



Geraldton Carers Family Photoshoot

CEO Message

Hello and welcome to the second edition of our Carer UpDATES for 2023. It has been a busy past few months as we continue our mission to support the empowerment and wellbeing of carers through our programs, services and advocacy.

As we move into the new financial year, taking a moment to reflect on all of our achievements is always a good way to reset for the coming year. As a growing organisation we are pleased to have successfully undertaken a structural realignment, including refurbishment works at our Perth office sites to accommodate our increasing staffing levels. This has coincided with the implementation of both our ICT and Marketing and Communications strategies, as

well as increased outputs to all our services and supports.

July sees us move into the second year of our three year strategic plan, which includes some significant outputs such as developing an advocacy strategy, reviewing our training and development opportunities, and undertaking a staff culture survey. As well, as always, focusing on continued positive working relationships with government and funders, with particular attention on developing a philanthropic and partnership strategy.

As this edition goes to print, we are in full motion of responding to the National Inquiry into the Recognition of Unpaid Carers, as launched by the federal Minister for Social Services, the Hon Amanda

Rishworth. The inquiry will examine the effectiveness of the Carer Recognition Act 2010 in acknowledging and raising awareness of the important role of unpaid carers in Australian society. This is a key piece of legislative reform and we welcome any and every opportunity to respond.

Lastly, in my previous UpDATE, I made mention of the release of the findings of the 2022 National Carer Survey. More information and a link can be found on page 4 of this newsletter.

Richard Newman
CEO

Education and Employment Support for Carers

Have you been wanting to explore options to gain paid work? Carers have a wealth of transferrable skills that employers are seeking!

Carers WA have launched a new program that provides support with education and employment pathways.

An Employment Coach works closely with each participant to assist with enrolling into training and applying for work.

What is included?

- Career guidance to assist with identifying skills and potential barriers and create an individualised goal plan.
- Ongoing coaching and mentoring to support you on your pathway to employment.
- Assistance to select and enrol in accredited training.
- Access to a financial assistance package to help you achieve your career goal.
- Support with resume building and interview skills.

Eligibility:

- Current carers (and those who were caring within the last 2 years) between the age of 16-67.
- Must be an Australian Citizen or Permanent Resident.
- Currently unemployed or under-employed.
- Interested in beginning study as a pathway to employment or gaining paid work within the next 3 months.

Places are limited and will be prioritised based on need. To register your interest or for more information, please call **1300 227 377** or email eesc@carerswa.asn.au



Evaluation finds the Be Job Ready program improves wellbeing

In 2021, Carers WA engaged Huber Social to measure the wellbeing of Be Job Ready participants prior, during and after their engagement with the 10 week skills course, through a participant survey during December 2021 to March 2023.

The survey responses were anonymous and independently analysed. Below are the key findings:

- When carers enter the program, they feel they lack the confidence in securing employment and feel underqualified.
- When carers enter the Be Job Ready program, having enough income to live a comfortable life is a priority need.
- Carers have a +24% increase in their wellbeing after completing the program compared to when they first began.

- An improvement in wellbeing of +10% is further seen at 3 months post program compared to when they finished.
- Both qualitative and quantitative analysis show the Be Job Ready program strengthens carers confidence and provides them with skills to secure employment.

Carers WA would like to thank the carers who voluntarily participated in the evaluation.

The report findings will be used to identify potential future collaborations and opportunities to meet the needs of carers wanting to transition to employment.

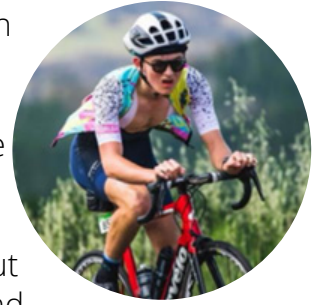
To read the full report or learn more about the Be Job Ready Program visit www.carerswa.asn.au/carers-be-job-ready or email bjr@carerswa.asn.au

Alex's Story

At just 14 years of age, young carer Alex borrowed a road bike from a family friend. As he mounted the bike for the first time, he experienced the freedom of surging along the road as fast as his legs would take him and he was hooked. For Alex, this was the beginning of a journey that would take him to many unexpected places. It would also teach him lifelong skills of resilience and give him the fortitude he needs as he supports and cares for his Mum who is living with a chronic illness of the lungs.

In 2020 he was the youngest participant to ride the MACA Cancer Ride. With the support of the Young Carer team at Carers WA, he also recently rode in the Tour of Margaret River as the youngest rider out of more than 1,000 participants. It's not without its challenges. Getting out of bed some days and finding the

energy and mental strength to continue can be tough. With school and home responsibilities to take care of, it takes tremendous perseverance and courage to keep up with training. But each time Alex struggles and overcomes the urge to give up, it shows that he is capable of more than he thought he was.



Alex has these words of encouragement for any young carer who is pursuing their own goals, 'Find joy in it. Find what you love. And know that if you're not feeling awesome – it doesn't mean you've lost your passion. You just need to keep going.'

To read more about our Young Carers program visit www.carerswa.asn.au/young-carers

Resources in Other Languages

As Australians we are a unique bunch representing more than 300 ethnicities and 120 faiths contributing to the vibrant nature of our state. At Carers WA we believe that all individuals are equally entitled to access services and supports and that is why we have expanded our range of resources in other languages. The Carers WA factsheet and explainer video has now been translated in twelve different languages and available in Arabic, Chinese simplified, Chinese traditional, Dari, Farsi, Hindi, Italian, Punjabi, Spanish, Ukrainian, Korean and Vietnamese.

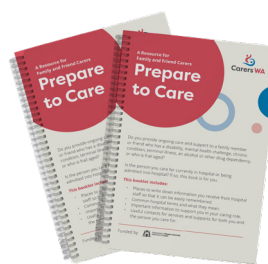
The factsheet aims to increase awareness around carer identification and access to supports available through Carers WA and Carer Gateway within culturally and linguistically diverse communities in WA. The resources are available from www.carerswa.asn.au/resources-in-other-languages



Carers Week 2023

The dates for this year's National Carers Week are **Sunday, 15th to Saturday, 21st October 2023**. Visit our website 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.

Carers WA in the Regions

Over the next 12 months, Carers WA will be conducting a number of Regional Roadshows throughout WA.

The first roadshow was recently held in Kalgoorlie. The Carers WA team met with a range of local service providers and hosted a carers long table lunch.

Through these trips we aim to further connect with regional carers, raise awareness of our services and supports, and learn more about the unique challenges faced in regional WA.

Upcoming roadshows include:

- Broome: 29th Sept – 4th Oct 2023

- Kalgoorlie and Esperance: 15th – 20th Oct 2023 (during Carers Week)
- Northam: March 2024
- Geraldton: May 2024

Our community engagement van, Priscilla has also travelled over 4000 kilometres so far this year by visiting numerous towns across the Wheatbelt, Great Southern, Goldfields and Southwest regions.

For more information on regional activities please visit www.carerswa.asn.au/our-services/in-the-regions and follow our Facebook page.

2022 National Carer Survey Factsheets

The 2022 National Carer Survey was conducted during June and July 2022 and received 6,825 responses from across Australia. A range of factsheets and briefings on key topics of interest have been produced. These include:

- Aboriginal and Torres Strait Islander carers
- Culturally and Linguistically Diverse carers
- Supporting carers in the workplace
- Young carers
- Caring for a person living with disability

- Caring for a person living with mental illness
- Caring for an older person
- Carers and the cost of living

All are available to download. To access please visit www.carersnsw.org.au/about-us/our-research/carer-survey

A detailed report on the 2022 National Carer Survey will be released in October 2023.

Carer Retreat

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



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