

Carers SA would like to acknowledge the Aboriginal people as the traditional custodians and carers of the country of Australia. We acknowledge and respect the Aboriginal people of Australia's relationship with country and their ongoing cultural and spiritual beliefs.



October / November 2019

Greetings Carers and welcome to the October edition of our Eyre Peninsula Newsletter.

We are all glad to see the back end of winter, and welcome the warmer spring weather.

You may have heard that Carers SA has been successful with its application to be the Regional Delivery Partner in both regional and metropolitan South Australia. This is a great relief for all staff, and I'm sure carers, and we look forward to implementing the new Integrated Carer Support Services model in South Australia. You will see further news regarding this throughout this newsletter.

You will also notice that there have been some minor changes to the layout and timing of our newsletter. We hope that this has not impacted you too much. As we move forward, we are looking to email the newsletter to those who have active email addresses. **If you have an email address that we do not have on file, please contact your local office with the details.** Newsletters will now be distributed bi monthly and will be a key way of delivering messages regarding ICSS to carers.

Please take some time to have a look through the newsletter and see the carer groups taking place across the region in the next couple of months. **Please note that Carers SA is no longer funding support groups across the region, all carers attending groups will pay for their own refreshments.**

We would also like to remind you all that Mental Health Week will take place from 6th—12th October and National Carers week will take place from 13th—19th of October. Please see pg 3 for activities taking place in Port Lincoln.

We look forward to seeing you around the place in the coming days and weeks.

Regards,

Jo, Kathy and Lori

## What's ON!

### October

- Mental Health/ National Carers Week
- Cummins
- Tumby Bay

### November

- Cummins
- Tumby Bay
- Arno Bay
- Streaky Bay
- Ceduna
- Mental Health

### Office Numbers

**Pt. Lincoln**  
8683 4477  
(Monday-Thursday)

**Seaton (Head Office)**  
8291 5600  
(Monday—Friday)

## IMPORTANT:

### Integrated Carer Support Service Update



In August, the Minister for Families and Social Services Anne Ruston announced the successful grant recipients as part of the new \$700 million Integrated Carer Support Service, which consolidates the funding from many separate carer support organisations to ten delivery partners across Australia.

Carers SA was successful in winning federal government grants to provide carer support services in both the Adelaide metro and South Australian country regions.

As the selected provider for South Australia, Carers SA, in conjunction with its partners Dementia Australia, Skylight, NPY Women's Council and Life Without Barriers, will deliver support and services to unpaid carers under the government's new framework.

Tailored supports and services will focus on access to early-intervention, preventative and skill building supports, to improve well-being and long-term outcomes to help carers manage their daily challenges, reduce stress and plan for the future.

From April 2020, services available to carers under the new delivery model will include:

- carer needs assessment and planning
- tailored financial support packages consisting of one-off practical support, or a range of practical supports over the year with a focus on employment, education, respite and transport
- in-person counselling
- peer support
- access to emergency respite care
- assistance with navigating relevant, local services available to carers through federal, state and local government and non-government providers, including the National Disability Insurance Scheme (NDIS), My Aged Care and palliative care.

Carers SA focus has been and will continue to be on ensuring carers are the main priority, especially throughout the implementation of this new model. Between now and April, Carers SA will continue to provide a high quality service, whilst ensuring all carers have a seamless transition regarding their specific support and the services requirements.

## Carer Groups

Please ring the Pt. Lincoln Regional office 1 week prior to groups to secure your booking and confirm you will be attending.  
Office numbers are on the front and back pages of this newsletter.



## What's happening in October

**Tuesday 15th October**  
**Mental Health/Carers Week Event**  
10am—1pm  
Tasman Hotel Function Room  
Registrations is Essential please

**Thursday 24th October**  
Arno Bay support group  
12pm - 2pm  
Arno Bay Hotel  
Registration is essential please.

**Friday 25th October**  
Cummins Support Group  
10.30am—12pm—morning tea  
Cummins Hotel  
Registration is essential please.

## What's coming up in November

**Wednesday 6th November**  
Ceduna Support Group  
6pm—8pm  
Ceduna Hotel—Murat room  
Registration is essential please.

**Tuesday 19th November**  
Mental Health Support Group  
10.30am—12pm  
Port Lincoln Library—meeting room  
Registration is essential please

**Wednesday 20th November**  
Streaky Bay Support Group  
1pm—3pm—Luncheon  
Streaky Bay Hotel  
Registration is essential please.

**Wednesday 27th November**  
Tumby Bay Support Group  
10.30am—12pm—morning tea  
Tumby Bay Hotel  
Registration is essential please.

**Friday 29th November**  
Cummins Support Group  
1.00—2.30pm  
Cummins Hotel  
Registration is essential please.

### Tumby Bay, Port Neil and Arno Bay

Please be advised that the Tumby Bay, Port Neil and Arno Bay Carers are meeting in Arno Bay and Tumby Bay on alternate months.

For further information please call 86834477

# News, Stories and helpful Info



## Carer Gateway

From now there are a number of new services available via the Carer Gateway - [www.carergateway.gov.au](http://www.carergateway.gov.au). The Carer Gateway is an important website in the delivery of the new Integrated Carer Support model and access to online services and it is highly encouraged that carers become familiar with this site.

The new services available now are:

- On - line Peer support to assist you to connect with and learn from other carers. This online community forum will help carers share their stories, knowledge and experience with others.
- Self-guided coaching to support and teach you skills useful to your caring situation. The coaching modules will cover a range of topics and can be completed at your own pace online.
- A new phone-based counselling service to provide short term emotional and psychological support.
- Practical skills courses to improve your general skills and knowledge are being gradually rolled out. You can explore the first two modules, Dealing with stress, and Effective communication techniques.

If carers have any queries about the Carer Gateway, please give your local office a call and they will be able to assist.

## Useful Numbers

<i>Carers SA Adelaide</i>	1800 242 636
<i>After Hours GP</i>	1800 022 222
<i>Aged Rights Advocacy Service (Elder Abuse Information)</i>	1800 700 600
<i>Beyond Blue</i>	1300 224 636
<i>National Dementia Helpline</i>	1800 100 500
<i>Life Line</i>	13 11 14
<i>Kids Helpline</i>	1800 551 800
<i>My Aged Care</i>	1800 200 422
<i>National Carer Gateway</i>	1800 422 737
<i>National Disability Insurance Scheme (NDIS)</i>	1800 800 110
<i>Police Assistance</i>	13 14 44
<i>StandyBy support after suicide</i>	0437752458 Sth 0438728644 Nth
<i>Respite—Emergency/short term</i>	1800 052 222

Carers SA

Port Lincoln Office

Monday—Thursday

9am—4:30pm

**HAPPY  
BIRTHDAY!**

*Our very best wishes to  
those having birthdays  
This month.*



### Port Lincoln

Monday to Thursday 9am - 4.30pm

Shop 1, 18 King Street, Port Lincoln SA 5606

PO Box 2479, Port Lincoln SA 5606

P 08 8683 4477

[eyrecarers@carers-sa.asn.au](mailto:eyrecarers@carers-sa.asn.au)

[www.carers-sa.asn.au](http://www.carers-sa.asn.au)

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