



PAUSE 4 PARKINSON'S

This April, for World Parkinson's Day join us and help raise much needed funds for Parkinson's research.

shakeitup.org.au
#pause4parkinsons

World Parkinson's Day is being observed from the 11th April until the end of the month.

For the occasion, Shake It Up Australia Foundation is launching the "Pause 4 Parkinson's" campaign to raise awareness and vital funds for continued research into the Parkinson's disease.

Parkinson's disease, a degenerative neurological condition, is estimated to affect 70,000 people in Australia, with an astonishing 32 people diagnosed every day. While the disease is often associated with the elderly, 20% will be diagnosed before the age of 50 and 10% before they reach their forties.

Shake It Up Australia Foundation is a not-for-profit organisation established in 2011 and in partnership with The Michael J. Fox Foundation (MJFF) promotes and funds Parkinson's disease research in Australia aimed at better treatments and ultimately a cure. Since starting the foundation Shake It Up Australia Foundation have co-funded 32 Parkinson's research projects across 12 Australian research institutes to the value of over \$10.4 million.

PAUSE 4 PARKINSON'S WORLD PARKINSON'S DAY

Events will be taking place all over the world to raise more awareness and vital funds for research into better treatments & ultimately a cure. Shake It Up are grateful for our incredible community members whose fundraising efforts play an integral role in helping advance research towards a cure.

To find out how you can become involved this April, visit:

<https://shakeitup.org.au>

For more information about Parkinson's disease,

PARKINSON'S AUSTRALIA

is the national peak body and charity representing more than 80,000 Australians living with Parkinson's. It advocates for the Parkinson's community, promotes best practice models of service delivery, works to increase awareness of Parkinson's and provides information and education on Parkinson's symptoms, diagnosis, causes and treatments. Visit <https://www.parkinsons.org.au>



The Byron carer

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www.byronrespite.com.au

Byron Shire Respite Service is located at the Brunswick Valley Community Centre, South Beach Rd, Brunswick Heads.

Our incorporated non-government community based organisation is managed by a local committee and covers the shires of Byron, Ballina and Lismore.

Respite care is delivered through our Changed Behaviour, Day Respite and Social Support projects, with a person centred enablement approach across the respite continuum.

www.byronrespite.com.au



Byron Shire Respite Service acknowledge and pay respect to the Arakwal people of the Bundjalung nation, the traditional owners of the land on which we live and care – and pay respect to the Elders past, present and emerging.





Our Mission

- support frail older people or older people who have a classified disability to remain in their own home for as long as they can and wish to do so
- support younger people with a cognitive disability within their home and in the community
- promote individual rights to freedom of expression, self-determination and decision-making and actively prevent abuse, harm, neglect and violence work with individuals and families, friends and carers to promote opportunities for meaningful participation and active inclusion in society
- support family or other primary care givers in their role through providing respite care services for frail, older people or those with a disability allowing regular carers to take a break from their usual caring responsibilities
- engender an environment where staff and volunteers are valued and supported, and operate the organisation in an effective, efficient and accountable manner.

Our Vision Statement:
With a focus on caring, wellness and reablement, provide person centred support to people with diverse needs to enhance their quality of life and maintain a familiar lifestyle in the community and in their own homes.

Byron Shire Respite Service Inc. Charter of Rights and Responsibilities

Care recipients have the following rights:

- 1. General**
 - to be treated and accepted as an individual, and to have individual preferences respected
 - to be treated with dignity, with privacy respected
 - to receive care that is respectful of the person, their family and home
 - to receive care without being obliged to feel grateful to those providing care
 - to have full and effective use of all human, legal and consumer rights, including the right to freedom of speech regarding care
 - to be treated without exploitation, abuse, discrimination, harassment or neglect.
- 2. Participation**
 - to be involved in identifying the community care most appropriate for their needs
 - to choose the care and services that best meet assessed needs, from the community care able to be provided and within the limits of the resources available
 - to participate in making decisions that affect them
 - to have a representative participate in decisions relating to care if they do not have capacity.
- 3. Care and services**
 - to receive reliable, coordinated, safe, quality care and services appropriate to assessed needs
 - to be given before, or within 14 days after the commencement care, a written plan of the care and services that the care recipient can expect to receive
 - to receive care and services as described in the plan that take account of the person's lifestyle, other care arrangements and cultural, linguistic and religious preferences
 - ongoing review of the care and services received (both periodic and in response to changes personal circumstances), and modification of the care and services as required
- 4. Personal information**
 - right to privacy and confidentiality of their personal information
 - right to access their personal information.
- 5. Communication**
 - to be helped to understand any information given
 - to be given a copy of the Charter of Rights and Responsibilities
 - to be offered a written agreement that includes all agreed matters
 - to choose a person to speak on their behalf for any purpose.
- 6. Comments and complaints**
 - to be given information on how to make comments

- and complaints about the care and services received
- to complain about the care and services received, without fear of losing the care or being disadvantaged in any other way
- to have complaints investigated fairly and confidentially, and to have appropriate steps taken to resolve issues of concern.

7. Fees

- to have fees determined in a way that is transparent, accessible and fair
- to receive invoices that are clear and in a format that is understandable
- to have fees reviewed periodically and on request when there are changes to their financial circumstances
- not to be denied care and services because of their inability to pay a fee for reasons beyond their control.

- 2. Care and services**
 - to abide by the terms of the written agreement
 - to acknowledge that needs may change and to negotiate modifications of care and service when care needs do change
 - to accept responsibility for their own actions and choices even though some actions and choices may involve an element of risk.

3. Communication

- to give enough information to assist the approved provider to develop, deliver and review a care plan
- to tell the approved provider and their staff about any problems with the care and services

4. Access

- to allow safe and reasonable access for care workers at the times specified in their care plan or otherwise by agreement
- to provide reasonable notice if they do not require a service.

5. Fee

- to pay any fee as specified in the agreement or negotiate an alternative arrangement with the provider if any changes occur in their financial circumstances
- to provide enough information for the approved provider to determine an appropriate level of fee.

Responsibilities

Care recipients have the following responsibilities:

1. General

- to respect the rights of care workers to their human, legal and industrial rights including the right to work in a safe environment
- to treat care workers without exploitation, abuse, discrimination or harassment.

Senior Rights Service is offering 'Navigating My Aged Care' sessions in the Northern Rivers

Gerard Dunlop from the our local Senior Rights Service is delivering seminars in major centres across our region to older people NOT receiving aged care services.

These seminars will provide general information about aged care services, My Aged Care, eligibility, how it can be accessed, and types of service and support available. Participants will also be given the opportunity to speak face to face with Gerard or to book a face to face consultation to get assistance filling out forms.

Call Gerard on: 02) 6621 1070

Upcoming sessions include:

Lennox Probus Club on the 4th of April at 9:45am & Lismore's ACON Northern Rivers on 17th April

Gerard is also happy to speak with smaller seniors groups and support individuals, on a one on one basis, to access aged care services.

Need support?

- **My Aged Care** 1800 200 422 for information about the Australian Government's aged care system and services. www.myagedcare.gov.au

If you require emergency respite, please call: 1800 052 222 (24hrs)

- **Call Barbara Chambers on 02) 6685 1619 or Colin Munro: 02) 6685 1921 at the Byron Shire Respite Service Inc. to discuss your role as a carer. Or email: service@byronrespite.com.au**
- **National Dementia Helpline** ph: 1800 100 500
- **Carers Counselling Service** ph: 02) 6628 6416
- **Carers NSW** ph: 1800 242 636
- **Sandra Kimball Counselling** ph: 0458 175 962
- **Far North Coast Commonwealth Respite & Carelink Centre** ph: 1800 052 222
- **National Continence Helpline** ph: 1800 330 066
- **NSW Elder Abuse Helpline** ph: 1800 628 221

Aids:

- **Byron Ballina Home Maintenance and Modification Service 1/65 Centennial Circuit, Byron Bay** ph: 02) 6685 7312
- **Bright Sky Cards for Continence Aids Payment Scheme (CAPS)** ph: 1300 886 601

Need Transport?

- **Tweed Byron Ballina Community Transport** ph: 1300 875 895

Transport to medical appointments, weekly & fortnightly shopping outings & monthly social outings. The service is funded to support older people living at home independently or have a permanent disability or Indigenous Australians aged over 50 years. Phone Kathryn in the Byron office on: 1300 875 895 for transport to medical appointments or Amanda for any shopping bus or social bus enquiries.

Travel for medical appointments free with travel voucher or for Veteran and Widow Gold Card holders:

- **Byron Shire Limousines** ph: 02) 6685 5008
- **Brunswick Limousines** phone David on: 0412 855 747.

Byron Shire Respite Service Inc. Activity Timetable

monday	tuesday	wednesday	thursday	friday
10am – 2:30pm Changed Behaviours with Dementia	10am – 3pm Dementia Specific	10am – 3pm Changed Behaviours with Dementia	10am – 3pm Older people	10am – 3pm Dementia Specific

Lunch, morning and afternoon teas are provided and the cost for the day including transport is \$20.

Byron Shire Respite Service Inc. is supported by the Australian Government Department of Health. Visit www.health.gov.au for more information.

Although funding for the Commonwealth Home Support Programme has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

ONLINE COURSES FOR CARERS

As a carer, finding a balance between work and personal commitments can make it difficult to find the time to attend workshops organised by services and organisations. Carers NSW Online Education Website offers flexibility by bringing the knowledge and resources of Carers NSW directly into your home.

Their Online Education Website modules are designed to provide information, knowledge and skills that will enhance your caring role, help strengthen resilience and help improve your overall health and wellbeing.



A User Account is required to register for all Carers NSW courses and discussions. Once you have created an account, you can sign in at any time to access, organise and track your progression. For more information on accessing the Online Education Website, email lms@carersnsw.org.au or visit www.carersnsw.org.au for more information.

The following informative courses are currently available for male carers, adults caring for siblings with disability and older parents caring for adult children with intellectual disability:

Online course for MALE CARERS. The care and support men provide to family members or friends who have a disability, illness or are ageing is often not recognised. This eLearning module aims to raise awareness about male carers by:

- highlighting their experiences
- identifying their challenges and concerns
- recognising their need for specific services and support.

Online course for ADULTS CARING FOR THEIR SIBLINGS WITH DISABILITY

Adults who care for a sibling with disability are often hidden. It is important to recognise that they require the same support as every other carer. This eLearning module aims to raise awareness about adult sibling carers by:

- highlighting their experiences
- identifying their challenges and concerns
- recognising their need for specific services and support
- preparing for the future.

Online course for ADULTS WITH INTELLECTUAL DISABILITY AND THEIR AGEING PARENTS

As parents are ageing and adults with intellectual disability are living longer, roles are changing. As parents age and become frailer, an adult with intellectual disability may start to assist with the physical care of their ageing parent, and provide assistance with essential household tasks. This eLearning module aims to raise awareness about the interdependent relationship by:

- highlighting their experiences
- identifying their challenges and concerns
- recognising their need for specific services and support
- preparing for the future.

According to Carers NSW Australia, approximately 904,000 people in NSW alone provide unpaid care and support to a family member or friend who needs help because of illness, disability or frail age.

DID YOU KNOW?

More than half (53.7 per cent) of people with care needs have either mental and behavioural disorders. These mostly comprise of autism and related disorders, dementia, intellectual disabilities, depression and anxiety) or diseases of the musculoskeletal system and connective tissue as their main condition. The next most prevalent main conditions of people with care needs are:

- diseases of the nervous system
- diseases of the circulatory system
- injuries, poisoning and other external causes.

Together, these five make up more than 75 per cent of the main conditions of people with care needs.

