



Canberra Institute
of Technology

Skills for Carers

Centre for Health,
Community and
Well Being

Canberra Institute
of Technology

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home and community care

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

Carer Skills News

March 2011

Flexible and Responsive Training for Carers in the ACT

Welcome for 2011, I hope the year is settling into some routines and there will time for you to join our courses. This Newsletter contains a mix of courses, some covering practical skills and others focussing on self care and the notion of 'looking after yourself so that you can keep going!'

Carer, Sally Richards, is quoted in the Canberra Times on 15 February 2011 saying: "It's incredibly hard, you just can't do it by yourself forever." The story talked about a land allocation for an intentional community. Sally, and two other families, have worked for a long time, and there is a long way to go, to build the ideas and support needed for their sons' future accommodation. There are a number of parent carer groups working across the ACT developing ideas for the present and the future, and it is incredibly hard work on top of the day to day caring responsibilities.

Her words jumped out at me "you just can't do it by yourself forever". Most family carers do a great deal on their own for as long possible. Trusting and relying on others can be hard but is necessary for the long term. Building relationships with services takes time but is worth the effort and can bring some relief into a long term caring situation.

Here are some things that make many people's caring situations a little easier. I hope some of these are working for you.

☞ Involve support services so you don't have to do everything, everyday. You do have to work at keeping the relationship cooperative. Have a clear plan about what they will do and when this will happen.

☞ Use a mobile phone to your advantage. You can often stay in touch with the caring situation but get on with what you need to do as well.

☞ Negotiate flexible work arrangements. When this is possible a family carer can continue to be in the workforce and manage their family caring responsibilities. It isn't easy but it is possible.

☞ Ask questions, especially this one: "when will this situation be reviewed?" I have often been so grateful when support has been arranged that I have forgotten to ask: "when will this be reviewed?" Any new arrangement will need a review, sooner than later. Ask the question frequently.

Karen Noble

CIT Skills for Carers Coordinator

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Behaviour Matters 1

Working out and managing 'normal' and 'not so normal' behaviour in children with disabilities.

Topics Covered:

- ⌘ Identify which of your child's behaviours are disability related and need managing and some ideas and strategies to do that.
- ⌘ What behaviours are age appropriate and need enjoying or disciplining and how to do that.
- ⌘ What to do when you can't tell the difference.
- ⌘ Create an individual plan for your child that can be implemented at home and shared with other family members and your child's school.

Course 1

Date: Wednesday 2nd, 9th, 16th and 23rd March

Time: 6:30—8:30pm

Venue: CIT Southside Campus, E Block, E11

OR

Course 2

Date: Friday's 25th March, 1st, 8th, 15th April

Time: 9.30am-11.30am

Venue: CIT Southside Campus, E Block, E11



Facilitator: Bobbi Cook a child, youth and family behaviour therapist and counsellor who has a special interest and extensive experience in supporting families who have a member who manages a disability of some kind.

To Register: ☎ 6207 3628 or ✉ CarerSkills@cit.act.edu.au

Behaviour Matters 2

This course follows on from Behaviour Matters Part 1, which is a prerequisite.

Topics Covered:

- ⌘ A brief summary of the previous course.
- ⌘ Highlights of what has happened since the last session.
- ⌘ Discussion on how your plan worked out.
- ⌘ Summary and feedback of both the courses

Course 1

Date: Wednesday 18th, 25th May and 1st & 8th June

Time: 6:30—8:30pm

Venue: CIT Southside Campus, E Block, E11

OR

Course 2

Date: Friday's 17th, 24th June, 1st, 8th July

Time: 9.30am-11.30am

Venue: CIT Southside Campus, E Block, E11

To Register: ☎ 6207 3628 or ✉ CarerSkills@cit.act.edu.au

Would you like to receive the CIT Skills for Carers newsletter by email? Send us a message at:

CarerSkills@cit.act.edu.au

Infant Massage

CIT Skills for Carers is offering a program for parents (or primary carers) who want to learn how to massage their baby who has additional needs. This includes babies with medical conditions or illnesses, those who depend on medical equipment, babies with disabilities or impairments, as well as those who have additional struggles early in life resulting in them needing some extra care of some sort.

Facilitator: Alice Campbell, is a certified Infant Massage Instructor with the International Association of Infant Massage. The program is available to parents either one-on-one or in a group setting depending on your needs.

Please contact CIT Skills for Carers to express interest in this program. We will arrange for Alice to contact you to discuss training times and locations.

To Register: ☎ 6207 3628 or ✉ CarerSkills@cit.act.edu.au

Emergency First Aid for Parents & Carers

A two session course providing knowledge and skills to perform emergency first aid for life threatening injuries and illnesses. Specially tailored to the needs of family carers.

Please Note: Attendance at both sessions and successful completion of assessment is required to receive a Statement of Attainment from Red Cross.

- ⌘ Enclosed footwear and comfortable clothing is recommended.
- ⌘ Tea and coffee, microwave and fridge available.
- ⌘ Free parking

Course 1

Date: Friday's 18th & 25th March.

Time: 1:30 – 5:30pm

Venue: Brindabella Specialist Centre, Red Cross House, Garran ACT

OR

Course 2

Date: Saturday's 21st & 28th May

Time: 9:30am – 1:30pm

Venue: Brindabella Specialist Centre, Red Cross House, Garran ACT



To Register: ☎ 6207 3628 or ✉ CarerSkills@cit.act.edu.au

Speaking Up, Advocacy & Juggling

A four session course for family carers on advocacy, assertiveness, conflict, relationships and self care.

Session 1: Speaking Up & Advocacy: why is it an issue? What is it all about?

Session 2: Managing conflict, juggling people: deciding how to respond to conflict, which people do you need on side.

Session 3: Speaking up assertively: putting your words and yourself together.

Session 4: Looking after yourself and trying out new approaches.



Date: Monday's 9th, 16th, 23rd, 30th May

Time: 10am—12noon

Venue: Carers ACT, 80 Beauriepaire crescent Holt.

Facilitator: Karen Noble



To Register: ☎ 6207 3628 or ✉ CarerSkills@cit.act.edu.au

Self development

Following on from last year this self Development course will be based on the teachings of the leaders in Self Development including Dale Dwoskin who teaches The Sedona Method for Letting Go of negative emotions and Paul Blackburn who is an experienced life coach and a presenter who is also very entertaining. Each week we will watch a 1/2 hour DVD and there will be handouts and a book for each participant.

Date: Thursday May 5th, 12th, 19th, 26th, 2nd & 9th June
Time: 6:00 – 8:00pm
Venue: CIT Southside, E Block E11
Facilitator: Carol Guy, a registered nurse with qualifications in Mental Health and Life Coaching.

To Register: ☎ 6207 3628 or ✉ CarerSkills@cit.act.edu.au

Relaxation and Mindfulness

This four week course will explore ways to create more time for ourselves despite often having to juggle competing demands and caring for a family member who is disabled or unwell. Taking time to care for ourselves is time well spent for our well being and health. Each week we will close the session with a relaxation practise or mindfulness exercise.



Date: Tuesdays 22nd, 29th March, 5th, 12th April
Time: 6:00pm – 8:00pm
Venue: CIT Southside, E Block, E11
Facilitator: Carol Guy, a registered nurse with qualifications in Mental Health and Life Coaching.

To Register: ☎ 6207 3628 or ✉ CarerSkills@cit.act.edu.au

Dru Yoga

Dru Yoga is a very gentle and easy to do form of yoga. It is designed so you can participate whether you are tall or short, flexible or nonflexible, or restricted in movement due to pain or illness. Dru yoga can help you relax and create a sense of calm and peace within. Through easy to learn movements, breathing, relaxation, gentle stretches and postures you will begin to improve your circulation, increase muscle movement and improve quality of sleep as well as experience a sense of wellbeing and a more positive outlook. Bring a towel or yoga mat, a bottle of water, a blanket and a small pillow to ensure your comfort.

Days: Tuesdays commencing 1st March, excluding school holidays.
Dates: Start Date, Tuesday 1st March
Time: 12:00 – 1:30pm
Venue: Weston Creek Community Centre, Meeting Room 1
Facilitator: Suzie Williams is a registered nurse, teaches aromatherapy, yoga and massage and is a consultant within the aged care and disability sectors.

To Register: ☎ 6207 3628 or ✉ CarerSkills@cit.act.edu.au



Supporting your Anxious Child

A short course for parents, grandparents and carers focussing on understanding and supporting your school aged child who experiences anxiety.

Course 1

Date: Monday's 21st & 28th March

Time: 7:00 – 9:00pm

Venue: CIT Southside Campus, D Block, D105

OR

Course 2

Date: Wednesday's 4th & 11th May

Time: 7:00 – 9:00pm

Venue: CIT Southside Campus, D Block, D105

Facilitator: Yolanta Lenar, a psychologist with 11 years working experience specialising in developmental disability and behaviour problems practising in ACT. She has conducted groups for people living from mental health issues, problem solving groups and support groups for parents and carers caring for children with Development Disabilities.

To Register: ☎ 6207 3628 or ✉ CarerSkills@cit.act.edu.au

Planning Ahead

Are you a carer concerned about what will happen when you are no longer able to do as much as you do now? Would you like some practical assistance in developing goals and plans for the future?

The "Planning Ahead" course may be just right for you.

Planning ahead is a new course that helps carers prepare for the time that they are no longer able to continue in their caring role. Carers/Parents/Guardians are often so busy with the day to day caring roles that planning for the future of the person they care for isn't at times given the attention that it deserves. This course is about goal setting, developing and implementing plans for the future and includes practical advice about Guardianship, Wills and Enduring Power of Attorney.

This is a practical course that aims to

- ⌘ get people thinking and talking about their future caring options
- ⌘ developing plans and
- ⌘ exploring ways to implement their future plans

Date: Thursday 16th, 23rd & 30th June

Time: 6:00pm – 8:00pm

Venue: Koomarri, Woden Centre

Facilitator: Annette Matheson is a Community Educator with both professional and personal experience in the disability

To Register: ☎ 6207 3628 or ✉ CarerSkills@cit.act.edu.au



If you no longer wish to receive this newsletter, please let us know and we will remove you from the mailing list.

“Inclusion: About life not about the system”

A presentation and discussion to understand more about “inclusion”.

The session will explore with carers how to start considering inclusive practices for a person with a disability in daily life and think about some practical tools such as vision building & person centered planning. These practical sessions will investigate the challenges of inclusion and ways to increase positive inclusion experiences.

Course 1

Date: Tuesday 3rd May and

Time: 6:00pm – 8:00pm

Venue: Koomarri Centre Phillip

OR

Course 2

Date: Thursday 17th May

Time: 6:00pm – 8:00pm

Venue: Koomarri Centre Phillip

Facilitator: Laura Green is a Community Educator interested in supporting planning and practical strategies to create a great life that suits each person - a life that is active in the community and in which communities are inclusive. Laura has worked in the disability sector for eight years including experience in support for people labelled with “challenging behaviour”. She currently works with in a family governance project in Canberra.

To Register: ☎ 6207 3628 or ✉ CarerSkills@cit.act.edu.au

Building Supports

Have you thought about learning how to build a support network for someone you know?

A support network is a group of people who meet on a regular basis to help somebody develop and plan their personal goals in life. The support network acts as a community around that person who, for whatever reason, is unable to achieve what they want in life on their own and decides to ask others for help. Through these workshops Sally Richards will help carers examine the issues, ideas around developing support networks for the person they care. Practical advice on:

- ⌘ What are Support Networks? Why have one? Who benefits?
- ⌘ What do they do?
- ⌘ How do you invite people?
- ⌘ How do you deal with conflict?
- ⌘ How do you build networks?
- ⌘ How do you maintain a support network?

Course 1

Dates: Wednesday 6th April

Time: 10:00am – 12:00noon

Venue: Koomarri Centre

OR

Course 2

Dates: Wednesday 13th April

Time: 10:00am – 12:00noon

Venue: Koomari Centre

Facilitator: Sally Richards is a mother, a teacher, a family leader, presenter and innovator. Sally has a wealth of knowledge of the Disability Sector through her personal experiences and professional work. Sally has presented Circles of Support/Building Networks for a person with a disability and their family at forums, workshops and seminars at national and international conferences.

Courses with Alzheimer's Australia



Communication book

Communication books or Life books are living, creative documents that have proven to be very useful tools for older people, people with disabilities, their families and carers. They can provide important and vital information about a person's history, present situation and hopes for the future.

Life books are unique to each person. They can be functional, with contact information, medical history, daily routines, food preferences and communication techniques. Some only contain written information while others more extensive including photos and memorabilia. Life books can be used to cover life history, memories, strengths, likes/dislikes, dreams and aspirations. This series of practical workshops will provide the time, resources and support for carers to create a life book for the person in their family who they support.

Date: Thursdays, 26th May, 2nd, 9th, 16th June

Time: 10.00am- 12.00pm

Venue: Alzheimer's Association

Facilitator: Annette Matheson

Morning tea will be served during this time.

To Register: ☎ 6207 3628 or ✉ CarerSkills@cit.act.edu.au

"Thank you so much, I have greatly benefited from this course" Carer

CIT Skills for Carers: what's it all about?

CIT Skills for Carers has been successfully providing flexible training for carers in the ACT since 1995. By carers, we mean family and friends of a frail older person or a person with a disability or mental health problem. So, these are people involved, in an unpaid capacity, in many aspects of supporting someone to live as independently as possible. Training is available through short courses, workshops or on an individual basis and there are no fees for this training.

CIT Skills for Carers is managed by CIT Centre for Health, Community and Well Being. Funds for this training come from ACT Health, Home and Community Care Program. All trainers with CIT Skills for Carers have professional qualifications in a health related field, experience in working with families and empathy, if not personal experience, with carers. Through an annual planning & review process and networking with community services carer training is planned. Feedback and input from carers and community services is always welcomed.

*"Thoroughly enjoyed the
course, friendly, helpful
and happy presenter
Who could empathise
With carers issues"*

Carer

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Useful Contacts

Commonwealth Carelink & Carer Respite Centre:
1800 052 222

Carer Advisory Service:
1800 242 636

Citizens Advice Bureau
6248 7988

ADACAS (Carer Advocacy):
6242 5060

Mental Health Foundation: Information:
6282 6658

Disability ACT Information Service:
207 1086 (9am-12noon Mon-Fri);
TTY (02) 6205 0888
disabilityact@act.gov.au

Useful Newsletters

Advocacy for Inclusion Inc Newsletter

“providing individual & systemic advocacy to improve life for people who have a disability”

Contacts: Tel: (02) 6286 9422;

Website: www.advocacyforinclusion.org

Carers ACT: Information, Support Groups, Counseling, Respite.

Contacts: Tel: (02)6296 9900

Email: resource@carersact.asn.au

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