

THE Carers circle



THE OFFICIAL NEWSLETTER OF CARERS ACT • AUTUMN EDITION – MARCH 2011



Supporting Family Carers

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DEAR CARERS

Here's hoping 2011 will be a good year for each and every one of you.

In this first edition of Carers Circle for 2011, we bring you a raft of practical information and a range of events and activities we hope will encourage you to be involved.

The Standing Committee on Health, Community and Social Services have just released a new report *Love Has Its Limits – Respite Care Services in the ACT* with 28 recommendations for reforms for improved services and supports to caring families. Karna O'Dea and Rory and Michelle McCartney tell us what they think of the recommendations and what difference they would make when implemented to their families. We also provide a link to 28 recommendations – many of these have been the basis of our ongoing campaign for improving the lives of Carers in the ACT.

We thank the many Carers who have contributed their views about the proposed ACT Carers Charter and we share the key recommendations we have made to the ACT Government in our submission. We also share the other campaign work we are doing to improve the lives of caring families – at a national and ACT level.

In this edition, we have included a new regular feature *Information Gems* giving you practical tips on saving money, accessing hard to find information and assistance you may be eligible for but didn't know about. We also include

information on the many different support and social groups available to support Carers on both the north and south side of Canberra. Give us a call and find out if there's a group that's of interest to you.

We encourage you to drop into The Carers Hub at Holt for a free tea/coffee, catch up with other Carers, join in one of the groups or simply access the internet or borrow one of the many books or DVDs from our growing Carer Library. There's also a children's play room.

On behalf of all the staff at Carers ACT we wish you and your families a happy new year and look forward to being of service to you.

Regards

Dee McGrath
CEO



Love Has Its Limits

“ ... an Urban Village recommendation (such as the Community Living Project) could be the 'light at the end of the tunnel' that we have hoped for. ”

THE STANDING COMMITTEE on Health, Community and Social Services has released its report *Love Has Its Limits – Respite Care Services in the ACT*. The Report outlines 28 recommendations including Recommendation 10 – “The Committee recommends that the ACT Government give serious consideration to organisations such as the Community Living Project’s proposed ‘urban village’ model of supported accommodation for people with a disability, given the shortage of supported accommodation options in the ACT and the significant support this model has among families caring for a child/adult with a disability. In the following article Carers Rory and Michelle McCartney give their views on what impact this recommendation will have on their caring roles.

“If it was underway now, the implementation of an Urban Village recommendation (such as the Community Living Project) could be the ‘light at the end of the tunnel’ that we have hoped for. Uncertainty about the future is just one of the many concerns which carers have to shoulder. Some seek supported accommodation as they age and fear that they will no longer be able to support their child due to their own declining health. In our case, the need for our daughter to be able to live independently of us has come much earlier, as her behaviour has deteriorated, especially in the last year. Not knowing when, or if, there will be a solution which enables our daughter to live outside the family home, with appropriate support, is a significant ongoing worry.

The ACT Government’s unwillingness to create more group homes means that there are very limited support options available. There is no plan to increase supported accommodation numbers in line with the future need. Instead, an ad hoc approach means that accommodation is arranged only when carers request it. Provision of such support is subject to the availability of



...time to listen to those who care

“ The fact that afterschool care for such teenagers is inadequate and non-existent is a weeping sore for Carers in Canberra. ”

1. suitable public housing,
2. other (compatible) disabled persons to share the housing and
3. funding for the required support measures. There are too many ifs and buts and the process can take years.

The creation of the urban village would enable us to pass the full time caring role onto those best placed to provide it, within a safe environment. It would enable us, as her Carers, to return to a more normal life, one that is not totally bound by the restrictions imposed by our daughter's disability. The major disadvantage of the urban village is that, if implemented, it is still years away and we need an immediate solution.”

Asked how their daughter would benefit from this recommendation Rory and Michelle replied that, “Gaining a place in the proposed Urban Village, if it existed now, would be of immense benefit to Dominique. The flexibility provided by such an arrangement would mean that she would receive the required level of support, in areas such as transport, socialisation, health care, medication management and domestic support, but no more. It would provide an environment in which she may progress from a higher to a lower level of support over time. This would promote her living independently to the greatest possible extent. Most importantly, it would provide a safe environment as we would be concerned about any accommodation solution which placed her in the midst of others who occupy public housing but who do not have disabilities.

Benefitting from organised activities and the company of people to whom she can relate should promote her growth as a person and enjoyment of life. Her living in the village would enable her to continue to maintain contact with her parents, but in a sustainable way. The possibility of enhanced employment possibilities through programs organised by the village would provide opportunities for Dominique to engage

in meaningful work, improve her self esteem and social skills. Lastly, the village should provide whole of life care so that, as she ages, support can be increased again as necessary in the same manner as aged care facilities which provide assisted, unassisted and high care living options.

Recommendation 4 of the report is – The Committee recommends that the ACT Government seek to establish after-school care programs at the four ACT Government special schools, The Woden School, Black Mountain School, Cranleigh School and Malkara School to ease the pressure on respite care services and working carers. Karna O’Dea gives her thoughts on the benefits for her family.

“As a mother of a mentally disabled son of 10 I want afterschool care for him at the local special high schools, Black Mountain School and Woden Special School for the year when he enters high school whether he goes to the high school or an autism unit. The fact that afterschool care for such teenagers is inadequate and non-existent is a weeping sore for carers in Canberra. This need was acknowledged nearly ten years ago by the provision of two services by the ACT government but since then these services have been allowed to run down and unravel.

Work for me has been of twofold value. It has meant that we have been able to pay for therapies and services otherwise not provided by either level of government for my son and has been a means of respite for myself. This is very evident when as a Carer so much of your life is circumscribed by the heavy duty caring you do. Why should you have to give up work as well when your child enters high school because the ACT Government has not acknowledged this or accepted that as a Carer you expect supports such as afterschool care to be in place as a matter of course?

Children such as my son will need supervision due to the nature of their intellectual disability. This is recognised by both levels of government in their proposed Carers’ charters etc but not resourced as a matter of policy. There are no



afterschool care services for so called “normal” adolescents so as a parent you cannot use such non-existent services. Families who care for teenagers who attend the two special high school and other special education services in the ACT have issues that other parents do not have to contend with. Instead I am expected to shoulder the entire burden of care for my son. If afterschool care was provided as a given support, I would not have to consider having to give up work when he enters high school or to work such part time hours and cope with long holidays so that I would not be a viable option for any employer to consider.

The need for afterschool care is more imperative for single parents who do caring. If you do not have an income how do you provide for the necessities of life. Parents who are full time Carers can use the afterschool care service as another other avenue for respite care so they can have some time for themselves and to spend with the siblings of their disabled child. What is often forgotten is that siblings need such time away from their disabled sibling as their needs can take over the entire family time.

For younger children there are many child care services to access. For those who attend special schools accessing the usual child care programs can provide social outlets, appropriate peer modelling and integration which they obviously miss out on by going to a special primary school. “Normal” children who attend such services may learn a degree of acceptance of difference if they have their disabled peers attending the program with them.

However in my own experience there is a need for specialised child care services of younger disabled children if they have high support needs due to physical disability, behavioural issues and often their sheer size. Much of acceptance and to be honest the ability to attend main stream primary school aged care depends on how disabled your child is and whether or not they have behavioural issues. If they

do not have behavioural issues they are easier to manage and to accommodate in the program they attend. My son has behavioural issues and this has caused problems for us with the service he attends especially as he has become older. Such issues are all too common for children who have an autism spectrum disorder and many services are not equipped to handle this. As a parent you can end up with limited childcare or no child care due to this and the attitude of the service. As a mother and Carer this has caused real issues for me and has made me at time feel anxious and depressed. As I do long term caring for my son, this exacerbated the stress I am under and has made me wonder if I can continue caring.

If the ACT and Commonwealth government considers that if I as a parent decide I can no longer care for my son, how much it would cost them to provide alternative care for him. So in my view it would make both good social policy and economic sense to implement recommendation 4 and to start with afterschool care services at the two special high schools for disabled teenagers to relieve the pressure on all parents and carers of such students. Once these services are in place as this need is most urgent, it is time to consider providing child care services at the two special primary schools to cater for those children who cannot attend mainstream childcare services due to their disability or behaviour challenges.

To access the full report go to our website at www.carersact.asn.au



Provides its Response on the Draft ACT Carers Charter

CARERS ACT has recently provided comment to the ACT Department of Disability, Housing and Community Services (DHCS) on its proposed Carers Charter. (The draft and discussion paper were released for comment in October 2010). The Carers ACT submission, while supportive of the development of an ACT Carers Charter argues that the Charter's principles should be aligned with Australian Government's *National Carer Recognition Act 2010* and its National Carers Strategy. The Carers ACT Submission can be found on our website at <http://www.carersact.asn.au>

Australian Institute of Health and Welfare - Disability support services 2008-09 – Report on services provided under the Commonwealth State/Territory Disability Agreement and the National Disability Agreement

The Disability support services 2008-09 report, released on 19 January is issued annually. The report presents information about people who used disability support services during 2008–09, and the agencies and outlets that provided services. Key trends in service provision are also examined using six years of national data collected for, or partially, for the Commonwealth State/Territory Disability Agreement National Minimum Data Set (CSTDA NMDS). Over one quarter of a million people used services provided under the CSTDA/NDA in 2008–09, which accounted for nearly \$5.4 billion of combined government expenditures.

In summary, the findings are:

- There has been an increase in service users of nearly 50% between 2003-04 and 2008–09 (to 279,000 individuals). Employment and respite services registered the highest increases in service users over this period (70% and 67% respectively). Meanwhile, total government expenditure on disability support services increased by

22% in real terms. Each of the five main service groups—accommodation support, community support, community access, respite and employment—registered real increases in total expenditure. Community support and respite had the largest increases, of more than 60% and 40% respectively, between 2003–04 and 2008–09.

- More males than females were recorded as disability services users (59:41) and nearly one in twenty service users were Aboriginal or Torres Strait Islander. More than 6% of total service users were aged under 5 years. Intellectual disability continues as the predominant primary disability, reported by more than a quarter of service users in 2008–09; this was followed by users reported having psychiatric and physical disabilities (Section 4.1).
- Nearly 40% of disability support service users reported having an informal carer. This is a decrease of 5 percentage points from 2007–08 and 2 percentage points from 2003–04. Users of respite services were more likely than other service users to report having an informal carer (89%), followed by users of community support services (59%). Employment service users were the least likely to report having an informal carer (17%), reflecting the nature of the service and age of service users (Table 5.2). Overall, only 38% of accommodation support service users reported having an informal carer. This included 28% of users of institutional accommodation, 29% of users of group homes and 45% of users of other accommodation services (Table 5.2).

A full copy of the report can be found at:
<http://www.aihw.gov.au/publications/index.cfm/title/11836>

The Statement for Australia's Carers

- 1 All Carers should have the same rights, choices and opportunities as other Australians, regardless of age, race, sex, disability, sexuality, religious or political beliefs, Aboriginal or Torres Strait Islander heritage, cultural or linguistic differences, socioeconomic status or locality.
- 2 Children and young people who are Carers should have the same rights as all children and young people and should be supported to reach their full potential.
- 3 The valuable social and economic contribution that Carers make to society should be recognised and supported.
- 4 Carers should be supported to enjoy optimum health and social wellbeing and to participate in family, social and community life.
- 5 Carers should be acknowledged as individuals with their own needs within and beyond the caring role.
- 6 The relationship between Carers and the persons for whom they care should be recognised and respected.
- 7 Carers should be considered as partners with other care providers in the provision of care, acknowledging the unique knowledge and experience of Carers.
- 8 Carers should be treated with dignity and respect.
- 9 Carers should be supported to achieve greater economic wellbeing and sustainability and, where appropriate, should have opportunities to participate in employment and education.
10. Support for Carers should be timely, responsive, appropriate and accessible.

Productivity Commission draft report on Aged Care released on 21 January

The Minister for Mental Health and Ageing, Mark Butler, released the draft Productivity Report on Aged Care in 21 January. The Productivity Commission had been tasked to undertake a public inquiry to develop detailed options for redesigning Australia's aged care system. The critical element of the report is that for the new system to be underpinned by an entitlement approach which if implemented would ensure that a person assessed as having a need would have access to care.

The key elements of the recommendations from a consumer perspective are:

- Greatly expanded access to services based on an assessed entitlement to services
- Greater emphasis on community care
- Better access to information for consumers
- Models of consumer directed care that empowers older people and their family Carers to decide when, where and how the services they need will be delivered

The proposed reforms would see the needs of family Carers assessed at the same time as those requiring care. This is a positive step, and one which addresses the concerns raised by family Carers about the need for accessible information, timely and appropriate respite, and workplace flexibility.

The Commission is seeking comment on the draft report by Monday 21 March. The final report will be provided to

Government in June 2011. You can find further information on the Inquiry at: <http://www.pc.gov.au/projects/inquiry/aged-care>

Productivity Commission Inquiry into a long term disability care and support scheme

The Productivity Commission will produce its draft report in February. Carers ACT will be collaborating with People with Disability ACT and National Disability Services ACT, as the peak bodies representing the Inquiry's priority groups, to progress a collaborative approach to responding to the draft report.

Other important dates to note in the process are:

- Public hearings for Draft Report - April 2011
- Second round of submissions - due April 2011
- Final report to government - 31 July 2011

You can find updated information on the inquiry at: <http://www.pc.gov.au/projects/inquiry/disability-support>

Full-time Discrimination Commissioner

Australia will soon have a full-time Race Discrimination Commissioner and a full-time Disability Discrimination Commissioner. Current Disability and Race Discrimination Commissioner, Graeme Innes will continue in the roles until the Race Discrimination Commissioner has been appointed. Commissioner Innes has said he welcomes the opportunity to devote all of his time to addressing the many issues that continue to face Australians with disability.



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

December – no group

9:30am Thursday 24th March – Silk scarf dyeing

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

9:30am Thursday 26th May – Beading

9:30am Thursday 23rd June – Work on your own project

WHERE: Carers Hub, 80 Beaurepaire Cres Holt

CONTACT: Call Eleanor on **6296 9900** or eleanork@carersact.asn.au to register as numbers are limited

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

10:15am Tuesday 15th March- Form to figure

10:15am Tuesday 19th April - Art from Solomon Islands

10:15am Tuesday 17th May - NIAT

10:15am Tuesday 21st June

WHERE: Meet outside the new main entrance of the National Gallery of Australia, Parkes Place Parkes ACT at 10:15am

CONTACT: Call Eleanor on **6296 9900** or eleanork@carersact.asn.au to register as numbers are limited

AUTUMN SEASONAL LUNCH

Enjoy lunch with other Carers and a warm welcome to Autumn.

WHEN: Wednesday 16th March 12–2.00pm

WHERE: Carers Hub Carers ACT 80 Beaurepaire Cres Holt

BOOKINGS ARE ESSENTIAL: please RSVP by Wednesday 9th March by calling Eleanor on **6296 900** or eleanork@carersact.asn.au

WINTER SEASONAL LUNCH

Enjoy a warm welcoming east meets west, buffet style winter lunch.

WHEN: Thursday 16th June 12 – 2.00pm

WHERE: Family Food Court Restaurant. Upstairs at 28 Woolley St, Dickson

BOOKINGS ARE ESSENTIAL: please RSVP by Wednesday 9th June by calling Eleanor on **6296 9900** or eleanork@carersact.asn.au



NEW **CARERS** **COFFEE** **CLUB**

This is a new twice-monthly drop-in group available to all Carers. Come and join us for morning tea and meet other Carers.

WHEN: 10.00am—12.00pm on the second and fourth Tuesday of each month starting on 22 March 2011.

The first three sessions will be on: Tuesday 22 March; Tuesday 12 April; Tuesday 26 April.

WHERE: Carers Hub, Carers ACT, 2/80 Beaurepaire Crescent, Holt.

BOOK LAUNCH

One of our own local carers will release a book next month about aspects of life with her adult son who has a moderate to severe intellectual disability and autism. It is called *“The Autistic Cyclist – Notes on a Son”* and will be launched at Carers ACT at Holt on Friday 1 April 4pm – the day before World Autism Awareness Day.

Patsy Muggerridge, who has little time to spare for writing in her busy life, found the medium of poetry the quickest way to record her impressions. Then she joined the poems together with prose to tell a little bit more of her story.

And she was first inspired to write poetry at writing classes at Carers ACT.

Carer 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–12noon. First Wednesday of each month.

WHERE: Carers Hub Carers ACT
80 Beaufort Crescent Holt

FACILITATOR: Alison

SOUTHSIDE CARER SUPPORT GROUP

WHERE: Tuggeranong Community Centre
245 Cowlishaw St Tuggeranong

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 Hub 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.

WHEN: 10.00am–12.00pm.

Bi-monthly, please call for dates.

WHERE: Primal Balance Meeting Room, Torrens Shops.

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 Hub Carers ACT
80 Beaufort Crescent Holt.

CONTACT: 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 Hub Carers ACT 80 Beaufort Crescent Holt. (Other locations at times to be advised.)

CONTACT: 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, Woden

CONTACT: Lydia on 6296 9900

Need Break?



Join our next Carers Gathering to Thredbo 12-14 April 2011

Each Carer attending the gathering can choose to have a massage, facial, manicure or pedicure. Other activities will include painting, bushwalking, tennis, swimming or just relaxing with a good book. All Carers will have their own bedroom. As places are limited preference will be given to Carers who did not attend the Carers Gathering at Kangaroo Valley in May 2010.

For more information or to receive an application form contact Julia Paez on 6296 9952 or juliap@carersact.asn.au Alternatively you can download an application form from the Carers ACT website www.carersact.asn.au

*Applications close on March 18



New Carer Advocacy Service

OUR CARER ADVOCACY SERVICE is up and running from the Carers ACT shopfront at the Woden Smith Family site. Contact can be made through the free 1800 242 636 Carer Advisory number. Following is an example of how advocacy can support you to navigate the complex service system and negotiate service support.

John (not his real name) was worried about a new agreement with his wife's care provider. He contacted the new Advocacy service at Carers ACT to determine if the new agreement was fair and if there was any way to change it.

John contacted us with the concern that the service provider had been unclear about how it would implement its new program. In addition they had not provided the couple with a new program schedule, despite several requests.

The service provider was advised that an advocate was involved and a meeting was arranged. They also agreed to provide the couple with their new program schedule. John reported that the service that day was particularly attentive. They also performed physical checkups on his wife. John was very pleased that just mentioning an advocate had resulted in an improved response.

We met with John to establish a plan before meeting with the local manager of the service provider as well as the area team manager from Sydney. At the meeting we were able to inform them of John's concerns and provide a list of needs, all of which the service provider agreed to. The area team manager advised that she would follow up in two weeks to make sure that the agreed changes were being implemented.

Although not perfect initially, the service provided to John and his wife improved considerably and it continues to do so. John is to keep a record of when and how services are provided so that we can provide the service with details if there are problems in the future. John knows not to hesitate to contact us again if the quality of the service deteriorates. The service provider also knows that John has an advocate on his side.



In memory of Andrea Walsh

Message from Dee McGrath

It is with sadness that I pass on the news that Andrea Walsh has passed away – after a challenging illness. Andrea was a highly effective, articulate and passionate advocate for mental health reforms and for Carers. Andrea's funeral was held on 25th February and was followed by a life celebration party at the National Press Club in true "Walsh-Style" - a highly appropriate way to salute such a fabulous woman who was such a pleasure and inspiration to know.

LET'S
GET
SOCIAL



Carers and staff joined in the fun for the annual
GE Shaw Charity Bowls Day
which raised \$63,000 to support family Carers



CALD Carers bus trip to
St Clement Retreat Centre
in Galong NSW.



Indigenous Carers Yarning Trip to the Buddaroo National Park



Information Gems

'Information Gems' is a new addition to Carers Circle that will provide tips for Carers in saving money and enjoying better health

SAVING MONEY ON YOUR ELECTRICITY BILL

These simple steps will help you to keep warmth in, cold out, and fuel bills down. You'll save money and you'll also be helping to save the environment:

- Draw the curtains as soon as it starts to get dark to stop heat escaping through the windows.
- Fit draught excluders around doors and windows.
- Don't cover radiators with curtains or washing.
- Don't overheat your home.
- Only heat areas of the house you use, for example turn off the heater in the spare bedroom if you have individual heater controls.
- Place an insulating jacket over your hot water tank.
- Don't leave your appliances on standby as they still use electricity.
- Only boil the water you need rather than filling the kettle completely.
- Fit all the lights in your home with energy saving lightbulbs.
- Try to only use your washing machine or dishwasher when it has a full load.

BACKCARE

As a carer, you may find that lifting the person you care for, helping them dress or move around may place a strain on your back.

If you are currently experiencing pain or strain, contact your GP. They may prescribe anti-inflammatory medication to relax your muscles or suggest physiotherapy.

It may be impossible to avoid lifting and handling the person you care for but you can get advice on guidelines to follow that may reduce the risk of injury. There are also ways to minimise strain and, equipment and support available:

Equipment

- Ask your GP to advise on lifting, turning or moving aids to assist you. These could include:
- Lifting equipment such as a hoist to move the person you care for from their bed to a chair.
- Mobility aids to help the person you care for move around the house more easily without your assistance.

- Bath aids such as a motorised bath seat that raises and lowers the person you care for in and out of the bath or, a walk-in shower suitable for wheelchairs.
- Grab rails beside the bed or toilet to help the person you care for stand or pull themselves up.

SLEEPING

Carers can often find it difficult to have a good night's sleep. You may be looking after someone who needs care during the night or you may have too much on your mind to relax. It is important to find out the reasons behind a lack of sleep and to try and find ways around the problem. Lack of exercise, an unhealthy diet, stress and depression can be factors in an inability to sleep. The tips below may help with sleeping problems but, if sleeplessness becomes intolerable, a visit to your GP may help.

- Try to keep a regular pattern of going to bed and rising at the same time every day, even if you are not tired.
- Ensure that your bedroom is comfortable – not too hot, cold or noisy.
- Ensure that your bed is supportive. It should be not be so firm that your hips and shoulders are under pressure or so soft that your body sags. You should try to replace your bed every 10 years so that it maintains maximum support and comfort.
- Try and take some regular exercise. This may help you cope with worries and stress, which may be contributing to your lack of sleep.
- Try to cut down on tea and coffee in the evening.
- Try not to eat or drink a lot late at night. Try to have your evening meal earlier
- As a carer, you may find it difficult to unwind properly and get a good night's sleep. Try and take some time to relax properly before going to bed – a warm bath may help. There are many different relaxation techniques. You could try tapes and books available in your local library or you could join a class.
- If you cannot sleep, try not to lie there worrying. Get up and do something you find relaxing like reading, watching TV or listening to quiet music. After a while you may feel tired enough to go to bed again.

Calendar of Activities



TUESDAY 15 MARCH 10:00am

Art Appreciation Group

WEDNESDAY 16 MARCH 12:00pm – 2:00pm

Autumn Seasonal Lunch

WEDNESDAY 16 MARCH 4:00pm – 5:15pm

Young Carers – Girls Support Group

THURSDAY 17 MARCH 9:30am

Carers Craft Group – Silk scarf dying

THURSDAY 17 MARCH 11.30am ~ 1.30pm

Cooking for Carers

More hints and shortcuts for Carers who cook. Judy will demonstrate some simple recipes at the Carers Hub

SATURDAY 19 MARCH 10:00am

Carer Respite Services – Holt Morning Tea

TUESDAY 22 MARCH 11:00am

Male Carer Support Group

WEDNESDAY 3 MARCH 6:00PM – 8:00pm

Mental Health Carers Support Group

TUESDAY 3 MAY

Young Carers (Aged 7–10) Boys and girls

WEDNESDAY 4 MAY

Northside Carer Support Group

TUESDAY 17 MAY 10.15am

Art Appreciation Group – NIAT

WEDNESDAY 18 MAY 4.00pm

Young Carers – Girls Support Group 12–15 years

THURSDAY 19 MAY 10.00am

On Course for Carers – COTA session on medication and depression

TUESDAY 24 MAY 11.00am

Male Carers Support Group

WEDNESDAY 25 MAY 6.00pm

Mental Health Carers Support Group

THURSDAY 26 MAY 9.30am

Carers Craft Group, Beading



FRIDAY 1 APRIL 4.00pm

Patsy Muggeridge Book Launch

TUESDAY 5 APRIL 4.00pm

Young Carers (Aged 7–10) boys and girls

WEDNESDAY 6 APRIL

Northside Carer Support group

TUESDAY 12 TO THURSDAY 14 APRIL

Carers Gathering in Thredbo

TUESDAY 19 APRIL 10.15am

Art Appreciation Group

WEDNESDAY 20 APRIL 4.00pm

Young Carers – Girls Support Group 12–15 years

THURSDAY 21 APRIL

On Course for Carers – Falls prevention

TUESDAY 26 APRIL 11.00am

Male Carers Support Group

WEDNESDAY 27 APRIL 6.00pm

Mental Health Carers Support Group

THURSDAY 28 APRIL 9.30am

Carers Craft Group – Work on your own project



Keeping Families Connected

Keeping Families Connected is a 6 week group for carers of people with mental health issues and/or drug and alcohol issues.

WHERE?

Woden Smith Family
Cnr of Launceston Street
and Easty Street, Phillip

WHEN?

May / June

For more information

contact 6296 9900 or lydias@carersact.asn.au



Daughters Caring for Mothers

Carers ACT offers a course of four sessions to explore past, present and future relationships of mothers and daughters in the caring context. Facilitated by Jennifer Hume.

WHERE?

Carers ACT Hub
80 Beaurepaire Crescent
Holt

WHEN?

Monday 9th, 16th, 23rd, 30th May
9.30am – 12.30pm

For more information
contact 6296 9900 or
lydias@carersact.asn.au

Drop into the Carers Hub for a Chat



Carers ACT Northside (Main office)

2/80 Beaufort Crescent
HOLT ACT 2615
Ph: (02) 6296 9900
Fax: (02) 6296 9999

MON-THU 9AM-5.30PM
FRI 9AM-5.00PM
SAT 9AM-12PM

Carers ACT - Southside Office

The Smith Family Building, Cnr
Launceston & Easty St WODEN
Ph: (02) 6232 4270
Fax: (02) 6232 4270

The Cottage

Dementia Respite - Low Care
117 Denison Street
DEAKIN ACT 2600
Ph: (02) 6285 2082
Fax: (02) 6282 5784

Fraser House

Disability Respite for Mature
Carers
30a Kerrigan Street
FRASER ACT 2615
Ph: (02) 6259 9555
Fax: (02) 6259 9333

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