10am – 12noon For all interested Carers and staff. In the training room, Carers ACT, 80 Beaufort Crescent Holt.

Sarah Marshall is a Health Promotion Podiatrist with ACT Health.

Her demonstration, talk, and viewing of a new DVD on foot health will include topics such as self-care, footwear and prevention of problems.

The session will be particularly relevant to those caring for people with diabetes, and the elderly.

There will be time for questions and we will serve morning tea after Sarah's talk, at 11am.

Karen Noble from CIT "Skills for Carers" will provide information after morning tea about services and training available to Carers at CIT Woden

Please phone Lindy on **6296 9900** to register for this session.

HELPING CHILDREN WITH AUTISM 0 – 15YEARS AND THERAPY ACT

Thursday 19th August at 10am – 12midday

For all interested Carers and staff. In the training room, Carers ACT, 80 Beaufort Crescent Holt

Kathy Blair-Lewis, an advisor from the Autism Advisory Service ACT, will talk about this Federal program from 10am. Gay Von Ess will then suggest some practical skills for Carers of children with Autism/Aspergers.

After morning tea Elise Jordaan from Therapy Act will tell us what the service can provide and how to access it.

Please phone Lindy on **6296 9900** to register for this session.

THURSDAY 9TH SEPTEMBER, 10am – 12midday. DEMENTIA MATTERS - Q'S AND A'S

Come along and bring your questions and stories– ask us about dementia, depression, delirium, disorientation, how to tell them apart, what action to take.

We will share strategies, insights and information over a cup of tea and a scone in the Carers Hub at Carers ACT, 80 Beaufort Crescent Holt.

Call Lindy to reserve a place for this session on **6296 9900**

MOBILITY MATTERS

Wednesday 27th October 10am – 12midday

at Carers ACT, 80 Beaufort Crescent, Holt

Andy will bring in equipment and aids to show us including orthotics, eating utensils, visual aids, mobility aids and many more. Let Lindy know of any particular item you'd like to see when reserving your place. This is a "test and try" session.

Free for Family Carers. Morning tea will be provided.

To register contact Carers ACT on **6296 9900**



ADVICE FROM A YOUNG CARER

*When you have a mum or dad who is sick,
Life isn't very much fun.
You don't get much time to yourself,
Because of all the caring that needs to be done.*

*Sometimes you get angry,
'Cause things just aren't fair.
You feel you're not normal,
And that people don't care.*

*When things get tough and you begin to feel lonely,
There are always some things you can do.
Talk to your family, have fun with your friends,
Or do something exciting and new.*

*Why not try surfing,
Maybe skateboarding instead.
Be careful though,
You may break your head!*

*You could be very serious,
And decide to write rhymes.
Or you could just relax,
And read The Canberra Times.*

*Why not go shopping,
Or visit the zoo.
You never know what might happen,
Let me give you a clue...*

*You know when you struggle,
You must take a stance.
People are there for you,
Just give them a chance.*

*Learn to imagine,
Don't give up hope.
Sometimes you aren't strong,
And sometimes you can't cope.*

*But always remember,
In the back of your mind.
The problems you deal with,
Make you one of a kind!*

Do you need help to live independently at home?

Commonwealth Respite and Carelink Centres

are here to help.

A Centre can:

- Provide you with information on local aged & community care services available to suit your needs
- Arrange help for carers to take a break from their caring role (respite)

To contact your local Centre call Freecall™ **1800 052 222***

To find your nearest shopfront visit www.commcarelink.health.gov.au

For emergency respite outside business hours call Freecall™ **1800 059 059***

Carer Advisory and Counselling Service

For family carer support and counselling you can contact your state or territory Carers Association on **1800 242 636***



Australian Government
Department of Health and Ageing



* Calls from mobile phones are charged at applicable rates



This newsletter is funded by



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



IF UNDELIVERED PLEASE RETURN TO:

Carers ACT Inc.

80 Beaurepaire Crescent

HOLT ACT 2615

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