



# Friends of Fernlea

## Carers Newsletter

September 2010

Volume 2

---

### Happenings at the House

Hello everyone,

Well we are into the second half of the year, with only 13 weeks until Christmas. You really wanted to know that didn't you!!!

At this stage I am still at Fernlea House as the Manager and enjoying every minute of it.

As you know we are funded under the National Respite Carers Program, **this means that you, the carers, are just as important to us as our guests who attend the house.** Without the incredible job that you do, the cost to the health system would be huge.

To this end it is important that we conduct an assessment of your needs and establish a care plan with your goals and objectives. Thus each 3 months we send home to you a care plan for review and usually ring you over the phone to discuss. These care plans need to be signed by you and a copy returned for our files. We are audited by the Department of Health and Ageing and it is important that we demonstrate that we are meeting your needs. So thank you for your assistance in this matter.

There is lots of news in this newsletter about events that are available for carers so I hope you enjoy.

Helen Pike Manager

### THE CARER CARD HAS ARRIVED



The Victorian Government launched the Carer Card program on 1<sup>st</sup> July 2010. The card provides discounts and benefits for unpaid primary carers in Victoria. Some of the benefits include: discounts on activities, free travel on public transport on Sundays and discounts from participating business.

#### Who is eligible?

- If you are a resident of Victoria
- The primary unpaid carer of a person
- Provide care in the home of the person you care for

Application is easy.

For more information contact the Victorian Government Carer Card on 1800 901 958 or online at

[www.carercard.vic.gov.au](http://www.carercard.vic.gov.au)

## Celebrating Christmas in July



## CARERS VICTORIA

I read some very interesting articles in the latest edition of the Carers Victoria magazine. One was titled "Caring for two" by Lisa Purnell. *"Caring for your partner can change the dynamic of your relationship in many ways. Whether it happens overnight or over time, transitioning into a caring role means being communicative and open about how you were, how you are, and how you will be together throughout your caring journey."*

Lisa provides some easy practical strategies to help you adapt to the changing circumstances. Subscription to Carers Victoria is free if you are a carer and I would highly recommend it to you. Joining Carers Victoria can be done by contacting them on 9396 9500.

**A new continence aids payment scheme (CAPS) is now available replacing the Continence Aids Assistance Scheme (CAAS). Further information is available by calling Medicare Australia on 132 011 or online [www.bladderbowel.gov.au/furtherinfo/caps/default.htm](http://www.bladderbowel.gov.au/furtherinfo/caps/default.htm)**

## RESPITE SERVICES IN THE EASTERN METROPOLITAN REGION

Who is a carer?

A carer is a person such as a family member, friend or neighbour, who provides regular and ongoing care and assistance to another person without payment.

What is respite?

The purpose of respite care is to support carers to continue in their caring role by providing the opportunity for the carer to have a break. This can occur in the home, day centre or short term residential care.

How to access services?

Information on what services and eligibility is available from **Direct2Care on 1300 121 121 or visiting the office at Knox Ozone during business hours, or Commonwealth Respite and Carelink Centre (CRCC) on 1800 059 059 24 hours a day seven days a week.**

## CARERS EVENTS SPONSERED BY VILLA MARIA SEPTEMBER / OCTOBER 2010.

Meditation and Wellness Program  
Mondays 4<sup>th</sup> October – 15<sup>th</sup> November

Carers Wellbeing Morning and Lunch at Cloud Hill Nursery Gardens  
Wednesday 13<sup>th</sup> October 11.00 – 2.00

Victorian Police Band in Concert  
Tuesday 12<sup>th</sup> October, Ringwood

Drumming  
27<sup>th</sup> October– 1<sup>st</sup> December Lilydale

A Day Out for Carers at the Titanic Exhibition  
Wednesday 13<sup>th</sup> October 10.00am  
**For all details and bookings contact Villa Maria Carer Access 1300 650 615**

## **CARERS RESPITE EXPO**

Information and Support for Carers of Older People

The Eastern Metropolitan Region of National Respite Carers Program is holding a Carers Expo on **NOVEMBER 4th AT THE WHITEHORSE CENTRE, 397 WHITEHORSE RD NUNAWADING FROM 10AM TO 2PM**. The Centre is located behind the Council precinct and library with plenty of free parking and easy access by bus.

This will be a great opportunity to meet service providers in the region and find out what services may be available to assist you. There will be guest speakers, a laughter workshop, free pampering and a light lunch provided.

ALL WELCOME.

**Below are some photos of the staff that you may talk to over the phone. It is always good to have a face to a name.**



**Sharyn Turney**  
**Business & Development Manager**



**Frances Foletta**  
**Manager of Volunteers**



**Leonie Scott**  
**Administration Assistant**

### **Complementary Therapies**

As you know we have professional complementary therapists who volunteer their time to assist our guests when they are at the house. We would like to offer this opportunity to you the carers. We can provide a volunteer to sit with the person you can for and we should also be able to provide transport to Fernlea House if necessary.

If you would like to accept this invitation please complete the enclosed form and return to Fernlea House.

### **Government delivers Carer Supplement**

From 1<sup>st</sup> July 2010, more than 500,000 carers across Australia received a \$600 Carer Supplement.

The annual supplement was paid to people who receive:

- Carer Payment
- Both wife and Carer Allowance
- Both Department of Veterans Affairs Partner Service Pension and Carer Allowance
- Department of Veterans Affairs Carer Service Pension



**Hilary Boreham**  
Bookkeeper



**Annie Whitehead**  
Clinical Services Nurse



**Marion Robertson**  
Nurse

### Help for Carers returning to work

The State Government’s Victoriaworks program offers grants of \$1000 to assist carers to return to the paid workforce. The grant is available to carers of people with a disability or chronic illness across Victoria and can cover:

- Training costs
- Respite care whilst training
- Course related materials

“An Australian Government Initiative”

Contact program administrator Otway Community College on 03 523 19500 or [otwaycommunitycollege@occ.vic.edu.au](mailto:otwaycommunitycollege@occ.vic.edu.au) for more details.

**I am sure that you all would have heard of Michael’s famous blueberry, white chocolate and macadamia muffins so here is the recipe for you.**

- 2 cups (300g) self raising flour
- 2/3 cup (150g) caster sugar
- 60g melted butter
- 1 egg lightly beaten
- ¾ cup ( 140g) white Choc Bits
- ½ cup (70g) coarsely chopped roasted macadamias
- 1 cup frozen blueberries

Preheat oven to moderately hot (200C /180 fan forced). Grease 6 hole texas muffin pan.

Sift flour and sugar into large bowl; stir in remaining ingredients.

Spoon mixture into holes. Bake, uncovered 25 minutes. Turn onto wire rack to cool.

**ENJOY**



**Our gardeners at work**

**Proudly supported by**

Dandenong Ranges  
**Community Bank®** Group

