

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.



Dear Carers,

Welcome to the October/November edition of our Southern Fleurieu and Kangaroo Island Newsletter.

You may have heard that Carers SA has been successful with the application to be the Regional Delivery Partner in both regional and metropolitan South Australia. This is very exciting and we look forward to implementing the new Integrated Carer Support Services (ICSS) model in South Australia.

You will see further news regarding ICSS throughout this newsletter.

You will also notice that there has been some minor changes to the layout and timing of our newsletter. We hope that this does not impact you too much. Please take some time to have a look through the newsletter for information about carer groups taking place across the region over the next couple of months.

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.

National Carers week will take place from 13th - 19th of October. KI Carers will be able to celebrate at beautiful Duck Lagoon with a picnic lunch and SF Carers will be having a good old fashioned BBQ at Kent Reserve, Encounter Bay. We hope you can join us. Please BYO chair for both events.

We are seeking a volunteer to assist with our information/guest presenter sessions. If you are interested in joining the team as a peer lead volunteer or would like more information about the role, please do not hesitate to contact Sue Tucker at the Victor Harbor office.

We look forward to seeing you over coming weeks.

What's ON!

October

2/10 KI Carer Gateway
3/10 SF Manual Handling
9/10 KI Coffee and Chat
15/10 KI Duck Lagoon picnic lunch
16/10 SF BBQ lunch
Kent Reserve
22/10 KI Downtime
29/10 SF Coffee and Chat
30/10 KI Fat Beagle

November

6/11 KI Hearing Australia
7/11 KI Carer Gateway
12/11 KI Downtime
13/11 KI Dementia Group
13/11 SF Victa Cinema
19/11 KI Carer Journey
19/11 SF Dementia Group
27/11 SF Carer Journey
26/11 KI Downtime Group

Office Numbers

Victor Harbor Mon–Thurs
8552 3173
Kangaroo Island Tues-Thurs
0477 004 639

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.

Kangaroo Island Events and Activities

Please RSVP for all activities to Kangaroo Island office 0477 004 639

How to navigate Carer Gateway website to access new services. Wednesday 2nd October - 1pm-3pm - JACC 16 Telegraph Rd, Kingscote.

Coffee & Chat @ Chocol'Art - Wednesday 9th October - 1pm-3pm - 51 Dauncey Street, Kingscote. Pay for your own coffee.

Carers Week Picnic at Duck Lagoon - Tuesday 15th October - 12.30pm-2.30pm - Duck Lagoon Road Cygnet River. Carpool 12noon JACC if transport required. Bring own chair.

Downtime Group - Tuesday 22nd October - 9.30am-11.30am - JACC 16 Telegraph Rd, Kingscote. Share gluten free snacks/recipes for children.

Walk along Sculpture Trail & Coffee at Fat Beagle - Tuesday 30th October - 1pm-3pm - 2 Nat Thomas Street Penneshaw. Pay for your own coffee.

Hearing Australia - Wednesday 6th November - 1pm-3pm - JACC 16 Telegraph Rd, Kingscote. Skype presentation by Brittannie Millowick - what to do if you have hearing loss, tips on how to communicate.

Dementia Support Group - Wednesday 13th November - 1pm-3pm - JACC 16 Telegraph Rd, Kingscote. Exploring the senses.

Coping with changes through the Carer Journey - Tuesday 19th November - 1pm-3pm - JACC 16 Telegraph Rd, Kingscote.

Downtime Group - Tuesday 26th November - 9.30am-11.30am - JACC 16 Telegraph Rd, Kingscote. How to use the Carer Gateway.

Southern Fleurieu Events and Activities

Please RSVP for all activities to Victor Harbor office 8552 3173

Manual handling workshop - Thursday 3rd October - 2pm-3.30pm - Room 11, Flinders Rural Health, 76 Bay Rd, Victor Harbor. Guest speaker Pete Mueller from Victor Physio, tips and tricks for safely looking after your body when caring for someone (safe transfers, falls, lifting etc)

Carer's Week BBQ - Wednesday 16th October - 12-3pm - Kent Reserve, Kent Drive, Victor Harbor. Celebrate Carer's Week with a BBQ lunch, BYO chair.

Coffee and Chat - Tuesday 29th October - 10am-12noon - Riverview Deli, 214 Liverpool Rd, Goolwa. A social catch up with other carers, run by volunteer Sylvie.

Carer Gateway workshop - Thursday 7th November - 10am-12noon - Room 11, Flinders Rural Health, 76 Bay Rd, Victor Harbor. A demonstration of how to use the new Carer Gateway website and resources available for carers.

Victa Cinema Coffee Session - Wednesday 13th November - 10am-1pm - Victa Cinema, Ocean St, Victor Harbor. Cost \$12. Enjoy morning tea and a new release movie with other carers and members of the community, run by volunteer Jenifer.

Dementia Carers Group - Tuesday 19th November - 10am-12noon - meet at Carers SA office, Torrens St, Victor Harbor. A support group for those caring for a loved one with dementia.

"Coping with Changes through the Carer Journey" workshop - Wednesday 27th November 10am-1pm - Room 11, Flinders Rural Health SA, 76 Bay Rd, Victor Harbor.

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. 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

Victor Harbor Office

Monday—Thursday 9am—4pm
8552 3173

Kangaroo Island

Tues—Thurs
0477004639

**HAPPY
BIRTHDAY!**

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



Victor Harbor and Kingscote

Monday to Friday 9am - 4pm

Cnr 27 Crozier Road and Torrens Street
Victor Harbor SA 5211

PO Box 13, Victor Harbor SA 5211

c/- 16 Telegraph Road, Kingscote SA 5223

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Department of Human Services

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