



SSCSS

Sutherland Shire

Carer Support Service Inc

‘Supporting unpaid Carers in the
Sutherland Shire’

Carers Corner Newsletter August 2014 Edition

What to look out for this quarter.....

Support Group activities for Aug to Oct 2014

Including information on:

- Carer Computer Course starting Aug 4
- ABILITY LINKS Information Session August 12
- Changes to community and residential aged care
- Circus Quirkus tickets available Aug 27
- Our AGM – September 9
- Carer Bookclub – September 22



We're on Facebook – Like and Share us!!



What to look out for this quarter!

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If you need emergency Respite please call the Benevolent Society Southeast Sydney Commonwealth Carer Respite Centre on 1800 052 222 or Pole Depot Respite on 9580 0688 for availability

This newsletter is compiled by Leonie Puckeridge. Please feel free to call Leonie or Tracy on 9542 6292 if you need information about services to assist you in your caring role. The Carer Support Service also offers referral, advocacy, support groups, training courses, or support if you'd just like to talk.

Note

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Greetings from the Carer Support Team

Dear Carers,

We are very pleased to announce that our Senior Project Worker Katie Matthias gave birth to a little boy, Thomas, in late May.

We warmly invite all carers, consumers and service providers to our Annual General Meeting on Tuesday 9th September. This will be an opportunity to review and celebrate another great year at SSCSS.

The first round of funding for the **together** Program finished on June 30 and we are very pleased to report that as Regional Assisting Organisation in Sutherland, SSCSS assisted 14 local carer support groups to register for **together** and have their details put on the online directory of support groups for carers of people with a disability. In addition, 4 SSCSS groups are also listed on this directory. You can find this directory by going to

www.togethersupportgroups.net.au



Several of these groups claimed a small grant to help with their running costs and promotion. We expect a second round of funding to be available soon, and look forward to further assisting local carer support groups this financial year in the great work they do. **Together** is a Carers NSW Program funded by ADHC which resources a network of support groups for carers of people with a disability across NSW.

There have been a number of important changes to community and residential aged care since July 1. See pages 20-21 for some information on this. Our Dementia Support Group will have a Centrelink speaker on August 19 to discuss some of the financial implications of these changes (see p.12).

Just a reminder that the **Carers and Consumers Forum** is now held on the **1st Thursday of the month** in February, May, August and November. We encourage all carers and people with disability or frailty to attend on August 7 and learn about ways to enhance independence.. Our Project Worker Pippa Dean is now facilitating this Forum.

Until Next Time, Take Care.....The SSCSS Team



What we have been doing

Single Parent Carer Cooking Course—Term 2, 2013

In term 2 (April to June 2014) we ran a cooking course for single parent carers at Loftus in partnership with Southern Sydney TAFE Outreach. The aim of this course was to teach carers to prepare quick, tasty and nutritious family meals on a budget. Carers also learnt many employability skills in hospitality. Thanks once again to teacher Di Whittaker, who made this course inclusive, really enjoyable and interesting. We very much value the support of TAFE Outreach Coordinator Patricia Heraud in making the courses possible. Carers always rave about these courses, because they acquire new skills as well as valuable time out, social interaction and fun!

Carers Book Club Monday 23rd June

We had our first ever Carers Book Club on Monday 23rd of June at Engadine library. What a success and lovely morning it was! All group members read the wonderful novel "Paper Cranes" by our very own SSCSS Ambassador Cheryl Koenig. Everyone thoroughly enjoyed reading the book, and found the story inspiring and uplifting. Cheryl attended our Book Club morning tea and then very kindly gave a short reading from the book and answered the many questions we all had for her. We really appreciate Cheryl dedicating her precious time. We all had a great morning and cannot wait for the next Book Club on Sept 22!



Chinese Carer Support Group

“Care for Yourself While Caring for Others”

Our Chinese speaking carers attended this special workshop on June 12. Guest speaker physiotherapist Christine Wong covered practical topics affecting carers and care recipients, including manual handling, falls prevention, light exercise and health information.



It was a very popular workshop, with 21 people attending. This event was supported through the Together Program, a Carers NSW program funded by ADHC

Outing to Symbio Wildlife Park

The Chinese Carer Support Group had a great day out at Symbio Wildlife Park, Helensburgh on June 24. This was an opportunity to get a close-up look and learn about a variety of Australian native animals, as well as some exotic animals from around the world. Thank you to our Carer Support Worker Nora Mak who organised the day, to Vera who ably assisted her, and to our volunteer bus driver Ross.

Greek Carer Support Group Update

In May carers had a session on water exercises at Sutherland Leisure Centre with an exercise physiologist from SES Medicare Local. These carers continue to meet weekly for exercise. This is an activity they would not have considered doing on their own. Also in May, Greek Easter was celebrated with traditional Easter morning tea, enjoyed by all

Dementia Support Group

Carers of people with dementia had a stress management workshop on May 20 called “Calm...In, Stress..Out.” This was developed and delivered by our community services student Marie Louise Mitchell, who explained our physiological reactions to stress and showed some helpful techniques to break the “stress cycle”, including deep breathing, self-massage and scheduling relaxing activities into our week.



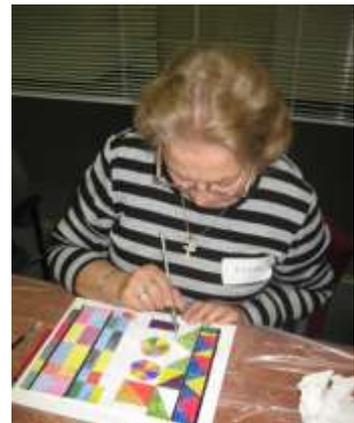
What we have been doing

Former Carer Support Group Outing to Lucas Heights

On June 16 the Former Carers Support Group took a trip to Lucas Heights Resource Recovery Park to get a look behind the scenes at what happens to our recyclable materials, green waste and rubbish. It might sound boring.... but it wasn't ! Our tour leader Gareth Jones from SITA was very informative and answered lots of questions from our curious group. Afterwards we went to the ANSTO cafe for lunch. It has been pleasing to welcome a number of new people into the Former Carer Support Group recently.

Carer Art Workshops

A series of 3 art workshops for carers was held during June, facilitated by our talented Project Worker, Sharlienne. Carers learned the basics of line drawing and colour theory, and created some lovely work using acrylic paint. They also had a go at restoring old frames and received a tutorial on making bath bombs. A major benefit of art and craft is that it can be very absorbing and relaxing. In focusing on the creation unfolding in front of you, all other concerns are forgotten for a while. Carers share this time in company with others who understand. This is what makes art and craft so beneficial —and no special talent is required! We look forward to offering more carer art and craft workshops in the near future.





Sutherland
Shire
Carer
Support
Service Inc

Sutherland Shire CARERS AND CONSUMERS FORUM

WHEN: Thursday 7th August 2014
WHERE: Stapleton Ave Community Centre
3a Stapleton Ave, Sutherland NSW 2232
TIME: 10:30am – 2:00pm

GUEST SPEAKERS from

Sutherland Libraries - Jacinta Crane will give an overview of the large number of services and programs provided by Sutherland Shire Libraries

Disability Trust: Life Connect Program - Jessica Forrest will present this new program which supports carers of people **with a mental illness, addressing carers' barriers to** participating in the workforce, volunteering or training

Meet other Carers and Service Users in the Shire
Gain information about topics that relate to your health & wellbeing
Raise issues that concern you

Please contact
Pippa on
9542 6292 if you
require transport

2 hour parking
close by
Lunch provided

Please RSVP by
4th August
on **9542 6292**



Funded by the Australian Government
Department of Social Services



Our quarterly Forums are specifically for those currently using or eligible for Home and Community Care (HACC) and Community Care Support Program (CCSP) services. This includes people with disabilities, frail older people and Carers of both groups.

Representatives of organisations that provide services do not attend unless by invitation as guest speakers, to allow for open discussion of issues and concerns.



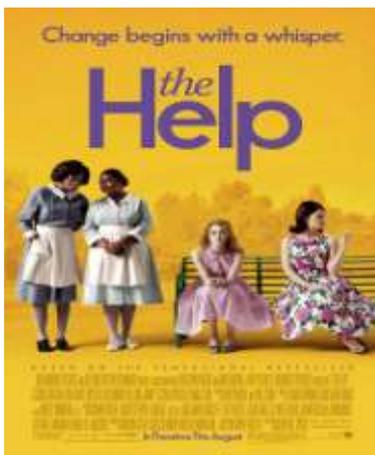
Sutherland
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Do you care for your spouse, family member or friend and reside in the Sutherland Shire? Then Sutherland Shire Carer Support Service has an exciting learning opportunity for you ...



BOOK CLUB!

If you are interested in reading, find it an enjoyable and relaxing activity and would like to meet others who have the same interest, then Sutherland Shire Carer Support Book Club is for YOU!



Our second book will be the entertaining and wonderful novel:

"The Help" By Kathryn Stockett.

This novel is available throughout Sutherland Shire

RSVP: For more information & to RSVP, please call Pippa or Sharlienne on 9542 6292

THERE ARE ONLY 8 SPOTS AVAILABLE IN THIS GROUP.

When: Book Club meeting on Monday 22nd September 2014.

Time: 10am-12pm

Where: Meeting Room: Engadine Library: 116E Caldarra Ave, Engadine.

Cost: Free, including morning tea.



Family &
Community Services
Ageing, Disability & Home Care



home and community care

Funded by the Australian Government
Department of Social Services



support groups for
carers of people with
a disability in NSW



Sutherland
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Do you care for your spouse, family member or friend and reside in the Sutherland Shire? Then TAFE Outreach and Sutherland Shire Carer Support Service have an exciting learning opportunity for you ...



Computer Course for Carers - Beginners

This course is for carers with a basic understanding of computing, but still class themselves as beginners. Please join us if you would like to learn in a small class environment. The course will focus on:

Introduction to Microsoft Word & PowerPoint

COURSE DETAILS

DATE: 7 Week Course (Mondays)

4th August to

15th September 2014

TIME: 9.30am to 12.00noon

VENUE: Sutherland College of TAFE

ROOM: TBA

COST: FREE



Please RSVP to Tracy on
9542 6292

We can assist with transport &
respite if needed.

Priority is given to carers who have not
previously attended a SSCSS/TAFE
Outreach Courses.



Family &
Community Services
Ageing, Disability & Home Care



home and community care

Funded by the Australian Government
Department of Social Services



**Sutherland
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ANNUAL GENERAL MEETING

**You're invited to attend our
Annual General Meeting**

Date: Tuesday 9th September 2014
Time: 10am-11:30am
Venue: Meeting Rooms 1 & 2
Stapleton Ave Community Centre,
Sutherland

RSVP: Tracy on 9542 6292 or email
tracy@sscscs.org.au
prior to 2nd September for catering
purposes

Light refreshments will be served.



Carer Social Support Group

Tuesday 12th August - 10am to 12 noon

Meeting Rooms 1 & 2

Stapleton Ave Community Centre, 3A Stapleton Ave Sutherland

Carers—Come and find out about

ABILITY LINKS

ABILITY LINKS is a new program which aims to assist people with a disability, especially those who may not be accessing services, to achieve their goals by linking better with their local community.

Learn how ABILITY LINKS could work for your family member. Damian Royce, a Linker at Ability Links Sutherland will give a presentation and answer your questions.

Morning tea provided. Please RSVP on 9542 6292 by 11th August.

We're Looking for Men!

**Do you look after your wife or family member? Are you over 55?
Do you live in Sutherland Shire? Feel like a day out?**

**Join us on a TOUR of ANSTO facility at Lucas Heights
followed by lunch at the club**

When: Wednesday 24th September
Where: Meet at 3a Stapleton Ave Sutherland (Must RSVP to attend)
When: 10.00am
Cost: Lunch on the way home at the club
RSVP: Tracy on 9542 6292 by September 12
(let us know if your family member needs respite care)

Need to wear enclosed shoes and bring ID with you!
This group is kindly sponsored by Rotary Club of Engadine

Dementia Support Group

Meetings are held on the
3rd Tuesday of the month
In Meeting Rooms 1 & 2
Stapleton Ave Community Centre
3A Stapleton Ave, Sutherland
Morning Tea provided

**To RSVP to any
group, or for
assistance with
respite or transport,
contact Leonie or
Tracy on 9542 6292**

AUGUST MEETING

Tues 19th August

10am to 12 noon

Speaker: Ross Pyett
Financial Information
Service, Centrelink

Topic: Financial
implications of changes to
community and residential
aged care from July 2014

Morning Tea Provided

SEPTEMBER

Dementia Awareness
Month

Tues 16th September

10am to 12noon

Special Morning Tea

Discussion Topic:
“Creating dementia-friendly
communities”

OCTOBER - Carers Week Events !

Carers Week is Oct 12-18

Details to follow in September

All Sutherland Shire Carers Invited!

Culturally & Linguistically Diverse (CALD) Support Groups

Support Group for Carers of GREEK background

Meets 3rd Thursday of the month, 10am to 12 noon

Stapleton Ave Community Centre, 3A Stapleton Ave Sutherland

Thursday 21st August **Ellie Robertson: “My Choice Matters”
Living Life My Way Ambassador**

Thursday 18th Sept **Morning Tea outing—Venue TBA**

Thursday 16th Oct **Carers Week Activity—Details to follow**

For more information, contact **Mary Antoniou** on 9542 6292

Support Group for Carers of CHINESE background

Meets 2nd Thursday & 4th Tuesday of the month, 10am,

Stapleton Ave Community Centre, 3A Stapleton Ave, Sutherland

All meetings are presented in either Cantonese or Mandarin, and a bilingual worker is present. **RSVP to Nora Mak on 9542 6292**

| | |
|------------------------------------------------|--------------------------------------------------------------------------|
| Thursday 14th August | Speaker from SES Medicare Local |
| Tuesday 26th August | Internet Safety (by COTA) |
| Thursday 11th September | Understanding Arthritis |
| Tuesday 23rd September | Celebrating mid-Autumn Festival Plus “Getting the Right Help” |
| Thursday 9th October & Tuesday 28th October | Carers Week events: Details to come |

Former Carer Support Group

This support group is for people whose caring role has ended, usually due to the death of the care recipient. The group meets monthly, generally on the 2nd Monday of the month, alternating support group meetings at Sutherland United Services (SUS) Club, 7 East Parade, Sutherland (followed by coffee at the Club cafe if you wish) with social outings.

Assistance can be given with a lift if you require transport.

Please RSVP to any meeting by phoning
Leonie on 9542 6292 or Lydia on 9521 8600

NEW MEMBERS WELCOME!!

Monday 11th August 2014:

Lunch at Gynea Tradies Brasserie 12noon—1.30pm

2 course seniors meal with tea/coffee \$12.50

Please RSVP to Leonie by 6th August

Monday 8th September 2014: 10am-12 noon

Support Group Meeting at SUS Club

Guest: Sharlienne Keenan

Activity: Creative Craft Morning

Unlock your creativity with a fun and relaxing activity

No skill required!! Materials provided

Monday 13th October 2014: 10am-12 noon

Morning Tea at Cronulla RSL Memorial Club

Watergrill Cafe, 38 Gerrale St, Cronulla

Optional Walk along the Esplanade afterwards



SSCSS Resource Library

SSCSS has a library of resources which may assist carers in their caring role. Borrowing period is 4 weeks. If you would like to receive a full list of resources available, please call us on 9542 6292

New Resources Available for Borrowing

- **Looking After Ourselves: (Handbook and DVD)**
Carers NSW Resource package for Aboriginal and Torres Strait Islander Carers)
- **Family Focus: Talking Together about Parental Depression and Anxiety** (DVD produced by COPMI and Beyondblue)
We have 10 copies of this DVD to give away
- **Providing Good Care at Night for Older People**
Practical Approaches for Use in Nursing and Care Homes
- **Night Time Care: A practice guide**
(Hammond Press: The Dementia Centre)
- **Loving Someone who has Dementia:** How to find hope while coping with stress and grief
By Pauline Boss
- **Daily Comforts for Caregivers:** by Pat Samples
- **Aged Care: Who Cares? Where? How? and How Much?**
By Rachel Lane and Noel Whittaker
- **Alive with Alzheimers:** Photobook by Cathy Stein Greenblat
- **Love, Loss and Laughter:** Seeing Alzheimers Differently
Photobook by Cathy Stein Greenblat

Civic Aged Care Respite at Woollooware

Eligibility: Residents need to be aged 65 years or older OR under 65 years with a diagnosis of dementia.

This is 5 bed secure facility that is very homelike. Each resident has their own room and access to a bathroom near their room.

Overnight respite is \$45 per night and day stays are \$25 per day.

Twice a week there are community outings with the residents choice of activities. No ACAT is required to receive services Staff have a minimum of Certificate IV in Aged Care. All personal care is provided as well as laundry and cooked meals

Anyone can make a referral by contacting the respite facility on 9523 2906 or Casey Hailes on 0406 530 785.

There is no minimum or maximum length of stay.

RecAbility (Formerly Parent to Parent Association) **Activities for people with disability over 16**

Disco/Karaoke: Saturdays 2- 4.30pm Multipurpose Centre, 123 Flora St, Sutherland. Cost: \$10 includes afternoon tea.

Gym Buddies: Thursdays 7– 8.30pm School terms only
 Cost: \$5 per session at Sutherland PCYC.

Scrapbooking: 4th Saturday of month (Feb-Nov) 2.30 –4.30pm
 Gymea Community Centre (small hall) Cost: \$40 inc 5 lessons, materials

Phone: 9522 8016 www.parenttoparent.com.au

Immunisation History

Department of Human Services has made it easier than ever for parents and carers to access their child's immunisation history. Parents and carers who need to provide proof of immunisation for their child can access their child's immunisation history by using a mobile app.

With the Express Plus Medicare app you have access to your child's Immunisation History Statement directly from your smartphone or tablet. The immunisation history details all vaccinations given to children under seven years of age and is available until the child turns 14.

More information including on how to register and download the app can be found by visiting:

www.humanservices.gov.au/customer/services/express-plus-mobile-apps

(Source: IDEAS newsletter March/April 2014)

Information Session on Transitioning into Aged Care

Sutherland St George Dementia Advisory Service is organising the following information session for carers as part of its monthly Health Steps Group. **BOOKINGS ARE ESSENTIAL—Ph: 9531 1928**

Date: Monday 11th August 2014
Time: 10am to 11am
Venue: Moran Aged Care Facility, Green Room
29 Sylvania Rd, Sylvania
Cost: Gold coin donation— Morning Tea is provided.

Speaker: Ross Pyett, Financial Advisor with Centrelink will talk about the practicalities of transitioning into an aged care facility and the costs associated with this if you are on a pension, or are a self-funded retiree. From 1st July 2014 there will be changes for people moving into residential aged care and retirement villages. This may not be something you are thinking about at this time, but being informed is useful and powerful. These sessions are designed to be for your information only.

Access at Belvoir St Theatre

Belvoir Street Theatre in the city offers a range of services and facilities so that everyone who goes there has an enjoyable experience, regardless of their physical abilities. There is lift access to all levels, accessible toilets and wheelchair space is available in both theatres, upon request. Belvoir accepts Companion Card, which enables people with a disability who require a companion to attend plays without having to pay for a second ticket. There is a hearing loop in the upstairs theatre, which can be accessed via the t-switch on hearing aids. Vision Australia's very successful live audio description services is offered for some performances. The performers' actions, expressions and gestures are narrated by professional describers via a small earpiece during gaps in the dialogue on stage. Mobile captioned performances are also provided for some performances. Through the "Go Theatrical!" App on a mobile device, these captions detail actors' dialogue, adlibs, asides, song lyrics and descriptions of music and other sound effects. Please note that only a limited number of people can be provided with these services, so book early and let the Box Office know your requirements. Visit www.belvoir.com.au Ph: 9699 3444

Circus Quirkus Tickets Available

Once again the Lioness Club of Sutherland Shire is proud to present the amazing **Circus Quirkus**, a FREE non-animal family friendly show to be held at Sutherland Entertainment Centre on Wednesday 27th August 2014 at 12.30pm/ 4pm/ 7pm. The show runs for 90 minutes and includes the amazing “Zim Boys” and Australia’s best loved clown—Christof. Other local troupes and international performers will take the audience through traditional circus acts such as juggling, balancing, acrobatics, aerial displays and other death-defying skills.

The Sutherland Circus Quirkus Show has been generously sponsored by the business community of Sutherland and surrounding areas.

It is an opportunity for families who have kids with additional needs or families who would not usually be able to spend funds on such a show to have a wonderful day out together .

Sutherland Shire Carer Support Service has a limited number of tickets for each of the 3 sessions, which will be distributed on a first-come, first-served basis. **Please call us ASAP on 9542 6292** to request tickets.

Benevolent Society Overnight Respite Cottages

Benevolent Society has 2 respite cottages, **Mirrabooka** (in Little Bay) and **Brightside** (in Bexley)

The Cottages offer a unique model of **low care** respite, in a home-like environment where Support Staff are available 24 hours a day. All meals are home-cooked and staff are on hand to assist with personal care, social support, medication monitoring, companionship and domestic assistance. Care is individualised and Cottage Guests receive one-on-one care.

Mirrabooka:- suitable for over 65 year olds who have a Carer.

Brightside:- for younger clients 25 yrs to 65 yrs who have a Carer. Suitable for clients with a diagnosis of Mental Illness, Autism or an Intellectual Disability.

Contact the Cottage Coordinator on 1800 052 222 or 9504 6610

Southcare has a new 7 day rapid response, multi-disciplinary model of care for people over 65 years living independently in Sutherland Shire. The **Southcare Outreach Service, or SOS**, aims to prevent the need for aged care clients to present to the Emergency Department doing a multidisciplinary team assessment in the home environment within 48 hours of referral to the service. Appropriate interventions are provided by Nurses, Physiotherapists and Occupational Therapists such as short-term equipment loans, exercise programs, health monitoring and cognition assessment, for up to six weeks.

The service includes co-ordination of care with a client's GP to enhance their opportunity for independent living as well as making referrals to other community services.

Eligibility - Clients must be over 65 years of age and reside in the Sutherland Shire, are not admitted to hospital and are at risk of presenting to hospital Emergency Department. Clients will have goals that can be addressed by a community rapid response multidisciplinary team at home.

Referrals - accepted from clients/carers, GPs, Ambulance Service, Geriatricians, health professionals, via **Southcare Intake Ph. 9540 7956** .

(Source: SESLHD Carer Program)

Are you a Young Carer?

Do you look after someone who has long term illness, disability or mental health issues? Are you 25 years old or younger?

Every young carer's situation is different. They do things like shopping, cooking, cleaning, paying bills, helping with showering and dressing, giving medication and emotional support.

If you're at school and need help with things like respite, help at home, getting to sport or other activities, tutoring or time to study,

Call 1800 052 222

Carers NSW can also help young carers with advice and counselling, finding someone to talk to, and getting help and support.

Call 1800 242 636

www.youngcarers.net.au



St George/Sutherland Parkinson's Support Group

The St George/Sutherland Support Group of Parkinson's NSW has regular meetings for people living with Parkinson's Disease and their carers. Support Group general meetings are held on the 4th Wednesday of the month, 10.00am at Sylvania Community Hall, cnr Melrose Ave and Canberra Rd, Sylvania. The group also publishes a monthly newsletter "Chit Chat"

CARERS MEETING Is held on the **2nd Wednesday of the month**
10.30 am in the Recreation Rooms
Viola Grove Building, **Donald Robinson Village**
81-85 Flora St, Kirrawee
Ph: **9525 7215** for more details

Aged Care Reforms

By 2050, 3.5 million people will need some form of aged care, either at home or in a residential care facility. The Australian Government is bringing in reforms to aged care to ensure the system is sustainable, affordable, and offers choice and control to consumers.

FOR PEOPLE ENTERING CARE from 1 July 2014 :-

- older people will be asked to contribute to the costs of care, both at home and in residential care, if they can afford to.
- For residential care, you may have to pay an accommodation payment. There will be more choices in how you pay for this. This can be: a lump sum refundable accommodation deposit; a daily accommodation payment, or a combination of both.
- In addition, you will pay a basic fee, a means tested care fee (if applicable) and fees for extra or additional optional services (if applicable).

(Continued next page)

Other Events

The flyers on the following pages are groups, projects and events organised by other service providers, which may be of interest to carers. For information on these events, please contact the service providers directly.



- Accommodation prices and a description of the accommodation in aged care homes will be available on My Aged Care website www.myagedcare.gov.au. This will allow you to access and compare facilities. You can call My Aged Care on 1800 200 422 to help you estimate the fees and charges you may have to pay towards your residential care.
- The distinction between low care and high care will be removed in permanent **residential aged care and all such care will be provided on an “ageing in place”** basis, so residents can stay where they are as their care needs increase.
- Respite care in residential facilities will continue to make a distinction between high care and low care.
- If you take up a Home Care Package after 1 July 2014, you may be asked to pay one or both of the following: a basic daily fee, equivalent to 17.5% of the single basic aged pension; and an income tested care fee if your income is over \$24,731.
- There is a limit to how much you have to pay in income tested care fees. For part-pensioners, this is \$5000 per year. For self-funded retirees, this is \$10,000 per year. There is a lifetime limit of \$60,000. You can apply for financial hardship assistance if you believe you will have financial difficulty contributing to the cost of your Home Care Package. You will never be denied the care that you need because you cannot afford to pay.
- From August 2013, all new Home Care Packages have been delivered on a **“Consumer Directed Care”** basis. **CDC means that older people can choose and control the services they get, and see how much is being spent on the services they’re getting compared to administrative costs or other services they might want.** From 1 July 2015, all Home Care Packages will be consumer directed.

This information is summarised from DSS Factsheets: *Reforming the Aged Care System*
More information at My Aged Care: www.myagedcare.gov.au or 1800 200 422

Useful Websites



www.aci.health.nsw.gov.au/chronic-pain

Website of ACI Pain Management Network, a site containing information to help you develop skills and knowledge in the self-management of pain in partnership with your health care providers.

www.visionloss.com.au

Vision Australia have recently launched this new website, as an information portal for health professionals, the general public, and people with vision loss. It contains resources, news and case studies, providing a one-stop shop for people seeking information on vision loss and services available, including Orientation & Mobility services.

<http://www.sscsi.org.au/servicestandards>

Charter of Rights & Responsibilities for Community Aged Care services

<http://gymeacommunityaid.org.au/community-developmenthealthy-minds>

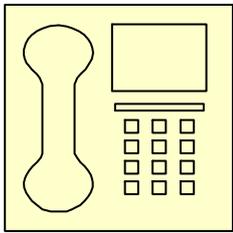
GyMEA Community Aid and Information Service has created a listing of mental health related events, projects, services and initiatives in Sutherland Shire.

www.christinebryden.com

Christine Bryden was only 46 when she was diagnosed with dementia in 1995. The prognosis was poor, but 19 years later she is still here and has been a strong advocate for people with dementia. She has written 2 books and spoken around the world, giving an insider's view of dementia. Her focus is overcoming stigma, and creating a dementia-friendly society, in which people with dementia are given hope and encouragement, and are supported and included. She wants to see an end to the discrimination against people with dementia, to see compassionate care of people with dementia at all stages, and to see real efforts being made to find cures for the more than one hundred diseases that cause dementia. She appeared on ABC TV's Australian Story on June 3

www.abilityclassifieds.com.au

A website where users can advertise, buy and sell specialised equipment, accommodation, jobs, events and vehicles for people with a disability. Posting an ad to sell is free.



Who should I call?

Source: “**Sutherland Shire Services to Enhance your Independence**” brochure
Produced by HACC Development Officer Melinda Paterson

See Sutherland Shire HACC Services Brochure

***“Sutherland Shire Services to Enhance your
Independence”***

(March 2014 version)

Want more...?

If you would like more information about any of the events in this newsletter, please feel free to call

OR...

Not on our mailing list and would like to be? Please complete the following form and return it to the address below

(Note: The person who wants the information needs to be the person who completes this form)

Sutherland Shire Carer Support Service Inc.

Stapleton Ave Community Centre

3A Stapleton Ave, Sutherland 2232

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