



An Australian Government Initiative

FamilyCare Carer Support News

Winter Edition, 2023

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Our Team

Manager: Katie **Team Leaders:** Jason, Kylie

Team members: Angie, Amy, Deb, Debra, Emma, Jill, Kelson, Kerry, Molly, Sonia

If you have any questions about this newsletter, please get in touch via

carerssupport@familycare.net.au or **03 5823 7081**

Welcome!

Carer Support Newsletter

Hi everyone,

Welcome to our winter newsletter. While the days may be shorter and the nights longer, many things are special about winter - like foggy mornings, fluffy blankets, cold air, hot chocolate and steaming bowls of soup. Winter has a lot to offer if only we take the time to look for it.

Many animals hibernate over winter, and while as humans we don't go into full hibernation, many people do enter their own form of hibernation as the weather gets cold. This can be good for our emotional wellbeing – who doesn't love to snuggle in front of a warm heater or under a blanket and indulge in comforting hot foods and drinks? With the days being shorter it's a good chance to get to bed a bit earlier and benefit from a little more rest.

While it may be tempting to hibernate inside it's important for our health and wellbeing to stay active. Even bears and squirrels who like to sleep away the worst of winter still go out on mild winter days to stretch their legs and have something to eat! Just because the weather is colder doesn't take away our need for fresh air, sunlight and socializing.

Our **carer morning teas** have been well attended and we thank those carers who came along and shared their thoughts with us. This has been valuable in helping to plan how we can support you. We hope to continue to meet with you over morning tea – keep an eye out for future dates.

Our **carers book club** has commenced and we are excited to have the opportunity to come together through a shared love of reading. Thank you to our valued volunteer Maree & GV Hospice for providing the venue.

Carers walking group – we are planning on establishing a walking group for carers across many of the towns within our region. If you are interested please submit an expression of interest to mstephens@familycare.net.au

Until next time,

Jason Watts- Team Leader Carer Support



Angie Spiewak
Carer Support
Coordinator



Amy Gilhome
Carer Support
Coordinator

Our Team



Deb Qemal
Carer Support
Coordinator



Debra Russell
Carer Support
Coordinator



Emma Turner
Carer Support
Coordinator



Jason Watts
Carer Support
Team Leader



Jill Smith
IPPS facilitator



Katie Millen
Manager



Kelson Barber
Carer Support
Coordinator



Kerry Foyster
Carer Support
Coordinator



Kylie Alletsee
Carer Support
Team Leader



Molly Stephens
Young Carer
Coordinator



Sonia Makar
Carer Support
Coordinator

STAFF PROFILE:

Jason Watts

Carer Support Team Leader

Hi everyone,
I'm Jason, one of the Team Leaders of Carer Support Services at Familycare. I joined the Carer Support team a little over three years ago after twenty years of working in Local Government across the Aged & Disability and Community Development sectors. I am a Registered Nurse by profession and spent 10 years working in our local health service in Shepparton way back in the last century



My role here is to oversee the following:

- Community engagement / marketing
- Young Carers
- In Person Peer Support program
- Carer Coaching
- Carer Counselling
- Commonwealth Home Support Program
- Service agreements with providers

I am privileged to work with a great bunch of staff who are all committed to supporting carers and passionate about the sector. It's very rewarding to be able to support a carer to get a break from the caring role, learn a skill or gain some knowledge that will support them in their caring role. I am married with two adult children and outside of work you will see me at home on the farm, sowing a crop, cutting, raking and baling hay and raising lambs. You may also find me at the local fire shed where I have been a member of my fire brigade for 15 years and Captain for the last 5 years. If I have any spare time you may find me out for a ride on my bike, hiking in the nearby hills or reading a good book.

Jason

Excerpt from The Caring Way:

Are you getting the rest you need?

Being a carer can be fulfilling, but it can also be physically and emotionally tiring. It's more like a marathon than a race, and one of the most valuable things you can do is to get enough rest and sleep. Here are some tips for getting the rest you need.

1) Make sleep a priority

It can be easy to prioritise your loved one's needs over your own, but getting enough sleep is essential for your own health and wellbeing. Promise yourself you'll try to get enough sleep, then choose a sensible bedtime, and try to stick to it.

2) Create a relaxing bedtime routine

Establishing a relaxing bedtime routine can help signal to your body that it's time to wind down and get ready for sleep. This can include things like taking a warm bath or reading a book.

3) Make your sleep environment comfortable

Your sleep environment plays a big role in the quality of your sleep. Ensure your bedroom is quiet, cool and dark, and your mattress and pillows are comfortable and supportive.

4) Minimise caffeine and alcohol

Both caffeine and alcohol can interfere with your ability to fall asleep and stay asleep. Avoid consuming these substances in the evening and limit your intake during the day.



Are you getting the rest you need? continued ...

5) Try herbal teas before bed

Many herbal teas have relaxing properties, and brewing a cup or pot of tea can become a lovely part of an evening routine. Some of the most available herbal teas that will also help you wind down are chamomile, lavender and lemon balm. You might even have these herbs growing in your garden!

6) Avoid screens before sleep

Experts recommend avoiding screens for at least 30 minutes before bedtime. This is because the blue light emitted by electronic devices can suppress melatonin, a hormone that helps regulate sleep. Screens can also stimulate our brains, making it hard to relax and wind down.

7) Take mini breaks

It's important to take breaks – even just mini ones – during the day to recharge and care for yourself. Taking a short walk, practicing yoga or stretching, or listening to music are all great ways to give yourself a mini break.

8) Nap!

In some cultures, an afternoon nap is an essential part of daily life. Try making it an essential part of yours – even just five minutes of napping can help to recharge your batteries.



Carer Adjustment Payment

The most any family can get is up to \$10,000 for each child for one catastrophic event

A one off payment to assist families following a catastrophic event where a child younger than 7 is diagnosed with a severe disability or severe medical condition.

Who can get it

To get this payment you must provide full time care for a child younger than 7 and meet other rules.

A doctor must diagnose the child with a severe medical condition or severe disability following a catastrophic event.

You must also meet the following rules:

- you must get Carer Allowance for the child
- you must have a very strong need for financial help
- the child must need this care for at least 2 months
- you and your partner can't be getting Carer Payment or be able to get another income support payment from us.

Read more [questions and answers](#) on the Department of Social Services website.

Catastrophic events

Catastrophic events are things like:

- a childhood stroke
- diagnosis of a severe medical condition, such as childhood cancer.
- car accident
- fall
- fire
- poisoning
- near drowning
- other type of accident

Visit [Services Australia](#) centre for more information

Carer Gateway – In Person Peer Support

What is In Person Peer Support?

In Person Peer Support is the opportunity to learn from peers through the sharing of lived experience. For carers, sharing of knowledge and the support of a peer who 'has been there' can offer reduced levels of worry, tension and distress.

Studies have shown the benefits of peer support to include gaining skills, increasing self-knowledge, sharing positive experiences and forging connections with others.

What is an In Person Peer Support Group?

The In Person Peer Support Group is a FREE facilitated peer support group for carers enabling connection with other carers. The group allows for personal connections and sharing of personal stories and experiences amongst carers.

Over 4 – 6 weeks the group will cover the following four topics:

- Connection
- Finding Community
- Making Meaning of Now
- Finding Purpose

All sessions are flexible and tailored to different groups of carers.

Importantly In Person Peer Support is suitable for ALL carers, including young carers.

I'm interested – what do I do now?

Great! For more information or to register your interest please contact Jill Smith the In Person Peer Support worker at Familycare. Jill can be contacted on **5823 7034**.

Care Giver Tip

“Being part of a carers’ group can provide a great source of support and information.”

In Person Peer Support

Why you may want to join a support Group

Joining an in-person peer support (IPPS) group, aka a carers' group, can be an invaluable experience for those providing care to others. Not only can it provide a much-needed sense of community and camaraderie, but it can be a great source of support, advice, and encouragement. Caring for a loved one often leaves carers feeling isolated, stressed, and overwhelmed. Joining an IPPS group can provide a supportive network of people who understand and empathize with the demands of caregiving.

IPPS groups can be tailored to suit the needs of those who join them. This may look like:

- A safe space for carers to share their thoughts and feelings, reducing feelings of isolation and loneliness.
- help to manage ongoing anxieties of having to organise all of life's events and appointments and the changes in relationships due to ongoing health conditions or disability.
- A group of other Carers interested in how "I am".
- Exchange tips on how to manage specific situations, offer advice on navigating the healthcare system and share resources.
- Provide a supportive environment where carers can prioritize self-care, learn coping strategies, and recharge their batteries.
- Can serve as a collective voice for carers, advocating for policies and programs that support carers' needs and rights.

Why you may want to join a support Group continued...

Other people may not always ask how the carer is coping, adding to the sense of isolation. IPPS groups offer a safe space for carers to openly discuss their experiences and connect with others who get it. carers can talk about the changes in their lives and the gradual shift of responsibilities to them without fear of judgment or the group members discussing their situation with others outside the group.

There are many reasons to join an IPPS group. To find the right IPPS group for you, please contact Carer Gateway at **1800 422 737** or speak directly to Jill, FamilyCare's In Person Peer Support worker, at **5823 7034**.

Benella Carers Group



Our Current In Person Peer support groups

Meetings are held fortnightly

Benalla - Wednesday Mornings 10 am to 12 noon

Cobram - Tuesday Morning 10 am to 12 noon

Wallan - Friday Mornings 10.30 am to 12.30 pm

Online - Wednesday evening at 7.00 pm to 9.00 pm

Shepparton - Wednesday Afternoon 1.00 pm to 3.00 pm

Shepparton - Friday Morning 10.00 am to 12 noon

Seymour - meet every three weeks Tuesdays 12.00 noon to 2.00 pm

If none of the above locations are convenient please contact Jill to start an IPPS carers group in your area.

Some of the comments from our carers:

"Able to discuss the highs and lows of being a Carer to Autistic Kids"

"I met some very nice people who have become friends"

"I enjoy being part of the group"

"Relaxed, at ease, listening about others."

"I really enjoy talking about my role as it does feel like I'm off loading"

"It helps me understand I am not the only one and others have a really hard job"

"Meeting other people who understand how I feel."

"I met some very nice people who have become friends"

Self care in winter

8 self care tips

It may be cold outside, but winter doesn't have to be sad or unhealthy. There are many ways to ensure that you can keep yourself healthy and happy, no matter the weather.

1. Prioritise a good night's sleep

Getting enough sleep is vital for boosting your immunity, energy levels and mental health. If you struggle to sleep well try switching off screens and doing something relaxing before bed. And by the way, a short afternoon nap can work wonders.

2. Stay hydrated

Cold weather is drying, and we're more likely to drink tea and coffee. It's easy to become dehydrated in winter so drink your water. Your body needs it to stay healthy, and your skin will thank you as well. Aim for 6 glasses of water a day. If you want a hot drink try a herbal tea.

3. Create something.

There are many things you can make yourself that will give you a sense of achievement: a painting, a windowsill herb garden, something knitted or a photo album of happy memories. If you're not already artistic or crafty, adult colouring books and YouTube tutorials are a good place to start. Your local neighbourhood house or library might even offer workshops so you can learn something new.

4. Take a bubble bath.

When did you last soak in the tub while reading a book or listening to music? Add some Epsom salt or bubbles and let yourself unwind and relax.

8 self care tips continued...

5. Switch off

Turn off your TV and phone, wrap yourself in a blanket, and spend 10 or 15 minutes unwinding and simply being present in the moment. This is a great way to reset your brain.

6. Declutter your home

Decluttering is a wonderful form of self-care. Most people have clothes and other items that they don't like or use anymore. Start small, one cupboard at a time. Go through and keep only things that you love or use regularly. Give the rest away. You will feel much lighter in spirit when you're not surrounded by clutter.

7. Start a gratitude journal

Get in the habit of noting down a few things that you are grateful for each day. Simple things like warm blankets, good heating, or a nice view out your window can be taken for granted, but are actually quite wonderful if we take the time to notice and appreciate them.

8. Go outside

Really! Yes, it's cold, but don't let that deter you. Wrap up warmly and go anyway. Nature, sunlight and fresh air will help you relax and rejuvenate, keep your vitamin D levels up, your bones strong, and ward off the winter blues. If it's raining take an umbrella and enjoy the patter of the raindrops.



Written by Jason Watts
Team Leader Carer Support

Recipe

Beef stew



Ingredients:

- 2 celery sticks, thickly sliced
- 1 onion, chopped
- 2 really big carrots, chunkily sliced
- 5 bay leaves
- 2 thyme sprigs, 1 whole & 1 leaves picked
- 1 tbsp vegetable oil
- 1 tbsp butter
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes, crumbled
- 850g stewing beef (featherblade or brisket works nicely), cut into nice large chunks

Method:

1. Heat oven to 160C/140C fan/gas 3 and put the kettle on.
2. Put 2 thickly sliced celery sticks, 1 chopped onion, 2 chunkily sliced carrots, 5 bay leaves and 1 whole thyme sprig in a flameproof casserole dish with 1 tbsp vegetable oil and 1 tbsp butter.
3. Soften for 10 mins, then stir in 2 tbsp plain flour until it doesn't look dusty anymore, followed by 2 tbsp tomato purée, 2 tbsp Worcestershire sauce and 2 crumbled beef stock cubes.
4. Gradually stir in 600ml hot water, then tip in 850g stewing beef and bring to a gentle simmer.
5. Cover and put in the oven for 2hrs 30 mins, then uncover and cook for 30mins – 1hr more until the meat is really tender and the sauce is thickened.
6. Garnish with the picked leaves of the remaining thyme sprig.

<https://www.recipetineats.com/lemonade-scones/>

Win a grocery voucher!

The Caring Way competition

Juggling caring and everyday life is stressful enough – but add the rising cost of living to the mix and it gets a whole lot harder.

To take some of the burden off of you, we are giving away **10 x \$50 grocery gift cards** that can be used at your preferred store.

Email Merri Health at **cgmarketing@merrihealth.org.au** with 'food-o-me' in the subject line for your chance to win 1 of the 10 grocery cards. *Competition closes 30 June 2023.*

Eligibility criteria includes:

- 1.You have to be a carer in Victoria
- 2.You have to be registered with Carer Gateway or have requested a call-back.

Winners will be chosen at random.



Financial

Pension Card Discounts

A friendly reminder to you all, especially with the rising cost of living the pension card has many great discounts.

You may have already received this information if you are registered with Carer Gateway, but who has time to read all that paperwork!

On top of the thousands of discounts in the directory, all cardholders can access:

- 5% discount on WISH Gift Cards to be used to pay for everyday expenses like groceries and household items at participating Woolworths Supermarkets, BIG W, Caltex Woolworths and EG branded fuel sites and more.
- 5% discount if you buy JB Hi-Fi, Myer, Priceline and many more e-Gift Cards online
- An exclusive hardware gift card offer with a 5% discount on gift cards to Australian local hardware stores
- 5% discount on your supermarket shopping at IGA supermarkets when you purchase IGA gift cards to spend in-store.

An additional 5% off groceries on top of the rewards program could make a big difference over the year.

<https://www.seniorsonline.vic.gov.au/seniors-card/apply-card>

<https://www.carercard.vic.gov.au/>



Discovery

Wellways program

Find out more about this program by contacting Hannah from Wellways
0403 082 912

Discovery

Mental health peer learning



Wellways Discovery is a transformative peer learning program for anyone with a lived experience of mental health challenges, or supporters of people who do, seeking the best life possible for themselves and their families.

This five-session program provides a welcoming space and invites participants into discussions and activities to explore personal wellbeing, strengthen relationships and understand what is within and outside of their control.

You are invited to register your interest for the program:

Time/ dates:	6:00PM - 8:30PM Wednesdays May 24th 31st June 7th 14th 21st
Location:	Info Session 6PM - 7PM May 17th Online via Zoom
Contact:	Hannah - hzinnack@wellways.org 0403 082 912
Program type:	Carers of people with mental health challenges
Cost:	Free

Wellways supports people to participate and welcome discussions on how to address your needs.

wellways

wellways.org | 1300 111 400



Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia and is committed to inclusive communities.

Upcoming carer events

Carer Morning Teas

Puckapunyal

Date: Thursday 1st June

Time: 10.30am- 11.30am

Venue: Puckapunyal Primary School- Alamein Rd, Puckapunyal

Murchison

Date: Thursday 15th June

Time: 10.30am- 11.30am

Venue: Murchison Bakery & Tearoom - 39 Stevenson St, Murchison

St James

Date: Thursday 22nd June

Time: 10.30am- 11.30am

Venue: St James Hotel - 21 Devenish Rd, St James

Kinglake

Date: Friday 14th July

Time: 11.00am - 12.00pm

Venue: Kinglake Library, 19 Whittlesea-Kinglake Rd, Kinglake

Financial counselling info session

Date: Wednesday 28th June

Time: 2.00 - 3.30pm

Venue: FamilyCare office,
19 Welsford st, Shepparton

Registration: bit.ly/3HVUCKj

New Carer Walking Group

Date: TBC

Venue: Shepparton Lake

For more information or to sign up, please contact: Molly 0477 741 926 or mstephens@familycare.net.au.



Carer Gateway Information Sessions

Carer Support Team Leader, Jason Watts is hosting a Carer Gateway information session across the Hume Region.

You will hear about:

- counselling – in person, online or over the phone
- respite care – emergency and planned respite
- financial support packages
- meeting other carers
- online skills courses

All sessions are open to the public, carers and service providers who would like to learn more about the services offered by Carer Gateway.

There is no need to RSVP, Just turn up.

We do not currently have any Information session scheduled.

If your group would like to host an information session with Jason please contact Jason on **0429 963 164**.



Horses for Hope

A Young Carer program run by FamilyCare and Horses for Hope. We hope to replicate this each school holidays. If you know a young carer who is interested please get in touch.



Young Carers Support Program

A peer support program for young people with caring hearts.

Over 4 x 2.5 hour sessions, come to Horses for Hope and learn how to work with horses who need a little extra care, whilst connecting and sharing with other young people in caring roles on a 25 acre farm in Mooroopna North. Funded places available.



DATES: JUN 27TH, 29TH,
JUL 4TH & 6TH
TIME: 9:30AM - 12:00PM



FOR MORE INFO & TO REGISTER
CONTACT MOLLY STEPHENS
0477 741 926
MSTEPHENS@FAMILYCARE.NET.AU

WWW.HORSESFORHOPE.ORG.AU

Carer Morning Teas

Have your say

We are hosting morning teas to learn; What is important to you? What would you like to do more of? You will also have time to ask us any questions. The best part is we will shout you a coffee!

Puckapunyal

Date: Thursday 1st June

Time: 10.30am- 11.30am

Venue: Puckapunyal Primary School. Alamein Rd, Puckapunyal

Murchison

Date: Thursday 15th June

Time: 10.30am- 11.30am

Venue: Murchison Bakery & Tearoom. 39 Stevenson St, Murchison

St James

Date: Thursday 20th June

Time: 10.30am- 11.30am

Venue: St James Hotel. 21 Devenish Rd, St James

Kinglake

Date: Friday 14th July

Time: 11.00am - 12.00pm

Venue: Kinglake Library, 19 Whittlesea-Kinglake Rd, Kinglake



Want us to come to your area?
let us know **0477 741 926**

There is no need to register, just turn up!

Financial counselling info session

with **Levi Boschetti**

During this session, Levi will provide practical advice and support to help you navigate the complex world of finances as a carer. You'll learn about budgeting, and how to access financial assistance programs that can help ease the burden of caregiving.

Date: Wednesday 28th June

Time: 2.00 - 3.30pm

Venue: FamilyCare office,
19 Welsford st, Shepparton

Registration: bit.ly/3HVUCKj



Carer Book Club

2 spots left!

FamilyCare's book club is currently being held at GV hospice in Shepparton every 3rd Wednesday of the month.

We have 2 spots remaining in this group. If you are interested in joining please contact Jill on **5823 7034**.



JOIN OUR CARER BOOK CLUB!

3rd Wednesday each month at GV Hospice,
102 Balaclava Road Shepparton.
Starts at 10am

Caring can be rewarding but tough. It's
important to take time for yourself.



NEW Carer Walking Group

Submit your Expression of interest now!

Are you a carer looking for a fun and healthy way to unwind and socialize with other like-minded individuals?

Join our Carer Walking Group!

Our group will meet somewhere local to Shepparton for a leisurely walk around the area. It's an excellent opportunity to meet other carers and share stories while getting some fresh air and exercise.

We welcome carers of all ages and abilities. Whether you're a seasoned walker or just getting started, our group is a safe and supportive environment to take care of your physical and mental health.

It's completely free to join! Just bring yourself and comfortable walking shoes.

For more information or to sign up,
please contact:

Molly 0477 741 926 or
mstephens@familycare.net.au.

please include your name and contact
number and or email.



Pathways for carers



CARERS

Pathways for Carers

MURRINDINDI

Offering carers of people with disability, mental illness or elderly people a chance to attend free walking events in Victoria together, and to learn more about news, services and supports available to them.

Free morning tea and guest speaker following each monthly walk!

WHEN:

**Last Friday of the month:
2023**

24 February	25 August
31 March	29 September
28 April	27 October
26 May	24 November
30 June	15 December
28 July	

Meet at 9.45am for a 10am start

WHERE:

Meet at the rotunda at
Rotary Park, Alexandra



Wheelchair accessible
Toilets and car parking available

ENQUIRIES?

For questions about this walk contact Lead Carer, Anthea on 0418 402 455.

FIND A WALK NEAR YOU!

To find a Pathways for Carers walk near you:
or learn more about this statewide project:
visit the website:

www.pathwaysforcarers.com.au



FOODWORKS



Government

Sudoku

					9	4	3	2
4			3	1		6		
	5	7	4				8	
7		3		9			4	
	6		8		1		2	
	2			4		9		1
	3				7	5	9	
		1		8	2			3
6	7	9	5					

How to play

The rules for sudoku are simple. A 9×9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically. To challenge you more, there are 3×3 squares marked out in the grid, and each of these squares can't have any repeat numbers either.

Caring for a veteran

A Carer Gateway article

Carers of veterans face a range of different stresses and pressures. That's because veterans and their situations vary widely. Veterans can be any age or gender, with complex health issues. They often struggle to adjust to their changed lifestyles.

If you care for a veteran, you can use the same supports and resources as other carers. You'll also find specific services and resources that cater for carers of veterans.

Access Services and Support

Carer Gateway provides a range of free [services and support](#) for carers. By calling 1800 422 737 Monday to Friday between 8am and 5pm and selecting option 1, you can speak with your local Carer Gateway service provider. They will talk you through the registration process and start the planning process. This process helps our staff learn more about you and your caring role so they can match services to your individual needs.

Getting information and support

Support is important, both for you and for the person in your care. Fortunately, there are many organisations and services that help veterans and those who care for them:

- The Department of Veterans' Affairs ([DVA](#)) has a [Veterans' Home Care](#) program for veterans with low care needs. Carers can get help too, with a range of [respite care](#) options.



Caring for a veteran continued...

- The [Partners of Veterans Association of Australia](#)([link is external](#)) offers support for carers who are also the partners of veterans. The voluntary network focuses on families and future generations.
- [Open Arms](#), the [DVA](#) and [Soldier On](#)([link is external](#)) have links to mental health counselling, advice and support, for veterans and their families.
- The Department of Social Services provides support for carers and some veterans can get [National Disability Insurance Scheme](#) funding.
- Older veterans and their carers can access useful contacts, programs, services and organisations through the [MyAgedCare](#) website.

Your rights as the carer of a veteran

The DVA acknowledges and responds to carers' specific needs and issues, in keeping with the [Carer Recognition Act 2010](#). To improve carer support, the DVA and Carers Victoria put together a [training.package](#) for provider staff and management.

It's important to remember that you have the same legal rights as any other carer, both when you [receive services](#) and [at work](#). You:

- have the right to be treated with respect
- have the right to your privacy and confidentiality
- can ask for flexible working arrangement because you are a carer
- can't be discriminated against at work you because you are a carer
- have the right to take leave to care for family or household members



Hospital to home program

Home and Community Care Program for Younger People (HACC PYP)

Following discharge from hospital many people require support services for a short period while they complete their recovery. FamilyCare's HACC PYP- Hospital to Home program is able to arrange short term services following discharge from hospital for people who are aged under 65 and have a disability.

Services provided under this program include:

- Domestic Assistance
- Personal care
- Flexible respite.

To obtain assistance through this program, referrals can be made directly to FamilyCare.

For more information, contact Carer Support Services on **58 237081**.

This program is funded by the Victorian State Government Department of Health and Human Services.



Commonwealth Home Support Program (CHSP)

The Commonwealth Home Support Program is an entry-level home support program for older people who need some help to stay at home. The program aims to help people live as independently as possible in their homes and communities. This program also supports carers by providing planned respite services for CHSP recipients. This allows carers to take a break from their caring duties.

Eligibility for the program is based on support needs and age. A person may be eligible for CHSP services if they are:

- Aged 65 years or over (or 50 year or older if Aboriginal or Torres Strait Islander, and
- In need of low – level assistance to live independently.

FamilyCare's Commonwealth Home Support Program is able to provide the following services:

- Domestic Assistance
- Personal Care
- Centre Based Respite
- Flexible Respite.

Referrals are made through My Aged Care (MAC).

Support provided is subsidised by the Government, with a small personal contribution from the recipient of service.

For more information, contact Carer Support Services on **58 237081**. This program is funded by the Australian Government Department of Health.



Successful Secondary Years

Association for children with a disability event



Association for
Children with a
Disability

Successful Secondary Years for your child with disability.

If you have a child with disability in Year 7 and above then don't miss this FREE online workshop, [Successful Secondary Years!](#)

Join our friends at the Association for Children with a Disability (ACD) for the opportunity to build your skills and confidence to help your child get the support they need at school.

All workshops are led by professional facilitators who are parents of young people with disability and who have personal experience of navigating the secondary years.

Topics include:

- >> Reasonable adjustments at secondary school
- >> Social connections and wellbeing
- >> Communication with school
- >> Supporting your child to self-advocate

Workshop dates:

Tuesday 13 June 10:00 am

Wednesday 14 June 10:00 am

Thursday 15 June 7:00 pm

Monday 19 June 7:00 pm

Places are limited for this FREE workshop

[Register now to secure your place](#)

bit.ly/SSYjune23

Contact us:

educate@acd.org.au

03 9880 7000 or 1800 654 013

Carer Story

Young Carer horses for hope

FamilyCare and Horses for Hope have teamed up to provide a unique opportunity for young carers in their community. The program, which is held at Horses for Hope, provides young carers with the chance to work with horses in a peer group setting.

The young carers program is held during the school holidays, and the participants are given the opportunity to experience equine therapy. Equine therapy has been shown to have a positive impact on individuals with a range of mental health conditions, including anxiety, depression, and trauma.

The young carers program is designed to provide a supportive and safe environment for young carers to learn and grow. Participants are encouraged to develop their horsemanship skills and build relationships with their peers. Through working with horses, the young carers learn important life skills such as communication, trust, and responsibility.



Young Carer horses for hope continued...

FamilyCare hopes to replicate this program every school holiday, providing young carers with a consistent and ongoing opportunity to experience the benefits of equine therapy. The program is open to young carers aged 8 to 18 years old, who are caring for a family member with a chronic illness, disability, mental health condition or drug and alcohol dependency.

FamilyCare and Horses for Hope have created a valuable resource for young carers in their community. Through the program, young carers are given the opportunity to build relationships, develop skills, and experience the healing power of horses.



Resources

Find more support and services to aid you in your caring journey.

The Caring Way

A Magazine created by Merri Health. It features carers stories, Carer gateway Services, competitions and resources for ALL carers.

You can read the last edition by visiting: [The Caring Way The Caring Way. Summer 2023 Edition \(joomag.com\)](https://www.joomag.com)

The Caring Way will be released quarterly, If you would like to be notified of future editions, email cgmarketing@merrihealth.org.au

The Carer's Collective

Brought to you by Wellways and GV Health Family and Carer Peer Services Programs.

If you would like to subscribe, email rsmith2@wellways.org

The Care Mosaic Podcast

Will explore the challenges that unpaid carers face on a daily basis.

Listen on [Spotify](https://open.spotify.com/) and [Apple Podcasts](https://applepodcasts.com/).

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FamilyCare regularly posts resources and upcoming events on social media. Follow our pages to stay up to date.



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We welcome your feedback on the newsletter – please tell us what you would like to see included. Feedback can be sent to **carerssupport@familycare.net.au**



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