

Carebus

Mobile Information Unit
Locations – **October**
(weather permitting)

Brisbane North

Tue 2	Mitchelton Library
Thu 4	Redcliffe Library
Sun 7	Connections Inc Motor car/cycle rally
Wed 10	Deception Bay Library
Thu 11	Caboolture Hospital
Fri 12	Centro Albany Creek
Tue 16	Lawnton Carers Carnival
Wed 17	Peninsula Fair
Thu 18	Zillmere Library
Fri 19	Bribie Island Library
Mon 22	Redcliffe Hospital
Thu 25	Morayfield Shopping Centre
Fri 26	Caboolture Library
Wed 31	North Lakes Retirement Resort

Sunshine Coast

Mon 1	Maroochy Library
Tue 9	Noosa Hospital
Wed 10	Caloundra Hospital
Thu 11	Nambour General Hospital
Fri 12	Child & Youth Mental Health - Bardon
Mon 15	Berwah Library
Tue 16	Nambour Plaza
Wed 17	"The Next Step" Nambour TAFE
Thu 18	Currimundi Market Place
Fri 19	Civic Centre Noosa
Tue 23	Gympie Library
Wed 24	Chancellor Park Market Place
Thu 25	Cooloolun Library

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

Carers Week 2007

Carers Week this year will be held from 14 to 20 October. The Commonwealth Respite and Carelink Centre in Caboolture are holding two events to celebrate and thank carers for their tireless work at being a carer.

Both days will be free to all carers

Morning Tea - Tuesday, October 16th from 9.30 to 12 pm at Bethany Carers Retreat in Wamuran. The day will be enjoyed with a Tai Chi demonstration, a very relaxing head and shoulder massage and many lucky door prizes to win. A delicious homemade morning tea will be provided in the peaceful country surround of Wamuran's lovely green pastures.

Mystery Bus Tour – on Thursday, October 18 from 8.30 am to 3 pm.



For carers who are new to our service we are inviting you to enjoy a bus tour to . (Wouldn't be a mystery if we told you now would it) carers will enjoy a delicious morning tea and lunch supplied by local restaurants and cafes throughout the tour. Entertainment along the way will be both educational and entertaining, but again it is going to be left to mystery.....

Both days are free to carers with respite and transport available if required.

Numbers need to be finalised by October 10, so please ring 1800 059 059 to book your place.

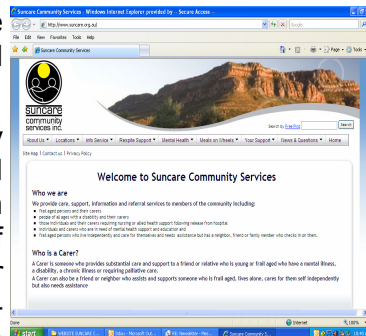
Suncare Community Services Inc NEW WEB SITE Officially Launched

Suncare's WEBSITE has undergone an upgrade and complete transformation in order to provide up to date and relevant information about all of the programs, services and centres across both regions of Brisbane North and Central Queensland.

Carers, community members and service providers can find out about all of the programs under the auspice of Suncare. The site provides easy to understand explanations about what we do and how we do it. It also gives relevant contact details and has maps to locate each of the

services and centres under Suncare's auspice.

Suncare Committee member Rick Stinton officially launched the Website at the Suncare Community Services Inc. AGM on the 19th September 2007. Inform your networks of the site or send it to a friend. There will be improvements for a while as I's are dotted and T's are crossed. So, put it in your Favourites and keep informed through news and events which will be continually updated with up and coming events, Carebus locations, newsletters, research topics and interesting reading. www.suncare.org.au



Noosa Picnic Races—Melbourne Cup Carnival

An invitation is extended to all carers who are interested in joining us for a day of fun at the Noosa Picnic Races on Melbourne Cup Day Tuesday the 6th of November from 10.30am to 5pm. The event will be held in the grounds of the House with No Steps at Doonan. Places limited to 40 carers.

The 40 Guests will receive free admission, food and drinks whilst enjoying an action packed day that features a telecast onto a giant screen, so hurry because it will be "first in best dressed".

Other events and attractions include:

- Celebrity Camel races.

- Live music and live radio broadcasts.
- Bucking Bull rides and other great fun.
- Market stalls.
- Betting, gaming and lotteries.

Great fashion and food and fully licensed.

Carers who are interested please call Erwin Oswald at Maroochydore CRCC before the 19th of October on 1800 059 059.

If the 40 carers need respite for that day please organise it with the Commonwealth Respite and Carelink Centre before the above date.

The Rights & Responsibilities of Carers

Carers' Rights

You have the right to:

- Be treated as an individual with respect, dignity and without prejudice
- Be heard and listened to
- Privacy and confidentiality
- Be informed in order to make appropriate choices about your care options
- Take part in and be consulted on decisions about service delivery
- Express concerns or to complain and have it dealt with quickly and fairly without loss of service or retribution
- Your own values, attitudes and lifestyle choices
- Receive a quality service
- An advocate
- An interpreter should you need one
- Be informed of any possible limitations of the service
- Access information recorded by an agency regarding yourself

You have the responsibility to:

- Treat staff and volunteers with respect, dignity and without prejudice
- Speak up if there is a problem with your care delivery
- Ensure there is a safe environment for staff or volunteers to work in.

Complaints Process

If you are concerned about, or not happy with the service you are receiving we recommend the following process:

- Speak directly to the support worker or the agency involved (supervisor or owner)

If you are concerned about, or not happy with the service provided by the Commonwealth Respite & Carelink Centre:

- Speak to the Commonwealth Respite & Carelink (CRCC) worker concerned on 1800 059 059 or,
- Speak to the Manager of CRCC or,
- Speak to the auspice body—Suncare Community Services inc. or,
- Speak to the Senior NRCP Project Officer at the Department of Health & Ageing on 3360 2890 or,
- Speak to the Queensland Aged & Disability Advocacy Inc on 1800 818 338 or 3637 6000

It is your right to ask a family member, friend or an advocate to speak or act on your behalf

Contact Details

Commonwealth Respite & Carelink Centre
Freecall™ 1800 059 059 *

Maroochydore:

85-91 Sugar Road
Maroochydore
Phone (07) 5443 9703
Fax: (07) 5443 7016
Email: info@crcc.com.au

P O Box 5122
Maroochydore BC 4558

Caboolture:

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

P O Box 1627
Caboolture 4510

* Except for mobiles

Advance Health Directive

An Advance Health Directive is a formal way of giving instructions for your future health care. It comes into effect ONLY if you are unable to make your own decisions.

Why should I make an Advance Health Directive?

When someone is seriously ill, unconscious or incapable of communicating their health care wishes, critical decisions may need to be made. It is wise to make your wishes known in case you are in this situation.

When should I make one?

The best time to make an Advance Health Directive is now, before any urgent matters arise. However, it is particularly important to make an Advance Health Directive when:

- You are about to be admitted to hospital
- Your medical condition is likely to affect your ability to make decisions, or
- You have a chronic medical condition that could result in serious complications such as diabetes, asthma or a heart or renal condition.

Can anyone make an Advance Health Directive?

Yes, as long as you are over 18 and have the capacity to make an Advance Health Directive. This means that you:

- Understand the nature and consequences of your health care decisions
- Understand the nature and effect of the Advance Health Directive
- Freely and voluntarily make these decisions, and
- Communicate decisions in some way.

How does the Advance Health Directive work?

Fill out the Advance Health Directive form stating what type of medical treatment you want or do not want. This may be a general statement of your wishes, or it can give specific instructions about certain medical conditions or types of treatments. It can also instruct about specific life sustaining measures, if any, that you would want or not want.

Medical staff will refer to your Advance Health Directive if you become so ill that you can no longer make decisions for yourself.

What kind of things should I put in the Advance Health Directive?

You can express your wishes in a general way. For example, you can state

- A particular treatment you do not want. Special medical conditions that your doctor or other medical staff should know about (such as diabetes or allergy to certain medications), and
- Religious, spiritual or cultural beliefs that could affect your treatment (such as a blood transfusion)

If I have an Advance Health Directive, do I need to have an attorney for personal matters?

There are advantages to having both an Advance Health Directive and an attorney for personal matters. If you become so ill that your Advance Health Directive is in force but doesn't cover all the health conditions you suffer, then your attorney can make decisions on your behalf and in your best interests.

What happens if I do NOT have an Advance Health Directive and I become so ill that I cannot make decisions or speak for myself.

Without an Advance Health Directive, you have no legal way of making your wishes known about when to withdraw or withhold life sustaining treatment. If you have appointed a personal attorney under an Enduring Power of Attorney he/she can make medical decisions on your behalf.

For further information please contact the office of the Adult Guardian on 1300 653 187

The Advance Health Directive form can be downloaded from www.justice.qld.gov.au

All information provided in this article was sourced from www.justice.qld.gov.au

Caboolture Carers Group Luncheon

Place: Caboolture Sports Club, Station Road, Morayfield.

When: Tuesday 23rd October.

Time: Arrive at 11.30, to relax and enjoy the company before lunch is served at 12.00 midday.

Meal choices:

Main Meal: Roast beef; Battered fish; Beef rissoles; or Chicken Schnitzel (all with options of chips/salad/vegies)

Dessert: Pavlova with fruit & cream, or caramel cheese cake.

drinks your responsibility please.



RSVP to Carers Queensland
5451 1882, BY FRIDAY
19TH OCTOBER please with your meal choice this will enable us to pre-order the meals, and we should be served soon after we are seated.

COST: luncheon free to Carers to celebrate Carers week, Sunday 14 to Saturday 20 October

If you need to book respite to enable you to attend this activity during Carers Week, please contact the Commonwealth Respite & Carelink Centre on 1800 059 059.

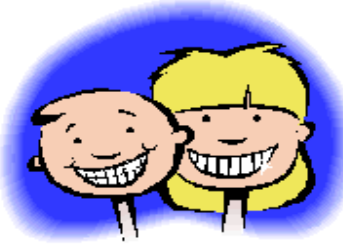
Young Carers Project

The focus of this program is to achieve better outcomes for Young Carers at risk of leaving education prematurely and/or not completing their secondary education or vocational equivalent because of their caring responsibilities.

The assistance provided is with a degree of flexibility and based on the needs of the young carer.

Type's of assistance that can be provided include:

- Basic housework/domestic support including



cooking and cleaning.

- Support with training an education for example:
 - one on one tutoring.
 - Providing the young carer with a break from their caring role.
 - Exciting activities and outings with other young carers.
 - Advocacy and counselling.
 - Referral to other services

For more information on the Young Carers Project contact: **1800 059 059** or look at the new Young Carers Webpage at www.suncare.org.au

JAMARA Cleaning Services

Jamara Cleaning Services is a business owned and operated by carers who also employ carers and has been in operation for over 8 years

We the owners Janell and Robyn pride ourselves on providing a top service to our clients.

JAMARA is a domestic cleaning service with both regular and casual clients and we specialize in spring cleans at reasonable rates, Servicing from Cooroy through to Mooloolaba and the Sunshine Coast Hinterland.

So if you are Interested in pampering yourself with a home clean or for that special occasion or have just a spring clean, give as a call on 54760721.

As our domestic cleaning business grows we are looking for workers.

- Public Holidays not worked.
- School Holidays can be negotiated.
- Jobs can be worked between school hours.

Interested persons please phone 5476 0721 in office hours, leave your name, phone number and a brief message. We will return your call as soon as possible.



Carebus News

NAIDOC week during August was very successful with many people taking the carer indigenous bags. Both Brisbane North and Sunshine Coast buses attended events, resulting in a total of 291 people accessing information.

Who was on Channel 7 News after the Positive Ageing Expo, hosted by Diversicare, at Maroochy Baptist Community Centre on 17 August 2007? Mind you, you had to be quick to notice Jan Tiltman from Commonwealth Respite and Carelink



Centre giving a one liner about "people being aware of services that they could tap into".

During Seniors week our Sunshine Coast bus was invited to the special

morning tea for seniors at Kawana Shopping Centre. John and Jo were exceptionally busy with 94 people making enquiries and taking information away with them. Many people were not aware of our service and thought the Carebus was a great concept.

A special thanks to Gayle for helping out (particularly with giving out our showbags) at the Seniors Expo hosted by Bracken Ridge Baptist Church on 8 September.

We attended the HACC Indigenous gathering at Gympie Conference Centre and service providers were impressed with the set up. Enquiries were made for us to go to similar conferences at the Gold Coast and South Brisbane area. Our manager was heard agreeing what a great idea it would be to venture forth!