

AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

Issue 1st August 2019. 17 Riverview Drive, Berri 5343 ph. **08 8582 5485** email: rivmmc@carers-sa.asn.au

Greetings everyone and welcome to August.

In this newsletter, I wanted to provide an update on the changes that are occurring with the introduction of the Integrated Carer Support Services (ICSS). As we communicated previously, we submitted an application in February, however we have not yet heard the outcome of this process. We have received official notification informing us the decision has been delayed due to election and introduction of a new Minister to the portfolio. We expect to hear late in July and will let you know of this decision as soon as possible.

From July 2019 there are a number of new services available via the Carer Gateway - www.carergateway.gov.au. For those of you who interact on line we recommend you connect with the Carer Gateway as soon as possible and become familiar with the format, as this will be an important website in the delivery of the new ICSS model and access to online service. The new services available now are:

- Peer support to assist you to connect with and learn from other carers. This online community forum will help carers share their stories, knowledge and experience with others.
- Self-guided coaching to support and teach you skills useful to your caring situation. The coaching modules will cover a range of topics and can be completed at your own pace online.
- A new phone-based counselling service to provide short term emotional and psychological support.
- Practical skills courses to improve your general skills and knowledge are being gradually rolled out. You can explore the first two modules, Dealing with stress, and Effective communication techniques

We also hope you have started to see and experience some of the positive changes Carers SA has implemented as part of our work towards your seamless transition to the new ICSS model.

We have successfully introduced the new assessment and review tool, the Carer Star, which is being used within the organisation for new carer intakes and carer reviews. We have had extremely positive feedback from carers and look forward to seeing the further benefits of introducing the Carer Star™ tool over the coming months.

We are also working towards the establishment of Volunteer - Peer Led groups. These groups utilise a mix of Carers SA staff facilitation for sessions and a Volunteer Peer Lead for other sessions. Some of the groups have started to make this move and you will see this and some other changes to your carer support groups over the coming months.

Whether we are successful in obtaining the funding for the ICSS model or not, we are committed to ensuring all carers have a seamless transition regarding their support and the services they are eligible for, as well as providing current services until September 2019.

If you have any concerns or questions regarding any of the impending changes, please don't hesitate to give me a call to discuss.

Regards,

Mick

What's ON!

August

- Leanne's Liaison Peer Led Group lunch in Berri
- Picnic at Walker Flat

Office Numbers

Berri 8582 5485
(Monday-Thursday)

Murray Bridge 8539 1300
(Tuesday-Thursday)

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Carer Groups

Please ring the River Murray & Mallee Regional offices prior to groups to secure your booking and confirm you will be attending. Office numbers are on the front and back pages of this newsletter.



What's on in August

Thursday 1st

Murraylands Outing Group.

9:30am—3:30pm

Picnic at Walker Flat. There is a café available to purchase lunch but some of you may want to bring your own picnic lunch to enjoy among the company of other Carers. A time for some fishing or just good relaxation and a chat.



Thursday 15th

Murraylands Support Group

11am at the Library

There has been a decision made to go and visit the MB Library and for those who would like to stay at the market place for lunch, a venue will be chosen.

Self funded

Friday 23rd

Newsletter Mailout

1pm-3pm

At Berri office, 17 Riverview Drive.

Wednesday 7th

Riverland Support Group

10am-12pm

At Berri Senior Citizens Hall, Crawford Terrace.

Guest Speaker: C.O.T.A. (Council on the Ageing) Moving Right Along - Older drivers, Fitness to Drive, Assessments.

Monday 26th

Riverland Craft & Hobby Day

11am-3pm

at Berri Senior Citizens Hall, Crawford Terrace

All carers welcome to join in with any hobby projects or just come along for a chat.

Eight Ball tables open, card games, etc.

Please bring a plate to share.

Wednesday 14th

Murraylands Hobbies Group

11:30am—2:30pm 95 Swanport Road Murray Bridge. Enjoy the company of other carers in a morning of craft.

Bring your own hobbies and you can also make use of the facilities available.

Please bring own lunch.

Tea and coffee are available

Thursday 29th

Murraylands Wellness Group

9:30am—3:30pm Meet at 95 Swanport Road

Please note the change of date and time!

To visit the Heritage Rose Garden at Mt Lofty Botanical Gardens. Take a walk in the fresh air and the lovely environment to relax and enjoy the scenery

Please bring own lunch.



Please be considerate of others during this cold and flu season by staying home to rest and recover.

Remember that there are people who suffer from serious medical conditions and could be in danger if subjected to your germs.

Thursday 29th

Riverland Roaming Group

“Leanne’s Liaison”

12pm-2pm

Please feel welcome to join in this Peer Led

Group. Lunch at the Golden Elephant Restaurant

1 Worman Street, Berri. Carers own cost.

Please ring the restaurant to add your name

Ph. 8582 2818.

Carer Groups

Please ring the River Murray & Mallee Regional offices prior to groups to secure your booking and confirm you will be attending. Office numbers are on the front and back pages of this newsletter.



What's coming up in September....

Wednesday 4th

Riverland Support Group

10am-12pm

At Berri Senior Citizens Hall, Crawford Terrace.

Guest Speaker : SAPOL. Paul Wood coming with information on Crime Prevention. Safety in the home, personal safety, scams.

Monday 9th

Riverland Craft & Hobby Day

11am-3pm

Venue To Be Advised.

All carers welcome to join in with any hobby projects or just come along for a chat. Please bring a plate to share.

Thursday 5th

Murraylands Outing Group

12 noon at the Taillem Bend Hotel for lunch

Those who require transport meet at

95 Swanport Road at 11:30am

This lunch is funded

Registration is essential please.

Wednesday 11th

Murraylands Hobbies Group

11:30am—2:30pm 95 Swanport Road Murray Bridge. Enjoy the company of other carers in a morning of craft.

Bring your own hobbies and you can also make use of the facilities available.

Please bring own lunch.

Thursday 5th

Riverland Roaming Group

11:30am—1:30pm

Lunch at the Loxton Hotel, Loxton. \$5 cost to carers.

Transport from Berri Senior Citizens car park

11:15am.

RSVP to Berri office 8582 5485 please.

Thursday 12th

Riverland Wellness Group

11am—2pm

Bunnings workshop— further details to come.

Thursday 12th

Murraylands Support Group

11am—3:30pm 95 Swanport Road Murray Bridge. Further group discussion on facilitating future Support Groups.



“A Stitch in Time” young carers learning skills with Carers SA Volunteers/Carers in Berri.

Forum Information

Planning for our next Carer Forum is currently underway. We were hoping to hold the forum in August, but at this stage have been advised to hold off until we hear of the outcome of the ICSS tender application. We will keep you all informed in coming editions of the newsletter.

News, Stories and helpful Info

We are constantly looking for ways to improve our newsletter and communication with you. We would love to hear from you with any feedback or suggestions. Call us on (08) 8582 5485 or email us at rivmmc@carers-sa.asn.au



Carers SA recently took part in the Carer fundraiser 3 Legged Challenge.

The 3 Legged Challenge was a new campaign to raise funds to give SAs Carers a much needed break. The focus of the fundraising this year was Young Carers.

Funds from this event are now being made available to support Young Carers to have a flexible break.

Eligibility:
 Young Carers currently registered with Carers SA.
 Young Carers with limited access to other supports
 Young Carers will be assessed through a Young Carer Review using the Carers Star™, a recently introduced assessment tool, which will help determine their level of need.
 Young Carers Assessed through the Carer Star as being in need/ benefitting from a flexible break will be considered for support.

This is not a large pool of funding so if you know of a Young Carer who may benefit from a break, please check to see if they are eligible by contacting Nic at Berri office on 8582 5485. A time will be booked for the Carer Star™ assessment to occur which will happen either via phone or face to face utilising Skype.



Useful Numbers	
Carers SA Adelaide	1800 242 636
After Hours GP	1800 022 222
Aged Rights Advocacy Service (Elder Abuse Information)	1800 700 600
Beyond Blue	1300 224 636
National Dementia Helpline	1800 100 500
Life Line	13 11 14
Kids Helpline	1800 551 800
My Aged Care	1800 200 422
National Carer Gateway	1800 422 737
National Disability Insurance Scheme (NDIS)	1800 800 110
Police Assistance	13 14 44
Standby support after suicide	0437752458 Sth 0438728644 Nth
Respite—Emergency/short term	1800 052 222

Stay in touch
 Follow us on Facebook, twitter, send us an email or post us a letter.

 www.facebook.com/CarersSA

 www.twitter.com/CarersSA

 rivmmc@carers-sa.asn.au

 Po Box, 870, Berri SA 5343

HAPPY BIRTHDAY!

Our very best wishes to those having birthdays in August and September

RMM Regional Staff
 Monday to Thursday 9am-4.30pm
08 8582 5485/ 08 8539 1300

Michael	Regional Team Leader
Anne	Carer support & Admin worker
Nicole (Nic)	Young Carer support worker
Mary	Carer support worker
Karen	Aboriginal Liaison worker



Berri
 Mon to Thurs 9am - 4.30pm
 17 Riverview Drive
 PO Box 870
 Berri SA 5343
 P 08 8582 5485
rivmmc@carers-sa.asn.au www.carers-sa.asn.au

Murray Bridge
 Tues to Thurs 9am - 4.30pm
 95 Swanport Road
 PO Box 402
 Murray Bridge SA 5253
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 Department of Social Services



Government of South Australia
 Department of Human Services

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If you no longer wish to receive this communication from us please contact Carers SA