



NATIONAL

CARERS WEEK

14-20 OCTOBER 2018

#CARERS2018

National Carers Week is about recognising and celebrating the outstanding contribution unpaid carers make to our nation.

Anyone at anytime can become a carer. Australia's 2.7 million carers make an enormous contribution to our communities, with their caring roles being valued at \$60.3 billion annually – more than \$1 billion per week.

Each year, National Carers Week provides an opportunity to educate and raise awareness among all Australians about the diversity of carers and their caring roles. So join us in spreading the word and letting the community know why we care.

GET INVOLVED

● Show you care with your own event

Carers Australia are asking everyone to get involved in National Carers Week by attending or hosting a National Carers Week event. This can be a morning tea, afternoon tea, a walk or some other activity.

Help raise awareness this National Carers Week by rounding up workmates, friends and family for a social event and drawing attention to who carers are, what they do and how they can access services and supports. Organise a morning or afternoon tea, fundraiser or workshop to raise awareness of the diversity of carers and caring roles in Australia.

Unpaid carers often find it hard to take time out. By organising your own event you are providing an opportunity for carers to take that time, whilst also informing friends and colleagues of the support services available and encouraging greater appreciation of carers' contribution.

● **This National Carers Week, we're asking the question: why do you care?** If you're a carer, you can share your caring story – the more we share, the louder our voice will be! If you're not a carer, we still want to hear why you think unpaid carers are so important to our communities.

Carers contribute so much to our nation, with the value of their caring role estimated at \$60.3 billion per year, and yet carers

continued overleaf ►



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.

Telephone Barbara Chambers on: 02) 6685 1619
or Colin Munro: 02) 6685 1921

Website: www.byronrespite.com.au
Email: service@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.

often experience social isolation and find it harder to maintain employment, enter the workforce, or participate in education.

Anyone at anytime can become an unpaid carer and we want to see an Australia where everyone, including carers, has a fair go; an Australia where unpaid carers are recognised and supported during and after their caring role across all spectrums of society.

Imagine the impact if we had a personal, authentic account of unpaid caring for every one of Australia's 2.7 million carers?

Make a difference this National Carers Week by getting online and telling Carers Australia why **you care!** Visit: <http://www.carersweek.com.au/tell-us-why-you-care/>

● **Make your workplace carer-friendly**

With 1 in 8 Australian employees in a caring role, becoming a carer-friendly workplace and providing flexible working conditions for carers makes sense for employers and employees.

There are many reasons carers work while providing unpaid care, from financial necessity to social interaction. There will be times when balancing these two roles is challenging.

The Work & Care initiative helps employers attract and retain experienced workers by helping employee carers combine paid work with their caring role, and helps long-term carers on income support transition into employment when their caring role has ceased or is reduced.

● **Show you care by ordering a Work & Care information pack and becoming a registered Carer-Friendly Workplace:**
Visit: <http://www.carersaustralia.com.au/work-and-care/>
To contact Carers Australia, telephone: 1800 242 636



For more Carer support, visit out the Australian Government's Carer Gateway – a national online and phone service providing practical information to support carers. This interactive tool helps carers connect to local support services. Visit: <https://www.carergateway.gov.au/>
Or telephone 1800 422 737

When individuals show their support, it can make a great collective difference. By raising awareness as an individual, you can help to increase self-identification among unpaid carers.

This National Carers Week:

- Spread the word about National Carers Week on social media using the hashtag #carers2018 and ask your friends and family to get involved
- Go to the National Carers Week website and show your support by saying Thank You to carers
 - Host an event – it doesn't have to be an extravaganza, it can be as simple as a morning tea with your friends or work colleagues
- Download and display one of our fabulous posters around your community or in your workplace
 - Promote carer-friendly practices in your workplace
 - Contact your local MP via Twitter or Facebook and ask them to publicly support National Carers Week
 - Write to your local MP or council and ask how they will support National Carers Week this year
- At work, ask your HR Department or manager if you can circulate information on National Carers Week among your colleagues
- Talk to your HR manager about Carers Australia's Work and Care initiative and the possibility of your organisation becoming a carer-friendly workplace.

Paying Bills online

A bill is the cost of using something, for example, water, gas, electricity, home phone, mobile phone and the Internet, as well as support provided by some organisations such as the respite services. You will receive a bill for each service you have used.

How can I pay bills?

There are different ways to pay bills. This is explained on your bill. These days, a more common way is to use your bank account over the phone or on the Internet. You can also pay in person at a post office or by mail using a cheque or money order.

The Pay & Manage Bills Online Service on your bank account allows you to pay invoices online at any time from your own computer. One of its good points, is that it avoids unnecessary cost and time compared to paper-based billing. You can also reduce paper costs and usage by only printing invoices, receipts and statements as required.

REMEMBER:

When paying bills online, it is important to remember to always use the client's name and invoice number in the reference field. This insures that the company's accountant knows what the payment has been made for and who the payment is from.

For more information, visit: www.moneysmart.gov.au

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 Colin or Barbara at Byron Shire Respite Service Inc. to discuss any aspect of 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 (HMMS) Inc. 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 – 3:00pm 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.

Common physical comorbidities that exist along side dementia

A comorbidity is a condition or disease that co-exists with another disease. The Northern Sydney Local Health District has developed a great booklet for people living with dementia and their caregivers. It contains information about the most common physical comorbidities of dementia.

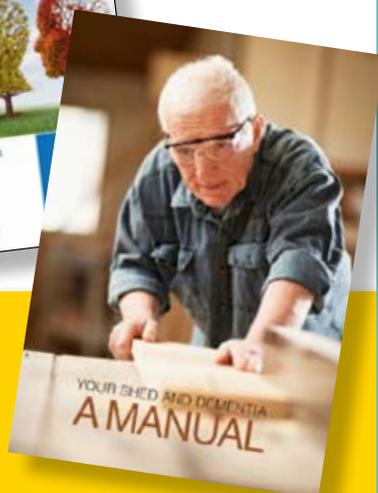
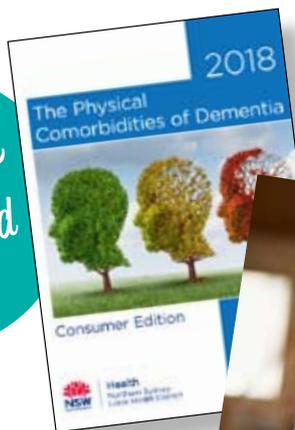
The booklet is an easy to read guide that provides a definition of the comorbidity, an explanation on how it is linked to dementia, and practical recommendations for managing the comorbidity.

The guide explains why people living with dementia might experience seizures; be at a higher risk of delirium; experience falls; weight loss and malnutrition; incontinence; experience sleep disturbance; are at a higher risk of visual dysfunction and experience oral disease and frailty. It offers recommendations and practical recommendations to manage problems.

To download your easy-to-read booklet, visit: https://sydneynorthhealthnetwork.org.au/wp-content/uploads/2018/04/39282-Dementia-Book_A5.pdf

Or visit: www.sydneynorthhealthnetwork.org.au, and click onto the resource section and community-patients tab, where you will find many great guides and help sheets.

2 Great free resources to download NOW



The shed is often one of the most important spaces available to men who have a diagnosis of dementia and for men who are carers.

Being a part of a Men's Shed provides opportunities to participate actively in the community with other men from diverse backgrounds. According to Dementia Australia, being involved in a social way at a Men's Shed has been shown to increase men's quality of life. Blokes love to help out others – however, when we don't know what to do or how to help, we often do nothing or withdraw because we "don't want to do the wrong thing!" This only increases social isolation.

Dementia Australia's Men's Shed Manual provides practical ideas that are, in most cases, easily achievable and which can make a positive difference. It can improve our knowledge about dementia, help us learn how to provide assistance and to serve as a guide to look for additional information and support.

If you are a member of one of our great local Men's sheds or just enjoy hanging with friends in your own space, you will enjoy and learn lots from this great resource, visit:

<https://www.dementia.org.au/files/NATIONAL/documents/Mens-Shed-Dementia-Manual.pdf>

Help make the Northern Rivers Dementia-friendly

A dementia-friendly community is a place where people living with dementia are supported to live a high quality of life with meaning, purpose and value. We can contribute to making our region more dementia-friendly by:

- Talking to people in the places you go. Let them know how they can help people impacted by dementia to have an easier and kinder experience. We all deserve to participate and enjoy life without fear of embarrassment or failure.
- Visit Dementia Australia to sign up to be a dementia friend and receive your free Dementia Friend badge to wear raise dementia awareness. <https://www.dementiafriendly.org.au>
- Learn something new! Complete module 1 of Dementia Australia's free online learning. This will help you to raise the awareness of others. Visit: <https://www.dementiafriendly.org.au>
- Find out what Byron Respite Service are up to, visit us at: <http://byronrespite.com.au/dementia-friendly-communities>



IT STARTS WITH YOU



dementia australia™

dementia friendly communities

www.dementiafriendly.org.au