

Carebus

Mobile Information Unit
Locations – (weather permitting)

Brisbane North

February

Thu 5 Redcliffe Library
Wed 11 Caboolture Library
Thu 12 Morayfield Shopping
Centre
Tue 17 Bribie Island Library
Wed 18 Redcliffe Hospital
Thu 19 Margate Village
Wed 25 Caboolture Hospital

March

Thu 5 Peninsula Fair
Thu 12 Redcliffe Library
Tue 17 Redcliffe Hospital
Wed 18 Burpengary Library
Tue 24 Caboolture Hospital
Fri 27 Donnybrook Community
Library

Sunshine Coast

January

Wed 21 Booin Garri Tewantin

February

Tue 3 Chancellor Park Market
Wed 4 Noosa Hospital
Thu 5 Currimundi Market Pl
Fri 6 Caloundra Hospital
Mon 9 Beerwah Library
Tue 10 Nambour Library
Wed 11 Noosa Library
Thu 12 Gympie Hospital
Fri 13 Kawana Library
Tue 17 Gympie Library
Wed 18 Nambour General Hosp
Thu 19 Kawana Shoppingworld
Fri 20 Noosa Civic
Tue 24 Queensland Carer
Group Maroochydore
Thu 26 Pelican Waters Village

March

Tue 3 Noosa Hospital
Wed 4 Centro Gympie
Thu 5 Coolum Shop Village
Fri 6 Caloundra Hospital
Tue 10 Nambour General Hosp
Wed 11 Kawana Library
Thu 12 Gympie Hospital

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Hello everyone and welcome to a new year.

I heard many stories last year from Carers who are helping family and friends in so many ways, it is inspirational to hear how you manage your lives including your role as a Carer. I am glad the Commonwealth Respite and Carelink Centre has been able to assist many of you in some way.

Inside the newsletter you will read about our Resilience Awareness Project, a great opportunity if you are able to get involved but if you can't and you have a story that you would like to tell and provide inspiration to others who may be in similar situations, then send them to me by email or post, you will find the contact details on the back page of the newsletter.

I can then print these stories in future newsletters, anonymously of course.

While on the topic of getting feedback, we are always looking for ways to improve the service we offer. If you would like to provide some suggestions for our centres, again please contact us and let us know.

We continue to run a couple of volunteer programmes through our centres, namely our Mobile Information Units and our Greymates initiative which aims to link volunteers to aged and isolated members of our community who are seeking some social contact. If you, a family member or a friend would like to be a volunteer for one of these programmes please contact us on 1800 052 222. Training is provided and the time demands are only as great as you want them to be.

All the best for 2009.

Rob Miles

Centre Manager

Please be sure to look up the Suncare Community Services Website for information, contacts, 'What's On, and check the Calendar for dates, times and venues of Carebus attendances and other community groups and events for carers and general community members to attend. www.suncare.org.au

Emergency After Hours Respite Service

What is the Emergency After Hours Respite Service?

Direct Respite Services in partnership with the Commonwealth Respite & Carelink Centre, provides a service for individuals and carers needing to access short term in home support in emergency situations occurring outside regular office hours of 8.30am to 4.30pm Monday to Friday.

How is the Emergency After Hours Respite Service Accessed?

The service can be accessed directly by phoning:

1800 059 059

An on-call operator will respond immediately to the call and will discuss the most appropriate response to the situation. This could include providing immediate in-home support if needed.



How can the Emergency After Hours Respite Service Help?

The emergency is an unplanned

situation that requires immediate action eg:

- A carer being away urgently without being able to make alternative arrangements.
- A carer having been kept awake for consecutive nights and urgently needing a break.
- A carer becoming seriously ill overnight or on a weekend and needing immediate in-home support for the person being cared for.

Who is eligible to use the Emergency After Hours Respite Service?

All carers of someone who is aged or frail, disabled, chronically or mentally ill can access the service through the 1800 059 059 number. This number is a national number for Carer Respite.

Direct Respite Services provide a service from Tin Can Bay to Redcliffe and West to Kilcoy including the Sunshine Coast region.

For further information call:

Direct Respite Services, Responsive Care

Sunshine Coast Interagency Breakfast meeting

The Sunshine Coast Interagency Breakfast meeting has been running for about 4 years now. The meeting is every 6 weeks at the Maroochydore Community Hall. This meeting aims to provide information and a networking opportunity. Each meeting hosts a guest speaker and a lovely light breakfast. There is time for participants to tell the group about their service or any up and coming events.

This year we have had guest speakers on such topics as Indigenous Culture, Carer Services, University Resources, Homelessness Services, Disability Services, Aged Care, Multicultural Resources, Compassion Fatigue and laughter therapy. The meeting attracts from 15 to 40



Participants at the last Sunshine Coast Interagency Breakfast meeting with Susan Brown, guest speaker from Lets Laugh'

Sunshine Coast Service Providers from a diverse range of the community. The meetings run from 7.30am – 9.00 am. **The cost is \$5.50 which covers the cost of breakfast.**

Next years dates are: 18 February 2009, 25 March 2009, 06 May 2009, 17 June 2009, 29 July 2009, 9 September 2009, 21 October 2009 and 02 December 2009.

If you are a service provider in the local Sunshine Coast community and you would like to attend the meeting, please give your email details to Janet Adena on 07 54095912 or email janeta@crcsc.com.au.

Carebus News

Congratulations to Rockhampton & Toombul offices as they now have a Carebus mobile information unit on site.

Caboolture volunteers, Pat and Lois, assisted Kristy at Toombul for a few outings and shared ideas on setting up at venues, restocking and how to help members of the community with information from the Carebus.

Rockhampton were up and running in no time and went out to 14 venues after receiving their Carebus at the end of September. Community members were appreciative of the information that was available to them and Nell has been

requested to visit a few locations again next year.

Again, a very special "thank you" to all our volunteers for their wonderful assistance with keeping all our Carebus mobile information units operational. Thanks to John for his time, effort and patience (we had a "tad techy" moment with the process of sourcing and setting up new vans).

To all Carebus colleagues, staff, carers, service providers and community members: **Wishing all a grand year in 2009.**



Smoke Alarms for Deaf and Hearing Impaired People

The Queensland Government offers a rebate of up to \$400 for eligible deaf and hearing impaired people to help pay for special smoke alarms designed to meet their needs.

Since 20 December 2007, Australian Citizens and Permanent Residents who live in their own or family home or private rental premises in Queensland can apply if they provide:

- signed confirmation by a qualified GP or hearing practitioner (audiologist or audiometrist) recommending suitability for scheme, based on their assessment that your level of hearing loss may prevent you from hearing a standard smoke alarm at 85 decibels; OR

a previous assessment (up to three years from date of application) that you are profoundly deaf;

You also need to have one of the following:

- Centrelink Pension Concession Card; OR

- Health Care Card; OR

- a Department of Veteran's Affairs Gold Repatriation Health Card (DVA) issued for all conditions; OR

- a White Repatriation Health Card (DVA) issued for conditions that include hearing loss; OR

the status of being a dependent of a person in one of the above categories.

Photoelectric smoke alarms give better warning of more types of fires than other kinds of alarms. For this reason, photoelectric smoke alarms are strongly recommended by all fire services in Australia.

**Where can I find out more about the scheme?
Phone: (07) 3635 1946**

www.fire.qld.gov.au

Veterans Volumes

Allow me to take the opportunity to introduce myself and the **Veterans Home Care Programme** at Suncare Community Services.

Hi, my name is Peta Oakes and I am the co-ordinator for the VHC Programme and I would like to take a few minutes to explain what it is I do and how to find me.

The VHC Programme is a subsidiary of the Direct Services Team and I am based at Maroochydore. I work exclusively with the returned service men and women who require domestic assistance and in-home respite. The overall aim is to assist and support the Veteran and their spouse to maintain their living standard in their own home with respect and dignity.

I have over 300 clients ranging from north of the Brisbane River to Noosa and I am supported by approximately 25 domestics workers together with access to over 40 respite field workers. My job is to co-ordinate the worker to the client to the service, whether it be household duties, in-home respite or home/garden maintenance.

98% of my clientele are WW2 Veterans with the other 2% being Korean and Vietnam Vets, all fantastic people who have lived the most incredible lives. Some

like to share their stories and it never ceases to amaze me how lucky we are to live where we do. These people have my greatest respect.



How to access the programme is via (DVA) Veterans Home Care in Brisbane by phoning 1300 550 450. This is done usually by the Veteran themselves or their family. The assessors in Brisbane will contact the Veteran and evaluate their need/the amount of time necessary etc. The average is 1.5hr fortnightly for domestic assistance and 3.75hr weekly for low level in-home respite. A 'service plan' is released from DVA/VHC Brisbane to me and then my job begins. After I meet with the Veteran, complete the in home assessment, I then apply the worker to the service. Of course this all sounds nice and simple but sometimes it does get a little 'complex' however, overall, Suncare Community Services maintains a wonderful and respected reputation with DVA/VHC and I am very proud to be a part of that.

If I can assist you with any enquiries you might have, please do not hesitate to give me a call direct on **5409 5908**. If I am away from the office, voicemail is available – leave me a message and I will return your call as soon as I can.

Thanks for your time and I look forward to speaking with you soon. Enjoy the holiday season folks and I wish you all a safe and prosperous 2009!

Peta Oakes



Carers Week—Caboolture

On Wednesday 22 October, CRCC Caboolture held a Carers Week morning tea at the Bethany Carers Retreat at Wamuran. It was attended by 27 Carers. Activities on the day included laughter therapy under the mango tree, psychic readings held amongst the tranquil garden settings and massage therapy within the peaceful Cottage environment.

Morning tea was provided by Bethany staff and Carers information on services were provided by Commonwealth Respite & Carelink Centre. Lucky door and game prizes were donated by local businesses and the Hon. John Sullivan MP for Longman donated gift bags for each Carer.



Resilience Awareness Project (R.A.P)

Are you a person/family member:

- ◆ supporting someone who is elderly and /or who has a disability
- ◆ living in the Caboolture or Maroochydore catchment areas
- ◆ interested in finding out more about the role resilience plays in achieving more satisfaction in life

If so, this is an

Invitation to participate in the Resilience Awareness Project

The aim of the Resilience Awareness Project is to provide families with information and strategies on

how to cope with adversity, build resilience and overcome hardship, based on the experiences of families in similar circumstances in combination with the most up-to-date research and theory in this area.

You can choose to participate in:

- ◆ A focus group of family members willing to share their strategies of what helps/hinders them in their role as a carer and/or
- ◆ A series of 6 monthly information sessions where families will be provided with information about how to develop resilience

You are warmly invited to contact Jan McKay at our Caboolture office (1800 059 059 -Redcliffe/Caboolture; or 5498 3315 - all other areas) in the New Year to register your interest in participating in this project.

Please book in early to avoid disappointment as numbers will be limited.

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Fri 13	Kenilworth Library
Tue 17	Noosa Civic
Wed 18	Kawana Shopping world
Thu 19	Maroochy Library
Fri 20	Coolum Library
Tue 31	Maleny Library

Please phone
1800 052 222
for times & addresses

Noticeboard

If you do not wish to receive further issues of our newsletter please let us know by contacting the office on 1800 059 059

We are always looking for articles for our newsletter. If you have anything you would like to include please call Jennifer on 5498 3315 or email: cabinfo@crsc.com.au

Contact Details

Commonwealth Respite & Carelink Centre
Freecall™ 1800 059 059 *
www.suncare.org.au

Maroochydore:
85-91 Sugar Road
Maroochydore
Phone (07) 5409 5900
Fax—CRCC: (07) 5443 7151
Fax—DRS: (07)5479 2311
Email: info@crsc.com.au

P O Box 5122
Maroochydore BC 4558

Caboolture:
19 Hayes Street
Caboolture
Phone: (07) 5498 3315
Fax: (07) 5428 0277
Email: cabinfo@crsc.com.au

P O Box 1627
Caboolture 4510

* Except for mobiles