

Carers Circle

Supporting Family Carers



“In this issue we share the outcomes of our systemic advocacy work with others - as announced in the ACT budget. We were pleased with the announcements but will continue to work on other issues of concern for Carers”.



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CEO Message

Welcome to the winter edition of Carers Circle.

In this issue we share the outcomes of our systemic advocacy work as announced in the ACT Budget. We were pleased with the announcement of new places for after school and holiday care for children with disability and 15 new post school option places over the next two years. The ACT Government also announced intentional community housing for people with disability who need support. We know the single biggest pressure point for many Carers and their families is due to the lack of supported accommodation options in the ACT. We will continue to encourage Government to plan for supported accommodation as part of social housing strategies for people with a disability and those with a mental illness.

If you would like to be more involved in our systemic advocacy work in seeking policy changes to improve the lives of Carers and their families, please give Julia a call on 6296 9952 or email juliap@carersact.asn.au. The stronger our voice the more impact we make in effecting positive change.

We will shortly be surveying Carers to evaluate our services and to help us improve. Your support in helping us in this important survey would be greatly appreciated.

You might be interested to know that this edition of Carers Circle was designed in house by the talented Julia Paez. We think she has done a tremendous job – thanks Julia.

Dee McGrath
CEO

ACT Budget 2011 - 2012

The ACT Government announced its 2011 - 2012 Budget on 3rd May. While noting that the economic outlook for the territory remains positive, the Government remains committed to returning the Budget to surplus in 2013 - 2014.

Its focus has therefore been to stabilise the economy. Having said that, Carers ACT is pleased to see that the ACT Government has listened to the strong community need, the arguments put forward in the Carers ACT Budget Submission and to the recommendations of the Standing Committee on Health, Community and Social Service report: *Love has its limits - Respite care services in the ACT* (December 2010).

The Budget provides funding for a number of initiatives which will help to address the pressing needs of people with disability (physical and mental), their families and Carers. These include:

- Funding of \$1.7m over four years for the establishment of a specialist, ten place, after-school care program and a ten place, full-time holiday support program for young people with complex behaviours associated with autism and other developmental delays.
- Expansion of existing programs that support school leavers with disabilities with funding of \$2.8m over four years for an additional 15 two-year placements.
- Funding of \$20m over four years for additional education support for children with disabilities.

This total is complemented by the Federal Government’s announcement of \$200m for Australian children with disabilities in public schools.

- Funding (an unspecified amount) for an ‘intentional community’ to house people with disability as part of the social housing expansion initiative. While we acknowledge that this is a very positive start, we also know that people with a disability, their families and Carers are calling out for supported housing options and it is critical that there is increased investment in this area in the next Budget.
- Increased funding of \$19.8m over four years for additional mental health services. This total includes an additional \$13.8m for more doctors, nurses and allied health practitioners for the new Adult Mental Health Inpatient Facility. Mental health services in the ACT will receive a funding boost of \$4.2m over four years to meet the growth in demand for mental health services. This total incorporates a \$1m per annum to meet the growth in both acute and community settings. Importantly for Carers some of the additional funding allocated to the ACT Mental Health services will be directed towards the recruitment of a Carer Consultant position which will provide expert input into service delivery from a Carer perspective.

Other initiatives announced by the ACT Government to assist people with disabilities include funding of \$2.3m over four years to increase the number of taxi vouchers and subsidies per trip, and the introduction of a centralised wheelchair accessible taxi booking service at a cost of \$2.2m over four years.





“The benefits to me as Sam’s primary carer will be an easing of stress levels and reconnection with my community. The benefits of out of school hours care for Sam will be an opportunity to engage in age-appropriate social activities with fellow students, form friendships, further his understanding of social skills, and help him to achieve a higher level of independence”.

Malaise to Media and More

Background

I am married with four children. Of the three older children, two are working and studying and one is completing Year 12. I studied sociology and population studies at ANU and graduated twelve years ago, the year before our youngest child, Sam, was born.

Sam was born with multiple problems and diagnosed with autism when he was three. I took several years off work after he was born to be trained in early intervention which we extended our mortgage to fund. I nursed him through atopic eczema and epileptic episodes, coordinated therapy, prepared special dietary foods and dealt with behavioural issues at home and in school.

Even though he is a quirkily delightful child and has come a long way, Sam still requires constant care and supervision. Sam has no road safety skills, he needs to be dressed, have his food cut up and assistance in personal care. More importantly, from a caring point of view, he can’t be left alone and has little understanding of appropriate behaviour. He can and does make noises and talk very loudly and repetitively about odd things he remembers or observes, with little understanding of the impact he is having on the people around him.

Tough times

Around my 50th birthday last year, I experienced the equivalent of a mid-life crisis with the focus of the crisis, my role as a carer. I felt socially isolated, working from 9:30 to 2:30 to fit in dropping off and picking up Sam from school and then unable to arrange regular respite to engage in other activities. In my five hour work day, I couldn’t take a lunch break and jeopardise precious flex time to catch up on a personal level with colleagues and friends. I also purchased extra leave to cover some of the approximately 12 weeks of school holidays. My husband covered the rest. Our holidays have not coincided for years. Doors to leading a fulfilling life for a naturally outgoing person like myself appeared to be closed, and my life circumscribed by my caring role.

Out of the malaise

A route out of the malaise was to become active in requesting support from local Government, through the provision of out of school hours care for teenagers with a disability. I was aware that there was one out of school hours care for teenagers on the north side of Canberra, in Gungahlin, which I understood had a long waiting list. There were two programs, with a third being set up on the south side of Canberra but the distance for me would have meant an extra hour and a half of travel, not a viable option for us to access. Out of a sense of responsibility, we would not enrol Sam, who is a large high school lad with special needs, into a primary school out of school hours care program.

Appealing for help through the media

After encouragement from two close friends who also have children with autism, I went to the media with my story. Local government were planning to carry out a business plan for implementation of an after school care program for teenagers. I had run a questionnaire by Black Mountain School parents, asking for their response to out of school hours care at Black Mountain School. The result was an overwhelming YES.

I also had the support of Greens MLA, Meredith Hunter whose media staff organised an interview with WIN News that also featured the CEO of Carers ACT, Dee McGrath and the Minister for Disability Services, Joy Birch. The following day, I was interviewed by The Canberra Times. I was impressed with the low key, unobtrusive interviews and I felt relieved to be telling it as it is. There was follow up in the Chronicle with Sheree Henley and by other parents in Carers Circle, outlining other personal stories, the unmet need and Government response. A few weeks ago I sent my story to the 7:30 Report ACT. Sheree Henley and I were interviewed about our respective situations with regards to working and caring. Sam was shown doing some reading and washing the clothes at home, both favourite activities.

Positive outcomes

A few days after the 7:30 Report story was aired, I received a call from the coordinator of the Gungahlin Warehouse program who offered Sam a place there

one afternoon a week. The great news came last week when the budget was handed down with provision of \$1.7 million made for ten out of school hours care places for young people with complex behaviours. As yet, I don’t know when it will be implemented but my hunch is soon.

The benefits to me as Sam’s primary carer will be an easing of stress levels and reconnection with my community. The benefits of out of school hours care for Sam will be an opportunity to engage in age-appropriate social activities with fellow students, form friendships, further his understanding of social skills, and help him to achieve a higher level of independence.

Story by Kate Agyemang



Carer Advocacy

What can you do to effectively advocate for yourself?

- Be assertive, not aggressive
- Be clear about what are facts
- Be well informed about your cared for person's needs, what services, resources and options are available
- Be patient but persistent
- Know your rights and responsibilities
- Be realistic and willing to compromise
- Stay focused on the best outcome
- Do not be afraid to ask for help

If you want any advice or assistance with advocacy contact the Carers Advocate on 1800 242 636.

Have you filled out your Carers ACT survey?

The best way to find out about the quality of our services is to ask the people who use them.

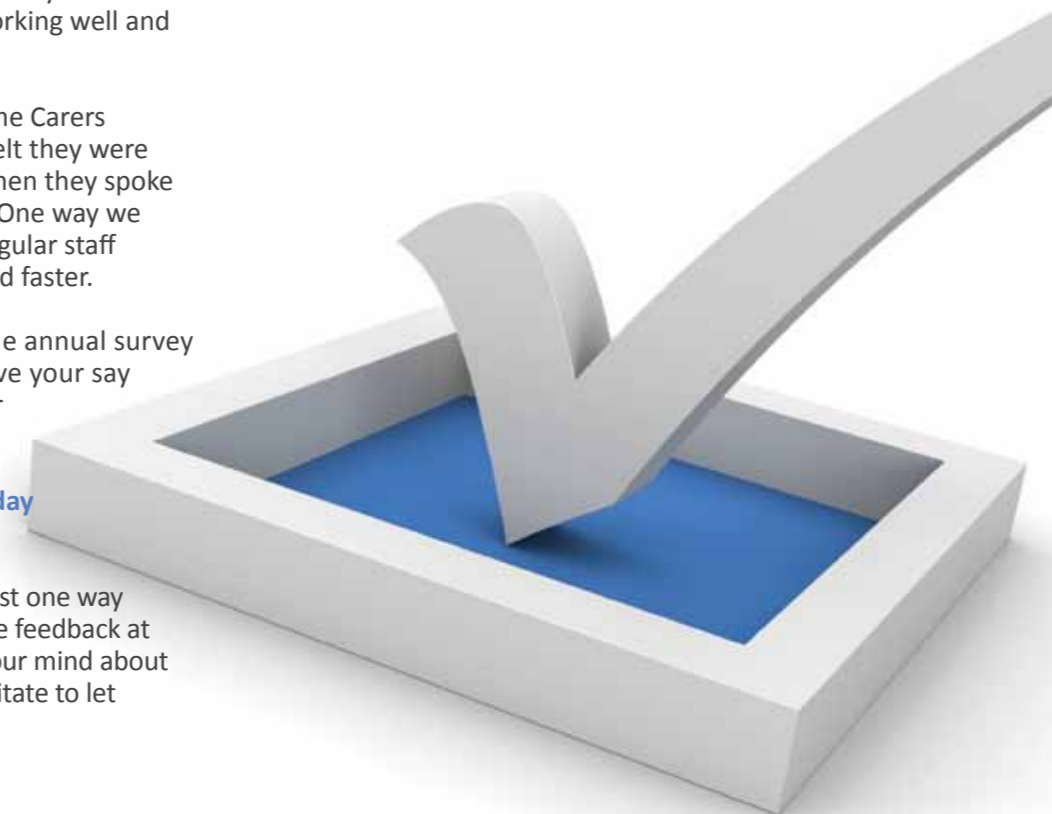
This means you! Each year we seek the opinions of Carers in an anonymous survey about the services we provide. Your responses are extremely valuable as they enable us to know what is working well and what needs improving.

For example, in last year's survey some Carers expressed frustration because they felt they were receiving inconsistent information when they spoke to different staff in the organisation. One way we addressed this is to instigate more regular staff training to bring new staff up to speed faster.

If you have not received a copy of the annual survey in the post and you would like to have your say please contact Julia on 6296 9952 or email juliap@carersact.asn.au

Completed surveys are due on Tuesday the 14th of June.

Please remember that the survey is just one way to provide feedback. We also welcome feedback at anytime, so if there's something on your mind about Carers ACT services please do not hesitate to let us know.



Seasonal Influenza Vaccine - 2011

Vaccination for seasonal influenza has been shown to be an effective way of preventing influenza and other related illnesses.

Vaccination for seasonal influenza has been shown to be a safe and effective way of preventing influenza and other related illnesses. It is especially important that those who are considered to be at high risk of getting the flu receive the flu vaccine. This includes those aged 65 years and over, Aboriginal and Torres Strait Islander people who are aged 15 years and over, pregnant women, or anyone over six months of age who has a chronic illness. These people are eligible to receive the free seasonal influenza vaccine under the National Immunisation Program (NIP). The 2011 seasonal influenza vaccines will contain the same trivalent influenza strains as used in 2010 but people who received the seasonal influenza vaccine in 2010 still need to be vaccinated in 2011 to ensure high levels of immunity.

For further information contact the Immunise Australia information line 1800 671 811 or visit www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/resources-menu

Strong Membership Gives Carers A Strong Voice

As Carers and caring issues are more widely recognised, it is important that Carers ACT continues to ensure the needs of Carers are firmly on the agenda of governments and the wider community. We also work closely with Carers Australia and the network of Carers Associations on issues of Territory and national significance for Carers. By becoming a member of Carers ACT you can have your say on issues of concern and be involved in working with us on our campaign for change for Carers.

A Carers ACT membership and card gives you:

- Four Carers ACT newsletters per year - 'Carers Circle' (read about current issues, helpful information and personal stories)
- Invitations to special events and member forums
- Use of our library (with free mail out)
- Voting rights at our Annual General Meeting
- Free entry to Hoyts and Dendy Cinemas if accompanied by the person you are caring for

A new membership card valid until June 2013 will be mailed to current members in June. If you would like to become a member or no longer wish to be a member please contact Lindy on 6296 9900.

Dear Diary

June, July, August

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: Fourth Thursday of the month 9:30am - 12.30pm

Thursday 23rd June 9.30am - work on your own project

Thursday 28th July 9.30am - scrapbooking

(bring some photos along)

Thursday 25th August 9.30am - work on your

own project

Where: Carers Hub Carers ACT 80 Beaufort Cres Holt

Art Appreciation Group

Meet 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: 3rd Tuesday of the month

Tuesday 21st June 10.15am

Tuesday 19th July 10.15am

Tuesday 16th August 10.15am

Where: Meet outside the new main entrance of the National Gallery of Australia, Parkes Place Parkes ACT at 10am for a 10.15am start.

Private Viewing for Carers at NGA

Out of the West

When: Wednesday 20 July 10.30am

Viewing of "Out of the West - Art of Western Australia from the National Collection" for Carers by voluntary guides in collaboration with Carers ACT.

Where: Meet outside the new main entrance of the National Gallery of Australia, Parkes Place Parkes ACT at 10.15am for a 10.30am start. Free but bookings essential.

Contact: Eleanor on 6296 9908 or eleanork@carersact.asn.au

Winter Seasonal Lunch

Enjoy an East meets West buffet style winter lunch with other Carers.

When: Thursday 16th June 12 - 2pm

Where: Family Food Court Restaurant (upstairs),

28 Woolley St Dickson

Contact: Eleanor on 6296 9908 or

eleanork@carersact.asn.au by Wednesday 9th June as bookings are essential.

Carers Coffee Club

The coffee club operates the second and fourth Tuesday of every month. Come and join us for morning tea and a chat with other Carers.

When: Second and fourth Tuesday of each month

10am - 12pm

Where: Carers Hub Carers ACT 80 Beaufort Cres Holt

On Course for Carers

Public Trustee and Tobin Brothers

Future planning – Making your Will and planning a funeral.

When: Wednesday 29th June 10am - 12pm

Where: Carers Hub Carers ACT 80 Beaufort Cres Holt

Heart Moves

The Heart Foundation presents - "HEART MOVES" a low to moderate level exercise program.

Please come in exercise gear.

WALKING GROUP— let's start our own!

When: Thursday 21 July 10am - 12pm

Where: Carers Hub Carers ACT 80 Beaufort Cres Holt

Mind your Mind

A guide to healthy ageing - facilitated by Alzheimer's Australia ACT

When: Thursday 18th August 10am - 12pm

Where: Carers Hub Carers ACT 80 Beaufort Cres Holt

Morning tea provided for all sessions - 11am

To book into any of these sessions please phone 6296 9908 or email Eleanor on eleanork@carersact.asn.au

CALD Diary

June to August programs

Culturally and linguistically diverse (CALD) Carers program

The CALD Carers program aims to assist CALD Carers to break down the barriers and ensure they have access to the services they are entitled to. Participate at these free sessions.

Chinese

Fitness (CIT) 1/06 Wed @ 10 - 12

Break for Winter Celebration - July

Continance 3/08 Wed @ 10 - 12

Workshops held @ Theo Notaras Multicultural Centre, North Building, London Cct, Civic

Indian

TBA 11/06 Sat @ 11 - 1

Break for Winter Celebration - July

Advocacy 13/08 Sat @ 11 - 1

Workshops held @ Belconnen Library

Greek

Diabetes 9/06 Thurs @ 10.30 - 12.30

Break for Winter Celebration - July

TBA 11/08 Thurs @ 10.30 - 12.30

Workshops held @ Hellenic Club, Woden

Italian

Wills 3/06 Fri @ 10.30 - 12.30

Break for Winter Celebration - July

Arthritis 5/08 Fri @ 10.30 - 12.30

Workshops held @ Italo Australian Club, Forrest

Hungarian

Cervical Screening 1/06 Wed @ 11.30 - 1

Break for Winter Celebration - July

TBA 3/08 Wed @ 11.30 - 1

Workshops held @ Braddon Bowling Club, Elder St, Braddon

Polish

Footsure 1/06 Wed @ 11.30 - 1

Break for Winter Celebration - July

TBA 3/08 Wed @ 11.30 - 1

Workshops held @ Catholic Centre, 211 Goyder St, Narrabundah

Spanish

Continance 6/06 Mon @ 11 - 1

Break for Winter Celebration - July

TBA 8/08 Mon @ 11 - 1

Workshops held @ Canberra Labor Club, Belconnen

Tongan

Centrelink 24/06 Fri @ 12 - 2

Break for Winter Celebration - July

TBA 26/08 Fri @ 12-2

Workshops held @ Carers ACT Holt

Samoan

TBA 27/06 Mon @ 11 - 1

Break for Winter Celebration - July

TBA 29/08 Mon @ 11 - 1

Workshops held @ Carers ACT Holt

Tamil

Continance 18/06 Sat @ 11 - 1

Break for Winter Celebration - July

TBA 20/08 Sat @ 11 - 1

Workshops held @ Tamil Aged Care Residential Home, 11 Bromby St, Isaacs

Vietnamese

Arthritis 7/06 Tuesday @ 10 - 12

Break for Winter Celebration - July

Break for August

Workshops held @ Theo Notaras Multicultural Centre, North Building, London Cct, Civic

CALD program is having a Winter Celebration for the CALD Carers on the 30th June (Thursday) at Carers ACT, Holt.

This is an opportunity for Carers to have a break and a chance to meet with other Carers to celebrate their efforts and stories together. Reservations need to be done either through the support group leaders or Carers ACT office. For further information please phone Anndey Ho on 6296 9948 or email anndeyh@carersact.asn.au



Book launch 'The Autistic Cyclist'

The launch of 'The Autistic Cyclist' took place on Friday 1 April 2011 at Carers ACT. The book by Patsy Muggeridge presents a beautiful collection of poetry and prose about her caring journey. A lovely afternoon tea was also enjoyed by the 35 people who attended the launch.



Patsy Muggeridge, Lizz Murphy & Dee McGrath



Patsy Muggeridge & Glenn Cocking



Katina Ellis, Patsy Muggeridge & Lizz Murphy



Hiking along Thredbo river



All rugged up for a bushwalk



Getting into the spirit of "The Man from Snowy River" celebration night



Carers ACT staff, all dressed up and ready to dance!

Thredbo Carers Gathering April 2011

On the 12th of April fifty Carers, five Carers ACT staff, a volunteer, two St John Ambulance volunteers and Chalkie, the muso, embarked on an exciting journey to Thredbo. There was anticipation, excitement and some level of anxiety as Carers headed off. When we arrived in Thredbo the rain came down but we didn't let that dampen our spirits. We enjoyed a buffet lunch and checked into our rooms ready to start the afternoon activities. Carers enjoyed dinner and ambient music before heading off to bed. The next morning the weather was once again against us with 90km winds bringing the chairlift to a halt! Although the rainbow that greeted us and the image of the snow capped mountains was a rare treat. Again this didn't stop us, as many Carers hiked around Thredbo River with some knowledgeable guides while others swam, took a photography lesson, scrapbooked, meditated, visited the local museum and had fun finding their inner child on the bobsled! All the Carers were treated to a facial, massage or manicure which added to the experience. Wednesday night saw everyone dressed and dancing and getting into

"The man from Snowy River" theme. We were delighted by the imagination and sense of fun the Carers brought with them. On Thursday the sun shone and the chairlift was in operation, most of the Carers went up the Mountain and many snowball fights were had! Then it was off back home. A big thank you to Helen, Moses, Eleanor, Valdis and Alison for making it a great Gathering.

Thanks to all the Carers who joined in and to their families and friends who supported them to attend. Thanks to GE Shaw for generously sponsoring the event and to HACC for their ongoing support of the program.

Feedback from a Carer

"Thank you, thank you, thank you. The Gathering has been the best thing for me in a VERY long time. I enjoyed it so much. Thredbo was great too. I feel refreshed, renewed and encouraged. It will enable me to keep going with the very difficult and demanding responsibilities I have as a Carer."

Strategic Planning Workshop



Some of the Carers and staff at the Strategic Plan development workshop in April

Carers, Board and staff members participated in a workshop to develop a three year direction for Carers ACT.

The workshop was very productive and provided an excellent framework that will enable Carers ACT to be in a strong position to continue to support and represent Carers needs in a time of significant reform and change. The new three-year Strategic Plan will be finalised in July. Sincere thanks to Dr Margaret Browne and Tempo Strategies for sponsoring the professional facilitation of the workshop.

Federal Budget 2011 - 2012

Mental health

Investment in mental health is a central platform of the Federal Budget. The Government is investing \$2.2 billion over five years in its National Mental Health Reform package. This package includes \$1.5 billion over five years in initiatives including:

- \$154 million investment in the Personal Helpers and Mentors Scheme.
- \$344 million investment to deliver intensive services to people with severe and persistent mental health issues.
- \$491.7 million for a range of services to expand mental health services for teenagers and young adults. This includes funding for an additional 30 Headspace centres and additional Early Psychosis Prevention and Intervention Centres. Funding is also being provided for support services for families to enable them to get help for their children who are showing early signs of problems.
- \$2.4 million over five years will be provided to employment services to better equip them to help people with mental illness into jobs.

Additionally, the Government has announced that it will establish a Mental Health Commission, which will sit within the Department of Prime Minister and Cabinet and have the independence of an Executive Agency. The Government will also develop a ten-year Roadmap for Reform of Mental Health in consultation with stakeholders and states and territories.

Disability

The Better Start for Children with Disability initiative promises \$146 million over five years to improve access to intensive early intervention.

The Government has also announced that it will introduce legislation to remove further income tax barriers that impede families from making financial contributions to a Special Disability Trust. The Government will conduct a four-week consultation on the policy design of these reforms. More on the changes and information on how to make a submission can be found on the Department of Treasury website at <http://www.budget.gov.au/>

The Government also committed an additional \$200 million to support school students with disabilities.

Counselling Support

Caring can be rewarding, but it can also be stressful and difficult.

Many Carers experience complicated feelings related to their role as a Carer. Emotions like anger, depression, anxiety, loneliness, loss and grief are very common.

Carers ACT's professional counselling team can help you:

- Deal with overwhelming and confusing feelings
- Make sense of your experiences as a Carer
- Work out your own needs and solve problems
- Manage conflict, stress and other emotional factors that make caring more difficult
- Build resilience and cope with change
- Improve your mental, emotional and physical wellbeing

Please ask about our available support groups.

Counselling Available

Monday to Friday - Holt and Woden offices
Saturday mornings 9am to 12pm (Holt office)

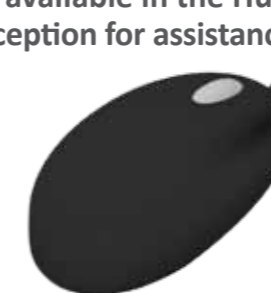
Ring the Carers Advisory line to make an appointment 1800 242 636
www.carersact.asn.au

Visit your Library at Carers ACT Community Hub

When next visiting Carers ACT take some time to browse the library facility at the Holt Community Hub that is available to all Carers ACT members.

The Library contains a large range of books of both fiction and nonfiction. Carers have the option to borrow a maximum of four books at any one time. There is also a 'swap and go' book library continuing at Carers ACT, which provides opportunities for Carers to share books with other Carers' members. Just bring in your unwanted books, leave them at reception and in return you can borrow another member's book.

Internet facilities are also available in the Hub, please just ask Lindy at reception for assistance.



Info gems

Did you know that it may be possible to access Medicare rebates for certain Allied Health Services?

Patients who have a chronic condition and complex care needs that are being managed by their GP under an Enhanced Primary Care (EPC) plan may be eligible. A chronic medical condition is one that has been (or is likely to be) present for six months or longer. It includes conditions such as asthma, cancer, cardiovascular disease, diabetes, musculoskeletal conditions and stroke. Patients have complex care needs if they need ongoing care from a multidisciplinary team, consisting of their GP and at least two other health care providers. Allied Health professionals need to meet specific eligibility requirements, be in private practice and be registered with Medicare Australia.

Patients are being managed under an EPC plan if their GP has prepared and billed the following Medicare Benefits Schedule (MBS) Chronic Disease Management items in the previous two years:

- A GP Management Plan – item 721 (or review item 725) and
- Team Care Arrangements – item 723 (or review item 727) or

For patients who are permanent residents of an aged care facility, their GP must have contributed to, or reviewed a multidisciplinary care plan prepared for them by the aged care facility (item 731).

These arrangements apply to a maximum of five services per patient each calendar year, with a Medicare rebate of \$47.85 per service, and out-of-pocket expenses counting towards the extended Medicare safety net.

The GP must refer the patient to the allied health professional and the allied health professional must report back to the referring GP.

Allied health services provided through these referrals must be directly related to the management of the patient's chronic conditions and the need for Allied Health services must be identified in the patient's care plan. Allied Health professionals who may be eligible to provide these services are: Aboriginal Health Worker (10950); Audiologist (10952); Chiropractor (10964); Diabetes Educator (10951); Dietitian (10954); Exercise Physiologist (10953); Mental Health Worker* (10956); Occupational Therapist (10958); Osteopath (10966); Physiotherapist (10960); Podiatrist (10962); Psychologist (10968); Speech Pathologist (10970).

* Includes Aboriginal health workers, mental health nurses, occupational therapist, psychologists and some social workers.

Further information for people with Type 2 Diabetes or who need Dental Health Services is available at www.health.gov.au/epc.

Information about allied mental health services is available at www.health.gov.au and follow the A-Z links to "M".

Further information is also available by calling the Commonwealth Respite and Carelink Centre on **1800 052 222**

Carers ACT Craft Group

ACT Carers crafting something meaningful for Carers in Queensland's recent floods.

The Carers ACT Craft Group wanted to do something meaningful for Carers in Queensland's recent floods. The group have been busy making small knitted dolls (for kids) and hand painting silk scarves for Carers and their families. Group members hoped this might add a little brightness to Carers who have experienced a difficult time. We will be sending the items to Carers Queensland office to distribute on our behalf. Members work on their own craft items, group projects and learn new skills in a friendly environment. New members are always welcome so come and enjoy a chat, morning tea and some craft!

The Carers Craft Group meets on the 4th Thursday of every month 9:30am -12:30pm in the Carers Hub 80 Beaurepaire Cres, Holt.



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





G.E. Shaw & Associates donation

The staff at GE Shaw raised \$63,500 in this year's fundraising event to support Carers ACT's work in supporting family Carers. This funding will enable us to complement our government funded services and provide Carers with emergency relief and support. We thank the staff of GE Shaw and the many sponsors and supporters who helped raise these much needed funds.

If undelivered please return to:

Carers ACT Inc.
80 Beaufort Crescent
Holt ACT 2615

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