



Friends of Fernlea

Carers Corner June Edition 2011

Happenings at the House

Well the first six months of the year has flown. Summer has ended and we are into the cold months of Winter. I hope that you are all keeping warm and have had your flu shots. It continues to be a lovely drive up to Fernlea House with all the autumn leaves in their full display of colour.

Fernlea Fairies

In May we launched our new sponsorship drive *"The Fernlea House Faerie Ring"*, where we have faeries and gnomes that live in the bottom of the garden. The idea is to raise funds in order for us to develop a satellite of our service in Healesville called Fernlea in the Valley. People and businesses are able to sponsor a faerie or gnome that will provide funds for various activities eg paying the rent of the building, supporting the cost of lunch, supporting the cost of an electric armchair etc.

If you would like more information, please call Sharyn on 5968 3895.



Our lovely faeries: Sharyn and Michael
(He looks real happy doesn't he?)

Carers Get Together

As you would know from letters that I have sent, we were fortunate enough to receive some funding to commence a Carers Get Together. To date we have met on 2 occasions. Whist the attendance has been very small; the people who have attended have told us that it was extremely beneficial.

We have invited our carers to join with staff and volunteers on June 15th to learn more about dementia and we hope to have a social event during July.

Also we have organised a series of workshops with Carers Victoria to commence in August. More information will be sent to you closer to the time, however dates to put in your diaries now are: Wednesday 10th August 1 – 3.30
Wednesday 14th September 1 – 3.30
Wednesday 12th October 1 – 3.30
Wednesday 9th November 1 – 3.30

All workshops will be held at the Emerald Library.

Caring is a rewarding experience, but it can also be very demanding and sometimes carers need extra help and support.

National Respite for Carers Program (NRCP)

Fernlea House is funded by the NRCP. However the Program also offers other services to help families and friends caring for someone at home who is unable to care for themselves.

The Program provides information and support for carers and assistance to carers to take time out from their caring role (respite).

Currently the Program funds over 600 community based respite services, Commonwealth Respite

and Carelink Centres (CRCC), the National Carer Counselling program and the Carer Advisory Service.

The CRCCs provide a single point of contact for the general public, general practitioners, service providers and other health professionals for information on community, aged, disability services and carer support. The CRCCs can also assist with information about costs for services, assessment processes and eligibility criteria. They can also assist with arranging respite when carers need to have time out.

You can contact your local CRCC by **Freecall 1800 052 222**. (Calls from mobile phones are charged at the applicable rate).

The website address for further information is www.commcarelink.health.gov.au



One of our guests enjoying a foot spa

Informative Websites

If you have access to the internet, there are some very informative web sites that may help you in your caring role and searching for information.

www.healthinsite.gov.au/topics/Carers

has a whole range of different information from palliative care to respite to caring for carers, dementia and Parkinson's Disease to name a few.

<http://www.vcsn.com.au/>

Victorian Carer Services Network provides a link to the respite seeker which will show you all the respite services in your area.

<http://www.carersvictoria.org.au/>

Carers Victoria

provides a whole range of information for carers

http://www.deakin.edu.au/dhs/wellness_guide/

the 2005 Wellness Guide for Carers

<http://carercard.vic.gov.au/>

the Carer Companion Card

<http://www.centrelink.gov.au/>

Centrelink

Compliments / Complaints

At Fernlea, we welcome any feedback from those involved with us. Please feel free to let us know if you are either happy or unhappy with any aspect of our service. Most problems are resolved through discussion with the person directly. If you are not comfortable to do this you are most welcome to speak to the Manager.

Your grievance will be investigated and at any discussion you can invite someone of your choice to support you. Your complaint will be dealt with fairly and promptly. If you continue to have concerns you can contact the Office of the Health Services Commissioner on 8601 5222 or Toll free on 1800136066.

You can ring Helen Pike, the Manager, on 5968 3895 at any time or drop an email to h.pike@fernlea.com.au or post a letter to 149 Emerald Monbulk Rd, Emerald 3782.

Some thoughts to ponder

Science will never come up with a better communication system than morning tea.

To know where something is, we must have found it.

The trouble with many of us is that we come to a conclusion before we arrive at the end.

(Courtesy of Sharyn – Business & Development Manager)

Meditate to Reduce Stress

Researchers at the University of South Australia have commenced a project investigating stress responses in people who meditate regularly compared to people who are long term carers and who do not meditate.

Public health researcher Dr Shona Kelly says: *“there is a lot of information about the mental strain faced by carers, however there is less information about how their physical health and mental functions are affected. We do know that carers have impaired immunity, higher blood pressure and a greater risk of dying than non-carers of the same age and sex. What is not understood is the physiological processes that lead to this poorer health.”*

The researchers are looking for people to take part in the study. They need 40 participants who have been carers for at least three years, who are generally in good health and who are not regular meditators.

If you are interested or would like more information contact Dr Kelly on (08) 8302 2901 or email shone.kelly@unisa.edu.au

(courtesy of www.healthcanal.com)

Pension Increase

Did you know that from 20th March 2011 your pension increased! Age, disability and carer pensions and veterans' income support recipients received an extra \$13.20 a fortnight for singles on the maximum rate and \$19.80 a fortnight for couples combined on the maximum rate.



Connected Carers

There is a new service available from the Brotherhood of St Laurence which is free and accessible from your home phone. If you are caring for someone who has an illness, a disability or is aged and enjoy talking with others in similar situations without leaving your home, then you can sign up for Connected Carers.

It doesn't matter where you live in Victoria and conversation topics will include looking after yourself, managing your stress and taking a break.

Further information is available by calling the Brotherhood of St Laurence on 1300 147 147.



Additional Funding for Home and Community Care Services in Victoria

In March this year, the Minister for Health & Ageing and the Victorian Minister for Health released a joint statement indicating that older Victorians who live in their own homes *“will benefit from an \$11.9 million boost to aged care services provided to them across the state through the Home and Community Care (HACC) program.....”*

.....the additional funding would allow more frail, older people and younger people with a disability to be able to remain in their own homes and communities. HACC services provide assistance with domestic help, nursing, allied health such as physio and podiatry, delivered meals, social support and personal care.”

(Courtesy www.health.gov.au)

Relaxation Corner

Grandma and Grandpa were sitting in their porch rockers watching the beautiful sunset and reminiscing about “the good old days”, when Grandma turned to Grandpa and said: “Honey, do you remember when we first started dating and you used to just casually reach over and take my hand?” Grandpa looked over at her, smiled and took her hand in his.

With a little wry smile Grandma pressed on a little further, “Honey, do you remember when we were engaged you’d sometimes leaned over and suddenly kiss me on the cheek?” Grandpa leaned slowly toward Grandma and gave her a lingering kiss in the cheek.

Growing bolder still, Grandma said, “Honey do you remember how, after we were first married, and you’d kind of nibble on my ear?” Grandpa slowly got up from his rocker and headed into the house. Alarmed, Grandma said: “Honey, where are you going?” Grandpa replied: “To get my teeth.”

(Courtesy Carers Victoria)



Faces of Fernlea Address Book

To celebrate the 10 year anniversary of the creation of the idea of Fernlea House and to raise funds, we are creating the Faces of Fernlea Address Book. I have included in the newsletter all the information if you are interested.



This was brought to my attention:

Sad, especially if you are inclined to 'help' people...

While driving on a rural end of the roadway on Thursday morning; I saw an infant car seat on the side of the road with a blanket draped over it. For whatever reason, I did not stop, even though I had all kinds of thoughts running through my head. But when I got to my destination, I called the Police and they were going to check it out. But, this is what the Police advised even before they went out there to check....

"There are several things to be aware of ... gangs and thieves are now plotting different ways to get a person (mostly women) to stop their vehicle and get out of the car.

"There is a gang initiation reported by the local Police where gangs are placing a car seat by the road...with a fake baby in it...waiting for a woman, of course, to stop and check on the abandoned baby.

"Note that the location of this car seat is usually beside a wooded or grassy (field) area and the person -- woman -- will be dragged into the woods, beaten and raped, and usually left for dead. If it's a man, they're usually beaten and robbed and maybe left for dead, too.

DO NOT STOP FOR ANY REASON!!!

DIAL 0-0-0

"If you are driving at night and eggs are thrown at your windscreen, do not stop to check the care, do not operate the wiper and do not spray any water. Eggs mixed with water become milky and block your vision up to 92.5%. You are then forced to stop beside the road and become a victim of these criminals.

This is a new technique used by gangs. These are desperate times and these are unsavoury individuals who will take desperate measures to get what they want."

Stay well and stay safe.

Helen Pike Editor

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