



CEO Message

At the time of this newsletter being released, we are entering the busiest time of the year with Carers Week held annually in the third week of October (Sunday, 10th October - Saturday, 16th October 2021). This year, the national week of recognition takes on a more localised significance as we celebrate the 25th Anniversary of Carers WA. Our Annual General Meeting will be held on Wednesday 27th October, after which we will then move rapidly into developing our new

strategic plan. We will look into updating the strategic direction of the organisation and how we can best extend our efforts and reach in the WA community. This expansion has already begun with the launch of Facilitated Coaching, a new Carer Gateway initiative. The updated strategy must focus on ensuring our services and supports for carers continue to improve and grow in the coming years.

Although the world remains significantly impacted by the pandemic, the drive to

immunise the population is ramping up as part of the road map to normality. The most current and up-to-date information about the vaccine roll out can be found on the HealthyWA website. Whilst I know it is hard, as a carer, to focus on your own needs, I urge you to look after yourself and ensure you also get the support you need and deserve.

Best wishes,
Paul Coates,
Carers WA CEO



The Launch of the Facilitated Coaching Service

In July 2021, we launched the new Facilitated Coaching Service as part of Carer Gateway. The new service offers carers the opportunity to receive coaching to assist with identifying and reaching personal goals, whether they are related to the caring role or not.

The Carer Coach will hold approximately six sessions

either face-to-face, over the phone or online. The coach will work with carers to identify their personal goals then create, implement, and maintain a plan to work towards these goals.

For more information, please call Carer Gateway on 1800 422 737.



National Carers Week – Millions of Reasons to Care

National Carers Week will be held from Sunday, 10th October to Saturday, 16th October 2021. Carers Week aims to raise awareness of carers, the caring role and highlight the support and

services that are available through Carers WA and Carer Gateway.

The theme of this year's National Carers Week campaign will focus on "Millions of Reasons to Care."

To find out more about how you can get involved please visit: www.carerswa.asn.au/news-events/carers-week/

Introducing the Aboriginal Engagement team

We would like to welcome Uji and John who make up the new Aboriginal Engagement team at Carers WA.

The team aims to minimise barriers for Aboriginal carers to access supports and services through both Carers WA and Carer Gateway.

Uji and John commenced their roles in June 2021 and will be working directly with WA Aboriginal communities to identify and assist carers.





Looking to meet other carers?

Taking a regular break and having a supportive social network helps carers to keep providing the best care they can.

Carers WA provides monthly social support groups, known as Linking Together groups, throughout the metropolitan area and some regional areas. They are run by volunteers with lived

experience as a carer.

Meeting others in similar situations assists carers to feel less isolated, improve their emotional and physical health and empowers them to be proactive in their caring role.

For more information, please visit www.carerswa.asn.au/our-services/social-support/

Carer Gateway information sessions

Carers WA's Community Engagement team hold frequent webinars via Zoom about Carer Gateway.

The webinars provide an introduction to Carer Gateway and how these services may be able to support you in your caring role.

The webinar will provide an overview of:

- Who is Carers WA?
- What is Carer Gateway?
- Eligibility criteria
- And much more.

Keep an eye out for these webinars at www.carerswa.asn.au/news-events/events/

The Carer Juggle Podcast

Have you listened to our latest podcast *'The Carer Juggle'*?

Episode 2 explores the value of carers and in the episode we speak to Adam, a Carer Support Counsellor, at Carers WA who breaks down what it means to value not only carers in the community but also highlights the importance of carers learning to understand their own value.



Listen to the podcast at www.carerswa.asn.au/resources/the-carer-juggle-podcast/

Carer Friendly Employer Program

Are you an employer looking to make your workplace carer friendly? Carers WA can provide information and resources on how supporting and retaining employees in a caring role can benefit your workplace. We can also assist your organisation to become an accredited Carer Friendly Employer.

 **1 in 9 AUSTRALIAN EMPLOYEES ARE CARERS**

For more information on the Carer Friendly Employer program, please visit: www.carerswa.asn.au/our-services/carers-in-employment-program/carer-friendly-employers/

Be Job Ready Program

Expressions of interest are now open for upcoming Be Job Ready Courses.

The course is designed to provide carers with the skills and information required to build confidence and be ready to apply for work.

The program runs over 10 sessions (2 hours per session) with key job-related skills and techniques covered in each session including identifying skill sets, developing a resume, interview techniques and job searching.

To be eligible for this program, carers:

- Must have been in a caring role within the last 12 months and
- Be aged between 14-65 years
- Live in or near the Perth metropolitan area

For more information and dates for the upcoming courses, please visit: www.carerswa.asn.au/our-services/carers-in-employment-program/carers-be-job-ready/

Become an E-Learner

Are you looking to expand your working knowledge and understanding around disability and the NDIS?

Check out www.elearning.carerswa.asn.au/

**Best optimised on tablet or desktop for the best learning experience.*

Astrid shares her story on growing up as a young carer

Astrid is a budding playwright, performer, and disability support worker, but she is also a young carer and has been for most of her life. Caring for her younger sister with Down Syndrome from

the age of nine-years-old, Astrid does not readily use the label of 'young carer' to describe herself. For Astrid, the term 'young carer' is just something she keeps in the back of her mind and

Prepare to Care



The "Prepare to Care" Hospital Program provides information and support to those family members and friends who will be providing ongoing care to patients both during a hospital admission and following being discharged.

The Prepare to Care booklet is free and is available in select hospitals and online at: www.carerswa.asn.au/our-services/prepare-to-care-hospital-program/

 1300 227 377

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