

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

Hello to all our carers once again and hope this newsletter finds you all healthy and enjoying the upcoming warm weather.

As you may have heard by now Carers SA has been successful in gaining approval from the Commonwealth Government to be the Regional Delivery Partner in both regional and metropolitan South Australia. This is a great relief for everyone concerned and we look forward to implementing the new Integrated Carer Support Services model in South Australia. Further information in regards to this is also contained in the next couple of pages.

As we progress towards Christmas, there is still some major events that is worth mentioning. One of them being Carers week, which is from the 13-19th October. We will be organising a BBQ which will be held in Port Augusta on the foreshore. More info on page three of this edition.

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.

The other important point to mention is the anxiety that some carers have been having in regards to the continuation of monthly activities. Please be assured that the monthly activities will continue to take place, although we are encouraging carers and also volunteers to take the role of organising and facilitating the groups, just as our workers have been doing over the past few years. Support will be offered to you and some training if needed. Please let us know if you would be interested in undertaking this role.

As always, if there is anything you need to know, or any support you need, please call the office and our staff will be only too happy to provide.

Cheers for now.  
The Northern Country team.

## What's ON!

### October

- Quorn M/tea
- Port Augusta M/tea
- Mental Week 6 -12th
- Whyalla A/tea
- Port Pirie M/tea
- Port Augusta Craft
- Whyalla Cuppa & Craft
- Iron Knob lunch
- Kimba lunch
- Aboriginal Carers M/tea, Port Augusta & Port Pirie
- Carer Week 13 –19th
- Crystal Brook M/tea

### November

- Port Augusta Craft group
- Whyalla Cuppa & Craft and A/tea
- Combined Aboriginal Carer group
- Laura M/tea
- Port Pirie BBQ
- Port Augusta & Quorn m/tea

### Office Numbers

**Pt. Augusta**  
8641 1844 (Mon-Frid)

**Seaton (Head Office)**  
8291 5600 (Mon—Fri)

## 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 Northern Country office 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 coming up in October....

Every Tuesday	Port Augusta Craft group	10.30am onwards	Port Augusta Pigeon Club
Every Wednesday	Whyalla Cuppa & Craft	1.30pm to 4pm	Whyalla Library - Ekbom St. Please bring a plate to share & your craft box.
Thursday 3rd	Quorn M/tea	10.30am to 12pm	Quandong Cafe
Tuesday 8th	Port Augusta M/tea	10.30am - 12pm	Wadlata Outback Centre
<b>Tuesday 8th</b>	<b>Aboriginal Carers - Port Pirie M/tea</b>	<b>10.30am - 12pm</b>	<b>MacDonald's Port Pirie</b>
Wednesday 9th	Crystal Brook	11.00 am - 12.30 pm	Damien and Ginger's, Crystal Brook
Tuesday 15th	Iron Knob Group	11.30am - 1.30pm	Iron Knob Golf Club. Whyalla Carers meet at the library 10am. Please bring a plate to share.
<b>Wednesday 16th</b>	<b>CARERS WEEK BBQ REGIONAL EVENT</b>	<b>11am to 2.30pm</b>	<b>Port Augusta Front Beach. Please contact the office for further information and transport. Carer contribution \$5.00</b>
Tuesday 22nd	Kimba Group	11.30am - 2.30pm	Kimba Cafe
<b>Wednesday 23rd</b>	<b>Aboriginal Carers - Port Augusta M/Tea</b>	<b>10.30am - 12pm</b>	<b>The Office Café (at Coles)</b>
Wednesday 23rd	Port Pirie M/tea	11.00 am - 12.30 pm	Port Pirie RSL
Thursday 24th	Whyalla A/tea	1.30pm - 3.30pm	Eyre Hotel, 39 Playford Ave Carers contribution \$4.00

### What's coming up in November....

Every Tuesday	Port Augusta Craft group	10.30am onwards	Port Augusta Pigeon Club
Every Wednesday	Whyalla Cuppa & Craft	1.30pm to 4pm	Whyalla Library - Ekbom St. Please bring a plate to share & your craft box.
<b>Thursday 7th</b>	<b>Aboriginal Carers - Combined Port Augusta &amp; Port Pirie</b>	<b>11.30am - 2pm</b>	<b>Risdon Hotel. Carer contribution \$5.00</b>
Thursday 7th	Quorn M/tea	10.30am - 12pm	Quandong Cafe
Tuesday 12th	Port Augusta M/tea	10.30am - 12pm	Wadlata Outback Centre
Tuesday 12th	Iron Knob Group	11.30am - 1.30pm	Iron Knob Golf Club. Whyalla Carers meet at the library 10am. Please bring a plate to share.
Wednesday 13th	Laura M/Tea	11.00 am—1.30 pm	Koffi and Kandi - Laura
Thursday 21st	Whyalla A/tea	1.30pm - 3.30pm	Breeze Cafe Carers contribution \$4.00
Wednesday 27th	Port Pirie Barbeque Luncheon	11.45 am - 2.30 pm	Port Pirie RSL Carer contribution \$5.00

# 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

Pt. Augusta Office

Monday—Thursday 9am—4:30pm

8641 1844

**HAPPY  
BIRTHDAY!**

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



### Port Augusta

Monday to Thursday 9am - 4.30pm

Shop 1, 5 Young Street, Port Augusta SA 5700

PO Box 97, Port Augusta SA 5700

P 08 8641 1844

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

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

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