

Carers SA Expo is back for 2023!

Don't miss this free event... it has all the answers to your questions and showcases the services available to you all under one roof!

Join us and other stall holders from Government agencies, community organisations and service providers, all there to help you in your caring role.

Do you live in Regional SA and would like to attend the Carers Expo?

Transport may be an option through a Tailored Support Package.

Carers SA will also be holding a Carers Expo Retreat that includes access to the Expo.

If you are interested in finding out more about the Carers Expo or Carers Expo Retreat, send us an email to info@carerssa.com.au with your name and best contact option.

The Carers SA Expo
2023 is part of
National Carers Week
15-21 October 2023



Tuesday 17 October 10am - 3pm
The Lights Community and Sports Centre



From the CEO

Usually by this time of the year the senior team and I have been working for several months planning for the next financial year, ensuring we have the dollars to enable the delivery of supports to Carers in the community.

This year it has been different because

I have been focussed on June 30 since October last year because Carers SA's State Government contract ends on that date. It has been a long process but thankfully we have been able to secure a new contract but at a reduced level. Importantly we will still be able to provide breaks for Carers of all ages and continue to support Young Carers.

Even though our state funding has been reduced we have been able to supplement this with our federal funding. The focus on funding continues for the organisation as we are currently waiting for the Federal Government to provide advice as to what is happening at June 2024 which is the end of our Carer Gateway contract. I hope to hear news about this sooner rather than later.

I would like to draw your attention to a very important Parliamentary Inquiry that the Federal Government is conducting. The House of Representatives Standing Committee on Social Policy and Legal Affairs launched an Inquiry into the Recognition of Unpaid Carers during mid June with a focus on the Carer Recognition Act 2010.

The Inquiry is accepting submissions from advocacy bodies, organisations and individuals. Carers Australia will be shaping a submission as the peak body for Carers across the country and Carers SA will contribute to this.

Whilst Carers Australia will be responding to the Inquiry Carers SA will be providing an opportunity for Carers to have their voice heard through the Inquiry process and will be releasing a short survey in the coming weeks. The survey will include two sections, the first will allow Carers to provide their thoughts on recognition for Carers through answering some simple questions. The second section is extremely important and influential as Carers will be able to provide, in their own words, what they think recognition for Carers should include. Carers SA will ensure that it passes on every Carers comments verbatim to the Inquiry. This is a great opportunity to have your voice heard!

Please look out for the survey as we will be distributing it far and wide but please be aware the time to submit will be short as submissions close on August 11. I encourage you to complete the survey and encourage others to do so as I suspect it might be another 10-15 years until this opportunity arises again.

David Miltz, CEO

Need help writing your Carer Statement Plan?

We have developed a sample of a guide that may assist you in drafting your Carer's statement for NDIS. The following is designed to assist you in noting and recording responsibilities you take on in your Carer role.

How do you help the person you are caring for and prepare each day and night?

- Waking up - do they know how to set an alarm?
- Bathroom, grooming, showering and toileting tasks - what do they need assistance with?
- Do you assist with food preparation and/or medication?

Do you provide emotional regulation and communication assistance?

- Do you assist in managing emotions, including anxiety, hyperactivity, fascination with peculiar interest?
- Do you assist by providing interpretation to others?
- Do you aid in avoiding or reducing physical self-harm due to emotional consequence?

Do you provide relationship assistance?

- Are they missing out on creating relationships?
- Are your relationships being impacted by your caring role?
- Do you advocate for the person you are taking care of?

How do you assist with transportation and mobility assistance?

- Do you provide assistance to be mobile in the home or in the community?
- Are they able to catch public transport or navigate doing so?
- Do you provide transport to or from things such as appointments?

How do you assist with financial and self management?

- Do you assist in managing finances, making appointments, food shopping?
- Do you take care of ensuring bills are paid on time? Do they know how to bank?
- Are they capable of simple math relating to how much things will cost?

Does the person you care for require assistance in learning new things?

- Do you assist the person you are caring for to learn new things? Do they need reminding?
- Would they be able to learn how to reach a new destination by themselves for example?
- What limitations impact learning and memory?

To read this complete Guide, visit www.carerssa.com.au/resources-advice/brochures/ or call us via Carer Gateway on 1800 422 737.

Carers Change of Circumstance



If your caring role or circumstances change, please notify Carers SA via Carer Gateway on 1800 422 737 or email info@carerssa.com.au

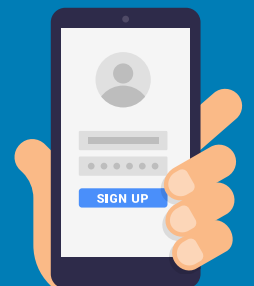
This includes when the person you care for may move into aged care, other alternate accommodation, or if the person you are caring for has passed away. There are still supports available to Carers in these situations depending on the needs of the Carer. Additionally, if your contact details change, please be sure to let us know so that you can continue to receive important information.

Sign up for Carers SA E-News

Sign up for Carers E-News so you can keep up with the latest news, events and more from Carers SA.

Send us your name and details to:

marketing@carerssa.com.au



Find a Service Near You

Carers SA is currently meeting with service providers across the State to identify what support exists locally that may be able to assist Carers in addition to what Carers SA offers.

Information about service providers who can assist Carers, will be added on 'AskIzzy', a web-based platform that allows for searches to be made on a range of topics which can be filtered by postcode or location.

If you are interested in knowing more, 'AskIzzy' can be found at www.carerssa.com.au/resources-advice/info-exchange/



Italian Fest at Bene Aged Care was also a great opportunity to connect with Carers in the Italian Community.

Community Engagement



Aboriginal Forum for Western Metropolitan

Carers SA convened a Western Metropolitan Aboriginal Partnership Network Meeting at the Kura Yerlo Centre to develop future collaborative partnerships to better meet the needs of Aboriginal Carers. This was a great opportunity to enhance connections with agencies who support Aboriginal Carers in the Western Metropolitan area.



Defence Member and Family Support Welcome Expo

Carers SA joined Defence Member and Family Support (DMFS) South Australia in their recent Welcome Expo at the Adelaide Zoo. This event provided Carers SA an opportunity to reach out to veterans and defence families as well as newly posted families. Many families stopped by for questions and gathered valuable information from us. Our Volunteer Champions Josh and Lyn shared their amazing journey as a Carer to those who stopped by.

Regional News



Multicultural Community Engagement

Carers SA has been actively reaching out to Carers from multicultural backgrounds in the community. We attended as a stall holder at the Australian Refugee Association (ARA) Health Expo, at the Salisbury Community Hub in February 2023.



Adelaide Special Education Expo

This expo provided a great opportunity to reach Carers who do not know about Carers SA and to connect them with invaluable supports and services.

Regional News continued

Mindful Making in Northern and Western Metropolitan Adelaide

As part of our Peer Groups in December, Carers explored mixed media canvas in a 3-hour workshop called "Mindful Making". It was an enjoyable creative process of building a portrait. Everyone was impressed with their end results.

Over nibbles, good company and several guided steps, Carers developed individually unique expressions of themselves which they were able to take home. Three sessions were held across these Metropolitan regions.



All around Painting

Carers came together and joined us for an art session where they contributed to each other's masterpieces. All Carers had fun building connections with one another and got to take home their own piece of art to hang proudly in their homes.

Chocolate Making

Carers came from all points of the Barossa, Light and Gawler Region; Eudunda, Kapunda, Mt Pleasant, Gawler, Evanston, Freeling and Two Wells – to enjoy the process of chocolate making and personalising their Goody Box to take home. We are not sure whether all the Goody Box survived the trip home intact...so tempting!

Our Carer Coach – Lynn Stewart (Mid North/Barossa Gawler) was spotted taking a cheeky lick of her spoon in the chocolate making process and it was great to see our Carer Champion Volunteer, Wendy connecting so cheerily with friends, old and new.

In addition, Deb Herring of Barossa Fun Factory led lots of fun and interactive games that all enjoyed.

As one Carer said at the end of the day – with a beaming smile *"It was so good to just have this all organised for me and just have some time for me to be me."*



Sunset Photography at Seacliff

Carers met for nibbles and conversation at the Seacliff Hotel before heading to the beach to learn some simple tips and tricks on how their devices could be used in taking the perfect sunset shots. A great time had by all.



Place of Courage

Carers SA joined 'The Place of Courage' hosted by the Onkaparinga Council and other organisations for the "16 Days of Activism against Gender-Based Violence." This is an effort in acknowledging the impact of domestic and family violence in our community.



Museum Tour at Tailem Bend Motorsport Park

Murray Mallee Carers had a great time recently enjoying themselves exploring the Motor Museum at Tailem Bend Motorsport Park and the complimentary lunch that followed.

Carer Breaks

Carers SA is excited to announce that Carer Breaks are now available to Carers of ALL ages

Carer Breaks aims to support Carer wellbeing by providing Carers with a break from their caring role and the opportunity to strengthen their connections to their community.

Carers can now access a range of Carer Break options.

For Carers aged 25 and over this includes a range of large and small group activities available through our Carer Breaks Menu.

To register for Carer Breaks, and the Carer Breaks menu contact us at carer.breaks@carerssa.com.au

with your name and best contact method or call us on 08 8291 5600.

For enquiries regarding Carer Breaks for Young Carers under the age of 25 please email youngcarerteam@carerssa.com.au or call us on 08 8291 5600.

Eligibility Criteria apply.

Carer Breaks are funded by the Government of South Australia – Department of Human Services.



Upcoming Events



New Peer Support Lunch Group in the Adelaide Hills

We have commenced an Adelaide Hills bimonthly lunch opportunity for Carers in this region to convene at the Bridgewater Inn and connect with other Carers. This provides an opportunity for all Carers who attend a Carer Peer Support Group, to come together and share stories, support and build networks over an informal meal. The lunch is available to any Carer who attends a Carer Peer Support Group – especially those in the Adelaide Hills and Murray Mallee regions.

The Bridgewater Inn management have kindly offered everyone attending access to the Seniors Menu for \$25 which includes a main meal and dessert, plus a cuppa, regardless of age. Carers are welcome to order off the a la carte menu as well.

Carers meet at the Bridgewater Inn for lunch. Further information, please contact Cat our Murray Bridge and Adelaide Hills Carer Connector on 0455 442 276 or email cat.kennedy@carerssa.com.au

Western Metropolitan

Photography Sessions 2023 – Register your Expression of Interest

We had a lot of interest in our sunset photography sessions we held last year. Carers enjoyed learning how to take better pictures with their phones (or cameras) but also better appreciate the beauty around them. It is a great form of mindfulness and a good social outlet too.

We are looking at hosting a number of different types of group photography sessions throughout the year, focusing on a range of subjects such as Sunsets, Autumn Trees, Botanic Gardens and Parks around Adelaide.

We are looking to see if we can form a group of Carers interested in meeting to enjoy nature and to capture it!

We could meet once a month or bi-monthly, whatever your feedback tells us! Would you be interested? Please let us know of your interest by contacting local Carer Connector – John at: john.piovesan@carerssa.com.au or 0423 342 423.

Peer Support Groups

Barossa & Light

Our Carer Connector, Lee holds Carer Peer Support Groups and regular pop-up information sessions at Starplex Recreation Centre (Adjacent Trinity College).

There are many exciting changes in the Barossa and Light region with new venues and days for Peer Support Groups at the following locations:

- Two Wells – Bowling Club, first Monday of each month
- Eudunda – Kooky's Kafe, third Thursday of each month
- Mt Pleasant – Library Two Wells, first Wednesday of each month

We often have guest speakers at our Peer Support Groups such as Aged Rights Advocacy Support, Brain Injury Support, Family Drug Support, South Australia Police and National Disability Insurance Scheme as examples.

Contact Carer Connector - Lee for more details on 0455 445 524 or lee.wingate@carerssa.com.au

Northern Metropolitan

Living near Para Hills, Pooraka, Parafield Gardens, Mawson Lakes, Wynn Vale or Ingle Farm?

Are you a Carer caring for friends & family with ASD/ special needs?

Carers SA is starting up a new Peer Support Group for Carers who care for family or friends on the spectrum and/or with special needs. Meetings will be held at the Para Hills Community Centre, Room 6, on the 2nd Tuesday of the month 10am – 11.30am.

This will be a great opportunity to connect with Carers with similar experiences, learning from each other and being in a gathering where other people get you and your experiences! We will be looking at strategies for wellbeing and supports and services that will help Carers.

Contact Carer Connector – John on 0423 342 423 or email john.piovesan@carerssa.com.au

Southern Metropolitan

Several new Carer Peer Support Groups have started this year in this region:

Carers of Adults with ASD

A social group for Carers who are caring for an adult child with ASD. Carers meet fortnightly on Fridays at a different café in the region for coffee, connection and laughter. The venue change allows Carers to have new experiences and explore different neighbourhoods.

Carers of children under 18

Woodcroft: Every 1st and 3rd Wednesday of each month, 9.30am – 11am at Vines Uniting Church

Seaford: Every 4th Tuesday of each month, 1pm – 2.30pm at the Seaford Community Centre

Mindfulness and Relaxation Group for Carers

Carers can participate in a range of mindfulness and relaxing activities including guided meditations, mindful coloring, puzzles and music.

Woodcroft: Every 2nd Tuesday of the month at the Vines Uniting Church.

Aged Care and Dementia focus

A group for Carers who have a partner, friend or family member that is frail due to age or is living with dementia.

Reynella: Every 2nd Thursday of the month, 11:30am – 1pm at the Reynella Neighborhood Centre

Walk and Talk Carer Wellbeing Group

The group meets every Thursday morning at 9:30am. We alternate meeting at various locations in the Onkaparinga area including Happy Valley Reservoir, Christies Beach Esplanade, Port Noarlunga Beach walk and Old Noarlunga River walk. We walk for an hour then have a coffee to chat and connect.

Come and visit us!

Carers SA staff are based at the Hackham West Community Centre on the first and fourth Thursday of each month:

11am – 2pm at the Hackham West Community Centre

Feel free to drop in for a chat, find out about the services and supports available or just have a coffee with Carer Connector, Debby.

Contact Carer Connector – Debby for more details on 0423 338 585.

We have several Peer Support Groups including a new Multicultural Carer Peer Support Group running at –

- Cooina Neighbourhood Centre
- Aberfoyle Community Centre
- Cove Civic Centre
- Blackwood Recreation Centre
- Clarence Park Community Centre
- Finnis Café
- Holdfast Bay Community Centre
- Salisbury Community Hub Library (Multicultural Peer Support Group)

Contact your local Carer Connector – Connie for more details on 0428 653 396.