



# VOICE TREATY TRUTH

07 - 14  
JULY 2019

Lets work together for a shared future.



## The Byron carer

July 2019

Volume 18 Issue 7

[www.byronrespite.com.au](http://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.

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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.

**NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. This year, NAIDOC week activities will be held from Sunday the 7th until Saturday the 14th of July.**

NAIDOC (which originally stood for 'National Aborigines and Islanders Day Observance Committee') is celebrated not only in Indigenous communities, but by Australians from all walks of life.

The week is a great opportunity to participate in a range of activities and to support our local Aboriginal and Torres Strait Islander community.

**Everybody is welcome to join in the NAIDOC week celebrations in our region, below are some ways you can participate:**

**Ballina:** The free Open Air Cinema night held at the Missingham Park Amphitheatre on Tuesday the 9th of July from 5.30pm – 9.00pm is a perfect for kids to celebrate NAIDOC Week. Families can also enjoy the Bunjum Cultural Family Day held on Thursday the 11th from 10.00am – 3.00pm at Missingham Park. It promises a great day with cultural activities, arts, crafts and music. The Aboriginal Education Consultative Group (AECG) will also be running bus tours to local significant cultural sites.

**Byron Shire:** Celebrate the start of NAIDOC week on Monday 8th July from 10:30am with a Flag Raising Ceremony at Council Chambers in Mullumbimby. The Mullumbimby and District Neighbourhood Centre at 55 Dalley Street is also holding a NAIDOC Week Family Fun Day on Wednesday the 10th of July from 11:00am – 3:00pm. Come and enjoy Cultural Dance and Music, Aboriginal Art, Story Telling, Weaving, Children's Activities, Bush Tucker Planting and Tasting!

**Lennox Head:** The Annual NAIDOC Art Exhibition is a vibrant exhibition featuring diverse works by Aboriginal artists living and working in the Northern Rivers. The event launch will be held on Sunday the 7th of July from 11am – 12noon at the Lennox Head Community Centre.

**Lismore:** Celebrate Voice, Treaty and Truth at NAIDOC Celebration Day on Thursday the 4th July from 10am – 2pm at the Lismore Showground. The day includes a welcome to country, information stalls, sports games, face painting, food Stalls, music and more!

**Tweed Heads:** NAIDOC activities at the Minjungbal Museum in Kirkwood road from Sunday the 7th of July Tuesday 9th, starting with the flag raising ceremony at 9am Sunday 7th. Events include the NAIDOC Cultural Day on Monday the 8th of July from 10am - 2pm at the Minjungbal Museum.

**Visit your local council website for more information.**

# Anxious Behaviours

A common anxious behaviour is shadowing – following you closely around the house like a shadow. Some families and carers have described the stress of being shadowed constantly, unable to find any privacy, even in the toilet.

**Some frequent causes of anxiety are:**

## Changes within the brain

These may directly cause feelings of anxiety.

## Feelings of loss and tension

As people understand less of what is happening around them, they may become more anxious. They may feel concerned about people from the past or seek an environment that is familiar to them, particularly places that were familiar to them at an earlier time in their life.

## Sense of failure

A person with dementia may feel pressured because they can no longer cope with everyday demands and worry about doing something incorrectly. They can also become anxious if they attempt a task and fail.

## Responding to the tension of others

Anxiety can result from recognising the tension or negative feelings of people and situations around them.

## Grief

Anxiety, loss and grief are closely related emotions. Individuals with dementia can be aware that something is wrong even if their insight otherwise seems poor. A person with dementia and their level of awareness of loss can lead to anxiety and distress.

## WHAT ARE ANXIOUS BEHAVIOURS?

Changes in the behaviour of people with dementia are very common. Some people may become worried and anxious, but are unable to tell you what is upsetting them. The person may be restless and pace or fidget. It can sometimes seem as if they are stuck in a groove and unable to move on. They may cling to you if you attempt to leave the room, or the house.

## Causes of behaviours

There are many reasons why behaviours change. Every person with dementia is an individual who will react to circumstances in their own way. The behaviour may be related to changes taking place in the brain or there may be events or factors in the environment triggering the behaviour. In some instances a task may be too complex or the person may be feeling unwell.

## Understanding behaviours

Try to understand why the person is behaving in a particular way. If we can determine what may be triggering the behaviour, it may be easier to figure out ways to prevent the behaviour happening.

## What to try

- A medical examination will help identify any physical problems, or undesirable side effects of medication
- Anxiety can be a symptom of depression. If you suspect that depression may be a problem talk to the doctor. It is important that where depression is suspected it is investigated and treated
- Reassure and support the person. Try to respond calmly and gently. Address the underlying feeling if possible
- Try to reduce the demands made on the person
- Give the person something like coins or worry beads to fiddle with
- Make sure that the person gets enough exercise
- Try changing from caffeinated to non-caffeinated drinks
- If you have developed some strategies for managing anxious behaviours, try to make sure that

## Coping with shadowing

Ensure that you have time and space away from the person with dementia by sharing the care with others. This will help them become accustomed to you not always being there. Have a way to escape when things are getting on top of you – a walk around the block, a neighbour you can pop in to see, or a room where you can be alone.

they are understood and used by any other people who are also caring for your loved one with dementia.

Dealing with these behaviours on a day-to-day basis can be extremely demanding for families and carers. The behaviours are symptoms of dementia and are not meant to deliberately upset you. Remember to look after yourself and take regular breaks.

## Getting help

Discuss with the doctor your concerns about behaviour changes and their impact on you.

To view and download the original transcript of the article above and access more informative help sheets to assist you to support a person with dementia, visit [Dementia Australia at www.dementia.org.au](http://DementiaAustralia.org.au). You can also join Australia's over 20,000 Dementia Friends by becoming a dementia friend at [www.dementiafriendly.org.au](http://www.dementiafriendly.org.au)



Byron Shire Respite Service Inc. is supported by the Australian Government Department of Health. Visit [www.health.gov.au](http://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.

**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.

# Need support?

● **My Aged Care** 1800 200 422 for information about the Australian Government's aged care system and services. [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

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

- Call Colin or Janine at **Byron Shire Respite Service Inc.** to discuss your role as a carer. ph: (02) 6685 1921
- **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.

# Aboriginal Carers in NSW

## Aboriginal carers

Aboriginal Australians are more likely to be caring for another person with a disability, long-term illness or ageing related problem than non-Indigenous Australians. The median age of Aboriginal carers is 37 years, 12 years younger than the median age for non-Indigenous carers.

Many Aboriginal carers accept caring as a normal part of family and community life and may not think of themselves as carers.

As a result, some carers may not be aware of the resources and support programs available for Aboriginal carers.

## What makes someone a carer?

Many people looking after someone else don't think of themselves as carers. You might think you are just doing what you should do. You might be one of several people caring for one person.

You might be caring for your husband, your wife, your uncle, your aunty, your partner, your child, your foster-child, your grandchild, your friend or anyone else who needs help.

They may be a person with disability, be frail aged, have a long-term illness or be terminally ill. If you are doing any of this, you are a carer.

If you are Aboriginal or Torres Strait Islander and caring for an older person, someone who is sick, or living with a disability, you don't have to do things all by yourself.



**According to Carers NSW, there are over 14,000 Aboriginal carers providing unpaid assistance and support to family members and friends in NSW. Culturally specific services and support for Aboriginal carers are available from Carers NSW, Carer Gateway and other service providers.**

## The Aboriginal Carers Support Guide

This guide contains information for Aboriginal families who are caring for an older person or someone with an illness or disability. It contains information on available services as well as strategies for coping. The Aboriginal Carers Support Guide is available from Carers NSW. Telephone 02) 9280 4744 for a free copy.

## Getting help and support

A good place to start is Carers Australia at: [www.carersaustralia.com.au](http://www.carersaustralia.com.au) or telephone 1800 242 636. and ask to speak to the Aboriginal and Torres Strait Islander Project Officer.

**If you look after an older person, you might be able to get help with meals and looking after your home from the Commonwealth Home Support Programme.**

**Visit:**

**[www.carergateway.gov.au](http://www.carergateway.gov.au) or call 1800 200 422.**

Depending on what you need, you might be able to get help with nursing care, with physiotherapy, with aids and equipment, or with bathing the person you care for.

You might be able to get help with transport, or to make the home safe and easier to use, help with meals, with cleaning and maintaining the house and garden and help with legal services.

**There is a range of services and supports that you and the person you care for may be eligible to use. There are also services for specific groups, such as:**

- **Aboriginal and Torres Strait Islander carers**
- **carers of culturally and linguistically diverse (CALD) backgrounds**
- **carers from the lesbian, gay, bisexual, transgender and intersex (LGBTI) community**
- **carers who live in rural and remote Australia**
- **carers who are young**
- **carers who are over 65.**
- **For carer information, support and counselling contact : Carers NSW between 9am to 5pm Freecall: 1800 242 636**
- **For carers wanting emergency respite call 1800 052 222**
- **After hours service telephone: Lifeline on 13 11 14**