



Friends of Fernlea

Carers Newsletter

May 2010

Vol 1

Happenings at the House

Hello everyone,

Well hasn't the first part of the year gone so quickly! I came back to the house at the end of February on a temporary basis and at this stage I am still here! It has been lovely to see all of our guests again and meet the new ones since I left.

Thank you to all who participated in the carer's survey in April. Your feedback is vital to ensure that we provide the best service we can to support you, THE CARER, and your loved one. If there is any other way we can assist you please do not hesitate to contact Annie or Helen on 5968 3895.

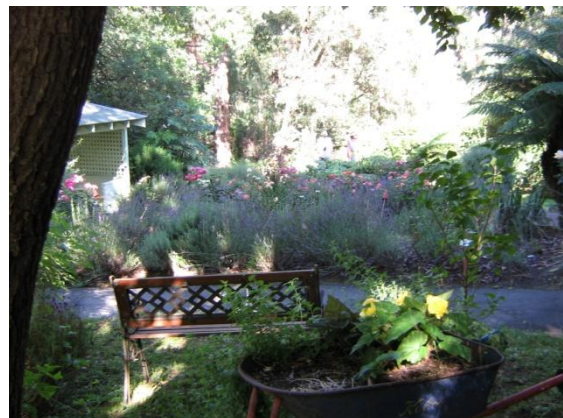


A photo of some of our staff and volunteers on fractured fairy tales day!

I recently read an excellent article in the Saturday Age Magazine on caring for the

carers and some of the excerpts follow. The article was written by Stephanie Dowrick.

*“One of the most challenging roles any of us can find ourselves in is that of a carer..... What I am thinking about are people who through illness, accident or fate find themselves in a situation in which their life is almost entirely focused on the needs of another person. This requires massive inner readjustments for carers. The entwined roles of patient and carer are intimate and complex. When they are played out over years rather than weeks, they may arouse deep emotions. **Clearly, carers also need care.** Their needs might be secondary but cannot be forgotten. They need consideration and lots of appreciation from others. They need the opportunities to grieve for their old life and freedoms without feeling guilty. They need clarity about what would most effectively support them. **And, just like the patient, they need the space for the joys and resources that remain untouched by illness.**”*



Below is some information from Carers Victoria on MINGLE 2010.

Mingle 2010

This May, Carers Victoria invites family carers to join us at Mingle 2010, free events hosted by Roland Rocchiccioli and featuring special guest speaker, Tracy Bartram.

Come along, meet other carers and have a great day out.

Melbourne Saturday 29 May

10.30 registrations,

11am to 1.30pm

RACV City Club 501 Bourke St Melbourne

RSVP by Wednesday 19 May.

For more information contact

Carers Victoria www.carersvictoria.org.au or call 9396 9561



A day at the house exploring shells!

Personal Alarms

A personal alarm can give carers of family members peace of mind that should something happen, help can be quickly on the way. There are several services that provide this.

They include:

MEPACS free call 1800 451 300 or

VitaCALL freecall 1300 360 808

Commonwealth Respite and Carelink Centres

The Commonwealth Respite and Carelink Centre provides free information about community supports for carers. Including

- Household help, home modification and maintenance
- Personal, nursing and respite care
- Transport and meal services
- Disability services
- Support groups
- A range of allied health care (eg podiatry, physiotherapy)

Contact Freecall 1800 052 222

Centrelink also provides a number of services for carers and a booklet titled "Caring for someone? A guide to your options and our services" is available from Centrelink offices.

Areas covered include: Carer Payment, Carer Allowance, Child Disability Allowance, Taking a break from caring, Extra Assistance, Making a claim, Rights and Responsibilities and special staff to assist.

Contact Details: www.centrelink.gov.au or 132717.



A photo from when the weather was warmer.

A lovely recipe from June, our stand in chef.

Honey Oat Bars

2 cups rolled oats, 2 cups of fruit eg sultanas, apricots, cranberries,
1 cup self-raising flour,
1 cup raw sugar
1 cup coconut
310g butter 2 tablespoons honey

Combine oats, fruit, sifted flour, sugar and coconut in a basin. Melt butter, add honey, mix into dry ingredients until mixture clings together. Press evenly over base of well greased 28cmx18cm lamington tin. Bake in a moderate oven 15 to 20 minutes or until golden. Cut into bars while hot, remove from tin when cold. June also recommends melting chocolate and drizzling it over the top. We can all attest that it is delicious.



Ps This isn't a picture of the slice.

Complementary Therapies

Just a reminder that we do offer complementary therapies to the carers of our guests. Just ring on 5968 3895 and ask

to speak to Frances who will make a booking for you. There is no charge.

National Palliative Care Week 23rd May – 29th May 2010

Fernlea House will be having displays at the local libraries during this week. The libraries are: Knox, Ferntree Gully, Belgrave, Emerald, Lilydale and Narre Warren.

Palliative Care Australia will also be hosting a number of events. Their website is www.palliativecare.org.au. A number of booklets will be available including:

What is palliative care?
What can I say, what can I do?
Now what? Understanding grief,
Facts about morphine and other opioid medicines in palliative care
Asking questions can help.

If you can't get to a library and you are interested in any of the booklets, we have copies here that we will happily post to you.



A photo of Marion, our Division 2 nurse that you may not have met.

Laughing Matters

By Patricia Cameron-Hill & Shayne Yates

Little Johnny's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals.

One of the youngsters pointed to the picture and asked if it really was a photo of a wanted person.

"Yes" said the policeman. "The detectives want very badly to capture him."

Little Johnny asked, "Why didn't you keep him when you took his picture?"

Fernlea House & Selby Folk Club Are presenting an evening of Folk & Blues.

Artists include:

Tin Man's Heart, Tracey Roberts, Riley Jordan plus more.

SATURDAY JUNE 5TH Tecoma Uniting Church Main St Tecoma.

Doors open 6.45 Music starts 7.30 sharp.

Tickets at door \$15. All monies raised will go to Fernlea House. Food and drinks also available at very reasonable prices.



Riley Jordan

Some ideas from Frances for stress relief for caregivers.

FUNNY VIDEOS/DVDs

Video stores are stocked with humorous videos/DVDs, new and old. Think of some favourites, or take recommendations from others for some particularly funny ones. When people are ill or limited in mobility, they and their loved ones can watch these together. Even more fun with popcorn or chips?

Recipe for stress relief

1. Name three continents and two countries in each of these continents
2. Snap your fingers ten times
3. Recite the alphabet backwards
4. Blink your eyes four times
5. Hum the tune of your favourite song
6. Take twenty deep breaths, counting to yourself with each exhalation
7. With your eyes closed, try to picture all the details of the setting of your favourite vacation

A very big thank you to all the carers who have been patient with us while work to the guidelines set by DOHA in developing signed carer care plans. We are most grateful.

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