

HIGHLIGHTS

Contact Us:

Illawarra

Commonwealth Respite

and Carelink Centre

Level 1, Unit 11c,

75 Cygnet Avenue

Shellharbour City Centre

NSW 2529

FREECALL TM1800 052 222

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www.scgcommunity.org.au

**DO YOU CARE FOR A FAMILY MEMBER
OR FRIEND?**

**THEN A CARER CHAT SESSION,
INCLUDING MORNING TEA MAY BE FOR YOU**

The Illawarra Commonwealth Respite and Carelink Centre is hosting a morning tea and information session for carers. Why not take a break and come and enjoy morning tea and a chat with other carers and staff from Illawarra Commonwealth Respite and Carelink Centre.

Upcoming dates are:

Wednesday 3 February 2016

- Kiama Pavilion

Bong Bong Street, Kiama

Thursday 25 February 2016

- Thirroul Community Centre

352-358 Lawrence Hargrave
Drive, Thirroul



Bookings can be made by calling
the centre during office hours on 4295 5532.

Aged Care Waiting Lists

Have you or a loved one had difficulty accessing home care or residential care in the Illawarra? If so, call the electorate office of Stephen Jones MP, Federal Member for Throsby, on 4262 6122 to voice your concerns.

Long waiting lists are a concern to Mr Jones and he would like to ensure that seniors get a better deal in the Illawarra.

Art & Dementia Tour Program – Wollongong Art Gallery

This program allows individuals and groups of people who have dementia to have meaningful engagement with Wollongong Art Gallery's exhibitions and collection.

Cost: Free

When: First Friday of every month, 11am – 12pm

Next Tour: Friday 4 March 2016

Bookings essential: Places are limited to 8 participants (excluding carers).

Carers are invited for tea and coffee while participants with dementia partake in the guided tour.

For bookings and enquires phone our Education Officer, Julie Danilov on 42278506

A great place
to start for
support and
services



DID YOU KNOW?

Your health information is confidential. It can generally only be seen by you and health services involved in your care. Sometimes information can be provided to other people who are involved in your treatment or ongoing care; eg: a specialist.

An immediate family member may be able to access the health information of a person who has died or who is physically or legally incapable of giving consent.

National Carer Gateway

The Assistant Minister for Social Services, Alan Tudge MP, recently launched **Carer Gateway** making it easier for carers to access practical information and advice and connect with services in their local area.

Up to now, carers have been searching for services through a number of often confusing pathways across the disability, community mental health and aged care sectors.

Carer Gateway comprises a national telephone service, website and an interactive service finder to help carers locate their nearest existing support services.

Carers can visit carergateway.gov.au or call the professional, Australian based team on 1800 422 737—Monday to Friday 8am – 6pm.

The Federal Government has committed \$33.7 million, over four years, to deliver **Carer Gateway** as the first step of the Integrated Plan for Carer Support.

HAVE YOU GOT QUESTIONS ABOUT DEMENTIA? GET ANSWERS AT THE DEMENTIA SERVICES EXPO

Come along to the FREE information session and meet healthcare professionals from a range of leading organisations.

Who should attend? This event is for anyone interested in learning more about healthy brain ageing, dementia risk reduction and where to get help for people living with dementia.

DATE: Tues 2nd February 2016

TIME: 10am - 12:30pm (Morning tea is provided)

VENUE: Oak Flats Bowling & Recreation Club

Cnr Kingston St & David Ave, Oak Flats NSW 2529

PROGRAM:

- Your Brain Matters dementia risk reduction information session (from 10:30am)
- Dementia Services trade tables and personnel in attendance
- Visit the Memory Van located outside the club

TO REGISTER, PLEASE CONTACT:

Leave a message on the Alzheimer's Australia Illawarra office phone or email Mary:

PHONE: 4254 1010 | EMAIL: mary.bills@alzheimers.org.au

This project received funding through the Oak Flats Recreation and Sporting Club grants scheme and is brought to you by the following organisations:

**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**
FIGHTDEMENTIA.ORG.AU



Mental Health First Aid

This course teaches carers and family members first aid skills for helping people who are experiencing a mental health crisis, mental health problem or the early stage of mental health illness.

Topics include: depression, anxiety, psychosis, substance abuse, panic attacks, suicidal thoughts and behaviours and aggression.

Thursdays: February 18 and 25, 2016 Time: 9.30am - 4.00pm

Cost: Free Morning tea and lunch provided

Venue: 52a Worrigeer Street, Nowra

If you would like further information or to book for this course please call:

Family and Carer Education and Support on 4422 1457.



Carer Payment—Centrelink

An income support payment for people who personally provide constant care in the home of someone with a severe disability, illness, a mental illness or who is frail aged.

For more information here is the link:

<http://www.humanservices.gov.au/customer/services/centrelink/carers-payment>



SUSSEX INLET CARER DROP IN

Meets the 1st Friday of each month
10.00am—12noon

Sussex Inlet Neighbourhood Centre
161-163 Jacobs Drive
Sussex Inlet

Open to carers in any situation to meet for information,
support and a chat.

Upcoming dates to remember for 2016

February 5

March 4

April 1

Call Illawarra Commonwealth Respite and Carelink Centre
for further information on 1800 052 222