

Carer's Chronicle

Brisbane North Metro / Pine Rivers

August 2011 - Issue 45

Hello from the Manager.... I would like to take the opportunity to thank all the Carers and Service providers who attended the recent Carer Disability Forum held at Kedron-Wavell Services Club. Your support and participation in the event made it a great success.

For information on our regular Carer morning teas, see back page.

The Commonwealth Respite and Carelink Centre maintains a database of Service Providers within the Brisbane North region and makes contact bi-annually by way of phone or email to verify the accuracy and relevancy of its information.

Any information support service is only as good as the accuracy of the information it contains. This information is vital and can also be accessed by the general public via the website

www.commcarelink.health.gov.au We appreciate you checking this website and assisting us in maintaining accurate information.

The Toombul Office would like say a fond farewell to Sharon, our Administration Officer. We also wish her well in her future endeavours.

Michelle Williams - until next time

Young Carers on the Go

What is happening on a regular basis?

Girls Group
"Teen Queen Believe Team"
meet on the 1st Tuesday of every month

Boys Group
meet on the 3rd Wednesday of every month

Stay tuned for further details about upcoming events, groups and meetings.

For further information, please call Sabine at CRCC on **FRECALL™ 1800 052 222**

CAREBUS CALENDAR - JULY / AUGUST / SEPTEMBER 2011

JULY: 27th Kallangur Fair Shopping Centre 8.00am - 2.00pm

31st Einbunpin Festival at Sandgate 9.00am - 4.00pm

AUGUST: 4th Brookside Shopping Centre 8.30am - 1.30pm

Monday 29th & Tuesday 30th: Dicksons Seniors Expo - Strathpine Community Centre

SEPTEMBER: 7th Australian Lung Foundation Conference at Kedron-Wavell Services Club (Table Display) 9.30am - 2.00pm

9th Chermside Library 9.00am - 2.00pm

14th Mitchelton Library 10.00am - 2.00pm

25th Memory Walk to raise awareness for Dementia at Scarborough 8.00am - 1.00pm



Dementia Awareness Month to be held on 25th September 2011

You are invited to attend the free Memory Walk Event, including Information Stands and Live Entertainment

People living with dementia, their family, friends and the general community are invited to participate in this inaugural walking event in support of **Dementia Awareness and Healthy Lifestyles.**

This event is being held in **Dementia Awareness Month** and is also linked to World Alzheimer's Day. Its main purpose is to raise awareness of Dementia and the local resources and services available to assist in maintaining independence, healthy lifestyle choices and lifestyle options, including the importance of the prevention of early onset dementia through physical activity, like walking.

Sunday 25 September 2011

Scarborough Beach Park

Landsborough Avenue, Scarborough

Register online:

www.heartfoundation.org.au/walkevents

or if you would like further information contact Commonwealth Respite and Carelink Centre - Toombul Office on **FRECALL™ 1800 052 222**

"Managing Financial Matters - Future Planning"

When: Wed 16th Nov 2011 - 9.30am - 1.00pm

At: HACC Training Room, Chermside Community Health Centre, 390 Hamilton Road, Chermside

Guest Speaker from Public Trustee - Topics include:-

- Making your Will
- Enduring Power of Attorney
- Disability and Aged Support - Financial Management Plan

Please RSVP to Kerry or Tara by 9th Nov 2011 on FRECALL™ 1800 052 222 (excludes mobiles)



Welcome to Suncare Community Services

Check us out at

www.suncare.org.au



North Brisbane Suburbs ASD Support Group

Coffee & Chat Morning Tea

2nd Wednesday of each Month from 10am - 12 noon
Bracken Ridge Tavern Complex
(look for us at the Gloria Jeans Café)
154 Barrett Street, Bracken Ridge

All parents, carers and interested community members welcome!



Want more information?

Do you have a Morning Tea topic? Are you interested in being a facilitator? Please call 07 3273 0000 or email: fst@autismqld.com.au

Dates for 2011
August 10th
Sept 14th
October 12th
November 9th



Aspley Respite Centre Pechey Place

Overnight Cottage Respite House
"A Home away from Home"

Services for Carers of frail older persons, and persons living with dementia

Who can access 'Pechey Place'?

- Carers of frail older people (over 65 years with low care needs).
- Carers of people living with dementia.

How can I access 'Pechey Place'?

Referral can be made by phoning

- **Aspley Respite Centre: 3263 3129**
- **Centacare Services: 1300 558 054**
- **Commonwealth Respite & Carelink Centre on 1800 052 222**





Mental Health Chatter




NAIDOC stands for National Aboriginals and Islanders Day Observance Committee.




On Thursday 7th July 2011 - **Murri Connections Program** was proud to be involved with the **NORTHSIDE NAIDOC - Koobara Kindergarten, Zillmere**. The theme was *"Change The Next Step Is Ours"*

Murri Connections artists held a stall showcasing artwork, craft- beading & an incredible leatherwork display. There was a tremendous sense of community in the atmosphere on the day; NAIDOC celebrations are held around Australia in July each year to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people.

Suncare- CRCC- Mental health Respite program in collaboration with **Centacare** and **Metro North Mental Health Service**, would sincerely like to thank the organisers **Northside Naidoc Committee** for inviting & involving our participation on the day.

*For further enquiries on Murri Connections Program, held weekly at the Zillmere Community Centre, please contact Angela or Sheryn at CRCC- Mental Health Respite Program on **FREECALL™ 1800 052 222**.*

Home Instead Senior Care is a private non-medical provider of home care services for older people. We encourage, assist and stimulate our clients to remain independent in a familiar environment. Our clients choose the services they require, and change these services to suit their daily needs. No assessment is required and services can start Immediately. * Fees Apply *

Call for a free no-obligation consultation
Brisbane: (07) 3720 8400 - Email: homeinstead.com.au
Caboolture & North Lakes: (07) 3482 0800



Trusted Care to Keep you Safe at Home
 Each Home Instead Senior Care franchise is independently owned and operated.

COMMUNITY TRANSPORT

North Brisbane Area

Access Direct - St John Transport Access

Brisbane suburbs north of the Brisbane River but not into Pine Rivers or Redcliffe

- Medical
 - Social, family and other destinations
- HACC eligible service users**

Phone: 3632 9932

BURNIE BRAE TRANSPORT SERVICE

Please phone the Office with Transport
Questions regarding areas.

Transport Service Hours 7am till 6pm : Monday - Friday

Phone: 07 3624 2131

Mobile: 0417 003 525

- Medi-Link Service to RBWH and Wickham Terrace Specialists. MediLink is a non-medical, non-acute service for seniors/ younger adults with a disability who are unable to access public transport; specific run times and prior bookings apply.
- Social Support; Group Shopping; Seniors Centre Activities; Half Day Trips.
- HACC Eligible; transport disadvantaged; socially isolated. Centre Members with transport difficulties.

Assessment and small fees apply

Kidney Support Network

Brisbane Metro North | Brisbane Metro South
Sunshine Coast | Gold Coast
Fraser Coast | Mackay

- Dialysis appointment transport
- Other renal related appointment transport

Head Office:

1/70 Koorong Street, The Gap QLD 4061

Ph: 07 3300 0906 | Fax: 07 3000 0905

General enquiries:

Email: hqreception@ksn.org.au

Web: www.ksn.org.au

Pine Rivers Community Assisted Transport Service (CATS)

HACC Eligible service users, who reside within
the Pine Rivers District

Ph: 07 3480 6463 | Fax: 07 3889 7287

Email: CATS@moretonbay.qld.gov.au

- Medical Appointments
- Shopping
- Social inclusion visits eg community events and visiting

"Dementia Awareness"

Accommodation/Respite

(this information is from the Community Care Booklet)



Respite care is defined as an alternative care arrangement with the primary purpose of giving the Carer:

- A short-term break.
- Flexible options to support you to continue your caring role.

TYPES OF RESPITE:

In home and community based respite - provides a qualified and screened Carer to come into your home and provide care allowing you valuable time out to continue with your own interests or activities. Care is provided in the safety and comfort of your own home. They may also use this time to go for a walk or short trip to the community.

Centre Based Day Respite - this respite takes place out in the community. The centre provides care, company and group activities and may include short trips away from the centre. Being active in the community has many benefits for health and wellbeing. Centre's provide a range of activities specifically targeted to meet the social needs of clients.

Host Family respite - is respite provided in an accredited Support Workers home. This respite offers an out of home respite option i.e. 24hr block of respite in a home-like environment. This type of respite caters for people who are frail with age with very low care needs.

Cottage Respite - Cottage Respite provides a homely environment and is tailored to meet individual needs, creating a personalized routine to ensure clients feel safe and happy in their home away from home. This is a great option for those who are new to respite.

Residential respite: Residential respite can be accessed by someone who experiences frailty due to age, memory loss, physical or intellectual disability, or a chronic health condition. **(ACAT assessment required for this type of respite).**

Commonwealth Respite and Carelink Centre (CRCC) offers assistance to those seeking respite and has developed a

Community Care Book with further information.

"Information provided by Lyn Carlson on behalf of the Brisbane North Dementia Network Group"



Have you ever wondered what other care services are available in your Community?

Commonwealth Respite & Carelink Centre provides free Information about Community Care services to all Australians.

Call FREECALL™ 1800 052 222



Welcome to Suncare Community Services

Check us out at

www.suncare.org.au

Unmet Needs

Whether you are a Carer, a Service Provider or a Community member, we are sure at some stage you would have had the endless chore of trying to find a service or support to meet your needs. We know just as well as anyone how frustrating it can be to make phone call after phone call, and not find a solution at the end of the day.

If you have a need that you cannot find support for, please email us at unmetneeds@crcsc.com.au or contact a Support Facilitator on **FREECALL™ 1800 052 222**. We may not be able to provide the solution, but at least it will be heard and the more voices that are heard, the more likely an outcome. Who knows, there may be a program developed in response to your input.

Help us to Help you

CARERS YOGA CLASSES

Held every Tuesday
From 9.30am - to 10.30am
at Cherside

Cost: \$5.00 per class

For further information, please contact Tara at CRCC office on

**FREECALL™
1800 052 222**



CARERS YOGA CLASSES

Held every Thursday
from 1.00pm - to 2.00pm
at Petrie

Cost: \$5.00 per class

For further information, please contact Leonie at CRCC office on

**FREECALL™
1800 052 222**



Your guide to scams, swindles, rorts and rip-offs.

THE LITTLE BLACK BOOK OF SCAMS

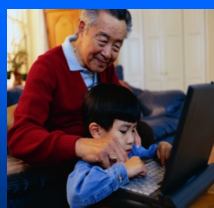
highlights the vast array and variety of popular scams that regularly target Australian consumers and small business in areas such as fake lotteries, advance-fee frauds, get rich quick schemes, miracle health cures, internet shopping, mobile phones, online banking, employment and investment opportunities. It also offers consumers tips on how to protect themselves from scams, what they can do to minimise damage if they do get scammed and how they can report a scam. Scams do not discriminate, scams target people of all backgrounds, ages and income levels. Fake lotteries, advance-fee frauds, get-rich-quick schemes and miracle health cures are some of the favoured means of separating the unwary from their money.

**** Just remember: IF IT SOUNDS TOO GOOD TO BE TRUE, IT PROBABLY IS! ****

How can you find out more?

To obtain a free copy of The Little Black Book of Scams you can telephone the INFOCENTRE on 1300 302 502 or visit the SCAMwatch web site and download a copy.

If you want to stay on top of scams, regularly visit the SCAMwatch website at www.scamwatch.gov.au



Your Link to Living Independently

Australia Wide Online Service Directory

Find information on local community care services to help you stay at home

www.commcarelink.health.gov.au

Service Providers are your details up to date? Check online now!!

Service Provider Breakfast Wednesday 12th October 2011

Come and network with other Service Providers and meet our friendly Staff at the Commonwealth Respite & Carelink Centre Brisbane North Metro / Pine Rivers

8.00am Start

At 10 Walkers Way, Nundah

Please phone in your **RSVP**

To FREECALL™ 1800 052 222

or Email to tintake@suncare.org.au



Carers Morning Teas

Are you a Carer living in the Brisbane North / Pine Rivers Area?

Please join us to help support you in looking after yourself, meet other Carers and share information

TOOMBUL OFFICE

10 Walkers Way, Nundah
Next M/Tea Thurs 25th Aug
Held on the 4th Thursday
Every 2 months
From 10.00am - 12.00pm
RSVP: 18th August 2011

PINE RIVERS OFFICE

M/Teas held at Lawnton
Next M/Tea Thurs 22nd Sept
Held on the 4th Thursday
Every 2 months
From 10.00am - 12.00pm
RSVP: 15th September 2011

Please phone in your **RSVP**
To FREECALL™ 1800 052 222
or Email to tintake@suncare.org.au

CONTACT DETAILS

**Commonwealth Respite & Carelink Centre
Brisbane North Metro / Pine Rivers**

Postal Address:

PO Box 1374
Toombul QLD 4012

Office at:

10 Walkers Way
Nundah

Telephone: FREECALL™ 1800 052 222

*** (except from mobiles) or (07) 3256 8033**

Fax: (07) 3256 8522

Email: toominfo@suncare.org.au

ATTENTION POTENTIAL WRITERS

We are always looking for interesting stories, poems or articles for our Newsletter ...If you think you have something that might fit the bill or would like to suggest a specific article, please call or email the Centre.