

# Carers Newsletter

*Pole Depot Carers Support Service is funded by the Department of Ageing, Disability and Home Care and the Commonwealth Department of Health and Ageing. The service is auspiced by Pole Depot Community Centre.*



## Dear Carers,

Welcome to the last edition for the year of our Carers Newsletter. Where has the year gone?



*From left: Will Osmo, Ray Burgess, Kim Buhagiar*

The Rotary Club of St George Central recently held its Christmas in July luncheon at the Oatley RSL Club. On the agenda was the presentation of a

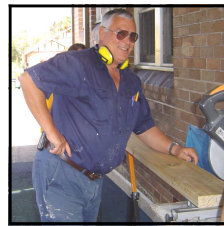
Pride of Workmanship award to Ray Burgess, the new Marketing Manager of Pole Depot. This award acknowledges Ray's past work for the club but more importantly his efforts in community service, especially in respect of Pole Depot.

On Friday, 18th September, we held an information stall at Hurstville Westfield to acknowledge Dementia Awareness Month. The aim of the event was to raise the local community awareness of what dementia is, what causes dementia and ways of preventing it. The event was very successful. It supported our theory of how little the general public know about dementia.

On the 14th of October, we will be holding a Carers Picnic to celebrate Carers Week. The picnic will be held at Pole Depot Park from 12-2pm and will be open to all Carers residing in St George area. Booking is essential so please RSVP by contacting the Carers Support Team no later than 9th October.

I am pleased to announce that Pole Depot will be providing a new service to assist our Clients and community groups

with building maintenance and small fix it type jobs. These tasks such as changing of light globes, service and installation of smoke detectors, door and window problems including cleaning, tap washes, fuses, yard clean ups, small lawn mowing, limited garden maintenance, painting, fence repairs, low level gutter cleaning and stove cleaning have appeared as an unserved gap in the Carers Planning last year. We will take on these jobs, nothing is too small! A permanent tradesperson will be employed by Pole Depot to head up the team who will perform the work to fill this need. The aim will be to provide a service to low or fixed income people at a reduced and competitive rate. Our Handyman service will commence operation in early October and bookings can be made by ringing Ray on 9580 0688.



*Above: George heading our Handyman service.*

I would like to acknowledge the funds that Pole Depot Carers Support Service received from the Department of Health NSW for Depression Counselling, St George Masonic Club for Carers Transport and Alzheimer's Australia NSW for Dementia Awareness Week activity. Thank you to all the Funding Bodies for enabling us to offer much needed services to the local community.

As this is the last edition for this year, I wish you a happy festive season and a Merry Christmas.

**Regards,**  
**Amal**

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This year as part of our evaluation process, we appreciate your taking the time to fill in the enclosed questionnaire and we invite you to write a "testimonial" about the care and support you have received from our Team, you are welcome to include that on a separate sheet of paper. We rely on your feedback to continually improve our service.

*Life is not about waiting for the storms to pass...it's about learning how to dance in the rain.*

# carers' diary

## Former Carers' Support Group

*1st Friday of the month*

**10.30am—12.30pm, Pole Depot Group Room**

- |              |  |
|--------------|--|
| 2nd October  | Free session: Scenarios & Ethical Dilemmas                         |
| 6th November | Narelle Tasker<br>Clinical Nurse Specialist,<br>St George Hospital |
| 4th December | Christmas Lunch  |

## Carers of People with Special Needs Support Group

*2nd Wednesday of the month*

**10.30am—12.30pm, Pole Depot Group Room**

- |              |   |
|--------------|---|
| 14th October | Carers Week Activity:<br>Holiday Harum Scarum<br>- Let's do a holiday |
| 11 November  | Stress Management   |
| 4th December | Christmas Lunch   |

## Carers of people with Dementia Support Group (Day)

*3rd Wednesday of the month*

**10.30am—12.30pm, Pole Depot Group Room**

- |               |  |
|---------------|--|
| 21st October  | Challenging Behaviours of People with Dementia |
| 18th November | Open session:<br>Resilience                    |
| 4th December  | Christmas Lunch                                |

## Carers of people with Dementia Support Group (Night)

*1st Thursday of the month*

**7.00—9.00pm, Pole Depot Group Room**

- |              |   |
|--------------|---|
| 1st October  | Challenging Behaviours of people with Dementia<br>Alzheimer's Australia |
| 5th November | Communication with People with Dementia                                 |
| 3rd December | Christmas Dinner  |

## Carers of people with Mental Health Issues Support Group

*4th Friday of the month*

**10.30am—12.30pm, Pole Depot Group Room**

- |               |  |
|---------------|--|
| 23rd October  | Moira McGuire<br>SESIAHS/COPMI                       |
| 27th November | Free session: group discussion—<br>planning for 2010 |
| 4th December  | Christmas Lunch                                      |

## Carers Outings

*1st Tuesday of the Month*

**Meet at Pole Depot 10.30 am**

**Transport provided**

- |              |  |
|--------------|--|
| 6th October  | St George Amateur Fisherman's Club<br>(no bus available, meet at club) |
| 3rd November | Hazelhurst Art Gallery, Gynea  |

*Booking essential by calling  
Carers Support Team on 9580 0688*

## Carers Telephone Support Service

The purpose of this program is to provide Carers living in St George area with an opportunity for social contact, encouragement, friendship and support.

The service is provided by trained Volunteers who will contact Carers at a convenient time that is chosen by them.

*If you are interested in having  
regular chats with our friendly Volunteers  
contact the Carers Support Team on 9580 0688*



# What's On @ PD

## CARERS EXERCISE CLASS

Running weekly for Carers residing in the St George area.  
Fridays, 11:45am—12:30pm  
Cost \$3.00  
Venue Pole Depot Hall  
Information/Registration: 9580 0688

## ST GEORGE MENS GROUP

Tuesdays, 11.30am - 1.30pm  
Offers friendship & support with a variety of entertainment & outings. For more information on any of the above Pole Depot services contact 9580 0688.

## GET TOGETHER GROUP

Mon 10.30am - 12.30pm school terms  
Pole Depot Hall, 23 St Georges Rd  
Penshurst  
For young adults with a disability living in St. George, aged over 16 yrs. This program aims to reduce social isolation, enhance self-confidence & broaden options for leisure time. Includes outings, skills & activities for members. Cost to participants \$35 per school term.

## SENIORS FRIENDSHIP GROUP

Pole Depot Hall, 23 St Georges Rd  
Penshurst  
Offers seniors a variety of in-house entertainment and outings meets Wed 10.30 am - 1.00pm

For more information on any of the above Pole Depot services contact 9580 0688

## GENTLE EXERCISE CLASSES

Tuesdays, 12:30-1:30pm  
Fridays, 10:30—11:30am & 11:45am—12:30pm

Open to all ages and is aimed at the health and well-being of participants and focuses on exercise needs. Facilitated by qualified instructors—Kate de Mayo and Cheryl Stewart. Cost \$4.00 per class

## CHINESE ENGLISH LESSONS

Pole Depot Hall, 23 St Georges Rd  
Penshurst  
Our Chinese Community Program hosts Chinese English lessons Thursdays, 10am - 12.30pm

基礎英語課程

時間：每星期四上午10時至中午12:30。

地址：POLE DEPOT 社区中心  
ST. GEORGES ROAD, PENSHURST, 2222

費用：\$2

联系电话：02-9580 0688

## CHINESE FRAIL ELDERLY DAY CARE

Centre-based activities are held at PD on Saturdays for CANTONESE- speaking Chinese and Sundays for MANDARIN-

speaking Chinese, 10.00am—2.00pm. Cost \$3.50 (includes morning tea & lunch). Transport provided upon request. Enquiries: Yan 9580 0688

## VACATION CARE

6th to 16th October

ENROL from 7.30am on 14th September. Ages 5 to 12 years old (children must be attending school)

Pole Depot's school holiday program is jam-packed with fun activities & events including games, cooking, art and craft, drama and music. We also provide excursions to venues such as the movies, swimming, tenpin bowling, animal parks, museums, etc. Every school holiday period on days specified - 7am to 6pm daily. Subsidy available through childcare benefit.

Application forms now available.

## YOUTH HOLIDAY PROGRAM

7th—9th & 14th—16th of October

For all young people aged 11-15 years

YouthZone runs a holiday program that involves a variety of art and craft workshops, recreational activities and excursions. Staff provide quality care at a minimal cost per day, and the program also qualifies for the Child Care Benefit (CCB) from Family Assistance Office. Enrol now till 25th of September.



You are invited to "Community Day" event on Sunday, 8th November at the Centre, 10:00am to 2:00pm.

It will be a BIG BBQ with a range of kids' entertainments ranging from the popular Jumping Castle to face painting and a Petting Farm. We're hoping to have about 10 activities across the front and rear of the building as thank you to our community for their support. More info to come!

Please come along and help celebrate.

 Pole Depot Carers Support Service

Invites you to  
**Carers  
Christmas Luncheon**

**Date:** Friday, 4th December 2009  
**Time:** 12.30—2.30 pm  
**Venue:** Pole Depot Hall  
23 St Georges Road,  
Penshurst  
**Cost:** \$10.00

### **Note:**

Please advise of any special dietary requirements. To attend, please ring the Carers Support Team by Monday, 30th November on (02) 9580 0688.



PLEASE BRING A SMALL GIFT TO THE VALUE OF \$5.00

## **DADHC Allocation of Places in Supported Accommodation Policy and Procedures Released**

The Department of Ageing, Disability and Home Care (DADHC) has recently released the Allocation of Places in Supported Accommodation—Policy and Procedures.

To view the Policy go to:

<http://www.dadhc.nsw.gov.au/NR/rdonlyres/C21BABCF-6001-400F-9D38-E4042FAD6281/4650/APSAsweb.pdf>

Effective from 1 August 2009, this Policy supersedes the Placement of Clients in Group Homes Policy and provides a revised state-wide framework for managing requests and vacancies in DADHC operated and funded accommodation support services.

For further information:

Kieren Purnell, NDS NSW State Project Coordinator

Email: [kieren.purnell@nds.org.au](mailto:kieren.purnell@nds.org.au)

Phone: (02) 9256 3106

### **Changes to the definition of income**

The definition of income, for the purpose of assessing your eligibility for some payments, has been changed by Centrelink since 1st July 2009.

Carer payment and some other payments will be affected by these changes. Carer Allowance will not be affected as it is not means tested.

From 1st July 2009, assessable income for Centrelink purposes will also include:

- Reportable Superannuation Contributions, such as what you voluntarily contribute or salary sacrifice to a super fund, and
- Net losses from rental property and financial investment income.

For more information about the changes, call 13 28 50 or visit [www.centrelink.gov.au](http://www.centrelink.gov.au)

*Taken from August 2009 issue of News for Carers Newsletter.*

## **Carers Alliance Party**

Disability is a fact of life and should be embraced as part of our human diversity. People with disability deserve to have services and support that enable them to participate to the fullest extent possible in the social, cultural and economic life of Australia and to have the same expectations that are taken for granted by our fellow citizens without disability.

The realities that affect carer-families and people with disability do not follow 3 or 4 year elections cycles. They are with us every day.

Carers Alliance is now calling for memberships to register state and territory political parties. Carers Alliance wants to contest state elections and local government elections.

**They need your help to make this happen.**

To obtain a registration form, please contact the Carers Support Team on 9580 0688.

## **healthy at home**

Healthy at Home is a program designed to support persons aged 65 years and older in their home. It enables you to have access to health care and community services when your health is declining.

The service is provided before you get to the stage of requiring a hospital presentation.

Depending upon your circumstances, the Healthy at Home team can provide:

- Clinical services such as medical, nursing, physiotherapy and occupational therapy to manage your health needs at home;
- Fast access to blood tests and x-rays, and/or
- Community services (ComPacks) such as housework, transport, heating of prepared meals and personal care (depending on your specific needs).

The Healthy at Home team is involved for up to six weeks. During that time, referrals will be made to other service providers as required, e.g. Home Care, Meals on Wheels, etc.

For further information, contact Healthy at Home on 1300 427 603.

# ST GEORGE CARERS AND CONSUMERS FORUM

Pole Depot held the 5th session of the St George Carers and Consumers Forum on the 18th of August. Two guest speakers, Kate Tye and Judy Foorde from the Sutherland Shire Disability Accommodation Action group presented on issues around disability accommodation.

Issues raised from the presentation:

1. Lack of planning and services available to families seeking accommodation for a person with a disability;
2. Transitioning to supported accommodation is not available;
3. Accommodation services are only available if Carers are at crisis point—families with a child with mild or moderate disability without significant challenging behaviours cannot even go on a list to be offered accommodation;
4. There isn't a forum that is funded for carers of people with disability in the St George region (our forum is currently unfunded);
5. Where accommodation places have been offered, the offers are inappropriate for their child with a disability, e.g.
  - Over 50 km away from family;
  - Other members in the accommodation offered were unsuitable to meet the needs of

- the person with a disability, e.g. non-verbal housed with verbal;
- Priority is given to people with disability who will become homeless once their current accommodation is no longer available.
6. No consultation with any disability groups as part of the State Plan when a community consultation was held in the Shire;
  7. Strong opinion from the Forum that Councils should be supportive of the need of people with disability to assist in the accommodation models;
  8. Basic human right that people with disability should have the safety net that when their primary carers are no longer able to care for the person with disability, there is a system in place;
  9. It is very difficult to find Respite services of high quality. This is mainly due to the turnover of staff, rostering of agency staff, staff not knowing what is happening with the client and their individual needs;
  10. Inequality of service provision and service delivery to people with disability, mostly due to the lack of knowledge and awareness, e.g. information dissemination of services, language barriers which leads to breakdown of the

- community awareness;
11. Increase in ageing population has not been addressed from all 3 levels of government. There is a strong focus on ageing population and projection planning, however, no planning for people with disability and their families.

## Strategies/Recommendation

- ⇒ Registry of need for people with disability seeking accommodation
- ⇒ Power in numbers in advocacy group
- ⇒ Tiered level of care, e.g. same model as nursing home/aged care facility care service
- ⇒ Political pressures need to be ongoing such as the Carers Alliance group that continues to pressure government
- ⇒ For local councils to introduce a special levy to meet the needs of residents of the Local Government area who have a disability, perhaps to provide care to people housed in accommodation which should still be provided through State and Federal Government funds.
- ⇒ Increase publicity to the issues that are being faced by people with disability.

*Raine Kornfeld  
Community Service Programs Manager*

## Short-term Carer Payment

Carers of children who require care for periods of three months or more can now be paid Carer Payment on a short-term basis.

## Useful Numbers

Carers & Disability Services	13 27 17
Social Work Services	13 17 94
Financial Information Service	13 23 00
The Aged Care Rights Service	9281 3600
Free Legal Advice Association	1800 794 884
The Aged Care Complaints Investigation Scheme	1800 550 552

## St George Migrant Information Day 2009

### 'Connecting with your community'

**Date:** Wed, 28th October 2009

**Time:** 10am to 1pm

**Venue:** Rockdale Town Hall  
corner Princes Highway & Bryant Street, Rockdale

**Cost:** \$30 for community/gov't agencies  
\$50 for-profit agencies (GST incl)

Enquiries/Further info contact 9597 5455

## HOLIDAY CAMPS OFFER RESPITE

*This article appeared in May 2009 edition of Sportshorts*

Young people with an intellectual disability will be able to enjoy much needed breaks at holiday camps organised at the eleven NSW Sport and Recreation Centres around NSW.

The Respite Camps for Teens with a Disability Program is a joint initiative of the Department of Ageing, Disability and Home Care (DADHC) and NSW Sport and Recreation.

The camps will be delivered through NSW Sport and Recreation's Centres at Berry, Borambola, Broken Bay, Jindabyne, Lake Ainsworth, Lake Burrendong, Lake Keepit, Milson Island, Myuna Bay,

Point Wolstoncroft and the Sydney Academy of Sport and Recreation at Narrabeen in Sydney's north.

Camps will run for either two or five days and give welcome short term breaks to families and other unpaid carers of young people aged 12 to 18 with an intellectual disability.

Participants will experience rich, new recreational and educational experiences while their families get a rest from their daily care responsibilities. Siblings will also get the opportunity to take part and there will be workshops to discuss issues and challenges and share experiences with their peers.

The camps will have two streams, one for those with a mild to moderate intellectual disability and another for those with a moderate to severe intellectual disability. Activities and accommodation will be tailored to each stream and offer the opportunity to increase social independence in a low-risk environment. Appropriate support workers will be on hand to ensure individual needs are attended to.

To find out more about these special camps, contact Simon Cleverley on 9006 3771.

## National Disability Co-ordination Officer Program

The National Disability Co-ordination Officer program (NDCO) is an Australian Government initiative that works to address the barriers that people with a disability face in gaining access to, and successfully completing post-school education and training.

The aim of this program is to facilitate the co-ordination and delivery of transition services for people with a disability moving from school or the community into university, vocational education and training.

The goals of the program are to:

- Improve transitions for people with a disability from their school or community into post-school education,

training or employment;

- Increase participation by people with a disability in higher education, vocational education and training and employment; and
- Establish better links between schools, universities, TAFEs, training providers and disability service providers so that they can work together to provide the best possible assistance for people with a disability.

The NDCOs can provide:

- Information, co-ordination and referral activities for people with a disability;
- Assistance in understanding the transition to post-secondary education and training, and to employment;

- Links with appropriate services to assist you plan for and make a successful entry into further study, employment and support;
- Advice to people with disabilities, local education providers and employers about rights and responsibilities, existing services and programs; and ways to improve access for people with disabilities.

NDCO contact details:

St George and Sutherland  
NDCO: Reshad Heckbarally  
Phone: 8878 0500  
Email: [ndco@med.usyd.edu.au](mailto:ndco@med.usyd.edu.au)  
Website: [www.deewr.edu.au/ndco](http://www.deewr.edu.au/ndco)

# Life lessons

To celebrate growing older, Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio, wrote the 45 lessons life taught her. Here are some of the lessons she learned:

- \* Life isn't fair, but it's still good.
- \* No one is in charge of your happiness but you.
- \* When in doubt, just take the next small step.
- \* Life is too short to waste time hating anyone.
- \* Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
- \* You don't have to win every argument. Agree to disagree.
- \* Cry with someone. It's more healing than crying alone.
- \* It's OK to get angry with God. He can take it.
- \* Make peace with your past so it won't screw up the present.
- \* It's OK to let your children see you cry.
- \* Don't compare your life to others. You have no idea what their journey is all about.
- \* If a relationship has to be a secret, you shouldn't be in it.
- \* Take a deep breath. It calms the mind.
- \* Get rid of anything that isn't useful, beautiful or joyful.
- \* Whatever doesn't kill you really does make you stronger.
- \* When it comes to going after what you love in life, don't take no for an answer.
- \* Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
- \* Be eccentric now. Don't wait for old age to wear purple.
- \* The most important sex organ is the brain.
- \* What other people think of you is none of your business.
- \* Time heals almost everything. Give time time.
- \* Believe in miracles.
- \* Growing old beats the alternative — dying young.
- \* Get outside everyday. Miracles are waiting everywhere.
- \* The best is yet to come.
- \* No matter how you feel, get up, dress up and show up.
- \* Life isn't tied with a bow, but it's still a gift.

# A Carers Story

By Neovy Nappa

I am a carer for my beautiful 12 year old daughter Gabby, who is intellectually and physically disabled. As a single mum with three other children, life is very difficult a lot of the time. Trying to get enough respite and time out as a carer is a challenge and for many years I have pushed down my feelings and not dealt with them. But they don't go away and eventually life catches up with you. For the last couple of years, things have been overwhelming and I realised that I had become very depressed in the caring role.

When the opportunity came for me to access the "Carer's Depression Project", I met with Rose, in the Carer Support Team. It was the best

thing I have ever done.

It made me face my fears and confront myself, to look at life very differently. Going for visits over a longer period when I needed it, was so much more helpful than the usual 6 visits. It gave me the time to change my mindsets and learn new ways of looking at things. I learned what my strengths and weaknesses were and worked on them. I was always praised and encouraged for what I was doing, something that as a carer doesn't happen very often. I learned how to protect myself in the future from depression. After one year, I still feel good. I am writing this to encourage other carers to take up the opportunity to learn new things. Life can be different.

## Pole Depot Counselling Service

Do you care for a family member with disability, dementia, mental health issues or problems of frail age?

Do you feel that you would benefit from having one-to-one emotional support from one of the members of Carers Support Team?

Are you interested in learning coping strategies and being linked to other on-going support services?

If you do, our service is free of charge and it is just a matter of calling the Carers Support Team for an appointment on 9580 0688.

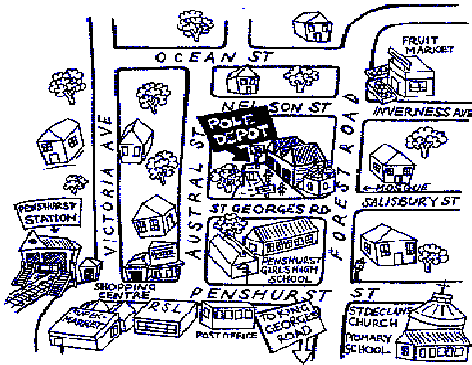
## Pole Depot Community Centre

23 St. Georges Road,  
Penshurst 2222  
(PO Box 152, Penshurst 2222)

Phone: (02) 9580 0688

Fax: (02) 9580 4487

Website: [www.poledepot.org](http://www.poledepot.org)



*Pole Depot Carers Support Service* is committed to providing quality programs and support to meet the needs of Carers in the St. George and Sutherland areas.

The service provides information, referral, counseling, advocacy and support for carers of persons with a disability, dementing illness, or problems of frail age.

Free Carers' Support Counseling Service is available to carers of a person with dementia, frail aged and young people with disabilities. One hour appointments for up to six visits can be arranged. Respite care available.

Pole Depot Carers' Support Service is a Home and Community Care Project funded by the Department of Ageing, Disability & Home Care and was developed in response to community need as identified by Pole Depot Community Centre.

**pole depot**  
Community Centre  
Supporting you in our community



You are invited  
to the

### 31st Annual General Meeting

Tuesday, 27th October 2009

at 10:00 a.m.

Pole Depot Hall

23 St Georges Road, Penshurst

Nominations from financial members for the Board are to be in writing and received at the Pole Depot by Monday, 19th October

To assist with catering, please RSVP by  
**Friday, 20th October 2009**

Email: [judy@poledepot.org](mailto:judy@poledepot.org) or Phone 9580 0688

## BIG THANK YOU

TO OUR GENEROUS DONORS

**Alison Simpson  
Bernice Curtis  
Bill White  
Bronwyn Fallon  
Doreen Roger  
Dorothy Brandley  
Joanne Kozelj  
Jocelyn Cheuk  
Joe Davis  
John Golden  
Julie Smith  
June Edmunds  
Keith Reeve  
Leanne McCallum  
Owen Gray  
Patricia Glebe  
Paul Vella  
Peter Roadley  
Richard Condon  
Toda Dolic**