

NEWSLETTER FOR OUR COMMUNITY

August, September, October 2019

A letter from our CEO

How wonderful it is to see people working together for the benefit of others and their community. The value of community support should never be underestimated. In a world of fast and constant change, support from those around us helps us get through, helps us know we are valued, helps us then give back to others.

There is **great value** in community connections and relationships, and we are blessed to see examples of this everywhere.

Everywhere that there are volunteers – I just need to look out the window to see those helping in our garden or those walking across the street to our neighbouring Community Centre or Church.

Everywhere that families come together, especially where families come together through similar life challenges and can say “we are accepted by others despite, or because of, our differences”.

In the quiet of a support group where relationship are kindled and people learn they are “not the only one”, or in the rowdiness of a social skills group where children are learning new skills, connecting with others and building relationships.

The value of community support and connections should never be underestimated by those designing new service delivery models or those looking at cost cutting across our State or our Nation. The true value is immeasurable and we need to see those with power and influence looking down to the community level and finding ways to ensure this priceless commodity remains and grows not only because in the end ‘it does save money’, but because it also strengthens our population, it develops generosity of spirit, and it leads to greater acceptance for all.

You cannot build community from afar through new service models, it happens right where we are and it happens through listening, caring and valuing those around us.

Thank you to those in our community who clearly see the benefit of working together, of supporting each other, and do so with the desire to make a difference for all members of our community and society.

Take Care

Vicki Williamson
CEO, CADL



www.CADL.support

Barossa & Districts

15 Second St, Nuriootpa SA 5355

Phone: 08 8562 4000

Barossa@cadl.support

Yorke Peninsula

Shop 3, 21 Frances St, Kadina SA 5554

Phone: 08 8821 2444

Yorke@cadl.support

Adelaide Hills

39 Onkaparinga Valley Rd, Woodside SA 5244

Phone: 08 8389 7383

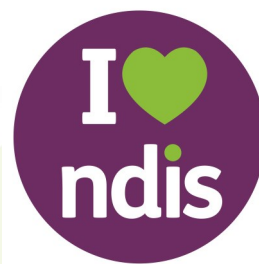
Woodside@cadl.support

Fleurieu (Tues, Weds, Thurs)

7 Catherine St, Strathalbyn SA 5255

Phone: 08 8549 1299

Strath@cadl.support



Registered NDIS Provider



Australian Government
Department of Health and Ageing



Government
of South Australia

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



OUR YORKE TEAM



HEIDI
Manager



ANDREW
CHSP Coordinator



SAM
Disability Services Coordinator



KERRY
Disability Services Worker



KERRI
NDIS Support
Coordination



CHERE
Carer Support



MAZZ
Carer Support



AARON
Young Carer Support



KYLIE
Office Administrator



JOYLENE
Care Worker



LINDA
Care Worker

Yorke Peninsula

Welcome to the mid year Newsletter – well actually we are past that aren't we!

This newsletter is continuing to take a different shape then those of the past. Past newsletters have been full of stories and ventures recently enjoyed, with upcoming events and dates declared that you

Yorke Peninsula
Shop 3, 21 Frances St, Kadina SA 5554
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would pop in your calendar as a reminder of the Must Do's or Must Attends. **WE'RE READY & ACCREDITED FOR THE NDIS**

Like this newsletter we too are a bit of a different shape. As we continue to support Carers and those they care for. We are also embracing new models of care and service delivery. We have been adding additional services to our Organisation like the expansion of services under the Commonwealth Home Support Program, NDIS Plan Management, NDIS Support Coordination and NDIS service delivery.

NDIS, My Aged Care and the Carer Gateway are now familiar names to us all. The way you access care and the way we find out about your needs now through the referral process are different. Either way, the way we care continues. For some that has meant you have enjoyed receiving support in the way that you have always known and for others your support access has changed.

Regardless of the shape, we have continued to ensure you receive the most up to date information on how to access support and or services that you tell us you need. In the coming months I imagine there will be even more information coming our way about how to stay better in touch with ways to find support.

If you can, please make special note of the contact numbers in this newsletter relevant to your needs, and try to make time to view the websites. Please know that should you need help to access assistance you need only call us. We will be more than happy to help you access the support and service information you need. Together we can make this a little easier.

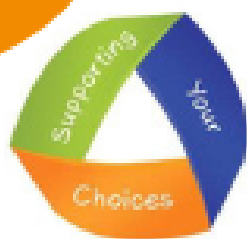


Wishing you many good things!

Heidi Jamieson
Manager, Carers and Disability Link

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





**CARERS &
disABILITY LINK**

Would like to invite you
to attend their

Special Meeting & Annual General Meeting

On: Thursday 24th October 2019

At: 11am - Special Meeting & AGM

12.30pm Lunch @ cost of \$15pp

Where: Vine Inn Hotel

Murray Street Nuriootpa SA 5355

RSVP: by 10th October 2019

Phone: 8562 4000 or barossa@cadl.support

Barossa Adelaide Hills & Fleurieu Yorke Peninsula

Together, we **link** people with **disabilities**, **carers** and **the aged**,
with care and support services through flexible and inclusive
choices within our local community



UPCOMING EVENTS

August

Thursday 1st	♥MyTime, at Rose House Kadina ♥Yarns & Crafts Support Group at Rose House, Kadina	9.30am - 11.30am 10am - 12pm
Monday 5th	♥Copper Coast Carers at the Royal Hotel in Moonta	12pm
Tuesday 6th	♥Port Broughton Carers at the Port Broughton Hotel	12pm
Wednesday 7th	♥Mindful Group at Rose House , Kadina ♥SYP Parkinson's Group, SYP Community Centre (Telecentre) please bring a plate of food to share	1pm - 3pm 11am - 1pm
Thursday 8th	♥NYP Dementia Group at Rose House, Kadina ♥MyTime at Rose House, Kadina	10am - 12pm 9.30am - 11.30 am
Thursday 15th	♥NYP Parkinson's Group at Uniting Church, Kadina ♥MyTime at Rose House, Kadina	11am - 1pm 9.30am - 11.30 am
Friday 16th	♥Bounce Back at Royal Exchange Hotel, Kadina	12pm
Tuesday 20th	♥Pt Clinton Carers at the School House, Pt Clinton	10.30am - 12pm
Thursday 22nd	♥MyTime at Rose House, Kadina	9.30am - 11.30am
Friday 23rd	♥SYP Carers at Minlaton Hotel	12pm
Tuesday 27th	♥CYP Carers at the Hotel Maitland	12pm - 2pm
Thursday 29th	♥MyTime at Rose House Kadina	9.30am - 11.30am

Carers and Disability Link will be taking photographs at different events.

You may be in them!

Your image may be captured at events and printed in our newsletter and electronic publications for promotional and educational purposes only.

If you have concerns about your image being used for these purposes, please chat with the staff on the day.



Thank you



Charter of Aged Care Rights

All people receiving Australian Government funded residential care, home care or other aged care services in the community have rights.

I have the right to:

1. safe and high-quality care and services;
2. be treated with dignity and respect;
3. have my identity, culture and diversity valued and supported;
4. live without abuse and neglect;
5. be informed about my care and services in a way I understand;
6. access all information about myself, including information about my rights, care and services;
7. have control over and make choices about my care, and personal and social life, including where the choices involve personal risk;
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
9. my independence;
10. be listened to and understood;
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf;
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly;
13. personal privacy and to have my personal information protected;
14. exercise my rights without it adversely affecting the way I am treated.

If you have concerns about the aged care you are receiving, you can:

- talk to your aged care provider, in the first instance,
- speak with an aged care advocate on **1800 700 600** or visit **opan.com.au**, for support to raise your concerns, or
- contact the **Aged Care Quality and Safety Commission** on **1800 951 822** or visit its website, **agedcarequality.gov.au**. The Commission can help you resolve a complaint about your aged care provider.

CHSP—OVER 65 PROGRAMS



WAKE UP CALL FOR CARERS

My name is Gayl and I am a carer for my husband Ian. Nearly three years ago my 'caring role' changed and Ian moved into residential care.

Throughout this time I visited Ian every day and fed him. I also volunteered at the facility weekly. As a 'carer' you put others first and I have observed 'other carers' including myself become physically and emotionally exhausted.

Three months ago I had a near death experience. I stopped breathing twice and was on life support for 12 days. I was fortunate that Ian was in residential care. My absence from visiting, if anything, meant Ian connected more with the professional staff.

I am now blessed with a second chance at life and I will continue to do the best I can for Ian.

What my experience has taught me is that the need to be kind and caring towards oneself is an act of responsibility rather than selfishness.

Something extreme had to happen to me to gain this awareness. From now on every day counts and every hour is a blessing.

This is my message to fellow carers: if you need help ask for it. Before Ian went into residential care Carers and Disability Link were able to provide a commonwealth funded program to support us. Ian really enjoyed his time with a worker each week, which gave me a break from my caring role.

Dear Fellow Carer, where possible avoid putting unwarranted pressure on yourself. I can now sit and relax and watch the birds in my garden and 'not worry' for the first time in years. Take care of yourselves, life is so precious.

This article was in the Barossa Local Newspaper in November 2018. By Carer, Gayl Sanderson.

If you are a carer for someone over 65 years of age you may be eligible for Flexible Respite services. Please call your local CADL office on 1300 783 785 and ask to speak to your CHSP Coordinator.

CHARTER OF AGED CARE RIGHTS

Over the next 6 months you may be approached by one of your friendly CADL staff to ask if you can read, discuss and sign the Commonwealth new 'Charter of Aged Care Rights'. It is our responsibility as a service provider to help you understand your rights as an aged care consumer. This is also a legal requirement for us to help you to understand your rights under the new Charter. A copy of the Charter must be given to you before or when you start receiving aged care services. Your provider is required to sign the Charter and to also give you the option of signing it. By signing the Charter, you acknowledge you have received it, been assisted to understand it and understand your rights. You don't have to sign the Charter: you can begin or continue to receive care and services even if you do not sign it. Your provider is required to give you either an original or a copy of the Charter that has been signed. It is a good idea to share this information with your family, friends or others involved in your care.



Do you care for someone over 65?

Caring for someone can be overwhelming and sometimes we need a break. Is this you?

Contact us today to find out about how we can help you take a well earned break

1300 783 785

yorke@cadl.support

www.cadl.support



We are a community-run not for profit organisation.
Servicing Adelaide Hills & Fleurieu, Yorke Peninsula and
Barossa areas



YOUNG CARERS

Firstly I would like to thank Carers and Disability Link and especially the **Maitland Op Shop** that provide us with the opportunity to support all of the Young Carers. It is because of the Op Shops hard work we are able to give these young carers a break from their caring role and an opportunity to make life long friends, learn life skills and have fun!



Calendar

22nd July	Term 3 begins
30th July	Kit Kat Kids
5th Aug	Kit Kat Youth
13th Aug	Kit Kat Kids
19th Aug	Kit Kat Youth
27th Aug	Kit Kat Kids
2nd Sept	Kit Kat Youth
10th Sept	Kit Kat Kids
16th Sept	Kit Kat Youth
24th Sept	Kit Kat Kids
27th Sept	Term 3 ends
28th - 30th Sept	Young Carer Retreat
8th Oct	Kit Kat Kids Event
14th - 20th Oct	National Carers Week - Young carer shout out event

The Young Carer support worker team across the regions are excited to announce that we will be having a joint retreat in the term 3 school holidays! Jeannine Malcolm (Barossa), Belinda Mitchell (Adelaide Hills) and myself are working hard to make this a great a memorable event. This has been made possible because of the '3-Legged Challenge' fundraising event, thank you to all who participated and/or donated. The Young Carer Event will be a 2 night, 3 day camp for young cares aged 8-15 years old at Aussie Educamps in Gawler! Arriving on Saturday the 28th of September and departing on Monday the 30th of September.

If you know any Young Carers that would like to attend our groups or need some one on one support then contact the Yorke Peninsula CADL office on (08) 8821 2444 or email aaronh@cadl.support



Term 2 School Holidays

Kit Kat Kids (5-12 years old) These school holidays the Kit Kat Kids got to have a Mid-Year party for all of their hard work throughout the first half of the year.



Kit Kat Youth (13-18) The Kit Kat Youth participated in some classic ten pin bowling fun in Port Pirie.



YOUNG CARER
BURSARY

2019 Bursaries

Apply now!

Applications are now open and close at
5pm on 5 September 2018

Funded by the Department of Social Services



Young Carer Bursary Applications are now open! The young Carer Bursary program supports young carers to continue with their education. The program offers a limited number of bursaries of up to \$3,000 each year. Applications are open from now until early September. Contact CADL for more information.



Christmas Party for Special Children

Sunday 1st December, 2019

At the Adelaide Zoo

Expressions of interest by 25th September 2019



3C's Op Shop

We are always looking for Volunteers to help in the
Maitland 3C's Op Shop.

Please call the shop on 8832 3112 or
the Kadina office on 1300 783 785 or 8821 2444



*is committed to providing quality support and
services to all Family, Carers and Clients.*

To help us to continually improve our services we encourage you to let us know what you think of what we do-whether it be a suggestion or a complaint to help us improve, or feedback on what we do well, we would love to hear from you.

I would like to say:

.....

.....

Please send your comments by post to Carers and Disability Link, PO Box 200, Kadina 5554, or drop it into the office. You may send us an email to yorke@cadl.support or write it on a piece of paper if you do not wish to cut this out!



NDIS

Audit and Consent



Dear NDIS Participant / Participant Representatives and /or Guardian

As you may be aware, Carers and Disability Link (CADL), and all NDIS providers are required to undertake an audit of their processes, systems, policies and the manner in which they deliver services to participants.

As an experienced provider delivering disability services, since 2004 CADL are looking forward to the opportunity the audit brings, to benchmark our services against the NDIS practice standards. It also further strengthens our commitment to continuous improvement and client-centred support.

As a Participant of CADL, you are invited to participate in the audit process and you may be contacted by a member of our independent assessment team. This will involve a random selection process and only a handful of our more than 500 NDIS clients will be contacted on the day.

If you prefer not to be contacted, you are able to opt-out of the interview process by notifying your local office, in writing by return email, fax or post. (please see details below) no later than COB Friday the 9th of August 2019.

Please be assured that your identity and any information you provide on the day will be kept strictly confidential.

Thank you for your ongoing support, we look forward to the continuation and improvement in delivering services to you.

Sincerely

NDIS Team at Carers and Disability Link

Email: yorke@cadl.support

Post: PO Box 200, KADINA SA 5554



DISABILITY SERVICES

Including:

- Personal care
- Life skills
- Household tasks
- Managing life stages, transition and supports
- Food preparation
- Transport
- Garden maintenance

PLAN MANAGEMENT

Providing assistance to NDIS participants to manage the financial aspects of their plan.

SUPPORT COORDINATION

Providing assistance to NDIS participants to put in place the supports provided in their plan

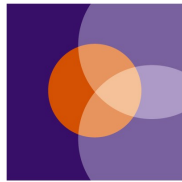
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CHOICE CONTROL CONSISTENCY



Disability Services

Exciting New Group



MyTime

PROVIDER

*supporting parents of
children with disabilities*



Government of South Australia

SA Health

*Women's and Children's
Health Network*

**ARE YOU A PARENT
OR CARER OF
CHILD/REN WITH
SPECIAL NEEDS?**

**FREE
CRECHE**

*Available for
children
0 – 5 years*

MyTime is a **FREE** Program for mums, dads, grandparents and anyone caring for a child up to the age of 18 with a disability, chronic medical condition or special needs. The Program provides carers *“time out”* – relax and socialise sharing ideas with others in similar situations, fun activities (including massage, manicures, craft and more).

**For more
Information
please contact:**

Facilitator: **Mazz**
phone 88212 444

or

Manager: **Virginia Fusco**

**Yorke Peninsula
MyTime Group**

Thursdays
During school term
Week 1 to Week 8

Time: **9:30am to 11:30am**

Venue: ROSE HOUSE:
16 Goyder St; Kadina SA
5554; Within the Catholic
Church grounds