

AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

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.

Greetings Carers and welcome to the October / November edition of our River Murray and Mallee Newsletter.

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 information 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.

We would also like to inform you that Carers SA's last day of operation in their current location in Murray Bridge was Friday 13<sup>th</sup> September. The new location will be 6 Third Street, Murray Bridge. This location is considered a temporary office whilst we plan the next steps and our transition to delivering services under the Integrated Carer Support Services.

As there is limited meeting space in the new location, we would encourage people to ring local staff on our usual numbers 85391300 or 1800 052 222 to arrange a time to meet. Local staff will also still be involved in Support Groups and other planned activities.

We would also like to remind you that Mental Health Week will take place from 7<sup>th</sup>—11<sup>th</sup> October and National Carers week will take place from 13<sup>th</sup>—19<sup>th</sup> of October. Please stay tuned for activities taking place across the River Murray and Mallee region.

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

Regards,  
Mick, Anne, Nic, Mary and Karen

## What's ON!

### October

- *Riverland Support Group - Wed 2nd*
- *Murraylands Support Group - Thurs 24th*

### November

- *National Carers Week*
- *Mental Health Week*

### Office Numbers

**Berri**  
**8582 5485**  
(Monday-Thursday)

**Murray Bridge**  
**8539 1300**  
(Tuesday-Thursday)

**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 River Murray & Mallee Regional offices 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...

#### Wednesday 2nd

##### **Riverland Support Group**

At Berri Senior Citizens Hall, Crawford Tce.  
10am-12pm.

Althea Morley is sending information sheets for group to discuss Xmas budget planning. Ideas will be shared back to Althea via staff.

#### Thursday 3rd

##### **Murraylands Outing Group**

9:30pm-3:30pm Cynthia's Garden—Strathalbyn  
\$15p/h Registration necessary please

Meet 9:30am car park opposite Community Living  
(6 Third Street) for those who need transport.

### Carers Week 13th-19th

#### Thursday 17th

##### **Riverland Carers Week lunch**

12pm-2pm at The Golden Elephant, Berri.

##### **Murraylands Carers Week lunch**

To be advised.

#### Thursday 24th

##### **Murraylands Support Group**

11am—3pm

Uniting Church, 1 Narooma Blvd. M.Bridge  
Althea Morely's Financial Guidance Workshop

### Mental Health Week 7th-11th

#### Thursday 10th

10am-2pm **Berri Mental Health Expo** at Riverland General Hospital grounds between Inpatient Unit & Community Health.

#### Friday 18th

10am-3pm Uniting Communities "Connect"  
**Mental Health & Wellbeing Expo** at Murray Bridge Town Hall. For more info contact Cathy Smith 8531 0571

### October contd.....

#### Monday 28th

##### **Riverland Craft Hobby Day**

11am-3pm at Berri Senior Citizens Hall, Crawford Tce. All carers welcome. Please bring a plate to share.

#### Thursday 31st

**Leanne's Liaisons**—lunch at Bluebird Café Lakefront Barmera please phone 8588 3220

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

#### Wednesday 6th

##### **Riverland Support Group**

At Berri Senior Citizens Hall, Crawford Tce.  
10am-12pm. Guest speaker to be advised.

#### Thursday 7th

##### **Murraylands Outing Group**

9:30am-4pm

Mt Lofty—Rose garden at bottom end of gardens  
Bring own picnic lunch Tea and coffee will be provided. Meet car park opposite Community Living (6 Third Street)

#### Thursday 14th

##### **Riverland Wellness Group**

11am—1pm

At Bunnings in Berri. Woodwork kit, box to paint.

#### Thursday 21st

##### **Murraylands Support Group**

11am-3pm

Venue to be advised.

#### Friday 22nd

##### **Newsletter Mailout**

1pm-3pm at Berri office, 17 Riverview Drive.  
Date to be confirmed.

# 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>Standby support after suicide</i>	0437752458 Sth 0438728644 Nth
<i>Respite—Emergency/short term</i>	1800 052 222

Carers SA

Berri Office

Monday—Thursday 9am—4:30pm

8582 5485

Murray Bridge Office

Tuesday—Thursday 9am—4:30pm

8539 1300

**HAPPY  
BIRTHDAY!**

*Our very best wishes  
to those having  
birthdays*



### Berri

Mon to Thurs 9am - 4.30pm

17 Riverview Drive

PO Box 870

Berri SA 5343

P 08 8582 5485

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

If you no longer wish to receive this communication from us please contact Carers SA

### Murray Bridge

Tues to Thurs 9am - 4.30pm

95 Swanport Road

PO Box 402

Murray Bridge SA 5253

P 08 8539 1300

Supported by the Australian Government  
Department of Social Services



Government  
of South Australia

Department of Human Services

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