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Newsletter

January, February & March 2017

Happy New Year!

I hope you all enjoyed the Christmas season (although I know it can be tough for some) and I wish you and your families all the best for the coming year. May you be blessed with new hope, new joy and new beginnings.

I was blown away the other day by a gift given to me. I was not expecting it. It was not a thank you gift given to me for something I had done, or a celebration gift. It was just a thoughtful gift given to me with well wishes, and it just humbled me to think that someone would do that for me.

It is so easy to forget what a wonderful world we live in, when you see so much negativity and hurtfulness on television, and hear the petty grumbles of people on the street (including our own).

But it takes just one person, bringing you a bunch of flowers, leaving you a Christmas gift or sending you a card, to refocus on the beautiful in our world. Whether it feels like it or not sometimes, there are more nice people in the world than nasty, and we need to remind ourselves of this when we start to feel overwhelmed by the struggles and negativity around us.

One thing about working or volunteering at Carers and Disability Link is that we have the wonderful opportunity to meet so many different people. They come from all walks of life, many different cultural backgrounds, many different life experiences, and with many different expectations of their life to come. What a privilege to meet and walk alongside such people. What a privilege to be able to support and serve our fellow life travellers.

We hope that as we support you in your life, that we can make the same difference that the bunch of flowers made to me - that we fill you with joy, happiness, and a new appreciation for those around you.

Be the reason someone smiles today.

Vicki Williamson

CEO Carers and Disability Link

Our Yorke Peninsula Team



Heidi
Manager



Amanda
Direct Care Services
Coordinator



Layne
Commonwealth Home Services
Program Coordinator



Kylie
Office Administrator



Sue
Carer Support Worker



Cheree
Carer Support Worker



Kerri
Carer Support Worker
(currently on maternity
leave)



Mazz
Carer Support Worker



Nathan
Direct Care Services



Marlene
Direct Care Services



Tanya
Direct Care Services

Get Ready Here We Go!

The first part of this year - 2017 has already been booked for groups. This means that we have secured venues, dates, and times for the group to take place. What does this mean for you? Well that's what we would really like you to tell us.

Across the Yorke Peninsula we have many groups that are either Support Groups, Information groups or Special Interest groups. When these groups meet for the first time this year you will be asked to consider what is it that you would like to benefit from going to a group(s)?

From this information we then start to develop programs. For example it was your idea that we run 'Creative Ways to Care' last year and from this many carers learnt a great deal about caring for someone with Dementia by participating in a 6 week course (as best as their time allowed them to).

We have had specialist speakers talk to you about the disease Alzheimer's and Parkinson's, also how to navigate the National Disability Insurance Scheme website and information, and how to access Aged Care rights when you have needed to. There were also 1:1 sessions on planning your Will, registering with My Aged Care and My Gov and even helping you navigate the existing local services out there that you wanted to know more about.

So this year we ask you to pop your thinking hat on and let us know how we can make the groups meaningful for you.



Some things here have changed: Once you have registered for a group you will be given a pamphlet that contains all of the information about that particular group. We will send you updates in January and also again in June of these pamphlets. We rely on you to tell us when you will be coming to the group and will cater and book with the information that you give us.

We will no longer send out invites or make calls for each scheduled group/event. We will assume that if you miss the RSVP date that you are unable to come.

If there is a severe weather warning, a risk assessment may mean that events get cancelled without notice. When this happens, it is extremely disappointing for everyone involved, but we are very conscious of the need to keep people safe, and not take unnecessary risks.

We ask that you ring us on 1300 783 785 to check if a cancellation has occurred.



Information



Carer Gateway is a national online and phone service that provides practical information and resources to support carers. The interactive service finder helps carers connect to local support services.

Free call 1800 422 737 for support and advice Monday to Friday. 8am to 6pm or visit www.carergateway.gov.au



myagedcare

My Aged Care is a national online and phone service to help you find out about aged care services, and what services may be available to help you.

There are different types of aged care services to support you, whatever your needs. When you call the My Aged Care contact centre, the staff will ask questions to help understand your needs. They can help you find out if you are eligible for aged care services.

Call the My Aged Care contact centre on 1800 200 422



The National Disability Insurance Scheme (NDIS) is the new way of providing support for Australians with disability, their families and carers. The NDIS gives all Australians peace of mind that if their child or loved one is born with or acquires a permanent and significant disability they will get the support they need. The NDIS supports people with disability to build skills and capability so they can participate in the community and employment.

The NDIS helps people with disability to:

Access mainstream services and supports

These are the services available for all Australians from people like doctors or teachers through the health and education systems. It also covers areas like public housing and the justice and aged care systems.

Access community services and supports

These are activities and services available to everyone in a community, such as sports clubs, community groups, libraries or charities.

Maintain informal support arrangements

This is help people get from their family and friends. It is support people don't pay for and is generally part of most people's lives.

Receive reasonable and necessary funded supports

The NDIS can pay for supports that are reasonable and necessary. This means they are related to a person's disability and are required for them to live an ordinary life and achieve their goals.

Assistance from the NDIS is not means tested and has no impact on income support such as the Disability Support Pension and Carers Allowance. You will need to meet certain requirements to access the NDIS. Learn if you might be able to access the NDIS. Complete the access checklist, <https://www.ndis.gov.au/ndis-access-checklist.html>

JANUARY 2017

<u>DATE</u>	<u>GROUP</u>	<u>DETAILS/TIME</u>
Tuesday 3 rd	Carers and Disability Link Re-opens	
Tuesday 10 th	Port Broughton & Bute Carers	12pm, Port Broughton Hotel
Thursday 12 th	NYP Dementia Carers Support Group	10.30am, Rose House, Goyder Street, Kadina
Thursday 19 th	NYP Parkinson's Support Group	10am, Rose House, Goyder Street, Kadina
Friday 27 th	Needles & Pins Sewing & Craft Group	6pm, Rose House, Goyder Street, Kadina
Tuesday 31 st	Point Pearce Women's Group	

FEBRUARY 2017

<u>DATE</u>	<u>GROUP</u>	<u>DETAILS/TIME</u>
Thursday 2 nd	NYP Dementia Carer Support Group	10.30am Rose House, Goyder Street, Kadina
Tuesday 7 th	Port Broughton & Bute Carers CYP Carers	12pm Sunnyside Hotel, Port Broughton 10.30am Vintage Country Reflections, Maitland
Wednesday 8 th	SYP Bounce Back Carers SYP Parkinson's Support Group	10am, Carers and Disability Link, Yorketown 1 pm Carers and Disability Link, Yorketown
Thursday 9 th	Copper Coast Yarns & Crafts	10am, Rose House, Goyder Street, Kadina
Tuesday 14 th	Point Pearce Women's Group CYP Carers	10.30am The Coffee House, Ardrossan
Thursday 16 th	NYP Parkinson's Support Group	10am, Rose House, Goyder Street, Kadina
Friday 17 th	Copper Coast Bounce Back	12pm Café Mia, Wallaroo
Tuesday 21 st	CYP Carers & Dementia Carers	12pm Maitland Hotel
Thursday 23 rd	SYP Dementia Carers Support Group	12pm, Tavern on Turton
Friday 24 th	Needles & Pins Sewing & Craft Group	6pm, Rose House, Goyder Street, Kadina
Tuesday 28 th	Point Pearce Women's Group CYP Carers	10.30am Port Clinton School House

10 Summer Health Tips for Seniors

1. Drink plenty of liquids. Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated.
2. Avoid caffeinated and alcoholic beverages. Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.
3. Dress appropriately. Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.
4. Sunblock. When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.
5. Stay indoors during extreme heat. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.
6. Air conditioning. If you do not have air conditioning in your home, go somewhere that does. A movie theater, the mall a friend or relative's home or a community senior center are all good options.
7. Avoid extreme outdoor heat. If you need to get out of the house and don't drive, call a taxi, a friend or a transportation service. Do NOT wait outside for the bus in extreme heat.
8. Take a cool shower or bath. If you are absolutely unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.
9. Keep your home cool. Temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time.
10. Signs of heat stroke. Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.

MARCH 2017

DATE	GROUP	DETAILS/TIME
Thursday 2 nd	Copper Coast Yarns & Crafts Copper Coast Carers	10am, Rose House, Goyder Street, Kadina 10am, Café Capella Moonta
Wednesday 8 th	SYP Bounce Back Carers	10am, Carers and Disability Link, Yorketown
Thursday 9 th	NYP Dementia Carers Support Group	10.30am, Rose House, Goyder Street, Kadina
Monday 13 th	PUBLIC HOLIDAY	
Tuesday 14 th	Point Pearce Women's Group	
Thursday 16 th	NYP Parkinson's Support Group	10am, Rose House, Goyder Street, Kadina
Friday 17 th	Copper Coast Bounce Back	12pm Goyder Street Café, Kadina
Tuesday 21 st	CYP Carers & Dementia Carers Port Broughton & Bute Carers	12pm Maitland Hotel 12pm, Port Broughton Hotel
Thursday 23 rd	SYP Dementia Carers Support Group	12pm, Ventnoor Hotel, Pt Vincent
Friday 24 th	Needles & Pins Sewing & Craft Group	6pm, Rose House, Goyder Street, Kadina
Tuesday 28 th	Point Pearce Women's Group CYP Carers	10.30am, Port Clinton School House

Please note that our Calendar dates are planned in advance and may need to be changed only under extreme circumstances i.e. staff absences or extreme weather conditions are predicted.

Coming along to a group? ☺ Please RSVP to the Kadina Office

Phone: 8821 2444 or 1300 783 785

Useful Numbers

Respite and Carelink Centre	1800 052 222
My Aged Care Phone Line	1800 200 422
Mental Health Triage Service	13 14 65
Beyond Blue	1300 224 636
National Dementia Helpline	1800 100 500
Dementia Behaviour Management	1800 699 799
Disability SA	1300 786 117
LIFELINE	13 11 14
Kids Help Line	1800 551 800
Seniors Information Service	08 8168 8776
Cancer Council Help Line	13 11 20
After Hours GP Helpline	1800 022 222
Police Assistance	13 14 44
Fire, Police, Ambulance	000

