



SSCSS

Sutherland Shire

Carer Support Service Inc

‘Supporting unpaid Carers in the
Sutherland Shire’

Carers Corner Newsletter May Edition 2014

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

Support Group activities for May to July 2014

Including information on:

- Welcome to our new Ambassador Cheryl Koenig OAM
- More capacity in a number of local HA CC services!!
- Our annual survey— we value your feedback!
- Carers and Consumers Forum now Thursdays—1st May
- Carer Bookclub and Art and Craft relaxation group
- Christmas in July for combined Support Groups

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 and Tracy Sami. 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,

Enclosed with this edition of **Carers Corner** is our **annual survey**. We really value your feedback on our services and programs, so please take a few minutes to complete it and return to us in the enclosed reply paid envelope or fax to us. We also ask you to update your details by completing the **Information Update Form** enclosed, and sending it back with the survey. This helps us to maintain an accurate database and meet the requirements of our funding bodies. Thank you in advance for your help.



We recently farewelled our Senior Project Worker Katie Matthias, who is taking maternity leave to have her first baby in May. We wish Katie well at this exciting time. Welcome to Pippa Dean, our new Carer Project Worker stepping in for Katie. Welcome also to TAFE Community Services student Marie-Louise who is with us until June.



It was a thrill to hear that local carer, speaker, author and advocate Cheryl Koenig was awarded an Order of Australia Medal on Australia Day, for services to carers and people with disability. Cheryl has agreed to become an Ambassador for Sutherland Shire Carer Support Service. We are honoured to have her support.

Early this year, SSCSS was successful in becoming a Regional Assisting Organisation for the **together** program, a Carers NSW program which aims to bring support groups for carers of people with disability into a state-wide network and offer them resources, training and publicity. We have been working hard to let local carer support groups know about this program, and a number of groups have already registered. You can find a directory of **together** program carer support groups by going to: www.togethersupportgroups.net.au. If you are aware of any new or existing local carer support groups for carers of people with disability, or you are trying to start one up, please contact us to discuss how SSCSS can help.



Some new funding has been released under the Commonwealth HACC Program, resulting in a number of new providers of HACC services or expansion of services for existing providers. This is great news, as there have been waiting lists for some services for a long time. If you are in need of assistance with housework, personal care, respite, social support, home maintenance, food services or one-off cleaning jobs, please consider contacting one of the services described in these pages as soon as possible, as this situation is not likely to last for long! The new providers are listed in the updated HACC brochure, a part of which is reprinted on page 27. We are happy to assist you with accessing the right service if needed.

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



What we have been doing

Computer Course for Beginners—Term 1, 2013

In term 1 (February to April, 2014) we ran a Carer Computer Course for Beginners in partnership with Southern Sydney TAFE Outreach. It was an opportunity for carers who hadn't previously used a computer to gain valuable computer confidence. Carers were encouraged to practise using the keyboard, navigating the internet and using email and Word.



This 9 week course was full of information and exploration—a chance for carers to connect with technology and with each other!

CARER AND SIBLING SAILING DAY MARCH 9

What an amazing day to set sail on the high seas of Sydney! The weather was absolutely beautiful. Carers and siblings of young people with a disability had a



wonderful relaxing time taking in the sights of Sydney Harbour from the racing yacht **Kayle**.

We sailed for 4 hours around the harbour and past the Heads. It was race day on the Harbour, which provided the spectacle of some America's

Cup yachts in full sail. Carers had an opportunity to steer the yacht or simply relax with their legs hanging over the edge. We were treated to afternoon tea and wonderful commentary by the skipper. Heartfelt thanks to the volunteer crew from the wonderful organisation, **Sailors with Disabilities**, for this special opportunity. A big thank you to our volunteer driver David, who was very accommodating.



CARER WEEKEND AWAY COLLAROY MARCH 14-16

15 carers stayed at the tranquil garden setting of the Salvation Army Collaroy Centre for a weekend of refreshment and relaxation on March 14-16.

On Friday night after a lovely dinner the group enjoyed the movie "The Help" in the Centre's theatrette. Saturday's activities included free time at Collaroy Beach, a trip to Palm Beach and a trivia night at the Centre which produced a great deal of laughter! One carer's impression of a blue-ringed octopus was a performance we will not easily forget! On Sunday the group took a trip to Manly to explore the Sea Life Sanctuary, art gallery and markets. We were fortunate to have beautiful warm weather for our outings, and narrowly escaped two heavy storms. Our brilliant chef Nada at the Collaroy Centre treated the carers to a special cheesecake as a parting tribute to them. Thank you to Tracy Sami for organising the details of the weekend superbly. We are also grateful to our friendly and obliging volunteer driver, David Matthews, who is also a carer. David dealt very ably and calmly with the demands of driving the bus, including a blown tyre at Palm Beach which required a very careful trip back to Collaroy Centre.



The positive feedback we received from those who came on the weekend indicates that carers really value the rest, socialising, relaxation and freedom from responsibility that an overnight break (organised by someone else) offers.



SSCSS also expresses appreciation to Engadine and Caringbah Rotary Clubs, which kindly assisted with funding of the 2014 Carer Weekend.



What we have been doing

Former Carer Support Group Outing to Bundeena

The Former Carer Support Group started the year with a ferry trip to Bundeena and fish and chip lunch on the verandah of beautiful Bundeena House, overlooking Horden's Beach. Bundeena House has a very interesting history. It was floated across the water in two halves from Cronulla many years ago. A number of new former carers were welcomed into the group. Thank you to our friendly and welcoming hosts from Bundeena House, Judy and Malcolm. It was a lovely outing.



Welcome to our new SSCSS Ambassador

On April 1, SSCSS hosted a welcome morning tea for our new Ambassador, Cheryl Koenig OAM. SSCSS staff and Management Committee met with Cheryl to thank her for supporting local carers in this way, and to discuss our shared vision of "a community where all carers participate and are valued."

We very much appreciate Cheryl's experience and insight as a carer and we are fortunate to have her involvement with our service.

Visit by Assistance Dogs

We were visited by staff and a cute canine from Assistance Dogs Australia on February 20th for a combined support groups morning tea. "Sunshine" the Labrador demonstrated a number of skills in assisting a person with a physical disability to maximise their independence. These include retrieving objects, barking loudly when a person is unconscious and pulling off socks!





Sutherland
Shire
Carer
Support
Service Inc

Sutherland Shire CARERS AND CONSUMERS FORUM

WHEN: Thursday 1st May 2014
 WHERE: Stapleton Ave Community Centre
 3a Stapleton Ave, Sutherland NSW 2232
 TIME: 10:30am – 2:00pm

GUEST SPEAKERS from

Medicare Local - An overview of the functions of Medicare Local and the projects it auspices, including Partners in Recovery Program (PIR) and Access to Allied Psychological Services (ATAPS)

Baptistcare No Interest Loan Scheme: Veronica Byrne will discuss opportunities for people on low incomes to obtain small interest free loans for appliances and equipment, plus **“Talking Stars” subsidy for energy efficient appliances**

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
 28th April
 on **9542 6292**



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.



SSCSS

Sutherland Shire Carer Support Service Inc. *(Chinese Carer Support Groups)*

***Special workshop for Chinese Speaking Carers of people with disability in the
Sutherland Shire, St George & other areas***

Care for yourself while caring for others

Date: 12 June 2014, Thursday

Time: 10:00am to 2:00pm

Venue: Hall 1, 3a Stapleton Avenue,
Sutherland

Guest Speaker: Christine Wong (Physiotherapist)

Included: Manual handling, Falls Prevention, Gentle
exercises and Health tips for carers.

*****Morning Tea and Light Lunch provided***

Book early as places are limited! Please call Nora Mak

on 02-9542 6292 to RSVP

*This event is sponsored by
Carers NSW, Together Program: to sup-
port the Carers of people with disability
and to recognise their valuable role.*





Sutherland
Shire
Carer
Support
Service

Dementia Support Group

May meeting

Calm in, Stress out

Stress management for carers

- ◆ **Is stress affecting your health?**
- ◆ **Learn how stress works in your body and how to manage it with simple techniques you can use everyday.**

When: Tuesday 20th May 10-12noon

Where: Stapleton Ave Community Centre
Meeting rooms 1 & 2
3A Stapleton Ave, Sutherland
Morning Tea provided

RSVP: Leonie or Lou
Ph: 9542 6292



Family &
Community Services
Ageing, Disability & Home Care



home and community care

Funded by the Australian Government
Department of Social Services

SSCSS CARER RELAXATION THROUGH ART & CRAFT



A fun, relaxing three week course for people who care for a relative or friend who has a disability, chronic illness or is frail and older and who reside in the Sutherland Shire LGA. This course is especially for carers who 'don't know a lot about art' but are looking for some enjoyable company, a few laughs & lunch!

WHEN

3 Fridays- 13/20/27 June 2014
10-1pm

WHERE

Meeting Rooms: Stapleton Ave
Community Centre- 3A Stapleton Ave,
Sutherland.

RSVP

Sharlienne or Pippa 9542 6292 by
16th May 2014 (Limited spaces!)
Come to 1 session or all 3!

COST

FREE: Including lunch each week.

WHAT'S ON OFFER.....

WEEK 1-

Sketch & Paint

Workshop

(Bring old shirt or paint smock)

WEEK 2-

It's all about photos

Learn how to make and restore frames, upload photos & save onto a USB and photo boxes. (Feel free to bring any old frames to restore)

WEEK 3-

Bath Bombs!

Come learn how to make bath bombs. Followed by a relaxation session.





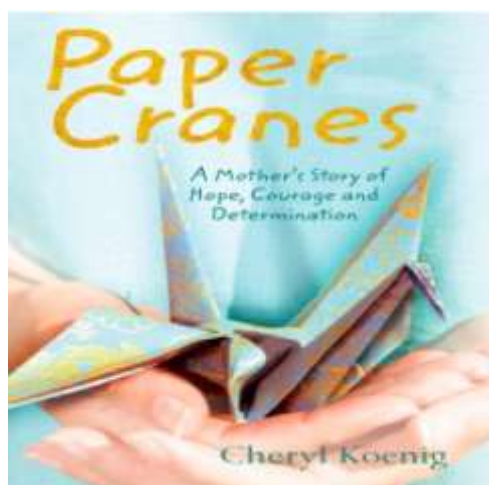
Sutherland
Shire
Carer
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Service Inc.

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



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

BOOK CLUB!



Our first book will be the wonderful and inspiring novel by Cheryl Koenig:

"Paper Cranes; A Mother's Story of Hope, Courage and Determination"

Cheryl will kindly donate this book to the 8 carers registered for Book Club.

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

There are only 8 spots available in this group.

When: Books to be collected by 5/5/14.

Book Club meeting on Monday 23rd June 2014- 10am-12noon

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

Cost: FREE (including the book on this occasion)



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

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

MAY MEETING

Tues 20th May

10am to 12 noon

Speaker:

Marie-Louise Mitchell

Topic:

Calm... In, Stress... Out!
Stress Management for
Carers

Morning Tea Provided

JUNE MEETING

Tues 17th June

10am to 12noon

Speaker: Leonie Puckeridge

Topic: Options for Taking
a Break

Morning Tea Provided

Combined Carer Support Groups

JULY SPECIAL EVENT - All Carers Invited!
with Combined Carer Support Groups

Christmas in July Lunch at Karimbla Restaurant

Tuesday 15th July **12 noon to 2 pm**

Bookings Essential - Ph: 9542 6292

Cost: \$13 for HACC eligible carers

Includes: 2 course Christmas meal and hot drink

(Carers will be asked to complete a form before attending)

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

- 15th May 2014** **Greek Easter Celebration PLUS**
Michael Russo from SES Medicare Local will speak about stress management and **self care for carers**
- 29th May 2014** **Water Exercise session** at Sutherland Leisure Centre (details to be confirmed)
- 19th June 2014** Energy and Water Ombudsman of NSW (**EWON**)
- 17th July 2014** **Christmas in July lunch at Caringbah Tradies (Meet at the Club at 11.30am)**

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**

- 8th May** **Reducing Risk of Stroke** (Stroke Foundation)
- 27th May** **Home Care Packages** (Wesley Mission)
- 12th June** **10am to 2pm— Workshop by physiotherapist**
(See Flyer on page 8)
- 24th June** **Outing** (to be confirmed)
- 10th July** **Food and Health** (Aust. Nursing Home Foundation)
- 22nd July** **Craft Work** (Nora Mak)

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 12th May 2014:

Support Group Meeting 10am to 12noon

Sutherland United Services Club

Speaker : Jacinta Craine, Outreach Team Leader

Topic: Services available in **Sutherland Library**

Monday 2nd June 2014: 9.30am to 1.00pm

(Note date change due to June long weekend)

Social Outing: Tour of **Lucas Heights Recycling and Waste Management Facility**, followed by morning tea or lunch at ANSTO cafe.

Meet at Stapleton Ave Community Centre for 9.30am departure. \$5 contribution for community bus plus cost of morning tea or lunch

Monday 14th July :

Support Group Meeting 10am to 12noon

Guest: Vera Au

Activity: Natural skin care product making and demonstration



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

- **Getting the Right Help (DVD): Aged and Disability Services**
Stories featuring people from diverse cultural and language backgrounds about how they have found the right services to meet their individual needs. (Produced by Bankstown Area Multicultural Network) **(We have copies of this DVD to give away)**
- **Disability Services: Supporting Decision Making—A guide to supporting people with a disability to make their own decisions**
(Dept of Human Services, Victoria)
- **The Beyondblue Guide for Carers:** Supporting and caring for a person with anxiety and depression

Alliance Health HACC Services

Alliance Health is a provider of community care and support services which has recently been funded to provide the following services under the HACC Program in **South East Sydney to people 65 years and over:-**

Personal Care: Assistance with eating, bathing, toileting, dressing, grooming, getting in and out of bed and moving about the home

Domestic Assistance: Assistance with cleaning, dishwashing, clothes washing and ironing and unaccompanied shopping

It is the expectation in HACC programs that a small co-contribution payment will be required. The amount is discussed at referral.

Contact: HACC Program Office: Mon to Fri 8.30am to 5pm

Ph: 9310 6512 Email: hacc@alliancehealth.com.au

Or make a referral online at www.alliancehealth.com.au

KINCARE UPDATE

Kincare is a provider of community care and support services and is now funded to provide the following services in **South East Sydney (Sutherland Shire, St George and Eastern Suburbs)**:

Respite (HACC & CCSP): In-home respite designed to provide families with time to manage their other responsibilities while ensuring their loved one receives the care they need.

Domestic Assistance (HACC & CCSP): Help with light housework

Food Services (HACC & CCSP- Sutherland Shire only): Individual program assisting with meal preparation and information about food labels, nutrition and links to exercise classes or community shopping.

(The services above are available for both younger people with disability and people who are frail and older.)

Home Care Packages: Levels 1,2,3 and 4. Clients must be assessed as eligible and referred via ACAT team.

Personal Care: (HACC) For people 65 years and over

Social Support: (HACC) Provide assistance in meeting the needs of people 65 years and over for social contact and accompaniment

Contact Kincare on 1300 733 510 Email: nsw@kincare.com.au

Sutherland Dyslexia Support Group

A forum where parents can talk, exchange ideas, information, resources and experiences. The group keeps in contact via a Yahoo group, email, phone and meeting over coffee on the 4th Monday of the month at 10.30am at a cafe in Sutherland. If you are interested in attending the meetings or going on the email list (as a parent or professional), phone **Paula Goulden Ph: 9528 4638 or email psgoulden@tpg.com.au**

New Services Available from St George Migrant Resource Centre

St George MRC has recently been funded to provide the following services to people **over age 65 years** in **South East Sydney** (Sutherland Shire, St George and Eastern Suburbs) who are eligible for the Commonwealth HACC Program. Their new service is called **South East Sydney Home Support Service (SESHSS)** and includes:-

Domestic Assistance

General housework (no heavy cleaning or gardening) 2.5 hrs/ fortnight

In home Respite

4 hrs per week (flexible e.g 2 x 2hrs or 1 x 8hrs)

Available: weekdays 8am-6pm (No hoist care, no emergency respite)

Social Support

2 hrs per fortnight - Can include phone monitoring, shopping support, toileting, prompting with medication.

Ph: 9597 5455 for more information

DEMENTIA MONITORING and SUPPORT SERVICES

Kogarah Community Services Ph: 9546 5744/5766

Now available to Sutherland Shire residents. Provides a flexible support plan for people with dementia or memory loss which includes home visiting, co-ordination of appointments, support with activities of daily living. Bilingual community support workers also available for Arabic, Cantonese, Mandarin, Greek, Italian, Macedonian & Spanish speakers.

HOME CARE SERVICE of NSW HAS CAPACITY

The Home Care Service has advised that it currently has the capacity to assist people in the HACC target group in **Sutherland Shire** with **domestic assistance, personal care, respite & home maintenance.**

They are also offering one-off services to assist with **carpet cleaning, window cleaning, oven cleans** and **pest control.**

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 (27th May, 24th June, 22nd July)

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

Important changes to the *Privacy Act 1988* commenced on 12 March 2014

The changes include a new set of Australian Privacy Principles (APPs) that will regulate the handling of personal information by Australian Government agencies, businesses with a turnover of more than \$3 million or those trading in personal information and all private health service providers.

'These are the most significant changes to privacy laws in over 25 years and affect a large section of the community. The world has changed remarkably since the late 1980s when the Privacy Act was first introduced, and so the changes were required to bring our laws up to date with contemporary information handling practices, including global data flows,' said Australian Privacy Commissioner Timothy Pilgrim.

The new laws require businesses and Australian Government agencies to be more transparent about how they handle personal information. Entities need to have a clearly expressed and up to date privacy policy about the way they handle personal information.

'Being up front with customers and having good privacy practices in place makes good business sense. It is also consistent with community expectations.' Mr Pilgrim said.

For more information on the changes to the Privacy Act please refer to the OAIC website www.oaic.gov.au

Extract from media release 11th March OAIC website.

Participants needed for a DVD on Dementia when a Person has an Intellectual Disability

Alzheimer's Australia NSW are developing a DVD resource for those supporting or working with a person who has an intellectual disability and dementia. They are seeking to locate 1 or 2 people (perhaps a family carer and a support worker / coordinator) who has had this experience, and is happy to be interviewed and filmed.

Do you know of anyone who may be interested in participating? The process is very relaxed and informal and of course editing ensures any 'hiccups' are avoided.

For further information contact: Mary Bills
Project Officer - Illawarra Alzheimer's Australia NSW
P: 02 4254 1010 E: Mary.Bills@alzheimers.org.au

Changes to *Better Start* eligibility

From 1 February children with a diagnosis of **Rett's Disorder** are eligible to apply for Better Start early intervention funding. These children have access to Medicare rebates under Better Start from 1 March 2014.

Parents or carers of eligible children will need to register their child for Better Start funding before the child turns 6 years of age.

Registration of eligible children is managed by the Registration and Information Service (RIS), which is operated by Carers Australia. Phone 1800 242 636. Early intervention funding of up to \$12,000 (up to a maximum of \$6000 in a financial year) is available for eligible children, to assist them have the best possible preparation for the transition to school.

For more information about Better Start and the full list of eligible conditions, go to www.betterstart.net.au or www.carersnsw.asn.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

ARAFMI CARER HELPLINE — 1800 655 198

Mental Health Carers ARAFMI has made changes to its Information and Support Line for carers. It has become a new "**Carer Helpline**". This helpline will continue to refer callers to relevant local mental health and other services needed by carers of people living with mental illness and people they care for, from State-wide databases.

In addition, the "Carer Helpline" will now address the issues experienced by mental health carers in their caring role through enhanced capacity to:

- Refer carers to counselling services;
- Record feedback on services received and
- Record issues experienced by carers and their loved ones (including gaps in services) and regularly provide a report to the NSW Mental Health Commission about these

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.



WHAT'S HAPPENING AT KARIMBLA RESTAURANT?

Karimbla Restaurant at Miranda caters for people who are frail and older, younger people with disability and/or their carers. It offers a low cost **dine-in food service** for lunch Tuesday to Friday. Karimbla also offers **take away frozen meals**, with a choice of over 50 main meals and a variety of soups and desserts.

Internet Classes For Seniors

Internet & Computer classes are now offered at Karimbla Restaurant. Classes are FREE to members; you simply need to have lunch at the restaurant on the day of your class to be eligible. 2 hour classes are available Tuesday to Friday mornings and afternoons. Each course lasts four weeks; please call for more details and availability.

Internet Shopping

Internet access is also available for internet grocery shopping. This service is also FREE to members who have had Lunch at Karimbla Restaurant. Bookings are essential.

For enquiries and bookings phone: 9526 2077

FEELING SAD ??

You may be depressed. Come along and learn some ways to lift your mood at Stapleton Ave Community Centre, 3A Stapleton Ave, Sutherland
Fun, music and easy exercise

1st Friday of each month 10am to 12noon Morning Tea is provided

Contact: Shire Community Services Ph: 9521 8280

Useful Websites



www.start2talk.org.au

A website developed by Alzheimers Australia to help all Australians start the conversations involved in planning ahead. There are resources for thinking about your future, and putting things in place so that your choices will be known and acted on if you cannot express these choices yourself. This may happen if you have a sudden accident, become very ill or develop a condition such as dementia.

www.adhc.nsw.gov.au/about_us/strategies/life_my_way/online_registration_for_individualised_funding_arrangements

You can register your interest in individualised funding arrangements for yourself, a friend or family member with ADHC online. ADHC is collecting information from interested individuals so that they can better plan for how individualised funding arrangements will be delivered in the future for people with disability, their families and carers.

www.youtube.com/watch?v=c29WRy_LIPE

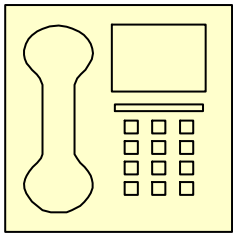
Aboriginal Disability Network NSW produced a video to enhance understanding about disability in Aboriginal communities. Aboriginal people with disability and their families from around NSW allowed ADN to capture their stories to share and create awareness for others living with disability. These stories offer a positive reflection of how a good life can look and that anything is possible with the right support.

www.nswcompanioncard.org.au

Companion Card NSW has recently launched a new website, with a feature for searching for venues which accept the Card. You can find participating services in the local area and browse or print off the state wide list of over 750 participating businesses.

www.forgottenaustralians.org.au/

Website produced by the Alliance for Forgotten Australians, an alliance of existing groups and individuals supporting people who were raised in institutional and other out-of-home care in Australia in the 20th century. Care leavers and parents separated from their children by forced adoption or removal are considered special needs groups under the Home and Community Care (HACC) program



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)

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:

SSCSS is supported by funding from Department of Social Services (DSS) and Ageing Disability and Home Care, Department of Family & Community Services NSW (ADHC)

