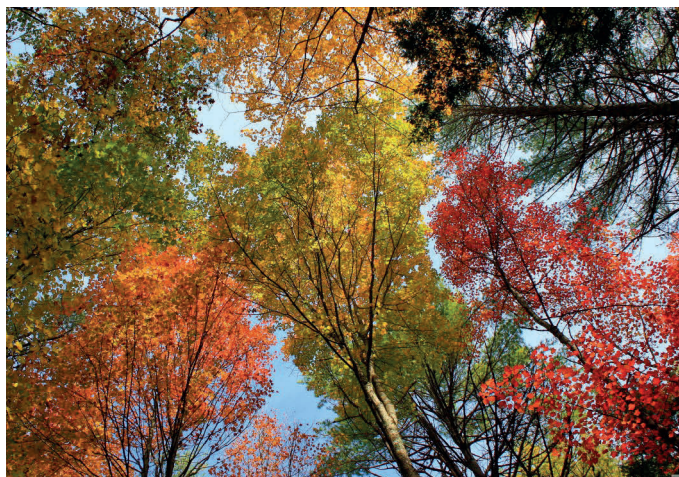


## Autumn Newsletter



We haven't quite had the start to the new year that we had all hoped for. However we are learning to live with the new 'Covid normal' and despite the challenges we are resuming many of our face to face groups and workshops in the coming weeks. We will also hopefully be holding lots more activities in 2022 so watch this space!

### Our Facebook page

Be the first to hear about news, activities and events for carers across the Barwon South West region of Victoria. This page is another way to keep you updated about our carer support group meetings, in person peer support, carer education, training sessions and other events of interest being held in the community. Search for **Barwon Health Carer Support & Carer Gateway Events** on Facebook and like our page to stay up to date with all the latest news from our service.

### Covid impacting in-home care services

*Are you receiving services in the home through Barwon Health Carer Support?*

Over recent months Covid-19 has significantly impacted the delivery of in-home services to carers and the person they care for. Our Service sub-contracts to agencies to supply in-home services but these agencies have been affected by staffing shortages due to staff illness or needing to isolate. The flow on effect is resulting in changes or cancellations for respite and domestic assistance, often at very short notice.

We ask for your understanding and patience with this situation as the effects of covid-19 are likely to be with us for some time. We ask that you be flexible with time/date adjustments and open to changes to your regular worker. For respite shifts where the person you care for has a preference for a particular worker, we may need to cancel if no suitable replacement worker is available. For other services, some changes to your regular worker and time are likely to occur. If this isn't acceptable the shift will be cancelled rather than re-scheduled to when your regular worker is available.

### Meeting Face to Face

If you would like to speak to a team member please contact our office on **4215 7600** during business hours to make an appointment first.

### Post or Email

If you are receiving this newsletter by post and would prefer delivery by email, please get in touch by emailing your details to **[carersupport@barwonhealth.org.au](mailto:carersupport@barwonhealth.org.au)** This will help to reduce printing and postage costs.

## Needing emergency respite? Call 1800 422 737

This number operates 24 hours a day, 7 days a week. Please do not call the landline number after hours as it is not attended.

Emergency respite may be required where the carer needs to take a break urgently due to stress or illness, or when the carer is admitted to hospital at short notice. It may be due to a family emergency or death in the immediate family.

If not already registered with Carer Gateway, an emergency registration and home risk assessment will be conducted with the carer or carer's representative. In-home respite may then be put in place overnight or for a few hours as required. There is no cost to carers to access emergency respite through Carer Gateway.

Staff will always endeavour to provide emergency respite in times of need, but this service does depend on the availability of workers.

## South West Roadshow

Throughout May we are hosting a series of Expos across the Southwest region to highlight services that are available to carers and those being cared for, within those areas. There will also be guest speakers at each event.

Hamilton: Tuesday, May 3

Warrnambool: Tuesday, May 10

Camperdown: Friday, May 13

Mortlake: Thursday, May 19

Portland: Tuesday, May 24

Venues are currently being confirmed and will be promoted across the region throughout April. We will also post details of these events on our Facebook page.

## Dementia Education for Carers



*Do you care for someone with dementia? Are you interested in learning about practical strategies to help your loved one?*

This is a three part program presented by Carers Victoria. Each 3 hour workshop will provide information and practical strategies to assist carers in their caring role. Each workshop builds on the content of the previous session. To make the most of the program, we ask that carers attend each of the three sessions. These will be held on **May 9, 16 and 23** from 10am to 1pm at Newcomb Community Health Centre. Lunch will be provided.

Session 1: Understanding dementia

Session 2: Build communication techniques and strategies for managing behaviours

Session 3: Explore how to care for yourself and problem solve

Respite is available for the person you care for and we can assist with transport if this is needed. To register for this series call us on **4215 7600**. Places are limited!

## Support for Young Carers

Do you know a young person who provides ongoing care and support to a family member who is elderly, has a disability or mental illness? Our young carer program provides support to people under 25 years of age. Young carers participate in outings such as horse riding, camps and creative activities. Last year our young carers went on a day outing to the snow and there is a camp planned for this year. Carer Gateway can also assist young carers with practical support to help them stay in school or train to improve career prospects. Call us on **4215 7600** to refer a young carer.

# Caring for Carers Program

The Leopold Community and Learning Centre invites carers to their free upcoming events for carers.

## April 13: Music and Self Care

*Music can affect your mood, energy levels and physical health. Gain tools to choose music that makes you feel good and meets your needs.*

## April 27: Lunch with guest speaker

## May 11: The Art of being Assertive

*How often have you found yourself saying 'yes' to something you weren't keen on or helping someone when you didn't have the time nor the energy? Do you find it difficult to refuse a request or unsure how to say what you really think?*

## May 25: Lunch with guest speaker

## June 8: Managing future worry

*Do you lie awake at night thinking about all the what-ifs in your caring role? This workshop explores the worry cycle and provides practical strategies to break it.*

## June 29: Lunch with guest speaker

Venue: Leopold Community & Learning Centre, 31-39 Kensington Rd Leopold

Bookings are essential. All activities are free of charge and made possible by the State Government's 'Supporting Carers Locally' Grants Program. Phone **5250 1301** to register.

## Technology Help

If you are needing help with your computer, mobile or to access online forms, help is available by appointment Monday to Thursday. Call **5250 1301** for an appointment with Tristan.

# Peaceful Parents & Carers Geelong

*Peaceful Parents & Carers is a mindfulness and positive psychology based program to increase resilience in parents and carers presented by Chatterbox Counselling.*

Peaceful Parents & Carers is a 4 week strength-based parenting workshop that is engaging, practical and supportive for parents. Parents learn strategies to lessen stress, connect with others and enjoy their parenting role more.

Outcomes of the program:

- decrease stress
- learn to manage children's feelings and worries
- learn mindfulness strategies and the importance of self care

Peaceful Parents is a 4 week program for parents and carers. Sessions are for approx. 1.5 hours each week. The Program will commence in Geelong on April 27 and carers can also register their interest for sessions in Colac, Camperdown and Warrnambool.

To register your interest contact Julie on **0410 626 611** or [julie@chatterboxcounselling.com](mailto:julie@chatterboxcounselling.com)

# Care Space

Care Space is a peer support group for those caring for a younger person who experiences mental illness. The group looks at issues the carers would like to explore as well as focusing on self care, education and supporting the person they care for.

The group is facilitated by Barwon Health Carer Support and Headspace.

When: Second Wednesday of the month

Time: 6pm to 8pm

Venue: Headspace, 105 Yarra St Geelong



## My Aged Care services are now available face-to-face

**Older Australians now have more ways to find out about My Aged Care services.**

An Aged Care Specialist Officer is now available at the Geelong Service Centre to help explain services available to elderly Australians. This face to face service will support older Australians and their representatives to access and navigate My Aged Care.

An Aged Care Specialist Officer can help you by:

- providing in-depth information on the different types of aged care services
- checking if you're eligible for government-funded services
- providing financial information about aged care services
- helping you appoint a representative for My Aged Care.

An appointment with an Aged Care Specialist Officer can be made by calling Services Australia Aged Care Line on **1800 227 475** or by visiting any Services Australia centre. This is a free service.



## Carer Support Groups

*Our carer support groups in the Barwon region are coming back! For more information about any of our groups call us on 4215 7600.*

### **Bellarine Carer Support Group**

Meets monthly on a Wednesday facilitated by *Jodi*.

### **Eastern Carer Support Group**

Meets monthly on a Monday facilitated by *Kristy*.

### **Northern Carer Support Group**

Meets monthly on a Thursday facilitated by *Danielle*.

### **Men's Carer Support Group**

Meets monthly for activities and outings facilitated by *Emily*.

### **Barwon South Carer Support Group**

Meets monthly on a Tuesday facilitated by *Laura*.

### **Walking Group**

Meets fortnightly on a Thursday at 10am at various locations in the Geelong region facilitated by *Mel*.

### **Colac Carer Support Group**

*(pictured left enjoying their Christmas get together)* Meets monthly at various venues in Colac facilitated by *Cheryl*.

## Our Team

**Co-ordinator** Jennifer Polley **Customer Service** Susan; Tina  
**Our Team** Cheryl, Danielle, Deb, Donna, Elizabeth, Emily, Gail,  
 Jodi, Kristy, Linda, Laura, Mel, Robyn

**carergateway.gov.au**  
**1800 422 737**