



SSCSS

Sutherland Shire

Carer Support Service Inc

‘Supporting unpaid Carers in the
Sutherland Shire’

Carers Corner Newsletter February Edition 2014

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

Support Group activities for Feb to April 2014

Including information on:

- Sailing Day Feb 16 for Parents and Siblings
- Assistance Dogs visit: Feb 20
- Carers and Consumers Forum Feb 25
- Carer Weekend Away March 14-16
- Resilience :Carers of people with Dementia: April 15
- Male Carer Outing April 10 - Sounds Trashy!!

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,

Happy New Year!! Welcome to our first edition of Carers Corner for 2014. We have lots of news and exciting activities this quarter, so please take some time out to enjoy reading it and contact us as soon as possible if you would like to participate in a group or event.

We expect 2014 to be another year of changes in the aged care and disability sectors. This will include workshops to help prepare and equip people with disability, their carers and service providers for the transition to the National Disability Insurance Scheme. A number of these are mentioned in the following pages. Here at SSCSS we are striving to keep up with the latest developments and pass the information on to local carers in an effective way. If you use Facebook we encourage you to "Like" our page -this is a great way to keep up to date.

As part of the Living Longer, Living Better Aged Care Reforms, **Home Care Packages (HCPs)** have now replaced CACP and EACH packages. Home Care Packages support people to stay at home as they get older by providing help with a range of daily living tasks, such as showering, cleaning, preparing meals, transport to appointments and social activities. The Australian Government pays a subsidy to a number of approved HCP providers to give eligible people a co-ordinated and flexible package of services, tailored to each person's assessed needs. There are 4 levels of packages: Levels 1 and 2 help with basic or low level needs and Levels 3 and 4 with intermediate to high care needs. Most HCP providers ask for a co-contribution, based on income; for people on the base rate of pension, the maximum contribution is 17.5% of the single pension. Some HCPs are provided as Consumer Directed Care (CDC) - a new way that gives people more choice and control of care and who provides it, and the option to be involved in a personalised budget. **To receive a Home Care Package, a person has to be assessed as eligible by an Aged Care Assessment Team (ACAT) before contacting local HCP providers.** A list has been developed by HCP providers in South East Sydney. It is posted on our website www.sscss.org.au or you can call us if you would like to receive a copy.

Until next time, Take Care.....The SSCSS Team



What we have been doing

Christmas Treats Cooking Course - Term 4, 2013

This festive course ran for 7 fun, feast-filled weeks and was offered in partnership with Southern Sydney TAFE Outreach. The focus of the course was to create a variety of scrumptious, budget-friendly Christmas dinners, desserts and impressive Christmas-themed treats (perfect gift ideas for family and friends). Carers shared weekly meals, laughs and formed new friendships. A very merry time was experienced by all.

CARERS WEEK 2013

13 – 19 October, 2013

Carers Week is a special time of the year, a time where we celebrate the hard work and dedication of carers. Three celebrations were planned: A Dinner Cruise for working carers, a three course Lunch and a Putt Putt Experience celebration for carers and care recipients:

Carers Week Dinner Cruise – This cruise celebration was held along the beautiful Port Hacking River and took place on Friday, 11 October 2013. In true 'cruise style' carers were greeted with a floral lei and enjoyed a three-course meal whilst cruising at sunset. A DJ was present to play carers' favourite tunes on request.

Carers Week Lunch – A Carers Week Lunch was held on Tuesday, 15 October 2013 at the lovely Embark Restaurant, Loftus TAFE. Carers were treated to an indulgent three course meal and were entertained by the beautiful voice of singer Susan Peeno.

Carers Week Putt Putt Celebration – This celebration for carers and care recipients was hosted in generous partnership with Putt Planet on Thursday 17 October 2013. It included a morning of mini-golf and maximum fun! Participants were treated to a game of African/travel themed mini-golf and a goody-filled morning tea. There were prizes for the winning teams, highest score and even a wooden spoon prize.

Carers Week 2013 Celebrations—Chinese Carer Support Group

On 22 October, 12 carers attended a “Carers Wisdom” workshop, aimed at enhancing their positive attitudes and skills in their caring role. Adelaide Fung from Australian Nursing Home Foundation facilitated this workshop, which included poems, songs and discussing scenarios. Carers had a chance to express their opinions and share experiences. Everyone enjoyed the experience.

On 7 November, 10 carers from Chinese background had a ferry trip to Bundeena House. They enjoyed beautiful weather, clear water and bright sand. They took photos, ate fish and chips by the beach and had lots of fun chats. They returned to Cronulla on the 2pm ferry.

Relationships and Private Stuff Workshop

In November 2013, SSCSS hosted a 2 night evening workshop on ***Relationships and Private Stuff***, for parents of young people and adults with a disability, facilitated by educator and counsellor Liz Dore. Some of the subject matter was challenging for parents:

“I am overprotective as I feel my child is vulnerable.”

“Realising that my child is legally treated like an adult despite his intellectual disability—a wake up call”

However, Liz presented the workshop in a relaxed and open way and presented parents with a wide range of resources to help equip their sons or daughters with skills to develop positive friendships and relationships. Parents said they learned:

“That there is a sequence of steps to follow in relationships”

““That helping find a passion or interest for my child is the best way to find friendships & relationships

Liz Dore has developed a “Healthy Living Checklist” which can help people identify areas of their lives where wellbeing could be improved, and assist with goal setting. Liz is happy to share this checklist with anyone who might benefit. Please contact us at SSCSS on 9542 6292 or email leonie@sscscs.org.au if you would like us to send you one. It is useful tool for both people with disability and carers to complete.



What we have been doing

Former Carer Support Group

The Former Carer Support Group had lunch at Caringbah Bizzos on Dec 3 to celebrate another full year. This group usually meets on the 2nd Monday of the month, alternating social gatherings with support group meetings at Sutherland United Services Club. We are grateful to the SUS Club for the use of a meeting room. New members are most welcome to join the Former Carer Support Group. It is a good way to be connected with others who have experienced the carer journey and who are adjusting to life after their loved one has passed away.

We were grateful to receive this message from a recently bereaved carer:

“ You come on the scene when our lives fall apart, marred by hardship and sadness, and you travel that life with us. Thank you with all my heart.”

KRIS'S FEATHERED FRIENDS

On December 2, SSCSS had an end of year morning tea for carers and family members at Gunnamatta Pavillion, Cronulla. In a room overlooking the Bay, they were treated to a delightful bird show called Kris's Feathered Friends, which included some beautiful (and noisy) parrots, a 6 kg cuddly bunny called Tiny, and a Chinese Bantam hen (coloured blue) called Coco, who surprised everyone by laying an egg!! This fun show is sponsored by Olsens Funerals and brings joy and laughter to many people, including residents of local aged care facilities.



Kris holding Tiny the rabbit



Coco the blue Bantam struts her stuff



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Sutherland Shire CARERS AND CONSUMERS FORUM

WHEN: Tuesday 25th February 2014
WHERE: Stapleton Ave Community Centre
3a Stapleton Ave, Sutherland NSW 2232
TIME: 10:30am – 2:00pm

GUEST SPEAKERS from

Neami Flourish : Alison Bills will talk about this peer-facilitated self-development program for people living with mental illness. There are also plans to start a Neami Flourish program for carers

Home Care Packages: Fern Raynham from Wesley Home and Carer Support Services will discuss the new Home Care Packages and the option of Consumer Directed Care

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
Leonie on
9542 6292 if you
require transport

2 hour parking
close by
Lunch provided

Please RSVP by
19th Feb
on **9542 6292**



Our quarterly Forums are specifically for those currently using or eligible for Home and Community Care (HACC) 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



Sunday 16th February 2014 Sailing on Sydney Harbour

A weekend respite event for
parents and siblings of children
with a disability

Do you care for a child with a disability
under the age of 18 yrs?

Do you live in Sutherland Shire?

This event is a special day out on a large
yacht for siblings and carers only and
will be sure to please.

Maximum of 4 people per family.

VERY LIMITED NUMBERS:

RSVP 9542 6292

We may be able to assist
with respite.



SSCSS is supported by financial assistance from the NSW and Australian Governments

Event for Carers
and Siblings:
RSVP now!

Bus will leave
Stapleton Ave at
10.00am SHARP
Return approx 5pm

Lunch at the Cruising
Yacht Club cafe
before the sail -
or bring your own!

\$10 per person
(plus cost of your
lunch)

White sole shoes
required on the day.
Bring a hat and
waterproof jacket

Sutherland Shire Carer
Support Service inc.
3a Stapleton Ave Sutherland



Combined Carer Support Groups

Thursday 20th February 10am to 12noon

An event for all carers!!

A Morning with Assistance Dogs

Hall 1, Stapleton Ave Community Centre
3a Stapleton Ave Sutherland



Assistance Dogs Australia is a charity which trains Labradors and Golden Retrievers to help people with physical disabilities, providing them with greater freedom and independence. Learn about this great organisation and meet one of their cute trainees!!

Morning Tea Provided



Carer Social Support Group

Tuesday 29th April 10am to 12noon

**Guided Tour of the exhibitions at
Hazelhurst Regional Gallery**

The Kingsway, Gymea

followed by **Devonshire Tea** at the Gallery
Cafe

Meet in Gallery Foyer by 10am sharp
Cost to carers: \$7 for tea/coffee and 2
scones





Carers Weekend Away: Collaroy

Sutherland Shire Carer Support (SSCSS) has planned a weekend trip for primary carers living in the Sutherland Shire, who are caring for a family member or friend who has a disability or is frail and older.

Fri 14th March (3pm)- Sun 16th March (return 4pm) 2014

Where: The Collaroy Centre, Collaroy

Cost: Carers pay only \$60 once their place has been confirmed. This covers transport, single room accommodation, breakfasts, one lunch and dinners.

Transport: Minibus (pick up and drop off from Sutherland)

Assistance can be given to arrange respite for the weekend if required.

Call 9542 6292 for an application pack ASAP. Limited spaces!

Applications close on February 14.

A priority scale, including carers who have not attended a SSCSS carers weekend before, may be used depending on numbers of applications received.



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WE'RE LOOKING for Men!



- **Do you look after someone....**
- **Your wife or a family member...**
 - Are you over 55?
- Do you live in the Sutherland Shire?
 - Feel like a day out?

Join us on a bus tour of our local recycling and waste plant at Lucas Heights.



Sounds
Trashy !!

When: Thursday April 10th 2014

Where: Meet at 3a Stapleton Ave, Sutherland
(Must RSVP to attend)

When: 9:30am

Cost: Buy your own lunch on the way home at Club Menai.

RSVP: Tracy on 9542 6292 by April 3rd.

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

FEBRUARY MEETING

Tues 18th February
10am to 12 noon

General Discussion:
***“What I learnt over the
holidays”***

Share experiences and tips for
caring which will help others

Morning Tea Provided

MARCH MEETING

Tues 18th March
10am to 12noon

Speaker: Ljubinka Brkic,
St George Sutherland
Dementia Advisor

**Topic: Overview of
developments in
dementia care and
services in our area**

APRIL MEETING Meeting Rooms 1 & 2

Tuesday 15th April **10am to 3pm**

Combined Special Workshop with CatholicCare Dementia
Carers Support and Counselling Service

Resilience for Carers of people with dementia

Facilitated by Caryn Walsh from ***Pure Magic***

Morning Tea and light lunch provided

Bookings Essential - Ph: 9542 6292

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

20th February 2014; **Combined Support Groups Event:-
A Morning with Assistance Dogs**
20th March 2014 **Guest Speaker—To be advised**
17th April 2014 **No meeting (Holy Week)**
15th May 2014 **Greek Easter Celebration**

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**

Thurs 13/2/14: **Chinese New Year Celebrations**
Tues 20/2/14: **Combined Support Groups—
Visit by Assistance Dogs**
Thurs 13/3/14: **Law Access**
Tues 25/3/14: **Outing—Details to follow**
Thurs 10/4/14: **Anzac Day Story**
Tues 22/4/14: **About NDIS and Aged Care**



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 10th February 2014: Social Outing
Ferry Trip to Bundeena and lunch at Bundeena House
Meet at Tonkin St Wharf, Cronulla (Behind Railway Stn) at 10.15am. Ferry departs at 10.30 am. Ferry fare \$3.15 concession each way. Allow \$12 for lunch. Return to Cronulla at 2.30pm.



Monday 10th March 2014: 10am to 12noon
Support Group Meeting,
Sutherland United Services Club
Speaker: William Lo, National Stroke Foundation
Topic: Reducing risk of stroke and FAST response

Monday 14th April : Social Outing 10am to 12noon
Morning Tea at Sylvanvale's Achieve Cafe, a hospitality training centre for young adults with an intellectual disability at Boystown, 35a Waratah Rd, Engadine.



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

- **As Life Goes On** (DVD and workbook featuring 5 scenarios about Ageism and Elder Abuse)
- **Carers NSW 2012 Carer Survey: Final Report, Nov 2012**
- **Does Your Carer Take Sugar?** Carers and Human Rights: The parallel struggles of disabled people and carers for equal treatment

Shire Community Services—Adult Leisure Learning

Stapleton Ave Community Centre, 3a Stapleton Ave, Sutherland
Classes on Monday and Wednesday during school terms

Cost: \$40 per term for one class; \$55 for two classes

Classes include: history, computers, French, art, sewing, Tai Chi, crafts, yoga, Ukulele, belly dancing, easy exercise, book club, line dancing

Dates for Term 1, 2014

Monday 3rd Feb to Monday 7th April and Wed 29 Jan to Wed 9th April

We cater for seniors, young mothers, men and women young and old.

Come along to learn and form friendships

For enquiries and enrolments, call SCS Office Mon to Fri 9-4 on

Ph: 9521 8280

Drop In Computer Help at Sutherland Shire Council Libraries

Library staff are available to assist with basic computer questions, e.g. Setting up an email address, transferring photos from camera to laptop, completing online forms, attaching photos or documents to an email

Wednesdays at Sutherland Library: 10am to 12noon and 2pm to 4pm

Tues and Thurs at Menai Library: 2pm to 4pm

You are encouraged to call ahead and book time to avoid waiting.

Please bring your laptop and/or device with you.

Sutherland Library: Ph: 9710 0351

Menai Library: Ph: 9543 5747

Seals Home Collection Service
South Eastern Area Laboratory Services

SEALS Pathology Home Collection Service enables you to provide specimens for testing without leaving your home. They accept all pathology requests, including requests on other pathology provider forms. Their experienced nurses will come to your home to collect blood, urine or faeces specimens for pathology testing. The results will be sent to the doctor who requested the tests.

The home collection service is ideal if you:

- Need to provide specimens regularly
- Have difficulty or are unable to attend a collection clinic
- Have commitments that require you to be at home
- Wish to have family or carers present

Cost: Most standard pathology tests are covered by Medicare, so you will need to provide the nurse with your Medicare card. Your doctor can tell you if your test is covered by Medicare.

Bookings: To arrange a booking please call **1300 788 944**

Self Discovery Workshop Series : 4 Wednesday Evenings 6-8pm
29th Jan , 5th Feb, 12th Feb, 19th Feb 2014

A set of 4 individual workshops. Discover more about your own perception of the world and how what you think about can make a big difference to how your life's journey is played out.

Conducted by Adult Educator and Meditation Teacher, Liz Smith

Choose to register for single workshops or the full series of 4

Cost: \$75 per workshop or \$260 for all 4 when paid upfront

Workshop 1: Begin with Yourself: How well do you know yourself?

Workshop 2: Relationship to Self: Internal and External Conflicts.

Workshop 3: The Natural Laws of Attraction and how they affect us

Workshop 4: Pampering Session: Ideas and techniques for relaxation

Venue: **Carousel Counselling Centre, 13A Eton St Sutherland**
 (above Moonlight Vietnamese Restaurant)

To obtain a registration form, contact Liz—0425 392 630

Email: liz@beyondthinkingmeditation.com

Neami Flourish Program

Neami Flourish is a recovery-focused self-development program for people who have lived with mental health issues for some time and who are looking to make improvements in their life. The principle of this program is that you decide on your own recovery goals. The program is fun and interactive and involves identifying and exploring your values and strengths in life. In doing so, you will be on track to developing your life vision, which can lead to a renewed sense of purpose, identity and belonging. The program is facilitated by peer support workers who have a lived experience of mental health issues and recovery.

Participation in flourish is open to anyone who is willing to engage with the program content and group activities. Some sites have an introductory session which gives you an opportunity to learn a little more about the program before you commence.

The program consists of 6 meetings which happen fortnightly over a 12 week period. Individual support (via phone or face to face) is provided between the sessions. You receive a workbook and audio recordings to support your learning with the program. You are encouraged to keep a daily journal and complete a variety of exercises between sessions.

**For information contact: Alison Bills, Peer Support Worker on
Ph: 9570 5933**

Video resources to help people living with dementia

Alzheimers Australia NSW launched a new free resource on YouTube during Carers Week 2013, to help people living with dementia and their carers.

You're Not Alone, Discussing Dementia is a 10 part video series featuring people with dementia and carers. It aims to combat the stigma surrounding dementia and provide help and advice about some of the most common issues facing people with dementia and their carers.

To view the videos on Alzheimer's Australia's YouTube Channel go to:
www.youtube.com/alzheimersaustralia

Civic Lifestyles Aged Care Open Day—Friday 14th February

**An information day and tour of Civic Aged Care Respite Facility at
163 Kingsway, Woollooware.**

Drop by anytime between 10.30 am and 12.30pm. Friendly and experienced staff will be on hand for any enquiries. Light refreshments will be served. Please RSVP to Casey Hailes on 0406 530 785 by 7/2

PROGRAMS FOR PEOPLE WITH DEMENTIA AND THEIR CARERS

Alzheimers Australia NSW Carer Education Evening Course

Are you caring for a person with dementia? You are invited to attend a **FREE 4 evening course for family carers and friends at Sylvania.**

Dates: 4 Monday evenings 24/2, 3/3, 10/3 and 17/3

Time: 6pm to 8.30pm (Refreshments Provided)

Venue: Green Room, Moran Sylvania, 29 Sylvania Rd, Sylvania

Topics include the nature of dementia, effective communication, activities, understanding and responding to behaviours, emotional impact, stress management, community services and planning ahead.

To register, contact Education at Alzheimers Australia NSW

Ph: 8875 4640 Email: nsw.education@alzheimers.org.au



FREE Living with Memory Loss Program - Penshurst

This group education and support program is run by Alzheimers Australia, funded by the Australian Government. It aims to enhance the wellbeing of people living with early stage dementia, and their carers.

Dates: 7 Thursdays 13th March—24th April **Time:** 10.30am to 12.30pm

Venue: Pole Depot Community Centre, 23 St Georges Rd, Penshurst

Bookings Essential: Contact Alzheimers Aust NSW Ph: 8875 4623



Cafe Connect

Cafe Connect provides an opportunity for people with a diagnosis of dementia and their carers to meet over morning tea to enjoy social contact, make new friends and share information and ideas.

Date: 4th Tuesday of each month (25th Feb, 25th March, 22nd April)

Venue: Camellia Gardens Teahouse, cnr Presdent Ave and Kareena Rd, Caringbah

Time: 9.30am –11.00am

Reservations Essential. Gold coin donations requested

Contact: Sutherland/St George Dementia Advisory Service

Ph: 9531 1928 **email:** NSW.stgeorgesutherland@alzheimers.org.au

Future Direction and New Protections for People with Disability

In December 2013, NSW Minister for Disability Services John Ajaka announced further reforms and protections for people with disability in NSW leading up to the full implementation of the National Disability Insurance Scheme (NDIS) in 2018. These reforms have been put together in a package called **Ready Together**. Ready Together continues the NSW Government's Stronger Together 2 reforms, which committed \$2 billion in new funding for disability services from 2011-12 to 2015-16, to deliver 47,200 new places for people with disability to access support. Ready Together focuses on more flexibility, more choice and more control - implemented through the Living Life My Way framework. Ready Together also prepares NSW for the transition to the NDIS, proposed to be by July 2018. It builds people's capacity to transition to individualised funding arrangements and be ready for the NDIS, by providing support to plan and make decisions.

As part of this, there will be two new laws in NSW. **The Disability Inclusion Bill** protects the rights of people with disability and promotes community inclusion now and into the future. The National Disability Insurance Scheme (NSW Enabling) Act enables Government services to transfer to the non-government sector.

There is a fact sheet as well as the Ready Together booklet which explains what the reforms will mean for you. It is available in Easy English and Braille and will be available in a number of languages. You can access the factsheet and booklet via: www.adhc.nsw.gov.au/about_us/strategies/ready_together

As part of these reforms, a draft of the new **NSW Disability Inclusion Bill 2014**, has now been released for consultation.

The public consultation period ends 14 February 2014.

You can read the draft Bill at www.adhc.nsw.gov.au/dib where there are also a number of resources available to help you provide your feedback. This includes an Easy Read Information Booklet, and a link to an online forum where you can provide comments about the draft law.

Resourcing Families: Keys to Develop Meaningful Lives

Resourcing Families is a state-wide initiative that works with families that include a family member with developmental disability. These FREE workshops will build your capacity to support people with disability to develop lives that reflect their personality, strengths, interests, passions and individuality.

2 workshops in Sydney on **Wednesday 30 April**. Attend one or both!

From Planning to Action: 9.30-11.30am

Involving Others and Building Networks: 12.30-2.30pm

Ph: 9869 7753

www.resourcingfamilies.org.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

"Getting Ready" Living the Life I Want to Live

A free workshop for people with physical disability

The Physical Disability Council of NSW (PDCN) is holding 2 day FREE workshops across NSW to help people prepare for the NDIS.

The workshops are developed, and facilitated by people with physical disability, for people with physical disability. The focus is on gaining more control over your life by identifying what is important to you, setting goals and making a plan to achieve goals. Participants will identify skills and supports they may need to attain their goals, gain information about funding initiatives, learn from the experiences of others and enable greater self awareness and confidence.

A workshop is scheduled in **South East Sydney** area (Sutherland) for **24-25 February 2014**.

To register or find out more, contact admin@pdcnsw.org.au
or call 9552 1606 www.pdcnsw.org.au

NDIS—What is emerging from the Launch Sites first 3 months

Below is an extract from a speech given by Assistant Minister for Social Services Mitch Fifield to the National Press Club, Canberra on 20 November 2013.

“The starting point should be what the NDIS is and what (it) is not. The NDIS is not designed to provide direct support for all Australians with a disability. On some measures there are over four million Australians with some form of disability. The NDIS will aim to provide an entitlement for aids, equipment, personal attendant care and other non-income supports to around 460,000 Australians with significant non-age related disabilities. The objective of the NDIS is to address the chronic unmet need of a group of people who have been under-supported for decades.

A few examples include children waiting for wheelchairs, adults with mobility impairment only able to bathe a few times each week and adults with intellectual impairment unable to get supported accommodation, which understandably causes great concern to their ageing parents. The NDIS is.....among the most serious and complex reforms undertaken by Australian governments. The NDIS will, in full rollout, have a gross cost of \$22 billion per annum and require, in complete form, an additional contribution from the Federal Government of more than \$8 billion each year from 2019-20. The numbers... .reflect unmet need and decades of neglect.

As of 30 September 2013, the First Quarter of NDIS operations, there were 921 people in the Scheme with completed plans....the bilateral agreements with the States had a target of 2,208 for that period. So the number of participants is under half of what was anticipated at this stage.

I can also report that the number of people registering interest in participating in the Scheme across the launch sites is 3,222– **that’s almost 50 per cent more than the** expected number of participants for the period 1 July to 30 September 2013.

In addition, plan costs are exceeding modelled average costs by around 30 per cent. What this means in dollar terms is that instead of coming out at the expected average package cost of \$34,969, as based on the work of the Productivity Commission, they are currently costing \$46,290 for the first quarter.

To summarise, completing plans is taking longer than anticipated. Demand, so far, is greater than expected and package costs are higher. I am determined to ensure the NDIS is a success. First and foremost for the more than 460,000 Australians who are relying on us to see the Scheme delivered. We need to make sure that the NDIS is here to stay. That its foundations are strong. We must not leave Australians with disability wondering about whether reform of the magnitude of the NDIS will be able to stand the test of time. **The Government believes that the full implementation of the NDIS across Australia will be nothing short of a new deal for people with disabilities and their carers.**

For a full copy of the speech, go to www.mitchfifield.com/Media/Speeches.aspx

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.



My Choice Matters Workshops

My Choice Matters is a \$5 million consumer development fund set up by the NSW Government to support people with disability (aged 0-65) and their families in NSW to get the most out of the changes towards self-directed supports and individualised budgets.

My Choice Matters is running a series of Get More Skills Workshops in February 2014. The workshops for **Southern Sydney** will be held from **24th - 28th February**.

My Choice Matters invites people with disability, Aboriginal and Torres Strait Islanders, people from culturally diverse communities, and young families to attend. They also would love to see friends, family and supporters of people with disability joining in.

If you would like further information on any of the workshops or projects from My Choice Matters you can call 1800 144 653 or (02) 9211 2605, email: info@mychoicematters.org.au visit www.mychoicematters.org.au

Workshop and Dances for People with Disability aged 16 years plus

Friendship and Relationship Skills Workshop

Sat 1st Feb ,11-3 at Woodstock Community Centre, 93 Fitzroy St, Burwood
\$145 (\$95 for low income earners if paid prior)

Visit www.relationshipsandprivatestuff.com for registration form

Date-ables Dances (Valentines theme)

Friday 8th February 7 PM – 9 PM 3 Saber St, Woollahra

Sat. 14th Feb 6.30 PM – 8.30 PM 9 Ayres Grove, Mount Druitt.

This is an opportunity to meet other single people, wear red and dance.

\$20 at the door includes tea, coffee or soft drink.

To reserve tickets email:

Liz Dore at liz@relationshipsandprivatestuff.com or call 0416 122 634.

Useful Websites



<http://www.ndis.gov.au/people-disability/videos-stories-quotes-and-cameos>

The National Disability Insurance Agency has shared these videos, stories, quotes and cameos from people who are participating in the launch of the National Disability Insurance Scheme

www.danietmorcombe.com.au

The Daniel Morcombe Foundation “Help Me” App assists people of all ages with all kinds of personal emergency situations. There is a “Help Me” button that sounds a warning and allows you to send an SMS text to two nominated “safety” numbers. Included in the text are GPS co-ordinates from where the text was sent, so the sender can be located or a last known place of contact is indicated. The App also has a range of helpful resources and assistance designed to educate kids and parents on how to keep safe.

www.srcusyd.net.au/access-and-inclusion

University of Sydney’s Disabilities and Carers Collective has produced a booklet to highlight issues affecting student carers. The booklet is called **Access and Inclusion: Carers in Higher Education** and highlights the need for greater recognition and awareness of student carers, and how universities can better support them, thereby encouraging greater participation in tertiary education.

www.da.org.au/wp-content/uploads/A-Parent’s-Toolkit-School-issues-for-students-with-disabilities-v-1.1.pdf

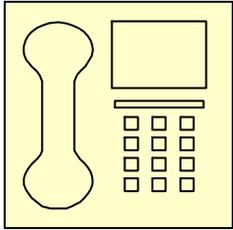
A new resource by Disability Advocacy: **A Parent’s Toolkit: School Issues for Students with a Disability**. It aims to provide a comprehensive guide for parents and advocates in relation to the NSW education system. Includes information on support funding, discipline, WHS issues, bullying discrimination and self advocacy skills for students with disabilities.

www.dementiadaily.org.au

Alzheimers Australia NSW has a new website called Dementia Daily that is a “hub” for dementia news, research news and a place to easily find video resources and help sheets. It includes a new video resource which can be viewed online called **My Grandmum, My Papu, My Grandpa and Me**, a children’s animation story about dementia to help children understand what changes may be happening to their grandparent, and to help families start a conversation about this.

www.adhc.nsw.gov.au/about_us/adhc_service_charter

A new Ageing, Disability and Home Care (ADHC) Charter has been released, setting out the rights and expectations of people with disability and older people when they access supports and services. It includes how to provide feedback and make a complaint. Available in Easy English and 27 languages other than English.



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”***

Contact us at SSCSS if you would like a copy

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

Phone: 9542 6292 Fax: 9542 6291

Email: leonie@sscsc.org.au Website: www.sscsc.org.au

Full Name:

Postal Address:

..... Post Code:

Phone No: Email:

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