

NEWLETTER FOR THE ADELAIDE HILLS

AUGUST—OCTOBER 2018

Highlights in this edition...

Dress Up Day

Adelaide Hills

39 Onkaparinga Valley Rd, Woodside SA 5244

Phone: 08 8389 7383

Woodside@cadl.support

A letter from our CEO

**WE'RE READY & ACCREDITED
FOR THE NDIS**

I hope you are finding ways to stay warm and toasty through this cold southern winter. For me its woodfires, hot soup and Ugg boots. Just need to find a way to have all this at work.

I have referred to our Statement of Philosophies, Principles and Objectives in a previous newsletter, highlighting that they are our organisation's guiding values and a standard to which we set ourselves.

When I reflect on these, as I often do when talking about our organisation, in my mind there are two statements that stand out above the others. And when I reflect back to my first knowledge of Carers and Disability Link, as I prepared for my interview for a job here myself, these were the two that really encouraged me to apply for the position and I shared both at my interview.

These two are:

- We believe in Carers and clients right to participate fully in the decision-making in their own lives and that of Carers and Disability Link; and
- We believe in the recognition of carers and clients as unique individuals capable of shaping their own destiny.

As I shared these recently with a community group, I again reflected on how unique, progressive and clear these statements were, and how wonderful it was to have them guiding us right back at the beginning of our organisation. That was almost two and a half decades ago.

Today when you look at our Governments shift to more individualised service delivery, you can see the shift toward these very philosophies. Within Aged Care Services the Government now looks toward Consumer Directed Care (participation in decision making) and within the National Disability Insurance Scheme the catch cry is "Choice and Control" (unique individuals capable of shaping their own destiny).

As highlighted in our last newsletter, we are up for one more change from Government. This is the new National 'Integrated Carer Support Service' which will start from July next year. There has been a lot of consultation in designing this new Carer Support Service which should mean it will meet the needs of Carers, but as they say "the proof is in the pudding".

Let's continue to call the Government to account, to ensure that these two philosophies apply, not only to these other services mentioned above, but to Carers very own support services as well.

As so clearly articulated two and a half decades ago, lets ensure Carers continue to be able to participate in decision making in their own lives, and that they are shown respect and treated as the experts in their own lives, who are very capable of knowing what they want, when they want it, and what future they are looking toward.

Take Care,



Vicki Williamson
CEO Carers and Disability Link

Carers & Disability Link has successfully achieved accreditation at Certificate Level of the Service Excellence Program





Louise
NDIS



Kate
Executive Officer



Vicky
Volunteer Coordinator



Debby
DCS Coordinator



Lynda
DCS Coordinator



Nicki
Carer Support



Jacqui
Carer Support Coordinator



Marie
Carer Support



Amie
Carer Support



Jodie
Carer Support



Fiona
Carer Support



Wendy
Administration Officer



Robyn
Administration Officer



**GROUND
TO TABLE**

Community Lunches

Join us on the first Tuesday of each month for a
delicious two course meal featuring fresh
seasonal produce.

12pm

Free*

RSVP 83394400

reception@thehut.org.au

*A donation by those not in receipt of a Health Care
Card would be appreciated.

*The Ground To Table Program promotes the mental and physical
wellbeing of the Adelaide Hills Community*

For more information and to register please contact
The Hut Community Centre, 1 Euston Road, Aldgate, SA, 5154
T: 08 8339 4400 E: reception@thehut.org.au W: www.thehut.org.au



The Department for Communities and Social Inclusion has contributed funds toward this project.

www.CADL.support

Important Information for Carers

Some changes for Support Groups & outing

As some of you may be aware the federal Government are implementing a new Integrated Carer Support Services plan which will be fully rolled out by late 2019. The new plan lays out the broad specification of how carer support services will be provided nationally. The plan has two key stages:

Stage 1 was the design and implementation of the Carer Gateway. This is operational and provides carers with an established website (www.carergateway.gov.au) and national contact centre, dedicated to the delivery of carer-specific information.

Stage 2 which should be fully rolled out by late 2019 of the plan is to work with the sector (including carers, service providers, peak bodies & individuals with carer specific expertise) to co-design a new integrated system of carer – specific supports and services that would be better positioned to support Australia's carers into the future. Regional Delivery Partners will be developed in each State and they will be responsible for delivering these services through a combination of on line, phone and face to face methods. There will be an emphasis on individual carer support services for carers.

As part of our annual review of what groups and activities we offer carers at CADL we have taken into account the future requirements of this plan. We have also taken into account feedback that we have received from Carers throughout the year as well as looking at current carer trends and needs. With all of this being taken into consideration we have made some changes to the groups that we will be offering from August 2018:

Caring & Sharing will still meet on the 1st Wednesday of each month. All Carers are eligible to attend this group. The group will meet at Strathalbyn and Woodside offices on alternate months. Transport will be available for carers that do have their own transport between Woodside and Strathalbyn with pick up at Mt Barker KSCP and vice versa depending on which office the group is being ran at that month.

Day Trippers & Gadabouts: These 2 social outing groups have been amalgamated to form a new group 'Tripabouts'. This is primarily a social outing for carers that all carers are eligible to attend. It will run on the 2nd Wednesday of each month. There will be pick ups at both centres and at Mt Barker, KSCP.

Kaleidoscope Support Group: This group will continue to meet monthly on the 1st Tuesday at the Woodside office. The group will be facilitated by a Carer Support Worker for the 1st half hour of the group and then the group can continue to chat amongst themselves. During the year workshops and information sessions will be organised as needed.

Important Information for Carers

Some changes for Support Groups & outing

Lightning Group: Due to the lack of attendance of care recipients attending this group in a individual carer support as well as the opportunity to attend the new tripabouts group (higher numbers of carers can be catered for on this group if need be).

Dementia Support Group: This group will not be provided from August 2018. Carers will be able to book more individual support with the appropriate carer support worker. Carers can also attend Caring & Sharing support group which will have guest speakers. Dementia specific education & training sessions will be organised as needed throughout the year.

Blokes Group: This social blokes group for Male carers will continue to run on the 3rd Tuesday BUT on an every other month basis. Male carers can also attend the new group Tripabouts for extra social support.

Stress Management Carer Support Group – Strathalbyn: Due to lack of attendance this group will be disbanded. Carers that want to book additional one to one carer support with the appropriate carer support worker will have the opportunity to do so.

Mental Health Support Group: This group will continue on the 3rd Thursday BUT on an every other month basis. Carers that want to go on a social day outing can also attend the new Tripabouts group.

Carers at the Hut: This group will continue to run every 4th Wednesday of each month, it will continue to be facilitated by the Hut Volunteers. A Carer Support worker will not attend the group each month. Carers will be able to book additional appointments with the Carer Support Worker for individual support as needed. A Carer Support Worker may attend the Hut group on an ad hoc basis to present relevant information to Carers.

Any other group that has not been mentioned above will remain in its current format. I hope that you can see that these changes have been made after careful consideration and that carers will have more opportunity to have an increase in individual carer support from their appropriate carer support worker.

We are always reviewing our services and will consider any comments and feedback that you provide when assessing how future carer support services are delivered. If you want to discuss any of the above changes please do not hesitate to contact either myself or your dedicated Carer Support Worker.

Jacqui Briers
Carer Support Coordinator

YOUNG CARER RETREAT 2018

In the April school holidays 18 Young Carers went on a retreat to Berri in the Riverland. They had a fantastic 3 days. One of the highlights was a kayaking adventure down Katarapko Creek; this included some off road paddling through thick reed beds and various games and races. YC's also enjoyed a pizza night by the river, marshmallows around the campfire, movies, swimming, viewing Aboriginal art and games of giant chess. Young Carers spent lots of time building friendships and peer support and the accommodation was beautiful.



The beginning of a kayak adventure!



Munching on marshmallows!



CARERS WISHING TO ATTEND
GROUPS OR OUTINGS
PLEASE REMEMBER TO CALL
WOODSIDE RECEPTION ON 8389 7383
OR
STRATHALBYN RECEPTION 8549 1299
TO BOOK YOUR PLACE.

Justice of the Peace

10am to 12pm

Third Monday of the Month

CADL Woodside

Please call 8389 7383 for appointment

ADELAIDE HILLS & FLINDERS
CARERS & DISABILITY LINK
Supporting your choices

**VOLUNTEER
HERE!**

Carers and Disability Link Op Shop, Woodside is known throughout the Hills as a vibrant and friendly place to shop, where customers can enjoy a coffee, and relax with friends, while volunteers provide great service and always a laugh! The organisation is now expanding its amazing team of volunteers to meet the extraordinary growth of the Op Shop, and would love to hear from anyone who is able to help one Saturday per month, or a day or two in the week (Monday-Friday 9.30am-4.30pm, Saturday 9.30am-2.30pm)

For further information or a Registration Form Call Vicky on

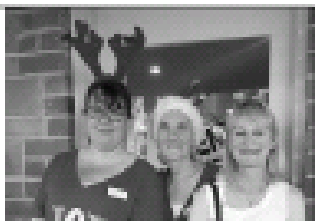
08 8389 7383

Younger Onset Dementia Support Group

This fantastic group meets at "Summit Health" in Mt Barker once a month for a themed Social Dinner. It's a time for couples to enjoy a night out, connect with others in the same situation, have some laughs & eat some of the culinary delights that Nicki & Marie may have prepared (lol). These themed nights encourage conversation & reminiscing that is not only great for a person living with Dementia but for everyone involved. These photos are just a small selection of some of our great nights.



**JOIN THE
TEAM!**



★ **OP SHOP VOLUNTEERS NEEDED** ★

Monday - Friday, occasional Saturdays

Call Vicky on 8389 7383

**for more details or for a Volunteer
Registration form**

OP SHOP 

Best Kept Secret in the Hills

10am - 4pm Monday-Friday, 9am - 2pm 3rd Saturday Monthly

37 Onkaparinga Valley Road, Woodside, 5244 - 8389 7383

THANKYOU

To our customers for your support in raising funds for Carers, especially Young Carers, across the Hills and Fleurieu.

Our new comments book is filling up fast, with some lovely messages about the shop and our wonderful friendly volunteers!

If you would like to join our team of volunteers in the Op Shop, or feel you have some skills to share in admin, driving Carers, marketing, events or in our café... please contact Centre Volunteer Coordinator Vicky for an application form and further information.

Call 8389 7383

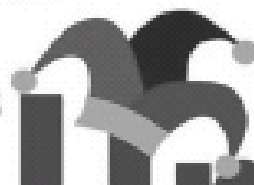
Tuesdays, Thursdays,
Fridays



THE OP SHOP

11am-4pm

Friday 20 July 2018



Dress Up DAY

**Drop in and show your support to
YOUNG CARERS**

across the Adelaide Hills & Fleurieu

Face Painting
MUSIC
Bargains Lucky Dips Coffee
& Cake
FUN

Friday 20 July 2018

11AM-4PM

37 Onkaparinga Valley
Road, Woodside, SA 5244

ph 8389 7383

Carers and Disability Link

Op Shop 10am - 4pm Monday-Friday,
9am - 2pm, plus 3rd Saturday Monthly

OP SHOP 

Best Kept Secret in the Hills