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## Message from Cath

Spring is here – the season of Carers Week – and the Office for Carers is looking forward to a range of events. These include:

- In the lead up to Carers Week, a mosaic created by carers depicting their journey will be exhibited in the Riverside Centre foyer – thanks to the Southern Carers
- Carers Day Morning Teas on 20 October, in DFC and other Government Departments to recognise and support our colleagues who have caring responsibilities
- A 'Carers in the Workplace' public forum at the Hawke Centre with the keynote address by Professor Bettina Cass, from the Social Policy Research Centre, University of NSW



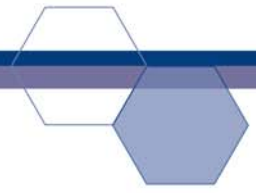
The main focus for Office for Carers through winter has been the development of the Plan for SA Carers. We would like to thank the DFC Carers Group, the Whole of Government Carers Implementation Group, the SA Carers Reference Group and other sector representatives for their input.

An important recent event was the passing of the Mental Health Act. The Act provides an excellent opportunity to focus on this important area for carers. This topic was a focus for the SA Carers Reference Group, which appreciated presentations from the Mental Health Unit, Central Northern Adelaide Health Service, Mental Health Coalition SA, and a past carer of a parent with a mental illness.

I am pleased to announce that Marie Farley has been appointed to the on-going position of Principal Project Officer in Office for Carers. Congratulations to Marie, who we all know has demonstrated her commitment to carers over many years.

Finally, on behalf of David Caudrey, our Executive Director, and all the Office for Carers staff, I wish to thank all the contributors to this newsletter, and hope you all enjoy this edition.

Cath McGee  
Manager  
Office for Carers



## Northern Carers Network Aboriginal Program works in close partnership with South Australian Police

Northern Carers Network (NCN) has developed a strong working relationship with SAPOL. NCN and the Elizabeth Community Programs Section, South Australian Police Service (SAPOL) are working in collaboration providing a program of activities for Aboriginal Grandchildren in the northern metro region.

Senior Constable First Class Andrew Ryder has managed Aboriginal Boys and Girls retreat camps with NCN for over the past 4 years. Some of the camps have been held at the Blue Light Outdoor Adventure (Noorla Yo-Long). Noorla Yo-Long has a full time Police Officer, positioned on site who is responsible for the facility management and program coordination.

The concept of the programs and the Noorla Yo-Long facility is to provide challenging activities while address topics such as alcohol and drug use, law and teaching social responsibility through physical activity, team building, leadership programs, creating positive attitudes, self-motivation, employment acquisition skills, problem solving, conflict resolution, family violence, individual personal growth and well-being.

Programs are designed and facilitated to expose participants to challenging exercises that makes them think about how they interact with others and to develop skills required to better plan and manage their lives. Camps provide respite for grandparents and offer challenging activities for grandchildren with certificates to acknowledge their achievements.

Constable Andy Ryder is presently involved in providing Aboriginal Children with the opportunity to be recognised with the Duke of Edinburgh Awards in activities provided by NCN. These have included Family Cultural Days, expos, information days, Cultural Diversity and intergenerational activities.

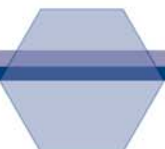
NCN has recently been successful in gaining further funding through the Crime Prevention and Community Safety Grants in partnership with SAPOL to provide a program of activities for Aboriginal grandchildren and young people in the northern metro region.



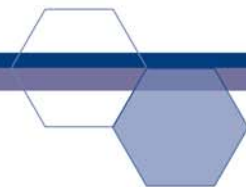
*SAPOL Constable Andy Ryder congratulates Community on their win of the Karpany Faithful Trophy. At the annual NAIDOC play off Community verses SAPOL, Salisbury.*



*Girls Blue Light Camp Noorla Yo-Long*



## National Aboriginal and Islander Day Observance Committee (NAIDOC) week



NAIDOC week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Aboriginal Communities, but by Australians from all walks of life.

The week is a great opportunity to participate in a range of activities and to support local Aboriginal and Torres Strait Islander communities. NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC week and its acronym has since become the name of the week itself.

Local community celebrations during NAIDOC Week are encouraged and often organised by communities, government agencies, local councils, schools and workplaces.

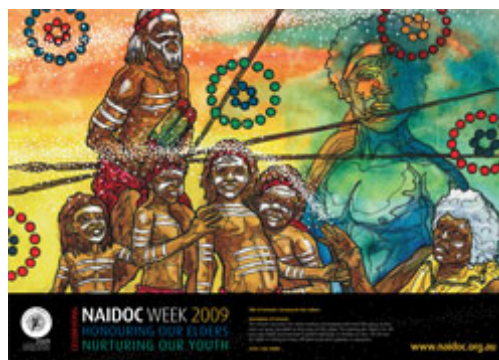
The theme for NAIDOC Week in 2009 is ***Honouring our Elders, Nurturing our Youth***. This year's theme focused on the special custodians of our land, lore and culture. It highlighted the importance of Elders and the role they play in our communities. It acknowledges their contribution and helps us to remember those Elders who are celebrating with us in spirit.

This theme also holds up the next generation as the future custodians of this great land and encourages us all to ensure that they are guided towards a future that is positive and rewarding not just to Aboriginal people, but to all Australians.

This year the Office for the Ageing, Office for Carers, Office for Problem Gambling and the Office for Volunteers celebrated NAIDOC Week with a share afternoon tea Sharon Meagher, a Adnyamathanha woman whose family comes from the Northern Flinders Ranges community of Nepabunna.

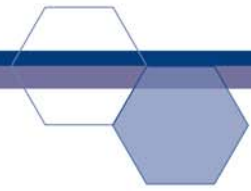
Sharon came and spoke to the group about what NAIDOC means to Aboriginal and Torres Strait Islander people and the great significance it has for her. Sharon challenged us in our work and in the sector that we represent to help close the gap on health and life expectation equality between Indigenous and non-Indigenous Australians within a generation.

If you are interested in finding out more about NAIDOC or would like some ideas on what you or your organisation would like to do to celebrate future NAIDOC Week celebrations, go to [www.naidoc.org.au](http://www.naidoc.org.au)



*The 2009 NAIDOC Week Poster*





## The Mental Health Bill 2009

The Mental Health Bill 2009 was passed by State Parliament on 3 June 2009 and was assented to, by the Governor in Executive Council, on 11 June 2009.

The definition of carer in the *Mental Health Act 2009* includes a person who provides ongoing care or assistance as a carer to another person within the meaning of the *Carers Recognition Act 2005*. The person's status as the carer is not altered by the nature of the cared for person's illness, for example an episodic illness that may require hospitalisation of a person does not interrupt the provision of ongoing care or assistance.

South Australia's current mental health legislation, the *Mental Health Act 1993*, has some laudable objectives. However, the legislation is dated, out of step with national and international developments and minimalist in articulating the rights of people with serious mental illness.

The provisions for information sharing are deliberately the same as the provisions in the *Health Care Act 2008*. Confidentiality and Disclosure of Information section states that, if a person is on an order made under the *Mental Health Act 2009*, relevant information may be disclosed to a relative, care or friend of the person without consent, if the disclosure is reasonably required for the treatment care or rehabilitation of the person and there is no reason to believe the disclosure would be contrary to the person's best interest.

The *Mental Health Act 2009* will be proclaimed on 1 July 2010 and will:

- Introduce significant **changes in practice** to bring services in line with national and international best practice;

- Provide a legislative basis for **mental health reform** in SA;
- Increase **accountability** through the Office of the Chief Psychiatrist;
- Strengthen **consumer** and **carer** involvement to improve **outcomes** for consumers and families;
- Provide for **high quality, safe** and **multidisciplinary** care and treatment;
- **Balance** interventions with safeguards.

The Objects of the Act are to ensure that people with serious mental illness:

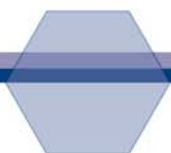
- receive a comprehensive range of services of the highest standard with the aim of bringing about their recovery as far as possible;
- retain their freedom, legal rights, dignity and self-respect as far as is consistent with the protection of the person and the community.

The Act introduces into South Australian legislation for the first time:

- the concept of recovery;
- a definition of 'relative' that accommodates the kinship rules of Aboriginal and Torres Strait Islander people;
- provision to work collaboratively with traditional healers (Ngangkari).

The Guiding Principles of the Act safeguard the rights of people with serious mental illness, recognise and respect people as individuals in terms of their culture and background and tailoring their care and treatment (especially children and young people). The Act requires greater accountability, consistency and standardisation in all interactions between those who provide services and those who receive them.

The Act provides for the provision of care, treatment and rehabilitation in the least restrictive manner and confers limited powers to make orders for involuntary treatment.



The Act aligns with the key directions of the National Mental Health Plan and provides a legislative basis underpinning the broader mental health reform agenda and models of care. The successful implementation of the Act will achieve better outcomes for people with serious mental illness, result in greater equivalence of care for people in country areas, reduce risk, foster community goodwill and improved collaboration and shared care across government and private sectors.

The Mental Health Policy Unit, Department of Health, SA Health, has appointed a Project Director, a Project Manager and a core Project Team to lead the implementation of the *Mental Health Act 2009*. The Project Team may be contacted on (08) 8226 1091.

<http://www.health.sa.gov.au/mentalhealth>

## Mental Health Week 2009

Mental Health Week 2009 will be packed with great events. There's something for all ages to enjoy, so get involved!! Write and record a song in our "Hear Me" competition or design a postcard for the Postcards Project. Express yourself in art form for the "See Me as I Truly Am" Art Competition and get your kids to take part in the "See Me" Children's Art Competition.

Come along to one of our many events and support the work of the Mental Health Coalition to remove the stigma associated with mental illness. After all, one in five of us will have a mental health problem in our lives and one of the greatest barriers to recovery is the stigma and discrimination associated with mental illness.

Visit [www.mhcsa.org.au](http://www.mhcsa.org.au) for more details.

## Do you want to become healthier? In a program that is FREE!

Funded by the Department of Health and Ageing



The program delivered by Active Ageing Australia®, called "**Nextstep**" is offered to 45-55 year olds in South Australia who are inactive, unhealthy and overweight and/or at risk of a chronic disease.

**Nextstep** is a 14 week online program which helps people make sustainable changes to their physical activity and/or healthy eating choices, through the two highly regarded programs 'Healthy Eating Every Day' (HEED) and 'Active Living Every Day' (ALED). In addition qualified staff will offer fortnightly phone support for you.

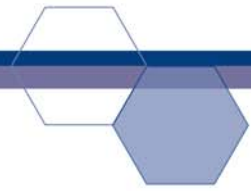
**Nextstep** supports a simple program that will fit into any lifestyle. We only meet with you briefly at the beginning and end of the program, the remainder of contact is via phone and email ensuring ease of communication, motivation and support. This enables you to complete the online sessions and reading of the book in your own time, dependent on your commitments.

The program has proven to be effective in improving eating and physical activity habits and minimizing symptoms in current chronic disease sufferers.

Some of the benefits experienced from the recently 'graduated' participants include:

- increased energy and less craving of sweets
- noticeably stronger nails 'they don't break anymore' and 'I actually had to cut my nails!'
- 'I wake up hungry ready to eat breakfast' (now that the routine has developed and my metabolism has increased)
- sleeping better ('not falling asleep on the couch watching tv' and 'sleeping through the night')
- improved self confidence

Visit the following website for more information <http://www.activeageingsa.net.au/nextstep.html>  
Or contact Chelsea Barlow at Active Ageing Australia® Ph: 8232 9077  
Email: [chelsea@activeageingsa.net.au](mailto:chelsea@activeageingsa.net.au)



## Carers in the workforce – a new age? – *free* public forum

A free public forum will be held as part of activities to celebrate National Carers Week October 18-24, 2009

This forum will examine recent legislative changes and Australia-wide policy issues affecting carers who are in paid employment. It is designed to inform employers, policy makers, managers in the caring and health sector, university researchers, and carers.

The forum will focus on the issues for carers in maintaining a connection with the paid workforce while undertaking their carer role. At a national level, it will outline the employment recommendations of the recent Inquiry into Better Support for Carers and explore Australia-wide policy issues affecting carers who are in paid employment. At a state level, the forum will outline recent legislative changes in South Australia to better protect carers against discrimination in employment and the current role of the Office for Carers.

Designed to inform employers, policy makers, managers in the caring and health sector, university researchers, and carers, the event will profile employment programmes in both the public and private sectors, which support carers in employment.

### **Speakers:**

Professor Bettina Cass AO and a respondent Panel from the SA Equal Opportunity Commission, public and private employers including: Ms Linda Matthews, SA Equal Opportunity Commissioner and Ms Ruth Blenkiron, Director, Human Resources, UniSA

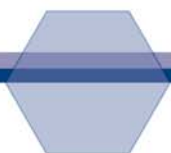
Wednesday 21 October, 4.30pm

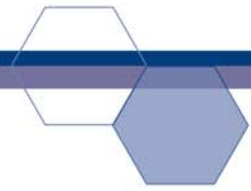
### **Bradley Forum:**

UniSA City West Campus, Hawke Building level 5, 50 North Terrace, Adelaide

### **Registration:**

Essential via the Hawke Centre web site: [www.hawkecentre.unisa.edu.au](http://www.hawkecentre.unisa.edu.au) or RSVP phone line: 8302 0215





## The CarerConnect Project

CarerConnect is a project which commenced in 2007 within the Mental Health Directorate of the Central Northern Health Service, with the aim of improving and standardising the services provided for carers, family and friends of mental health consumers. The project includes active participation and consultation with carers, carer focussed non-government agencies, and staff both within the Mental Health Directorate and Southern Adelaide Mental Health Service to identify areas for improvement and development.

The CarerConnect Project was also developed in response to the *Carers Recognition Act 2005*, the SA Carers Charter and the SA Carers Policy.

Following a series of brainstorming and planning meetings held throughout 2007 and 2008 four key areas for development were identified by the Carer Connect Project Group:

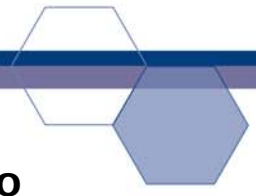
1. Accommodation
2. Carer Assessment Tool
3. Consistent High Quality Information Provision
4. Needs of younger Carers

The CarerConnect project has focused its energy and resources into actioning the plans developed from the issues identified and prioritised by the project working parties.

So, what has been achieved to date?

1. Accommodation Interest Group – The Accommodation Working Party clarified the issues within this broad area and then successfully negotiated for the issue to be jointly carried forward by the Mental Health Coalition and CarersSA who now convene this group as an independent entity. The group has met with a range of stakeholders and established working relationships.
2. Carer Assessment Tool – Now incorporated into the new Mental Health Care Plan as an integral part of every consumer's assessment with prominent inclusion of carer identification prompts for staff to consider carer involvement.
3. Consistent High Quality Information Provision – In February 2009, Mental Health Information Kits for consumers and families were introduced into the Cramond Clinic. Building upon the feedback from consumers, their families and staff, CarerConnect is now working with the Media and Communications team to further develop the information kits with an expectation rollout across the Directorate by the end of 2009. The kit rollout has progressed to 1G and Woodleigh, and community rollout has commenced with a pilot with Northern, Eastern and Western MAC teams.





4. The Needs of Younger Carers – The CarerConnect project has held 11 Children of Parents with Mental Illness (COPMI) staff training workshops from April through to June 2009. The COPMI workshops provided an excellent opportunity to further focus on implementing family-centred responses that recognise the legitimate and diverse needs of families, young carers and children. Staff who attended the workshops came from across regions, teams and disciplines and received training in skills, knowledge and resources to better support the individual needs of carers and children. Representation of non-government agencies especially involved in the provision of services and support to young carers and children enabled staff to expand their existing knowledge in service provision and referral pathways.

Information sessions about the *Carers Recognition Act 2005*, the SA Carers Policy and SA Carers Charter are provided for staff attending the Directorate Orientation Programmes, the new Allied Health Graduate Programme and COPMI training workshops.

## Disability & Ageing Expo

Wayville Showgrounds Friday August 14th

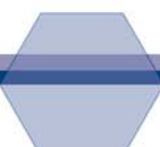
Staff from the Office for Carers were very pleased to be able to use the Disability & Ageing Expo to further our efforts to raise carer awareness and to promote a better understanding of the significant contribution that carers make to our community.

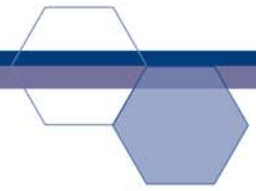
The stand formed part of the broader Department for Families and Communities stall providing comprehensive information on the wide range of departmental agencies and services.

It was a busy day with over 150 bags containing carer information packs, pens and notepads distributed within the first hour of operation. We were a popular stand with lots of visitors and questions being asked about who exactly are carers and the *Carers Recognition Act 2005* being the most frequently asked questions. Interest in carers ranged from older people caring for a partner to young couples caring for a child with a disability and non government service providers.

The Office for Carers very much welcomes the opportunity to attend events such as the Expo. At these events we are able to communicate the Principles of the SA Carers Charter and what this means for carers and those who provide carer services or employ people who have caring responsibilities.

The carer packs and other promotional material are available free of charge. If you have an event coming up, particularly with Carers Week fast approaching and would like to access our promotional material, please contact Michelle Martin on 8207 0424 or [michelle.martin@dfc.sa.gov.au](mailto:michelle.martin@dfc.sa.gov.au)





## Carers Week 2009... What's on in DFC?

This year Carers Week is being held between 18 – 24 October. Carers Week is a national awareness week held annually to recognise the significant contribution that carers make to our communities. The week is a great opportunity for carers to come together, offer support to one another and share information. This years theme is 'Because We Care'.

This year the Office for Carers (OFC) is encouraging all government departments and workplace teams to host a 'Because We Care...' morning tea on Carers Day Tuesday 20 October. This will allow teams to demonstrate support for those workers, who are our colleagues, who balance both their employment and caring responsibilities.

The Office for Carers is fortunate in being able to display the *Carers Tribute Mosaic* in the foyer of the Riverside building, North Terrace in the month leading up to and including Carers Week.

The Carers Mosaic was crafted by carers for Carers Week in 2008 and Marie Farley, Office for Carers, had the honour of unveiling the mosaic at the Marion Community Centre last year. Sheridan Stuart is the mosaic artist who guided the 34 carers aged 9 – 87 years in its creation and development. The completion of the artwork was an enormous task requiring 300 hours of cooperative labour and is a lasting tribute to carers.

The Carers Mosaic symbolically represents the shared journey of caring as well as the unique experiences of individual carers.

The mosaic speaks of both the positive aspects of caring as well as recognising the many challenges and sacrifices carers face.

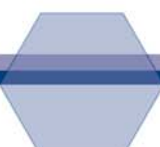


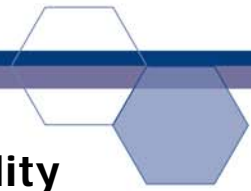
*Bette Bradke and Peter Sparrow from the Carer Support and Respite Centre with the carers tribute mosaic*

OFC is pleased to be working in partnership with the Department of Premier and Cabinet's SafeWork SA and Social Policy Research Centre University of New South Wales in holding the event "Carers in the workforce – a new age?" a forum on Work/life Balance and Carers in National Carers Week on Wednesday 21 October.

*Carers in the workforce* is a free public forum with key note speaker Professor Bettina Cass and a panel of respondents from the Equal Opportunity Commission, public and private employers. The event is aimed at employers, senior policy and human resources personnel. (More information on this event on page 4)

Office for Carers extends an invitation for all workplace teams to access any of the available carers information and free promotional resources including posters, bags and pens for hosting 'Because We Care...' morning teas. If you are interested, please call Michelle Martin on 8207 0424 or email [michelle.martin@dfc.sa.gov.au](mailto:michelle.martin@dfc.sa.gov.au)





## A project for adult siblings of people living with disability

Sibling relationships are usually the longest of any over a lifetime. Brothers and sisters can have a particularly crucial role to play in the life of a person living with disability or chronic illness. The needs of siblings are still very much misunderstood and overlooked by services and policymakers.

Siblings Australia is the only organisation in Australia to focus solely on the needs of siblings of people living with disability or chronic illness. Over a period of 10 years it has developed a national and international reputation for its work with families and providers. Although some siblings of people living with disability report their lives as being enriched by the experience many child siblings face a number of unique challenges and stressors at an age when they have neither the maturity nor skills to deal with these issues.

Some studies now report, longer term impacts on their health and well-being. For example, an Australian Institute of Family Studies report in 2008 highlighted the increased rate of depression amongst siblings. It is imperative that these children are provided with support not only for their own benefit but for the benefit of the whole family.

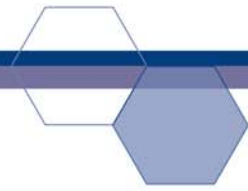
Siblings Australia has been carrying out a Project (funded by the Julia Farr MS McLeod Benevolent Foundation) to explore the needs of adult siblings as carers, but also in their own right as brothers and sisters who play a caring role. We have found that siblings do not have a voice. They do not tend to access the normal carer support agencies for a number of reasons.

There are no specific services or resources apart from the few that Siblings Australia provides. They certainly don't feel that their wellbeing is an issue for the community nor do they, in many cases, feel they have choices. In some cases, the lack of support for siblings leads them to move away from family involvement altogether. For further information about the project email Kate Strohm at [kate@siblingsaustralia.org.au](mailto:kate@siblingsaustralia.org.au)

The project has highlighted that there is still some confusion about the term 'carer'. As children, siblings are not really seen as carers as there is usually a parent performing the role of primary carer. However, siblings often contribute much in the way of care and support, both to the person with disability and to parents. As parents age, the role of siblings can change even more, sometimes by choice, sometimes by necessity. In spite of this, siblings, in many cases, still do not see themselves as 'carers'; rather they and the person with disability prefer that they are brothers and sisters. However, in terms of the Carer Recognition Act, they certainly qualify as 'carers' and as such are in need of support.

The COAG National Disability Agreement includes as one of its intended outcomes that 'families and carers are well supported'. If we are to ensure that the *Carer Recognition Act 2005* and the SA Carers Charter are fully inclusive we must ensure that the needs of siblings are explored and acted on. In particular, when the emerging crisis of 'aging carers' is considered, policy makers must ensure that siblings have a place at the table.





The organisation is hosting a conference later this year in which a stream will be devoted to adult sibling issues. We have Dr John Kramer speaking on his work with sibling networks in the US and their advocacy for people with disabilities and themselves. It is hoped that organisations and government departments will support both workers and families to attend this important conference. See

[www.sapmea.asn.au/siblings09](http://www.sapmea.asn.au/siblings09)



- Training and professional development for Carers
- Tax rebates on disability aids and easier access to equipment and home modifications
- Consider self managed respite funding to give the Carer more personalised respite choices
- An expansion of counselling services

We have visited carer support services to gain a deeper understanding of the carer profile and also, participated in the Disability and Ageing Expo. The expo proved to be a great way to have first-hand contact with carers and provide them with important information in relation to their rights as per the *Carers Recognition Act 2005*.

## Update from OFC Graduate Officer

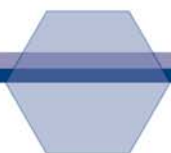
It has been an exciting time for Office for Carers, with new plans and directions for the next 12 months. The release of the Commonwealth government's report *Who Cares ...?* is a great milestone for the carer topic. The general theme of the recommendations from the report is the streamlining of carer services from all levels of Government to improve access for carers to the support they need.

Some of the recommendations include:

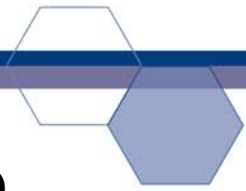
- Increased respite support "as a matter of urgency"
- Carer payments reviewed, increased and administrative systems streamlined to diminish carer frustration
- More support for working carers- increased respite opportunities, remove Carer payment disincentives to work extra hours, access to more flexible working arrangements
- More recognition of the important role that Carers play in society

Another exciting development is that Office for Carers developed three questions that have been accepted as part of the *2009 South Australian Health Omnibus Survey*. The questions address the issue of carer awareness and will allow the collection of data regarding two elements of carer awareness throughout South Australia – carer self-awareness and employer awareness. This is the first time that Office for Carers has participated in the survey. An emerging issue and an area of focus for the future are those individuals who combine caring responsibilities with paid employment. The Australian Bureau of Statistics 2003 Survey of Disability, Ageing and Carers (2005) estimates there to be just over a third of carers (34%) are in full-time employment and 18% are working part-time. Therefore, we are excited to have the opportunity to start collecting data on carer awareness in the workplace.

Holli Mackinnon



# Mental Illness Fellowship of South Australia (MIFSA) Respite Program



## *Supporting families & friends caring for people living with mental illness*

The MIFSA Respite Program offers a range of tailored respite options which are developed in partnership with Carers and the person they care for – the Care Recipient. This approach aims to make respite a positive experience for all and is delivered with our respectful and compassionate approach toward promoting growth, recovery and wellness.

Respite offers Carers a short term break from their caring responsibilities, giving them time to:

- attend to personal needs
- focus on other commitments
- enjoy recreational activities
- go on a holiday

Respite offers Care Recipients support and opportunities to:

- develop new skills
- identify personal strengths
- further build resilience at their own pace
- participate in new social experiences & form new relationships

Respite options available include:

- 1 to 1 Respite with trained Respite Workers
- Telephone Support
- Short Break Day Outings
- Retreats



Contributing to the success of the Respite Program is the large and diverse team of Respite Workers who are available to be matched to the needs and interests of the Care Recipient. This helps to ensure that the Care Recipient receives the most appropriate support, best possible outcome and an enjoyable experience during their time in the program.

Carer's thoughts:

*"We could relax and enjoy our holiday"*

*"My son is a different person, happier and more confident"*

Care Recipient thoughts:

*"It gave me my life back"*

*"Is great to meet Workers who really care and understand"*

For more information about the  
**MIFSA Respite Program**

contact us:

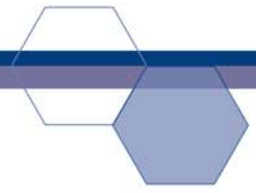
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## Improved support for carers

Plans to expand the eligibility criteria for Carer Payment for a child under 16 years were announced in the 2008 Federal Budget and will be introduced on the 1 July 2009. These changes will improve access to financial support for carers of children with disabilities with an expectation that more carers will be entitled to receive Carer Payment for a child under the age of 16. These changes are a result of a revised eligibility criteria based on a better understanding of the caring load needed and provided to a child.

The changes include:

- A revised eligibility and application process based on the level of care required and provided for a child;
- The recognition of short term or episodic care arrangements;
- The recognition of arrangements where the carer is caring for at least one child and another person (whose combined care needs are equivalent to a child with a severe disability or medical condition);
- Automatic eligibility for Carer Allowance when Carer Payment is granted for a child under 16 years;
- The removal of the 63-day hospitalisation limit for children under the age of 16;
- Revised arrangements for children with a terminal condition;
- Eligibility for exchanged care arrangements for separated parents caring for two or more children with severe disabilities or medical condition and;
- A expansion to the range of health professionals who can complete the medical assessment forms.

Information products will be available after 1 July 2009. For further information, please contact Centrelink on 132 717.



### **Anyone Anytime Can Become a Family Carer Carers Week: 18-24 October**

Carers Week is a national celebration of the valuable work of carers for their loved ones and the community. Carers, service providers and support groups are invited to join in the celebration by holding an event to support Carers.

Carers SA publishes a Calendar of Events to highlight what is happening across South Australia.

*For a copy of the Calendar of Events call Carers SA on 8291 5600 or email [natasha@carers-sa.asn.au](mailto:natasha@carers-sa.asn.au).*



*Photo - At the Movies, Carers Week 2008*

## Launch of Carers SA Cultural Diversity Strategy

On 11 August, Mr Hieu Van Le, Lieutenant Governor of South Australia and Chairman of the SA Multicultural and Ethnic Affairs Commission SA launched the Carers SA Cultural Diversity Strategy, an industry leading initiative that identified new ways for the organisation to engage with culturally and linguistically diverse (CALD) communities. Carer Ambassador Vivian Cagliuso gave an inspiring Carer's talk. Mr Hieu Van Le gave a heartfelt and sensitive speech.

The Strategy identified the key issues for Carers within CALD communities and put in place measures to make sure every locally based Carers SA program provided all communities with regular updates on new policies and initiatives for Carers.

"Through this strategy we hope to assist Carers and make certain they know how they can access the extra help and support they need," said Carers SA CEO, Rosemary Warmington.

Carers SA received support from the various cultural communities across South Australia in the development of the strategy. During the next 12 months Carers SA will be working with the African, Jewish and Chinese communities, among others, to assist them to improve the lives of family Carers.

*There are approximately 31,720 Carers from CALD backgrounds in South Australia (14.2% of all Carers).*

*For a copy call Carers SA on 8291 5600, email [info@carers-sa.asn.au](mailto:info@carers-sa.asn.au) or go to [www.carers-sa.asn.au](http://www.carers-sa.asn.au)*



*Group at the launch*

## A Collective Task

*Edited version of Lieutenant Governor Mr Hieu Van Le's speech.*

Today Carers SA is telling the public that Carers of a culturally and linguistically diverse background – wonderful people like Vivian – really matter. It's making a public and specific commitment to place the needs and concerns of such Carers at the very centre of its daily work.

I'm passionate about providing people of CALD backgrounds and their Carers with the right kind of support. At a personal level, it's a topic at the front of my mind because my extended family and I are caring for my elderly mother. As Chairman of the South Australian Multicultural and Ethnic Affairs Commission culturally appropriate care is a matter that comes up time and time again.

What this Strategy implicitly acknowledges is that CALD people requiring care are many and that they have particular needs. The task will never end and it will demand constant improvement and adapting.

It also recognised that some of these people have had very tough lives, especially those who have suffered through war, family break-ups, destitution, time in refugee camps, and often a long, difficult journey to our shores. So it's our collective task to understand the particular needs of these people, and to do everything we possibly can to help their Carers.

The best feature of this Strategy is the 12 concrete and practical measures to help CALD Carers. I pledge my personal support and the support of SAMEAC for your efforts to care for our Carers.

*Vivian Cagliuso*



## Giddy MAC !

So who and what is MAC?

MAC stands for Mobile Activity Centre and is a community project Country North Community Services and its partner in this project Lower North Health has embarked on to engage our rural carers and volunteers.

MAC started out life as a two berth caravan and is being converted to a versatile interactive mobile meeting space from where we can deliver Carer Support to our rural and remote clients. MAC has been made possible by the funding grant we received from the Positive Aging Development Grant. It has been envisioned that MAC will support a mobile men's shed programme which is designed to involve, include and support men from all parts of our community through woodwork, coffee and conversation.

We see MACs' potential in the area of Carer support to be limitless from displays at rural shows and field days, to a mobile support group venue for any number of carer groups for whom access to transport is limited. We can take the support information to the Carers, who would otherwise be unable to access any face to face personal support.

Talking to someone about how you are in a one on one situation is of much more personal done face to face than over the phone. Providing up to date information on what services are available to Carers and their families will also be another important function of MAC and it's team.

The Burra Men's shed coordinated by Mr Daryl Venning has taken on the first stage of conversion for MAC. Steve Boyes a woodworking Einstein has pulled out the beds and replaced them with functional desk area and has kitted out the wardrobe with multifunctional draws for lots of valuable storage.

We would love to acknowledge all of the wonderful work done by Steve, Daryl and all the other men of the Burra Men's shed (done in between cups of coffee and scones and lots of technical discussions).

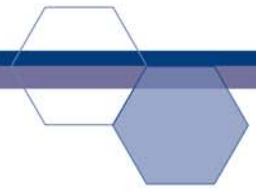
MAC is now off for a mechanical overhaul under the watchful eye of the Gawler Caravan Center, who will also fit a pull out awning so we can have a large outdoor area under which we can work.

We expect our fully finished MAC to be up and running by early October in readiness for Carers Week 2009. So come and take a peek at our Carers Week display in Clare at Enis Park (Main North Road) on the 22<sup>nd</sup> October 2009. We would love to see you there.

Leanne Mullan  
Carer Support Coordinator CNCS



*Steve Boyes, from Burra Mens who did a marvellous job kitting out MAC with a Desk and storage.*



## Useful Links

### News for Carers August Newsletter 2009

News for Carers Newsletter keeps carers up-to-date with changes to payments and provides useful information from Centrelink and the wider community.

<http://www.centrelink.gov.au/Internet/internet.nsf/publications/nfc.htm>

### Media Release - \$21 million to support community volunteers

Non-profit organisations, who are supported by volunteers, can apply for Australian Government grants of up to \$5,000 to purchase equipment and cover the cost of petrol. \$21 million will be distributed across Australia in the 2009 round of volunteer grants, supporting more than 7000 organisations and 900,000 volunteers.

[http://www.jennymacklin.fahcsia.gov.au/internet/jennymacklin.nsf/content/support\\_community\\_volunteers\\_14aug09.htm](http://www.jennymacklin.fahcsia.gov.au/internet/jennymacklin.nsf/content/support_community_volunteers_14aug09.htm)

### Hunter depression program goes national

Caring for a loved one who has depression can be a journey into the unknown. Two Hunter-based organisations have formed a partnership to roll out a \$1 million national program that recognises the forgotten allies in depression, which can affect one in five Australian families at some stage of their lives.

<http://www.theherald.com.au/news/local/news/general/hunter-depression-program-goes-national/1594629.aspx>

### Mental health week 4th - 10th October 2009

One in every five of us will have a mental health problem in our lives. One barrier to getting back into life is stigma and discrimination. Open your mind - what you do can make a difference. <http://www.mhcsa.org.au/>

### World Mental Health Day 10th October 2009

The theme for World Mental Health Day is "Mental Health in Primary Care: Enhancing Treatment and Promoting Mental Health." <http://www.wfmh.org/index.html>

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### *Got something you would like to contribute?*

If you have any carer related stories or events that you would like published in the Office for Carers newsletter, please contact Michelle Martin on (08) 8207 0424 or e-mail [michelle.martin@dfc.sa.gov.au](mailto:michelle.martin@dfc.sa.gov.au) with details.

### *Know someone who might be interested in receiving this newsletter?*

If you know of anyone or any organisation who would like to receive this newsletter, please encourage them to contact [michelle.martin@dfc.sa.gov.au](mailto:michelle.martin@dfc.sa.gov.au) to have their details added to our mailing list.

