

Carers

news

Autumn 2018



*Managing
Change*

5 Tips to Help You
Adjust to the NDIS

*Policy
Update*

Responding to
Elder Abuse

*Carer
Champions*

Terry's Story

What's inside

- 2 *President's Update*
- 3 *Everything Carers — First Anniversary*
- 4 *Call me — New NDIS Hotline*
- 6 *5 Tips to Help You Adjust to the NDIS*
- 7 *Overcoming the Barriers to Cancer Screenings*
- 8 *Young Carers — Kate's Story*
- 9 *CALD Carers*
- 10 *Carer Champion — Terry's Story*
- 12 *Caring Support Across the States — Meet our Counsellors*
- 14 *Accessible Parks — Getting Close to Nature*
- 15 *Policy Update — Responding to Elder Abuse*
- 16 *Mastering Resilience*
- 17 *10 Ways to Manage Change*
- 18 *Take a Break*
- 19 *Relaxation + Respite = Carers Cottage*

Message from Sue

Welcome to the Autumn 2018 edition of Carers News.

2018 has already been a busy and rewarding year for the team at Carers Victoria, we have so much to share with you.

The theme of this edition is 'Managing Change' so we set out to collect some top tips for managing the changes around funding through the NDIS from our Advisory Line experts.

This fantastic new service will help carers across Victoria by providing support and guidance to each individual case. Our team are on hand to answer your questions and guide you to the best resources to get the results you need.

And we explored the challenges faced by CALD carers who have managed the huge change of moving countries and are adjusting to English as a second language.

Carers VIC & TAS Merger Update

As you are aware, for the last 12 months Carers Tasmania and Carers Victoria have been exploring the possibility of a merger to strengthen opportunities for carers in our two regions. The board of directors of both entities entered negotiations in good faith and have been diligent and transparent with our members during this process.

Just prior to a Special General Meeting in September, the Carers Victoria board became aware of a potential risk of reputational harm in relation to the proposed merger. As a result, the Special General Meeting was adjourned so the board could undertake further due diligence.



While that risk has now been averted, during the intervening period the Carers Tasmania board has become aware that some of their members are no longer in support of a merger.

Due to different governance processes in the two states, Carers Tasmania requires members to personally vote at a Special General Meeting, whereas Carers Victoria members can personally attend a Special General Meeting, or elect to vote by proxy.

Currently, the Carers Tasmania board believes there is a strong possibility 75 per cent of members present at a Special General Meeting will not vote 'yes' to the merger, so have reluctantly decided to withdraw from the proposed merger for now.

This aside, both boards of Carers Victoria and Carers Tasmania are committed to building on the positive relationship that has been forged over the past 12 months and will continue to explore collaborative ways of working to strengthen the voice of carers in advocating for and providing ongoing support services.

We hope you enjoy this edition.

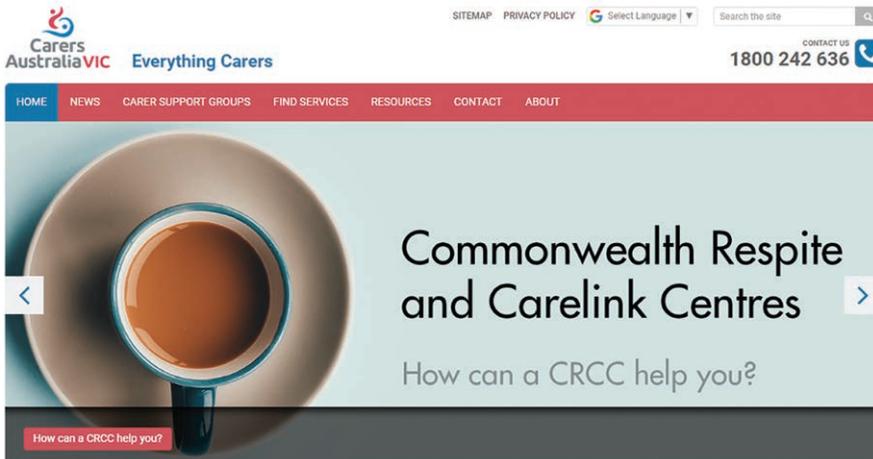
Kindest Regards,

A handwritten signature in black ink, appearing to read 'Sue Peden'.

Sue Peden
President, Carers Victoria

Everything Carers

– Celebrating our First Anniversary



Our goal when establishing Everything Carers was to make it as easy as possible for busy carers to find the information they need, when they need it. Everything Carers is a big step towards this goal."

Growth

More carers are visiting the website each month and we are adding more Carer Support Groups and partner organisations who are sharing local news from across the health, community, not-for profit, government and private sectors.

EverythingCarers.org.au has celebrated its first anniversary since launching in early 2017.

More than 400 Carer Support Groups and 400 health and community service organisations have joined Everything Carers; providing local information, resources, peer support and service search tools to carers across all regions of Victoria.

With the rollout of the NDIS combined with significant changes to the aged care and mental health sectors, gaining information from trusted sources is more important than ever before.

Collaboration

Our goal for Everything Carers is to create a place where Victorian carers can find everything they need to sustain their caring role. Carers Victoria is well placed to partner with service organisations working across different sectors and regions.

We know that no single organisation can respond to all of the complex needs of the caring community, so it makes sense that we collaborate with

organisations and groups across the state to ensure carers can easily find the information that they need.

"As a Community Engagement worker, I find the Everything Carers website a useful tool to assist me to engage with carers and find all the information I require to engage with this group"

—Andrew Duncan, La Trobe Community Health Service, Moe.

Carers voices

Carers gave voice to the idea of Everything Carers during an extensive consultation process in 2015.

Carers Victoria's Projects Manager Mick Leyden has overseen the development of Everything Carers from the consultation process, right through to the launch of the site in 2017.

"We know how hard it can be for carers to find time during the day to call an organisation like ours to get help.

"Everything Carers is evolving and growing each day through the input and support of carers and partner organisations. We have come a long way in the first 12 months but there is still much work to be done to provide carers with the information and resources they need."

—Mick Leyden, Carers Victoria

What's next?

Everything Carers is an evolving project. We want your input so that we can best respond to your needs. Let us know if you know of a support group that is not listed and we will add it to the directory. We would love your feedback on any part of Everything Carers via the details below.

**Contact us at
Everything Carers**

**dso@everythingcarers.org.au
or 1800 242 636**

Call Me

- *Launching a New*

NDIS Hotline

There are always going to be challenges adjusting to a new funding system. It's confusing learning new terms, filling out forms and trying to find helpful resources to answer your questions. To help carers as they make the transition, Carers Victoria has created a dedicated hotline with a team of experts on the other end of the line ready to answer all your NDIS questions, big and small. What experts we hear you say? Meet Linda one of our NDIS Carer Advisors.



Above // Linda NDIS Advisor.

Tell us a little about yourself, how long have you been working in the carer space?

I think I always had a soft spot for disability work. When I left school, I used to volunteer for Riding for Disabled in Wagga. I would easily work 50 hours a week and I loved it. I've spent most of my career working in disability and mental health services as a support worker and peer support worker. I also have a 32-year-old son with Cerebral Palsy and I have been his full time carer all his life.

Are you a cat or dog person?

Definitely a dog person. My dog is my baby and my most favourite person in the world, other than my son. She just accepts me for who I am and doesn't hold any grudges. She's a Groodle (Golden Retriever crossed with a Poodle) called Ella.

What was the last gift you gave someone?

I gave Ella toys and a piece of steak for her birthday.

What inspires you?

People's life stories, their resilience and ability to overcome or cope with all sorts of adversity.

You are one of the people who carers can speak to on the NDIS Carer Support line, can you tell us the purpose of the hotline?

The NDIS has meant a lot of change for a lot of people. Carers Victoria has set up the NDIS Support line to provide a resource for carers to get answers to their questions and support to help them navigate this change.

If you are confused about the NDIS and how it will affect you or the person you care for, we are on hand to walk you through every step of the process.

We can really work one to one with people who have more complex questions to provide them with ongoing support, helping them navigate what they need to know and what they need to do.

What is the most common reason someone might call the NDIS Carer Support line?

Most commonly people are attending workshops, information sessions, talking to their friends or reading about other cases on social media and getting confused about what funding is available to them and how to make the most of what they receive.

If you are feeling overwhelmed by information give us a call and we will help untangle the process for you.

Who can call you for help? Is it only Carer Victoria members?

No, not at all. Anyone in Victoria can call, you don't have to be a Carers Victoria member, but if you do ring through we would probably



Above // Linda's Dog Ella.

encourage you to join Carers Victoria mainly for the other services we offer such as counselling opportunities. However, that is totally up to you.

What is the most common question you get asked?

Why can't I get respite under the NDIS?

The answer is that you CAN get respite, but it's no longer called that. Respite is now called Short Term Accommodation and this is causing some confusion for carers.

What is your favourite thing about talking to carers?

Being able to connect with them and for them to feel they are talking to someone who understands their situation and can explain the NDIS in a way that makes sense to their situation.

If a carer is feeling overwhelmed by the NDIS what do you recommended they do?

1 First, stop and take a breath

Your health and wellbeing is the top priority.

2 Then I always suggest go right back to basics

First look at what support you have now and are there any gaps that need to be filled?

3 Just work through everything one step at a time

Often people just jump straight ahead to "I need to prepare for my planning meeting" but first you need to stop and think "am I registered and am I eligible to register?"

4 Call us for help

That's what we are here for.

Are there other resources carers can access?

Carers Victoria have lots of resources on our website about the NDIS. Our Education team run NDIS information sessions and training. We offer webinars to help people who cannot make it onsite and we have a Facebook group where people can ask questions.

We also have a website called **Everything Carers.org.au** which has lots of great information and a counselling service to help carers who are managing the change.

NDIS Hotline
Call 1800 242 636

5 Tips

to help you **Adjust**
to the **NDIS**



1 Understand the NDIS and how the change will affect you

The biggest change we have seen in the new funding system is that now all the costs are listed on your plan. In the past you might have contributed and not seen the full cost associated with the different services you use, which some carers can find confronting.

Don't be alarmed, the NDIA website is a great place to get information about the differences between the old and new funding systems and you can always refer to our website for information and support.

2 Don't get overwhelmed, take everything one step at a time

There is a lot of information out there but the best place to start is with eligibility for access. That is your first priority. Are you or the person you care for eligible to receive funding through the NDIS? Once you have confirmed that then you can focus on each step of planning and implementation before moving onto the next thing.

3 Be vigilant around social media

While sharing your experiences with friends, family and our community is important, you need to remember that each person's experience with the NDIS is unique and cannot be compared to someone else's case. No two cases are the same and the grass is not always greener over the fence.

4 Learning the new language

The new system means there is new language to learn. Some examples include, Respite which is now referred to as Short Term Accommodation or Case Managers, who are now Support Coordinators.

If you need help understanding the new terms, why not have a look the commonly used terms for the NDIS on their website – ndis.gov.au/glossary

5 Ask for help

If you are feeling overwhelmed or confused pick up the phone talk to someone.

Call our Carer Advisory Line on **1800 242 636** or call the NIDA **1800 800 110**.

Learn the new NDIS lingo with our glossary

Access Request Form

– A form that allows the NDIS to determine if a participant is eligible for NDIS support.

First Plan

– A document that outlines the goals and supports of the participant.

Funded Supports

– Services paid for by the NDIS through the participants plan.

Market

– Services and providers that are available under the NDIS.

Short Term Accommodation

– Formally called 'Respite'.

Registered Provider

– A disability support provider that has met the requirements and registered with the NDIS.

Want to see more terms?

Visit the full glossary at:
ndis.gov.au/glossary



Overcoming the Barriers to Cancer Screenings

Sadly, Cancer still is a leading cause of death in Australia. Every hour of every day a new person is diagnosed and unfortunately those with disabilities are particularly underrepresented at screenings for the disease.

The good news is that if detected early, up to 90% of bowel, breast and cervical cancer can be successfully treated, which makes taking the opportunity to attend regular screenings so important for both carers and the people they care for.

Surprisingly, 80% of cervical cancer occurs in women who have never been screened or are not screened regularly. Those who have disabilities

or are caring for another often find it more challenging to arrange both the time and necessary support to have regular screenings.

Barriers to screenings often include things like transport limitations, hardship in accessing clinic facilities, or difficulty understanding the test, what needs to be done and the results. A doctor or health professional can provide individual advice to help overcome these barriers and the Australian Cancer Council can accommodate the needs of both carers and those they care for.

In the case of breast cancer screening, there are many clinics across Australia that are accessible to people with disabilities.

However, to ensure someone is booked into a clinic that meets their specific needs, the Cancer Council advises to call ahead. Carers can call BreastScreen on their national hotline 13 20 50. As disabilities are so diverse, clinics may be appropriate for one type but not another.

Thank you to Judy Slape from Cancer Council Victoria for her help with this article.

More information

For more information about cancer screening services visit the Australian Cancer Council website, www.cancer.org.au or call 13 11 20.

Kate's Story

When I was twenty-three I was so tired, and wondered how long I could keep caring. My brother had his heart transplant, and I went interstate to help for the duration of his hospital stay. When we got home, I went travelling for a month. While travelling I tried not to think about it and convinced myself I could keep caring with more boundaries and balance when I got home.

Once things had settled and I could allow my needs to surface again, I became very unwell both mentally and physically and couldn't handle the reality of being a carer anymore. I didn't want to leave, but I knew I had to.

I felt guilty and wretched with anxiety. I felt like I was putting my mum's and brother's health at risk, and I was abandoning them. How would they manage without me? Of course, we discussed plans, but it never felt enough to put my mind at ease.

It was a very conflicted time for me. I was excited about moving on, but also scared. I kept caring, until one day I snapped. Everything came crashing down and I realised I was heading towards completely breaking down.

At first only my mum, dad, brother, my GP and my closest friends knew. I needed privacy for myself and my family so we could come to terms with what had transpired without judgement. I thought people might think I had abandoned my family. I had received so much praise and accolades caring for my family and was worried people would think less of me for "giving up".

The people I told understood and were relieved that I had taken this step for me. They could see the toll of caring and wanted me to be well and happy.

It all turned out to be very different than I imagined. Nearly everyone was accepting and some were even excited for me.

When I left home I was relieved, but hugely guilty. Partly because I didn't leave because things were getting better for my family. I just had to put my own health first.

Establishing a new identity separate from caring was the biggest challenge. Even when I couldn't care anymore I struggled to pull myself away from it. It was who I was.

When I first left, I kept very busy. I luckily secured a job and found somewhere to live. I decided the best way to do this would be to move into a share house with people I didn't already know. I was lucky to find somewhere full of people that I felt I could become friends with. It was hard to adjust to a new living situation and new personalities.

I had to really put myself out there at a time of my life when I felt like I could just cosy up and ignore the world.

Since leaving, my mum and I have almost restored a normal mother daughter relationship. My brother no longer resents me and wants to spend time with me. Dad and I are still very close but our relationship seems much less tense and I feel like there are fewer expectations on me.

My friendship with my close friends has changed too. I had felt I was always taking but am now able to give. For a while I was drawn to providing a high level of emotional support to people in my social circle. It took me a while to figure out that I didn't need to and I set boundaries so I could focus on me.

It's still not easy, and there are times I still step in to help, and do so around work. It's great to see my family finding new ways of managing and developing their own resilience. I have a great group of friends now, and am having a lot of fun. I didn't ever think I would be where I am.

*Please note Carer's Name has been changed.

Exploring the world

of Culturally and Linguistically Diverse (CALD) Carers



Within the caring community, carers face a diverse range of challenges in their everyday lives. From managing daily tasks like organising and preparing meals, arranging transport and appointments, to filling out carer support forms and handling finances, there are an endless number of tasks to complete. But what if you were to add the complication of not being native to this country, speaking English as a second language and a lack of understanding around Australia's cultural identity?

CALD carers come from all over the world to settle in Australia. They face the same challenges as any other immigrant. From language barriers,

cultural differences and adjusting to new systems and expectations. Like any other carer, they face added challenges often with the additional struggle of limited understanding of English.

A good example might be walking into a Centrelink office and trying to understand what forms you need to fill out, where you need to go and what you need to provide, which can be confusing at the best of times.

When it comes to large scale changes such as the NDIS, CALD carers are already on the back foot. Challenges around understanding how the system works, what the expectations are from the NDIS, what the carer can expect for themselves and for

the person they care for is an added complication for a CALD carer.

However not everything is doom and gloom for those who find themselves adjusting to life in a new country. CALD carers often don't take things for granted. They are resilient and understand that there are many challenges in life. Through their experiences they have learned to adapt to change. Their wealth of knowledge, compassion and differences make them an extraordinary resource within their communities and allow their new friends to share in the benefits of their experiences.

Special thanks to Lucero Barreto, Carer Support Worker, Carers Victoria



Above // Terry Stroud and his mother Una.

Terry's Story

'No' is not a word that Terry Stroud takes lying down. Reserved and unassuming he seems more like a larrikin than a politician or protester.

However, after a few moments of conversation with Terry it becomes crystal clear that he is not only very knowledgeable about the state of our health system, but he is hugely passionate about its improvement. Whether speaking to local council or in Canberra advocating for carers rights, Terry isn't afraid to stand up and make himself heard.

No stranger to the challenges of being a carer, having cared for both his Mum and Dad for many years, it took the trials of caring for his parents to propel Terry into finding his voice to advocate for the people he loved.

"I had been working as a Fitter and Turner in the Latrobe Valley when Dad's health started going downhill."

His father suffered from heart problems and needed several surgeries including a hip replacement to try and improve his health. However, it wasn't until his mum had a stroke on the day his dad got out of hospital for hip surgery, that things really started to change for Terry.

"When mum had her stroke everything was turned upside down in 24 hours, it changed our lives forever. Her right arm was paralysed, she had some leg movement but no speech. The doctors suggested we put mum in a nursing home but we said no. I really wanted to keep my mum at home and keep us all together. I wanted my mum to be treated with respect and dignity."

Terry and his father took over his mother's care. Taking leave from work he took his mum to rehab and supported her through challenging Occupational Therapy and Physiotherapy sessions, all the while working to give both of his parents the best care he could.

Things went along this fashion for some time, however another huge challenge struck Terry's family when their support funding was threatened. Not faint of heart, he jumped into action.

"I fought for my family, I wrote letters, I went on local radio to express my opinions and campaigned to keep the level of care that she deserved."

Luckily his persistence and ability to stand up and advocate for his mum paid off and their funding was secured.



Life after caring

"My dad passed away suddenly in 1995 and then after mum passed away in January 2009 I had a really hard time. I had spent 17 years as a full time carer and suddenly I wasn't anymore. I seriously struggled with it, the emotion and the loss, it was my job and my whole sense of wellbeing. My world tipped upside down and I had no idea what to do."

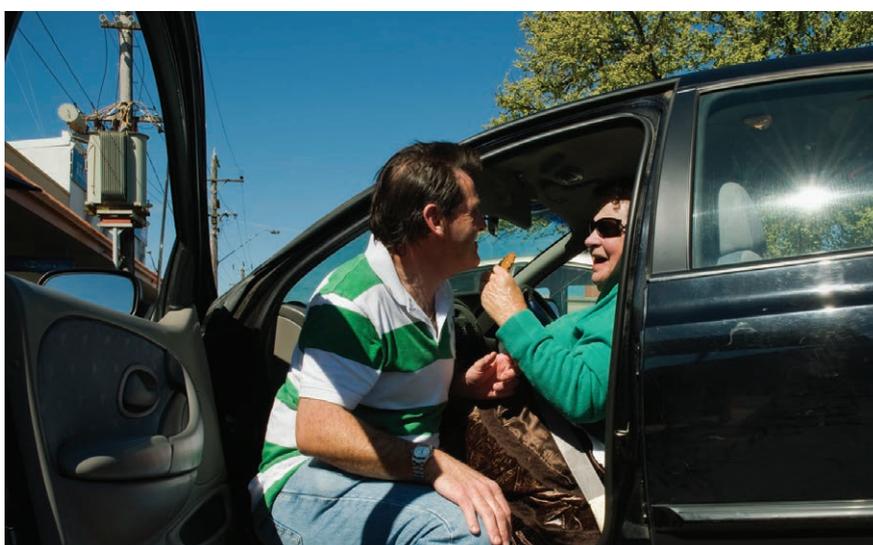
Terry reached out to Carers Victoria's counselling service for support and gave himself some time to come to terms with his new reality. After a few months he started to look at getting back into the workforce. Struggling to find a job, 'doing anything', Terry decided to go back to school and achieved a Double Diploma in Community Service and Case Management. He's now working as an NDIS Support Coordinator, using his tenacity to keep campaigning for his local community.

"I played footy for a long time." Says Terry, "I umpire for the under 16s and am pretty involved in the administration side of things for the local Warragul footy club."

And it would seem that his natural tenacity is still coming in handy, having spent eight years fighting for funding to get the lighting upgraded at their local football grounds and more recently working with the club, council and local community to secure \$1.7million in funding for a new sports ground.

"I think it's really important to keep asking for what you want. You can do it politely, but you need to stand up and keep going."

"I was once described as someone's worst nightmare. I went in for a meeting at the council, I'm sitting across the table from these two guys and one of them turns to the other and says, "he won't go away, you might as well just give up and just do what he wants." Terry says laughing. "I think it's the way I'm made. I've always used my experience in a positive way to help others and make a difference where I can."



Above // Terry and Una.

Are you a Carer Champion?

We are looking for carers who would like to share their stories, inspire others and educate our communities on the challenges faced by carers across Australia.

If you are keen on sharing your story please email publications@CarersVictoria.org.au.

Caring Support Across the States – Meet our Counsellors

At some time or another in everyone's caring journey it is helpful to speak to someone about the challenges we face. Whether you are adjusting to your caring role, experiencing changes or managing stress, our counsellors are on hand to both listen and provide support to help you through.

And although we have hundreds of qualified counsellors working across each state, we decided to ask just a few some questions about themselves and why a carer might seek counselling support.



Linda

Melbourne, VIC

What thought helps you get out of bed every morning?

A feeling of deep gratitude for my health, wellbeing and love of life.

Do you prefer sweet or savoury?

I am into food across the board! Starting with savory, then sweet, then savory...

What's the best thing about your job?

Establishing a connection with those who seek support and listening with compassion is a privilege. Sometimes people are unsure of what they need, but with focussed attention and a sense of trust they can open up.

What did you want to be when you grew up?

I wanted to be a hairdresser. I was an apprentice for a time, but left due to family circumstances. In hairdressing you listen, show interest, care and support – much like in counselling!

What is the best piece of advice you've ever received?

You are worthy of anything you aspire to and can achieve anything with your commitment.



Sue

Mildura, VIC

What thought helps you get out of bed every morning?

I wonder what today will bring?

What's the best thing about your job?

The people. Every time.

What sort of issues can carers call you about?

Any issue that impact on them as a carer.

Cats or dogs?

Dogs, followed by alpacas.....

How do you recommend people de-stress?

By doing an activity that they enjoy; gardening, walking, visiting friends, bowls, arts or craft activities.

What did you want to be when you grew up?

Can't remember what I wanted to do as a job, but to be relatively happy with my life!

What is the best piece of advice you've ever received?

As a parent with young children, my mother-in-law said that in order for the children to be happy – I also needed to be happy and settled in what I did.



Wajan

Hobart, TAS

What thought helps you get out of bed every morning?

The thought of going for a walk along the beach gets me out of bed every morning.

What's the best thing about your job?

The best thing about being a counsellor is getting to spend quality time with such amazing human beings. I feel privileged to be entrusted with peoples innermost feelings and enjoy supporting carers to find their own solutions.

Cats or dogs?

Cats: I have just got a new kitten. His name is Loki (the god of mischief) he has brought a lot of love and playfulness into my life.

What did you want to be when you grew up?

I wanted to be an author, a psychologist and work for the United Nations.

What is the best piece of advice you've ever received?

You'll never make your parents happy so just make yourself happy.



Mary

Hobart, TAS

What thought helps you get out of bed every morning?

'I wonder how my dog is?'

What inspired you to become a counsellor?

Having had counselling myself I know the benefits of talking with someone who can listen and validate my feelings and experiences.

Do you prefer sweet or savoury?

Sweet!

What's the best thing about your job?

Meeting so many lovely carers, and being able to help them and see them change and grow.

What sort of issues can carers call you about?

Stress, how to cope, grief around losses, loneliness, isolation.

Cats or dogs?

Dogs.

What is your top tip for dealing with change?

Breathe and live day by day, or if that's too much, moment by moment.

What is the best piece of advice you've ever received?

Live day by day, or moment by moment, or breath by breath.



Gia

Adelaide, SA

What thought helps you get out of bed every morning?

I am woken by my cat Katerina, so that puts a smile on my face first thing in the morning.

What inspired you to become a counsellor?

At the age of 33 I was a successful school teacher and a curriculum writer for Children's Services SA. When I was diagnosed with breast cancer I retired from teaching and once I recovered from all the treatment, I decided I wanted to learn more about my mind and body to maintain my health and wellbeing and went on to study massage and counselling. These learned skills now are my work, of which I am very passionate about and they give me the opportunity to give back to those who need support and direction.

Do you prefer sweet or savoury?

I prefer savoury!



Ben

Adelaide, SA

What thought helps you get out of bed every morning?

I can't be late!

What inspired you to become a counsellor?

School of hard knocks.

Do you prefer sweet or savoury?

Sweet.

What's the best thing about your job?

Learning.

What sort of issues can carers call you about?

All sorts of issues related to their caring role, relationships, their health and their life.

Cats or dogs?

Cats.

What is your top tip for dealing with change?

Remembering that everything is impermanent and looking for the lessons or opportunities.

How do you recommend people de-stress?

Spend time in nature, exercise, eat healthy, have fun, get enough sleep.

What did you want to be when you grew up?

A soccer player or a musician.

What is the best piece of advice you've ever received?

Choose a job in an area you are interested in.

Make an appointment with our counsellors

You can make an appointment with our counsellors in your state by calling **1800 242 636**.



Accessible Parks

– Getting Close to Nature

Our country is known for having some of the most diverse and beautiful National Parks in the world. From the ancient forests of Tasmania, the extensive gardens surrounding Adelaide and the ranges outside of Melbourne, there are lots of options when it comes to getting into the great outdoors. And with thoughtful development by the parks service, our National Parks can now be enjoyed by all.

A Parks Victoria Sherpa (guide) program is now underway in the Dandenong Ranges in Victoria, making it easier for people of limited mobility to explore the natural beauty of the area.

The volunteer Sherpas can guide the all-terrain wheelchair, and its passenger to places that are inaccessible to a normal wheelchair.

The specially designed single-wheeled TrailRider chair weighs only 23kg, has a cushioned seat and an electric motor for steep climbs. It is now available for hire at Grants Picnic Ground, near Kallista.

Access and Inclusion Coordinator at Parks Victoria, John Kenwright, says it's a great way for people with limited mobility to travel in comfort and safety along the trails in Sherbrooke forest.

"This is a particularly beautiful area with amazing scenery, birdlife and natural bush, so it's great that people who weren't able to do so, can now go and see, enjoy and share this experience. And it fits perfectly with the Parks Victoria philosophy of providing access to our parks for all visitors."

Tasmania's Cradle Mountain National Park also offers the TrailRider chairs for people with access challenges. Widely regarded as one of the most beautiful spots in the southern state, Cradle Mountain has a range of tracks throughout the park and hire of the chairs is free however early bookings are required.

Outside of Adelaide, on Kangaroo Island, the Flinders Chase National Park offers multiple wildlife viewing opportunities for wheelchairs users. The Platypus Waterholes Walk provides lots of opportunities to see kangaroos, wallabies, echidnas and goannas.



More Information

For more information on visiting our National Parks and access visit each state's National Park service website.

Parks Victoria:
parkweb.vic.gov.au

Parks & Wildlife Tasmania:
parks.tas.gov.au

National Parks South Australia:
environment.sa.gov.au/parks/Home



Above // Elder Abuse.

Policy Update – Responding to Elder Abuse

There is growing awareness and concern in the community about elder abuse.

Elder abuse is any act occurring within a relationship where there is an implication of trust, which results in harm to an older person. Abuse may be physical, sexual, financial, psychological, social and/or neglect.¹

There is also increasing recognition that elder abuse is a type of family violence although there are some differences. The most commonly reported abuse is financial and while older women are more likely to experience abuse, older men are also vulnerable. While incidents of abuse do occur in aged care facilities, most elder abuse happens at home. Older carers can experience abuse from the person they care for or other family members.

In February 2016, at the 4th National Elder Abuse Conference in Melbourne, the Attorney General announced the Australian Law Reform Commission (ALRC) Inquiry into 'Protecting the Rights of Older Australians from Abuse'.

You can read submissions to the inquiry from Carers Australia and Carers Victoria here:

carersaustralia.com.au/storage/carers-australia-elder-abuse-inquiry-submission-august-2016.pdf

carersvictoria.org.au/Assets/Files/20170301_ALRC_Elder_Abuse_Inquiry.pdf

The final report was tabled in June 2017. In February 2018 at the 5th National Elder Abuse Conference in Sydney, the Attorney General announced every State and Territory has agreed to a National Plan to address Elder Abuse by the end of 2018. A national plan is needed as individuals, organisations and businesses from GPs to aged care services to banks all have a role to play.

There are services in every State and Territory to help older people experiencing abuse. These range from legal services to family mediation services. Different help is needed depending on the type of abuse and whether the person experiencing abuse has a cognitive impairment or care responsibilities.

Some examples include:

- A daughter with a drug problem who is not capable of providing safe care for her father (neglect)
- An older father cares for an adult son with psychosocial disability who taunts and belittles him (psychological)
- A wife cares for her husband with dementia who assaulted her due to hallucinations (physical)
- A grandson watches 'porn' in front of his grandmother, who can't move away without help (sexual)
- A son prevents his older mother from seeing his sisters (social)
- A partner misuses a Power of Attorney to have the title on the house transferred to them (financial)

Carer Information and Support Service

If you or someone you know is being abused, contact the Carer Information and Support Service on **1800 242 636** for information, advice and referral to services that can help.

¹ Australian Network for the Prevention of Elder Abuse (1999).

Mastering Resilience

In the face of great challenges, some people seem inclined to approach that task and try their hand, while others are predisposed to caution and give up before they even start!



These two approaches are personality types that are known as Approach Motivated and Avoidant Motivated. There isn't much to be done about your personality type whether you fall into one category or the other but the good news is that you can always learn new methods to build motivation and resilience to life's challenges.

Most people enjoy a challenge and any activity that asks us to stretch our minds or skills in new directions can be ultimately rewarding. If assigned a task that is too easy or seemingly impossible we tend to either give up or get bored.

Interestingly, in many cases, failure triggers the motivation needed for success. A string of successive failures and then even a small success can boost motivation and build resilience.

So how do we cope in these situations? When things go wrong, we tend to cope — in most cases — in three possible ways.

1 Problem solving

Tackle the issue head on, or break down the problem and tackle an aspect of it.

2 Reappraisal

Think about the problem differently, focus on the silver lining, or be grateful for the opportunities that may arise from the situation.

3 Emotion

Attempt to deal with negative emotions — vent, cry, exercise or meditate.

In the words of Nelson Mandela,

"Do not judge me by my success, judge me by how many times I fell down and got back up again."



10 Ways to *Manage Change*

1 Strive for acceptance

Some people really struggle with change but acceptance is the first step to understanding. Change is one of the only constants in life, don't be afraid of it.

2 Package it as a positive

Not all change is bad! Looking for a silver lining no matter how challenging the change you are facing can make the situation feel lighter and easier to accept.

3 Share your experience

We do not live in a vacuum and sometimes the best way to adapt to change is to share it with the people around you. Join a local support group, speak to a friend or family member or call a counselling hotline.

4 Be kind to yourself and others

A little self-care can go a long way when it comes to dealing with change. Take some time out, have a bath, treat yourself to a movie or read a book. Take a few moments to do something you enjoy.

5 Make a plan

On a piece of paper write down where you currently are and where you want to be.

6 Reduce your stress through Mindfulness

Join a meditation class or download an app onto your phone. There are lots of options to help you be more mindful and worry less.

7 Seek advice

From friends and experts. Perhaps the people around you can see the situation from fresh perspectives which may help.

8 Make small changes

Don't go turning your life upside-down at the first sign of a major change, unless you feel you really need to. Try making small changes to your everyday life to ease yourself into your new reality.

9 Be persistent

Don't give up on yourself or the people around you. Keep moving forward one step at a time and seek the support you need to keep going. Success is born from tenacity.

10 Think outside the box

Seek information from lots of sources. Don't confine yourself to the 'experts' but look for alternatives.

Take a Break

Sudoku

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

Sudoku Answers:

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



Trivia

Questions

- Which actress has been nominated for a record breaking 21 Oscars?
- Who was the legendary Benedictine monk who invented champagne?
- How many valves does a trumpet have?
- Who was Henry VIII's first wife?
- Where would you find the Sea of Tranquility?
- Name the author of On Her Majesty's Secret Service, Dr No and Thunderball, among others.
- Where would you find the world's most ancient forest?
- Which garden is considered to be among the Seven Wonders of the Ancient World?
- How many times was the Men's Tennis Singles at Wimbledon won by Bjorn Borg?
- Which kind of bulbs were once exchanged as a form of currency?

Caring Role – By Rose Fraser

No one can understand
It's more than just a helping hand
It's time, commitment and hard work
No thanks, no love, not even a perk

The moods, the depression, highs and lows
The physical decline from head to toe
It takes its toll, it takes your soul
And sometimes makes you question your role

You lose your identity as a wife
And wonder what has become of your life
All the things that were once planned
Are turned upside down, where will they land

The respite care provides a break
But a hard decision to have to make
But when he returns back home
He may be there but I'm still alone

The thought of a holiday or a trip away
Will help me get through each day
Maybe to the country or beach
With the help of Carers Victoria it's not out of reach

Answers

- Meryl Streep
- Dom Perignon
- Three
- Catherine of Aragon
- The Moon
- Ian Flemming
- Daintree Forest, north of Cairns, Australia
- The Hanging Gardens of Babylon
- Five
- Tulips



Relaxation + Respite = Carers Cottage

Respite from caring is very important both for yourself and the person you are caring for. So why not consider a little break?

The Carers Cottage is an oasis of calm, surrounded by majestic gardens and the beautiful views of the Shire of Cardina.

The Cardina Shire is a 45-minute drive along the Monash freeway from Melbourne. The area features lots of interesting attractions, including wineries, restaurants, recreation reserves, adventure playgrounds, a working farm and nearby tourist attractions like Puffing Billy and Emerald Lake Park.

In the past the Cottage was intended as a place of respite for carers to take some time out from their caring relationships, however we have recently changed the conditions so that carers can use the Cottage as a holiday away with the person they care for if they wish.

Although in tranquil surround the Cottage is only a five-minute drive from local shops, a pub and medical centre.

It can accommodate up to 10 guests and there are two double rooms, one twin rooms and a room with bunk beds.

The Cottage also features a large kitchen, dining room, two sitting room and one sun room perfect for afternoon teas and curling up with a good book.



Facilities:

- Swimming pool (summer months)
- Central heating and cooling
- TV and DVD entertainment unit
- BBQ and outdoor courtyard
- Undercover parking
- Fully equipped kitchen
- Freshly laundered bed linen
- Tea and coffee facilities
- Early check in and late check out can be organised prior to stay.

More information

For more information or to book call Carers Victoria on **1800 242 636** or email carerscottage.officer@carersvictoria.org.au.



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www.carersvictoria.org.au/Voice



Carers Victoria acknowledges the traditional owners of this land and pays respect to elders both past and present

