

Carers' Chronicle

Issue 32 | June 2009

Brisbane North Metro / Pine Rivers

Manager's Musings

Hi All,

I would like to take the opportunity to introduce myself. As Stephen noted in the last newsletter, I will be the Acting Manager until the end of June 2009. My name is Michelle Williams and I have worked within Community Services for the past ten years with over five of those years here at the Commonwealth Respite and Carelink Centre (CRCC). The last two months have certainly flown by and we have been very busy with a variety of events. Thankyou for all the support I have received during this time.

The Indigenous Open Day proved to be very popular with attendance by many carers and service providers. The aim of the day was to increase community awareness of health and community supports. I would like to take the opportunity to say "thankyou" to Wendy for all the work that went into making the day a success. In addition, as Wendy is leaving us at the end of June, we would like to thank her for her commitment to CRCC and wish her well in her future endeavours. CRCC would like to continue the work that Wendy has done within the Indigenous Community and welcomes any referrals.

The Centre offers many opportunities to attend education, information and health and well-being sessions - watch the newsletter for times and dates. If you would like to attend anything which is advertised please call our office to register your interest.

As was mentioned in a previous newsletter we will soon be finalising the integration of both the Commonwealth Carelink and Respite Centres into the Commonwealth Respite and Carelink Centre. The 1800 059 059 telephone number is being phased out and will be replaced by the Carelink 1800 052 222 number and this will complete the integration of the respite and information functions of CRCC.

This process will not disrupt any services that we provide, instead it will streamline our information and respite provision creating a "one stop shop" to assist people in the community seeking community care information and / or respite options for carers.

Bye for now ...

Michelle Williams (Manager)

"THE VILLA"



Low Care Respite Beds Available No ACAT required!

The Villa is situated in a quiet street in Nundah. It is a short drive to the Nundah Village and the Toombul Shopping Complex.

- * The room looks onto a beautiful sunny courtyard with garden area
- * CRCC manages one respite room offering ensuite, mini fridge, tea / coffee making facilities and a television
- * Support Workers are available 24 hours per day to assist with medication prompts and hygiene. They will also assist with personal laundry
- * Formal lounge boasts a large plasma television where you can relax and enjoy some company
- * All meals are prepared daily in the on-site kitchen
- * A local doctor is able to visit the facility if required
- * To promote physical health and wellbeing, weekly activities are arranged for you - so join in
- * There are weekly visits to a Polish Parish Day Respite Centre for gentle exercise, movies and / or bingo - lunch and transport are provided
- * Managed by OzPol primarily for people from culturally and linguistically diverse (CALD) backgrounds (but not exclusive)

All booking enquiries for respite must be through CRCC who will liaise with the facility and assess suitability

Respite can reduce the stress for the carer, giving you time to look after your own health and well-being. Carers can have a break whilst "The Villa" provides the person being cared for with a positive experience.

For further information about "The Villa" please contact Kerry on Freecall* 1800 059 059 (except from mobiles)



Dining / Lounge room

"The Villa"

Pine Rivers MRG

The Pine Rivers Men's Recreational Group gets together the second Tuesday of every month. We are still a small group and looking for some new members.

In May we welcomed a new member to our group and it was great to have Stan come and join us. Hope you enjoyed yourself Stan and we look forward to seeing you each month.

I have to say a big thankyou to Rance and Napoleon who just happen to have great tastes in food. Rance brought along some really yummy corn flake biscuits he had made that morning and Napoleon brought along a banana cake (one of his favourites, he told me), so along with the fresh scones my aunt had made for us topped with strawberry jam and cream we really had a feast for morning tea at the get together in May.

We spent the day in a private garden wandering around the gardens, discussing the origin of trees, bark and seed pods that the guys found in the grounds. We also had a lot of reminiscing to do when the boys found farm machinery and tools that took them back to their younger days. This was followed by chicken, ham, salad, small dinner rolls and hot potatoes and a great day was had by all.

The next outing will be on Tuesday 9th June and we will be heading up to the Caloundra Air Museum for another day of fun and laughter.

Please call 1800 059 059 if you are interested in participating. Remember that respite and transport can be arranged for you. Look forward to hearing from you.

Article: Judy (Supports Facilitator - Pine Rivers)

Calendar of Events

June

9 ... MRG Pine Rivers - Caloundra Air Museum
MRG Toombul - Brisbane Forest Park

13 ... WC Stress Buster Day

15 ... Carers Morning Tea at Toombul Office

22 ... MHRP Workshop (*Dealing with Personality Disorders*)

23 ... Demystifying Aged Care Placement

28 ... YC Activity

July

23 ... Health & Well-being Conference

31 ... MHRP Workshop (*Positive Behavioural Interventions for People Using Challenging Behaviours*)

August

15-23 ... Seniors Week

Brisbane North Palliative Care Forum 2009

Dates have been rescheduled to:

Monday 7th September 2009 at 2-30pm

Monday 7th December 2009 at 2-30pm

Venue: Karuna - Mandela Room
27 Cartwright Street
Windsor

CRCC Pine Rivers News

Hi again everyone.

Yep, you guessed it the last couple of months have been very busy. In the last newsletter I told you all to keep your eyes on this space for upcoming activities in the Pine Rivers area - well, here they are:

Thursdays 4th, 11th, 18th, 25th June, Carers Queensland and Pine Rivers Respite and Carelink Centre office are holding a series of "Self Care for Carers" days. Each day is a replica of the week before so you only need to come along to one of them. We still have vacancies on the 18th and 25th if you are interested.

Please call Judy on Freecall* 1800 059 059 (**except from mobiles*) if you would like to know more or if you would like to come along.

August Seniors Week:

There are a few things happening in and around the Moreton Bay Regional area during Seniors Week 2009.

1. **Thursday 20th August** - Healthy Ageing Expo in Deception Bay 10-00am to 4-00pm at the Deception Bay Hall, Corner Bayview and Ewart Streets
2. **Monday 24th and Tuesday 25th August** in Strathpine the Dickson Seniors are having a two day Expo with lots of information stands, guest speakers and activities at the Pine Rivers Community Centre, Mecklam Street (behind Brodie Lighting)

The Pine Rivers office is open Mondays, Tuesdays, Thursdays and Fridays 8-00am to 4-30pm. If you would like to pop in for a visit please give me a call to make an appointment on Freecall* 1800 059 059 (**except from mobiles*)

On Thursdays, Carers Queensland have a counsellor here for carers to access. To make an appointment with or to talk to the counsellor call 1800 242 636.

Hope to see you all around at the Seniors Week activities.
Have a great couple of months, everyone.

Judy

Men's Recreational Group

Toombul MRG

April

The MRG meeting discussed what activities / outings the group would like to do for the remainder of the year. Lunch was a BBQ on the upstairs deck and was cooked by Steve and Ray. A very pleasant afternoon was had by all; good company and good food.

9th June - we are heading off to Brisbane Forest Park - Wildlife Centre followed by a BBQ in a local park.

14th July - we are going to visit the QPS Museum at Roma Street with lunch in town somewhere.

If you would like to participate and you are a male carer living in the Brisbane North Metro area, please give Deb a call on Freecall* 1800 059 059 (*except mobiles)

****VOLUNTEERS NEEDED TO ASSIST AT CRCC** Call today!!**

Indigenous Open Day

The Open Day was attended by Indigenous Service Providers, Community members and Elders. There was a traditional "Welcome to Country" by Mr Aaron Taylor from Kurbingui Youth Development at Zillmere.

The purpose of the Open Day was to increase awareness within the Indigenous Community of the supports that CRCC have to offer to improve the health and well-being of the community. The Carebus attended, too.

Several of the CRCC staff gave their time to give some very educational talks about the different programs run in the Toombul centre. I would like to thank them for their support. Everyone left with loads of information and I think that everyone got something useful from the day.



Michelle, Aaron, Wendy



Article: Wendy (Indigenous Supports Facilitator)

Mental Health Chatter

CRCC's Mental Health Respite Program would like to hear from carers who are interested in attending a Carer Education Workshop.

Workshop 2

"Positive Behavioural Interventions for People Using Challenging Behaviours"

Date: Friday, 31st July 2009

Time: 8-30am to 4-30pm

Facilitator: Tan Curtis from F.A.B.I.C (Functional Assessment Behavioural Intervention Clinic)

Spaces are strictly limited

RSVP your expression of interest to attend By Friday 26th June 2009

CRCC can provide a course outline upon request.

This workshop will benefit carers supporting someone with a Mental Illness, Dual Disability / Intellectual Disability and / or complex and challenging behaviours.

For further information contact the CRCC Mental Health Respite Program and speak to Angela or Sheryn on Freecall* 1800 059 059

(*except from mobiles)

Article: Sheryn (MH Team Leader)

Palliative Care Information and Support

We aim to provide quality of life at a most challenging time

PCIS is a Queensland statewide telephone service that provides information as well as emotional and counselling support to people affected by life-limiting health conditions. All PCIS services are provided free of charge to families, friends, carers and health professionals.

Often people have very little idea about what happens as we move towards the end of life; how care will be coordinated or even how much it will cost. Similarly, many people want to remain at home during this time, but they have no idea of how to access the services that they need, in order to do so.

PCIS can provide:

- **information about palliative care
- **the contact details for local services and support organizations that can provide palliative care
- **information on approaches to palliative care
- **specialist counselling and emotional support to clients, carers, families and friends around grief, loss and bereavement

Telephone: 1800 772 273 Email: info@pcis.org.au

Glass Half Full

Living with Motor Neurone Disease (MND)

A film by Rick Searle

In mid-2008 two staff from Karuna Hospice Services submitted a grant application to Motor Neurone Disease Australia for funds to "create a supportive, inspiring and educational resource presenting a unique individual's experience of Motor Neurone Disease (MND)". It was hoped to produce a 28 minute documentary-style film featuring a newly diagnosed client and family of the Karuna Hospice Service (an in-home palliative care service in Brisbane). Many individuals gave their generous support, expertise, time and efforts along the way and the DVD was launched successfully at a local Brisbane cinema on 11th May 2009 to over 200 people.

The DVD is aimed at health professionals, those living with MND, their carers, their families, friends and the general public and its purpose is to demonstrate the potential for an individual living with MND to maintain a meaningful quality of life, through the implementation of early (appropriate) referral to a palliative care service and the subsequent involvement of inter-disciplinary specialist services to support and minimise the impacts of the gradual progression of this debilitating disease.

Shyla Bauer and Camille Doyle, the Clinical Nurses from Karuna who applied for the grant will give a presentation at the National Motor Neurone Disease Conference in Sydney in June this year and an abstract has been submitted to the International Symposium on Motor Neurone Disease in Berlin, Germany to be held in December 2009.

It is believed that the DVD will have multiple uses in enhancing the understanding of the importance of inter-disciplinary, client focused care for those living with MND. This film is a rare insight into experiencing life with a positive approach, no matter what comes your way. It will inspire you to hug your children more, tie up loose ends, reflect on all you have and most of all, look at life from now on with a "glass half full" attitude.

We have to rise to the occasion just once a week, Tony has to face up to his challenge every day. Tom Harley, Geelong Football Club Captain

Death doesn't necessarily have to be something that is abhorrent, there are people who are very satisfied with their life. Dr. Carol Douglas, Palliative Care Physician

To order this DVD contact Mandala Books:

www.mandalabooks.com.au

To learn more about Motor Neurone Disease contact

MND Australia: www.mndaust.asn.au

To learn more about Karuna contact Karuna:

www.karuna.org.au

Carebus Calendar

Dates and Times:

June

- 10 ... Stafford City Shopping Centre - 9-00am to 2-00pm
- 12 ... Zillmere Library - 10-00am to 12noon
- 17 ... Chermside Library - 9-00am to 1-30pm
- 19 ... Albany Creek Library - 9-00am to 12-30pm
- 24 ... Bracken Ridge Library - 1-00am to 12noon

July

- 1 ... Westfield Chermside - 8-30am to 1-30pm
- 9 ... Brookside Shopping Centre - 9-00am to 2-00pm
- 15 ... Banyo Library - 9-00am to 1-00pm
- 17 ... Chermside Library - 9-00am to 1-30pm
- 24 ... Westfield North Lakes - 9-00am to 2-00pm

August

- 5 ... Arana Hills Library - 9-00am to 1-00pm
- 7 ... Centro Albany Creek - 9-00am to 1-30pm
- 11 ... Kallangur Library - 9-00am to 1-00pm
- 14 ... Chermside Library - 9-00am to 1-30pm
- 21 ... Stafford City Shopping Centre - 8-30am to 2-00pm
- 24 ... Seniors Expo, Strathpine - 8-00am to 3-00pm
- 25 ... Seniors Expo, Strathpine - 8-00am to 3-00pm
- 26 ... Strathpine Library - 9-00am to 12noon

If you would like further information about the Carebus or if you would like to book the Carebus for your event please contact us on Freecall * 1800 059 059. (* except from mobiles)

Home Energy Emergency Assistance (HEEA) Scheme

This Qld government assistance is available to low income households who are experiencing financial crisis and who are at risk of disconnection from electricity or gas suppliers. The Scheme provides a payment made directly to the energy retailer of up to \$360 which is available once over a two year period. To be eligible applicants must have a household income no greater than the Commonwealth maximum income rate for part age pensioners, be committed to a payment plan with their retailer and meet one of the set criteria which includes unforeseen circumstances, a significant decrease in income, a disaster, costs of shelter and energy greater than household income. **You will need to apply for HEEA through the energy retailer that you are currently using.**

Contact Details

**Commonwealth Respite & Carelink Centre
Brisbane North Metro / Pine Rivers**

ATTENTION WRITERS

We are always looking for interesting stories, poems or articles for our newsletter.

If you think you have something that might fit the bill or would like to suggest a specific article, please call Jacq at the Centre.

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* Except for mobiles