



**suncare**  
community  
services inc.

# Central Region Respite & Carelink Centre

Australian Government

Freecall™ 1800 059 059 (charges apply to mobile phones)

September 2009

A message from  
Meg Jaspersen

1

## A Message from MEG JASPERSON

Young Carers  
Update

2

Hello to everyone this fine, so called Spring day.

Cathi Pharazan and Nadine Thomas came up from Maroochydore CRCC later in September to discuss Resilience training being offered through the Mental Health Program.

Working Carers'  
Program

2

I feel we are in for a very long hot summer this year. Just think only three months till Christmas, I must be getting old because the years are just whizzing past these days.

We had people from other services and Carers attending. This was an information session to discuss what the training will involve.

Residential  
Bookings

3

We have had a very busy quarter this year with new and innovative sessions being offered by the departments.

The sessions will be run over a ten week period with the first to commence on Wednesday, 30<sup>th</sup> September.

Responsive Care

3

Mental Health  
Program

4

In September the Commonwealth Respite Centre in Rockhampton held a forum to bring ideas together for Capacity Building in the communities. These forums are being held throughout Australia and the findings of all forums will be collated by the Department of Health and Ageing to highlight the need of Carers and their loved ones living in the community.

These sessions are open to anyone involved with Mental Health, consumers, carers, family members, and service providers.

Di's News from  
Emerald

4

Judy's News  
from Longreach

4

Anyway, I had better finish this off as our editor in chief Vicki Ryan is breathing down my neck as I type (as you guessed it, I am running late).

Access Point  
News

5

Carebus Activities

5

We had all day sessions with representatives from Rockhampton, Biloela, Gladstone and Capricorn Coast attending.

I do hope you are all well and please keep on smiling.

**DON'T FORGET TO DRINK  
PLENTY OF WATER.**

Out & About

6

The facilitator Doctor Angela Russell was fantastic in keeping everyone's attention, even mine which if you know me is a task in itself.

*P.S. On a personal note, I am going to be a grandmother again next March. This will be number 3.*

Group Activities

7

Contact Details

7

The feedback from the day was very positive with everyone ready to see what outcomes are going to come from this.

*I am truly blessed*

*Meg*

**A big hello from the CRCC team.  
We too pride ourselves on thinking outside the box.**

**VOLUNTEERS  
NEEDED!!**  
We are always  
looking for  
**VOLUNTEERS** to  
assist in the running  
of support groups,  
working on the  
Carebus etc. Please  
contact 4926 6377  
for more details.  
Volunteering is a  
great way to get  
active in the  
community!

We went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for \$2.99

'Sounds good,' my wife said. 'But I don't want the eggs.'

'Then, I'll have to charge you three dollars and forty-nine cents because you're ordering *a la carte*,' the waitress warned her.

'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously.

'YES!!' stated the waitress.

'I'll take the special then,' my wife said.

'How do you want your eggs?' the waitress asked.

'Raw and in the shell,' my wife replied.

She took the two eggs home and baked a cake.

**DON'T MESS WITH SENIORS!!!  
WE'VE been around the block more than once!**

Thank you Di for this submission



**NATALIE'S YOUNG CARERS UPDATE**

Hi and welcome,

By the time this goes out, September school holidays will be up and running.

I hope everyone will be able to take a little time out to fit in something fun to do.

Fantastic photo of Nelson from Yeppoon surfing it up at Agnes Waters in March.



Many of you will be working more hours over the holidays, so if you need

a little extra support at home, please call me.

The Young Carer Support Group will not run over the school holidays, but will get going again on Tuesday 6th October. If you would like to attend, or are unable to one week, just give me a call or leave a message at the office. This saves time at school pick up points.

In August, some young carers enjoyed rock wall climbing at the Capricorn Caves under expert supervision. The great photo and morning tea was thanks to one of our Mums, so thank you so much.

During the last week of the school holidays,



Thursday 1<sup>st</sup> October a day trip to Gladstone is planned for Rocky and Gladstone Young Carers.

We plan to go Rockwall Climbing and have a BBQ at the beach. We can do pick ups and drop offs too.

If you are interested in joining us, please call and put your name down ASAP. I look forward to seeing as many of you there as possible.

Cheers Natalie

[Natalie.P@crcsc.com.au](mailto:Natalie.P@crcsc.com.au) or 1800 059 059 or 4926 6377

**WORKING CARERS PROGRAM**

Are you working part-time/full-time and caring for a loved one over the age of 65 who is frail aged or has dementia?

This is what the Working Carers Program is all about: *Supporting carers to balance their working and caring roles.*

Call us for more information.

## RESIDENTIAL BOOKING SERVICE WITH PAT

Well I had a lovely two weeks holiday in Tasmania with my husband, two daughters, two grandchildren and one son-in-law. A great time was had by all. It got down to minus 2 degrees one day in Launceston but we didn't really notice it too much as we were enjoying ourselves so much. We just added the scarf and gloves and kept going.

I am disappointed to report that I have no good news to report on the follow up with Kirsten Livermore and the problems I know a lot of you are experiencing with your loved ones with non-availability of respite and permanent placement beds.

I will keep plugging away as I feel something needs to be done and done quickly about these problems.

Christmas is not far away so if you are planning on going away over the Christmas – New Year period and wanting residential respite, please give me a call as there is not a great deal of respite available.

Regards, Pat

## RESPONSIVE CARE

Hello from Janette, Vicki & the Responsive Care team,

This quarter the Responsive Care team continued to assist and support carers by "sharing the care" and providing flexible respite ranging from a few hours during the day to 24 hour overnight respite.

Janette is taking a well earned fortnight's holiday and we look forward to her return, completely relaxed and rejuvenated. (How does anyone accumulate 7 weeks annual leave?)

We now have 14 In-home Care Workers, nine of whom are at various stages of completing Certificate III in Aged Care Work in their spare time. With an increasing workload, often times it is not easy to find "spare" time to focus on assignments etc. and we appreciate the effort that is going into their contribution to our common goal of providing quality care services for our clients.

Lots happening in group respite with everyone making and finding things for Mardy's Sensational Cent Sale on Saturday, 7<sup>th</sup> November (see enclosed flyer for details). A great way to start your Christmas shopping!

The Tuesday Men's group currently has a waiting list and we are looking to include these people in the group next month. Further information on group activities can be found on the back page.

Carara House is a popular meeting place for the groups as well as being a "home away from home" for community residential respite.

Date claimer:  
CARERS CHRISTMAS PARTY—See Page 6 for details.

We look forward to seeing you there.

### Mental Health Program Resilience Training

Commencing  
Wednesday 30th September  
At CRCC

Call the office to register

### Mental Health Week 4th—10th October

See you at Riverside Park  
Wednesday 7th October  
From 12.00pm

## Laughter is the best medicine

*The most wasted of  
all days is one  
without laughter –  
E E. Cummings*

Our immune system reacts to laughter in an opposite way as it reacts to stress.

People who like to laugh a lot rarely get sick.

The analgesic effect of laughing has been showed in many studies.

This is especially available for the relief of chronic pain in lesions, neurological diseases etc.

Doctors are of opinion that laughing brings about the secretion of endorphins into blood.

More than that, it is known that laughing is a strong muscle-relaxing method, which also relieves pain.

*Courtesy of  
The Encouragement  
Foundation*

## MENTAL HEALTH PROGRAM

Hi Everyone,

Time seems to be really moving along and we are up for another newsletter. There are lots of positive things coming to Rockhampton in the near future. We will be holding a series of sessions called "Respite Plus" for families, cares and people with a lived experience of Mental health, based around "Self Management of Crisis".

The major focus of "Respite Plus" will be to provide individuals who experience a mental health disorder and their families with information and education in relation to: recovery, crisis alternatives and other related topics, as well as opportunities to trial and implement personalised crisis planning and prevention strategies. Much of the information sharing will occur in small localised forums, which will include the individual and their families (significant others) as well as key worker(s). Individual care and crisis contingency planning will be conducted on a more personal one to one basis or involving family units, depending on individual needs and circumstances.

Also for Mental Health week 4<sup>th</sup> Oct to the 10<sup>th</sup> of Oct, there is a myriad of activities throughout Rockhampton. On Wednesday the 7<sup>th</sup> of Oct there will be a Stress Less day held at the Riverside Park from 12pm. There will be a free BBQ lunch and some stress less activities for all to enjoy. There will also be a live band from 4pm so come on down and stress. Cheers Daniel

## DI'S NEWS FROM EMERALD...

Well here we are again into the next season of the Newsletter. The weather is certainly getting hotter and the lack of rain is beginning to tell on the Central Highlands.

I am pleased to say the Emerald Office has been busy in the last few months with many people calling in to access information and discuss their respite needs. I encourage you all to call in or phone to obtain information on all aspects of caring and support.

It is encouraging to note that services in Emerald for people with a disability, their family and Carers are increasing with the announcement of the successful funding application by Friends of Emerald Rural and Remote Communities Inc to Disability Services to provide permanent accommodation for people with a disability.

This project is fully supported by the Central Highlands Regional Council who have provided the land for the building which hopefully will be completed by mid 2010.

Congratulations to Sue Coad and the committee of the Friends of Emerald Rural and Remote Communities Inc for their dedication and hard work in getting this project off the ground.

On a personal note, I recently took a weeks leave and went on a caravan holiday to the Longreach and Winton area. I caught up with Judy from the Longreach Office who is just a wealth of knowledge about the area.

What a wonderful experience. We camped on the banks of the Darr river just west of Longreach for a few days and then went on to Winton where we visited the Dinosaur Trail and the Matilda Centre. Was so impressed and thoroughly recommend the area for a holiday with a difference.

Well that's it from me – take care and please feel free to contact me at the Emerald Office if you need any assistance or information.  
Regards Dianne

## JUDY'S NEWS FROM LONGREACH...



Wow, what an eventful month outback with 40 visiting Carers, clients, volunteers from the Independent Assisted Accommodation group from Inverell NSW who called into Longreach on their way to Burketown. This was organised by Community Events Co-ordinator Gayle Burketown from the Longreach Regional Council.

My family are the organizers of the Yellowbelly Fishing competition held annually which had a record number of 750 entries this year and lots of fantastic prizes to offer.

I am currently on the planning board for Carers Week so look out for more details. Disability Action Week was held in September and local business identities spent a day in the life of a person with a disability followed by a Trivia Night at the Youth Club.

I was thrilled to host Dianne (from our Emerald Office) and we enjoyed the re-enactment of the Model T Ford journey: Longreach to Darwin which created quite a stir with excitement and laughter as photos were taken of the pioneering travelers outside my office.

WIN a new HP Laptop for students with a disability, go to [www.ndco.stepscs.net.au](http://www.ndco.stepscs.net.au)

**Pleased to be of service to you, Cheers for now. Judy D.**



**ACCESS POINT Freecall™ 1800 600 300**



**What is Access Point?** Access Point is a one phone call information and referral project that enables people to access a range of services to assist them to live independently in their own homes.

Eligible clients are those who are frail, aged or have disabilities and live within the boundaries of Yeppoon (North), the Gemfields (West), Blackbutt (South) and most towns in between!

Generally initial phone calls are from those who are struggling with harder domestic chores at home, and maybe finding it difficult with transport as they no longer drive. However, the services available cover a whole range of needs including: installation of grab rails; personal care; meals; respite (in-home or day centre); nursing care and much more.

The assessment process is by a phone interview. An On-Going Needs Identification (ONI) form is completed and takes around 40 minutes. A copy of this document is then given directly to the service provider who contacts the client directly. You receive a copy too, which means you do not have to repeat the information again.

The many community care organisations provide the services within your own home under funding from the Home and Community Care (HaCC) package which is government funded.

Access Point staff members are available on 1800 600 300 from 8.30 - 4.30 Monday to Friday. We are on the phone a lot so **PLEASE LEAVE A MESSAGE** and we will call you back as soon as possible. No enquiry is too trivial! We have a wealth of knowledge and information at our fingertips and are here to help you with any enquiry you may have.

**Access Point: 1800 600 300**

**CAREBUS ACTIVITIES**



The Carebus has been putting in some miles of late. In addition to Rockhampton area events, the carebus has visited Longreach, Winton, Isisford, Blackall, Tambo, Moranbah, Nebo and some remote properties around the mining areas as well.

The hospitality and welcome shown by the farmers in this area was quite overwhelming and we brought information to people who don't normally get those sorts of visits.

The girls from Remote Area Families, whom I accompanied on one of their trips were fantastic and we made a good trip of it all round.

What next for the Carebus? Well, anything can happen but probably some indoor or coastal events to see us through the year now that summers presence is being felt already.

If you would like the Carebus at your event, just call us here at Commonwealth Carelink & Respite and we will arrange a booking.

Until next time,  
Martin.



# I HAVE NOTICED

Thank you Judy for this submission

*Everything is farther away than it used to be. It is even twice as far to the corner and they have added a hill.*

*I have given up running for a bus; it leaves earlier.*

*It seems to me they are making steps steeper than in the old days.*

*And have you noticed the smaller print they use in the newspaper?*

*There is no sense in asking anyone to read aloud anymore, as everybody speaks in such a low voice I can hardly hear them.*

*And the dress sizes don't run the way they used to. The 12s and 14s are so much smaller.*

*Even people are changing. They are so much younger than they use to be when I was their age.*

*On the other hand, people my own age are much older than I am. I ran in to an old classmate the other day and she has aged so much that she didn't recognize me.*

*I got to thinking about the poor dear while I was combing my hair this morning and in doing so I glanced at my own reflection.*

*Really now, they don't even make good mirrors as they used to do.*

## Community Reference Forums Schedule

Rockhampton  
November

Gladstone  
February 2010

Biloela  
May 2010

Rockhampton  
August 2010

OUT  
&  
ABOUT



## CARERS QLD CELEBRATION

Rockhampton Regional Library  
"Fitzroy Room"  
230 Bolsover St.  
South Rockhampton

TUESDAY 20th OCT  
10.30am — 1.00pm

Information,  
Entertainment, Prizes &  
Refreshments

RSVP: Carolyn/Judy  
4921 4486

## CARERS WEEK CELEBRATION

### Pancake Party



Monday 19 October 2009

Commonwealth Respite

10.00am — 12.00pm

Come and celebrate Carers Week with us.

RSVP 4926 6377 Thursday 15 October.

## CARERS CHRISTMAS PARTY

### Morning Tea

Tuesday 1st December 2009

Commonwealth Respite

57A Alexandra Street, North Rocky

10.00am — 12.00 pm

RSVP 4926 6377 Tuesday 24th November

## SENSATIONAL CENT SALE

See attached flyer

COMMONWEALTH RESPITE  
&  
CARELINK CENTRE



ABN 36 01 121 574

**ROCKHAMPTON OFFICE**  
PO Box 9609  
Park Avenue 4701.  
57A Alexandra Street  
North Rockhampton,  
49 266 377

**EMERALD OFFICE**  
PO Box 1697  
Emerald Q 4720  
49 820 200

**LONGREACH OFFICE**  
PO Box 1  
Longreach Q 4730  
46 580 204

Freecall <sup>TM</sup> 1800 059 059  
Charges apply from Mobiles

**CHECK OUT OUR WEBSITE**  
[www.suncare.org.au](http://www.suncare.org.au)

We always love to hear from carers in the community, so your feedback, comments stories or any other contributions are always welcomed.

Also, if you would prefer to receive our newsletter via email, please let us know and we can email future editions.

Please contact Joanne on :  
4926 6377  
or email  
[Joanne.E@crcsc.com.au](mailto:Joanne.E@crcsc.com.au)

## GROUP ACTIVITIES

**TUESDAYS**  
9am - 12noon

### MENS GROUP



**WEDNESDAYS**  
10am - 1pm

### DISABILITY SUPPORT GROUP



**FRIDAYS**  
9am - 12noon

### GROOVY GRAN'S GROUP

