

ILLAWARRA COMMONWEALTH RESPIRE AND CARELINK CENTRE

CARER CHAT



ILLAWARRA COMMONWEALTH RESPIRE AND CARELINK CENTRE
CARER PROGRAMS
FREECALL™ 1800 052 222

HOME ABOUT US EVENT CALENDAR OUR PROGRAMS RESOURCES LINKS CONTACT

Support to carers through
information, respite support and
referral to ongoing services.

Welcome to our new look newsletter and the launch of our easy to navigate website. We have new features in our website including a translation facility. Current news and events can be found on the front page. We do welcome your feedback using the email link on the contact page.

www.carersillawarra.org.au

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1800 052 222

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NATIONAL CARERS WEEK 2016

There are over 2.8 million family and friend carers in Australia providing 36 million hours of care and support every week to a family member or friend who has a disability, mental illness, drug and/or alcohol dependency, chronic condition, terminal illness or who is frail.

Australia counts on carers and National Carers Week, which runs from **16 – 22 October 2016**, is a time to recognise and celebrate the outstanding contribution carers make to our nation. Anyone at any time can become a carer and National Carers Week is an opportunity to raise awareness among all Australians about the diversity of carers and their caring roles.

SkillsLink2Work.com.au

helps carers translate caring skills into 'employment speak'

Carers can be your work colleagues, friends, family and neighbours. There are over 857,000 carers in NSW providing support to someone who needs it because of disability, chronic illness, mental health, dementia or frail age..

Being able to combine caring and paid work is one of the highest priorities for many carers in NSW. Sometimes they find it hard to see how their skills, knowledge and experience translates into paid employment. So we developed, SkillsLink2Work.com.au, a new website that does this for them.

The website asks carers to simply select the caring tasks they perform on a regular basis. The website then translates these into 'employer language' that can be used to prepare a resume, apply for jobs or in seeking recognition for training.

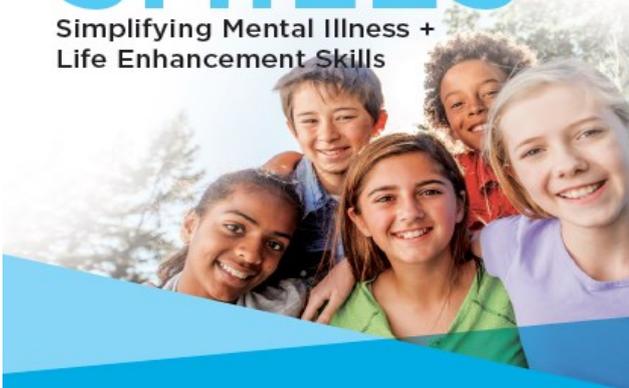
FACS and the federal government's Department of Social Services worked with carers and the NSW Community Services and Health Industry Training Advisory Body to develop the website.

The website was jointly launched by the state Minister for Ageing and Disability Services, The Hon John Ajaka and federal Assistant Minister for Disability Services, The Hon Jane Prentice.

More information about carers is available at www.facs.nsw.gov.au.

SMILES

Simplifying Mental Illness +
Life Enhancement Skills



Therapeutic Group Work

Anglicare Family Mental Health Support Services in association with COPMI (Children of Parents with a Mental Illness) Shoalhaven and Illawarra are facilitating group sessions for children and young people of parents and/or siblings with a mental illness or mental health issue.

The focus of the group is to allow children and young people to talk about their experiences in a safe environment.

Children and young people, aged 8-12 years old, will meet others in similar situations and learn ways of dealing with issues related to their parent's or sibling's mental illness.

Next group:

Date: 4 - 6 October 2016
Time: 9:15 - 3:30pm.
Lunch and refreshments provided.

Location: 47 West St Nowra

Cost: This group is free to participants and jointly funded by the Department of Social Services and NSW Health.

For information or to register for the group contact us on 4424 7100.



Caring for someone with Dementia?

Come along to our "At Home with Dementia" event - a dementia awareness month activity for carers and the person they care for, family and friends.

With guest speakers from Dementia Behaviour Management and Advisory Service and Illawarra Shoalhaven Local Health District

Topics to be covered include:

- Things to do at home—activities
- The home environment
- In home support—when to seek professional help
- Medications in the home
- Well-being
-

When: Wednesday 14 September 2016

Where: Huskisson Community Hall, Dent Street, Huskisson

Time: 9.30 am to 1.00 pm

Cost: Nil

Morning tea provided

Interested?

Please RSVP to the Dementia Advisory Service 44229583 by 9 September

SEPTEMBER DEMENTIA AWARENESS MONTH 2016



YOU ARE NOT ALONE...

Alzheimer's Australia NSW and the Illawarra Public Forum Planning Group invites carers, people living with dementia, and anyone wanting to learn more about dementia, to attend this annual event, which will focus on change. There are changes in the service system, assistive technology, and in the experiences of people who live with dementia, and their friends and family. Speakers will highlight current information on the impact of these changes.

DATE: Wednesday 7 September

TIME: 10.00am—2.30pm

VENUE: Wests Illawarra, 1 Hargreaves Street,
Unanderra

COST: Free - lunch provided

TO REGISTER CONTACT: Phone (02) 8875 4682

Email: NSW.education@alzheimers.org.au

For more information contact Mary Bills at
mary.bills@alzheimers.org.au

“SEASONS FOR GROWTH”

A free course for carers of people with dementia

Seasons for Growth explores the grief process and assists people to develop skills for coping, problem solving and decision making. The program also builds a peer support network and helps restore self-confidence and self-esteem. Grief is not just about coping with death but all kinds of changes in your life.

This course helps you to:

- ◆ Talk about your feelings
- ◆ To meet other carers experiencing similar issues
- ◆ Understand that life is always changing like the seasons

DATE: Tuesday 13 & 20 September

TIME: 9.30am—3.30pm

VENUE: Nowra (to be advised when booking)

COST: Free - lunch provided

Bookings: Ph: 4295 5532

Email: general@carersillawarra.org.au

For more information contact Cherie at Illawarra
Commonwealth Respite & Carelink Centre

**October 2016 is Mental Health Month this year
the theme is – Learn & Grow.**

This theme carries a simple but important message – that each of us learn about our mental health and by doing so grow. By learning we are empowering ourselves and others to take an active approach towards good mental health and wellbeing.

On **Thursday 13 October** Mental Health Services in the area will be holding an Expo in the Wollongong CBD from 10.00am—2.00pm. All Welcome. Join us on the day and enjoy the free entertainment too.

Check out the Mentalhealthmonth.org.au website for all the information on events throughout the month of October in and around the region.

“The secret of staying young is to live honestly, eat slowly and lie about your age!”
- Lucille Ball

The **Shoalhaven Disability Forum**
and the

**Shoalhaven Home and
Community Care Forum**

are holding a

“Lifestyle Options Expo”

on **Tuesday 18 October 2016**

at **Bomaderry Bowling Club** from
10.00am—2.00pm.

The expo is open to the public and wider community and will showcase available resources from a variety of service providers.



A great place to start for support and services



1800 422 737

Monday to Friday, 8am- 6pm

carergateway.gov.au

Carer Gateway is a new, national carer service which provides reliable information specifically for carers including:

- ◇ Local support such as respite services
- ◇ How to look after yourself while caring for someone
- ◇ Financial and legal considerations
- ◇ What to do in an emergency or crisis situation
- ◇ How to adjust when caring ends