



Carers Week 2022 Bright Blue Picnic

CEO Message

Hi, and welcome to our first Carer UpDATES for 2023, and my first as the new CEO of Carers WA. May I offer my thanks for the positive feedback and warm welcome I have received since commencing the role in 2022.

We are heading into a busy period of the year, firstly as the community slowly emerges from the COVID-19 pandemic and the 963 declared days of the public health emergency; but also as we start to get a more comprehensive status of the effect this has had on carers.

As with many health crises, the burden of responsibility, care and wellbeing of so many in the community falls on the shoulders of carers, and the associated impact often complicates what are already complex caring situations.

The focus for Carers WA this year, alongside continuing to support existing carers, is to further extend our influence into parts of the community who have not yet reached out for support, or those who may not be aware that a myriad of supports are available.

To assist us in this we will be implementing two major initiatives.

The first is the roll out of a new Marketing and Communications Strategy targeted at raising awareness of carers, caring issues and the valuable role carers undertake. Combined with this, is a focus on increasing our partnerships and advocacy in metropolitan, regional and remote areas of WA. I personally extend this invitation to like-minded organisations in WA who are seeking to collaborate on

projects which support carers to make contact.

The other significant initiative for 2023, is the implementation of a new Information and Communications Technology Strategy, which will ensure our systems, processes, communications and IT network come together as efficiently as possible to minimise potential delays in service provision.

On behalf of Carers WA, I want to thank each one of you for what you do and to remind you that your wellbeing is just as important as those you care for. If you need us, please reach out.

Richard Newman

Carer Wellness At Home

As a carer, we understand that you are always on the go, and with so many competing responsibilities, accessing support for yourself can become a last priority.

With this in mind, Carers WA have a dedicated team who will bring support and services directly to your home! This program is perfect for anyone who is new to the caring role or if your circumstances have recently changed.

The Carers WA Carer Wellness at Home program includes emotional support, information about services, help completing forms, referrals to support services and more. You'll also have access to events and training.

To find out more or to register your interest email wellnessprogram@carerswa.asn.au.

***Eligibility:** Must be over 65yrs caring for someone on the Commonwealth Home Support Program, not a Home Care Package.*

"The Support Officer was very helpful in navigating Aged Care services and Centrelink and understanding what I was dealing with and experiencing as a carer. Her help and support really made a positive difference."

- Carer Wellness at Home recipient (2022)

Linking Together Male Carers

If you're a bloke who would like to meet up with other blokes in a caring role, then this group could be for you!

Take a break and catch up with our Linking Together group for male carers.

To find out more or to register your interest email socialsupport@carerswa.asn.au.



Carer Representative

Only someone who has lived experienced caring for a person with health, mental health, disability or substance dependency challenges understands the issues and barriers faced by carers. A Carer Representative voices the carer perspective and takes part in the decision-making process on behalf of the caring community. To find out more about becoming a Carer Representative email carer.rep@carerswa.asn.au.

Be Job Ready - Bunbury

If you are providing unpaid care for a family member or friend and you want to gain skills to apply for work. **Free support is available.**

Carers WA are delivering a Be Job Ready Essentials two day workshop in Bunbury during May 2023.

The sessions will provide realistic information and practical skills that can be used to apply for, secure and maintain employment.

To express your interest, please call **1300 227 377** or email bjr@carerswa.asn.au.

Identifying
Hidden Skills



Resume & Cover
Letter Writing



Interview
Techniques



Job Retention
Practices



Job Searching
& Technology



Young Carers

Do you know a young person who is going above and beyond to help out around the home and take on extra responsibilities to care for a family member?

Carers WA has a program dedicated to amazing young people just like this.

The Young Carer team work together with families to recognise the incredible work of young carers and provide extra support to help them reach their own goals.

Support could include the discovery of career ambitions, exploring different learning pathways, help pursuing personal interests and hobbies and even practical support like help getting a drivers license.

To find out more or to sign up a young carer visit www.carerswa.asn.au/young-carers.

As a registered young carer, you will have access to:



Carer Gateway support planning



Financial assistance



Connection to support



Career planning



Counselling

In-Person Peer Support

Carers WA has launched a new In-Person Peer Support Group at Hillview Intercultural Community Centre in Bentley.



In-person peer support provides opportunities for carers to develop self-care skills, learn from others and share their experience in a safe and supportive environment.

When: Every Monday | 9.30am - 12.00pm.

Where: Hillview Intercultural Community Centre | 1-3 Hill View Place, Bentley.

Cost: Free for participants registered with Carers WA.

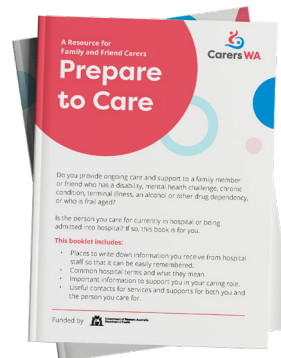
To register your interest or join a group in your area email IPPS@carerswa.asn.au.

Groups are also meeting in Melville, Mirrabooka, Joondalup, Thornlie and Parmelia and online.

Carers Week 2023

The dates for this year's National Carers Week are **Sunday, 15th to Saturday, 21st October 2023**. Keep an eye out for opportunities to get involved with Carers WA events and activities. www.carerswa.asn.au/carers-week

Hospital Support



Carers WA understands that a hospital stay is a stressful time and your main concern is for the person you support. Maybe you also have your own health needs and are not sure where to turn.

The Prepare to Care booklet is a free resource to assist carers to navigate the hospital system when the person they care for has been admitted. Copies of the booklet can be found in public hospitals and in hospital 'carer corners'.

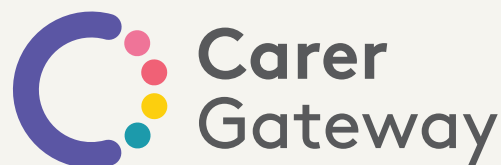
A digital copy is also available from our website.

Carer Gateway

Carer Gateway is an Australian Government program providing free services and support for carers. In Western Australia, Carers WA is leading the delivery of these in-person services, in partnership with HelpingMinds.

Carer Gateway provides many services to support carers in their caring role, including:

- in-person and online peer support groups
- tailored support packages to help with accessing planned respite, transport services, and more
- in-person and phone counselling



An Australian Government Initiative

- in-person and online self-guided coaching
- online skills courses to support your wellbeing and understanding of legal responsibilities relating to the caring role
- access to emergency respite if you suddenly find you can't provide care, for example if you become ill or injured.

To find out more call **1800 422 737**.

Hoyts Cinemas

Hoyts are offering carers an adult ticket for \$1.10 when accompanying the person they care for to the cinema.

All carers wishing to take up this offer must produce their Carers WA membership card or any other card with government-recognised carer identification.

www.carersaustralia.com.au/carers-offers

Federal Budget Submission

Carers Australia are calling on the Albanese Government to confirm their pre-election commitment. **"Labor recognises that carers have been too often overlooked in policy development and not treated as a vulnerable group in their own right. An Albanese Labor Government will develop a new National Carers Strategy, in consultation with carers, peak bodies and service providers, during its first term of government."** To find out more visit bit.ly/3YKZfg7.

Carer Retreats

Did you know that Carers WA has a respite facility in Warnbro, WA? This retreat provides a secluded and peaceful space in which to relax and unwind. For more information, please call **1800 422 737**.



Pen Pal Program

This program connects carers living in Australia with like-minded carers in the UK through an 'old school' approach of sending letters. It encourages connection and peer support. To find out more email ccdteam@carerswa.asn.au.



1300 227 377



'Carers WA'



info@carerswa.asn.au



www.carerswa.asn.au



Carers WA