

Your Care, Your Way

WINTER NEWSLETTER 2024



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Reablement Stories

Jeremiah has been working with Fiona to get his learner licence. Fiona helped him study for the test for two weeks. There were 3 key stage tests that he had to do, that took 4 hours each. This took 3 shifts.

Jeremiah sat for his learner's test and failed 3 times. Fiona encouraged Jeremiah to keep trying and not to give up. After speaking with Services Tasmania and getting approval, Fiona would read Jeremiah out the questions for the test. If he answered incorrectly and she felt that he simply hadn't understood the question, she would ask the question again but in a different way to see if he could get the correct answer. Jeremiah was able to pass his Learner test with Fiona's help.

Fiona has looked up statistics on autism and found that on average it takes 2 years' worth of attempts before a licence is gained. Jeremiah was successful in only 4 attempts.



Sarah, Jeremiah, and Fiona

Caring for someone with Dementia

Caring for a person living with dementia can be both rewarding and challenging. The role of caring can bring joy, personal growth, and a feeling of being close to family, friends, or other important people. However, it's normal to feel stress, frustration, fatigue, grief and social isolation. Many carers also experience financial pressures, and guilt from feeling they aren't able to do enough.

If you're a carer for someone living with dementia, it can be helpful to learn more about the condition. There are resources and support services available to help you in your role. Remember, you are not alone.

Counselling

Counsellors can provide advice and practical assistance to carers and people living with dementia.

The following organisations provide free counselling services:

[Carer Gateway](#) is a national network of providers who help carers access in-person, phone and online support services

[Dementia Australia](#) provides individual and family counselling for both carers and people living with dementia.

Education

Learning more about dementia – and how it impacts the person you care for – as a carer.

Education programs can help you:

- cope with changes in behaviour
- make your home dementia-friendly
- understand and manage grief following a dementia diagnosis.

Webinars

[Dementia Australia](#) runs webinars for both carers and people living with dementia.

Webinars cover topics like:

- understanding dementia
- dealing with behavioural changes
- learning effective communication methods
- the process around moving into an aged care home.

Carer Support Groups

Carer support groups can offer you a safe place to talk about your role as a carer. They can put you in touch with other carers so you can share advice and tips to support each other.

For information about support groups in your area, visit the [Dementia Australia website](#) or call the National Dementia Helpline on [1800 100 500](tel:1800100500).

Carer Respite

Respite care can allow you to have a break while someone else looks after the person you care for. There are different types of government-subsidised respite services available. This includes day and overnight respite and short stays in residential aged care homes.

Elder Abuse



If you are concerned that you or someone you know is being treated in a way that causes harm, information and help are available. Several organisations have highly trained staff who can talk with you and answer your questions. The services are free and confidential.

Please do consider ringing the Tasmanian Elder Abuse Helpline or another of the services below. You are not alone, and you have the right to feel safe.

Elder abuse may involve physical or sexual abuse, taking an older person's money or possessions, neglecting them, making threats, stopping their social contacts, spiritual abuse, coercive control or cultural abuse. It can happen at the hands of an adult child or other family member, and it often occurs in the home.

Tasmanian Elder Abuse Helpline – 1800 441 169

The Tasmanian Elder Abuse Helpline is staffed from 9am to 5pm Monday to Friday by sensitive and knowledgeable people who can give you information and direct you to appropriate services. It is operated by Advocacy Tasmania on behalf of the Tasmanian Government. If you believe you or anyone you know may be experiencing elder abuse, you can call the Tasmanian Elder Abuse Helpline on 1800 441 169. The national ELDERhelp number (1800 353 374) will also take you to the Tasmanian Elder Abuse Helpline if you are ringing from within Tasmania.

Advocacy Tasmania- 1800 005 131

As well as operating the Elder Abuse Helpline, Advocacy Tasmania aims to protect the rights of older people receiving aged care services in residential aged care facilities or in their own home by helping them be heard and understood.

Senior Assist – 1300 366 611 and ask for Senior Assist

Tasmania Legal Aid operates Senior Assist, which offers free and confidential assistance to people across the State who are over the age of 65 (or over the age of 50 if aboriginal or Torres Strait Islander) and worried about or experiencing elder abuse. This is an integrated legal and support service, with case managers working alongside lawyers. To book, ring 1300 366 611 and ask for Senior Assist.

Legal Clinics at COTA Tasmania – 03 6231 3265

Tasmania Legal Aid also partners with COTA Tasmania to provide a free legal clinic for older people with concerns about any legal matter, including elder abuse. The Hobart clinics operate between 10am and 12 noon on the first Wednesday of the month, while the Launceston clinics are on the third Thursday of every month, again from 10am to 12 noon. To book a face-to-face or telephone appointment, please email admin@cotatas.org.au or ring 03 6231 3265.

Elder Relationship Service – 1300 364 277

The Elder Relationship Service, offered by Relationships Australia Tasmania, includes both mediation and counselling services to support older people and their families who need help negotiating complex issues related to the older person or caring for an older person.

Elder Relationship Services can assist older people and their families to:

- prevent or resolve family conflict
- have difficult conversations
- plan for the future (including medical, health, financial or living arrangements)
- resolve differences in ways that improve their relationships and
- make decisions that protect the interests, rights and safety of families.

People can attend on their own, with their partner, or with a support person.

The Elder Relationship Service is voluntary and confidential within the limits of the law. Everyone has an opportunity to express their view with the support of an independent qualified practitioner. The Elder Relationship Service is staffed by trained mediators and counsellors and with specific skills in delivering services to people experiencing conflict about ageing-related issues.

The decisions made at elder mediation are not legally binding. However, the practitioner can assist to document any agreements made in writing.



Somerset Social Group

The Somerset Social Club is seeking new members to come along and join our group. We meet every Thursday from 10am until 2pm at Cam Rise Uniting Church, Wragg St, Somerset. This group has been running for several years by Family Based Care. Direct Care Worker Lorraine Willcox co-ordinates this group.

We provide morning tea and lunch. Cost is \$7.00. The aim of the group for over 65's is to meet socially, enjoy the company of others. We offer activities including quizzes, bingo, guest speakers and bus outings 4 times a year.



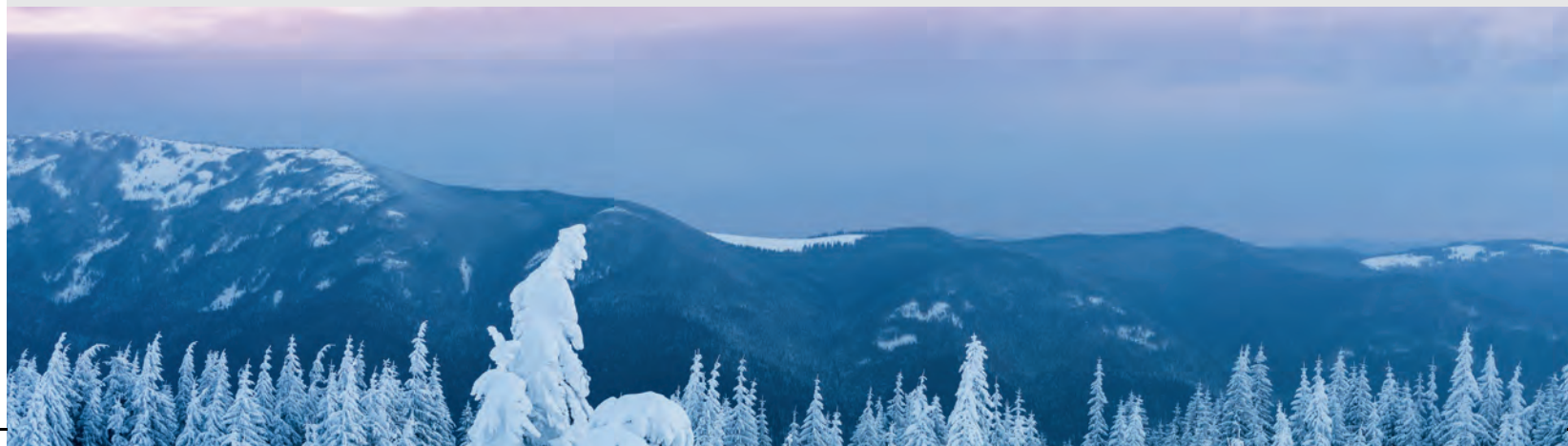
Somerset Group Members



Elaine, Margaret, and Betty

Our latest outing was last Thursday where we went to Penguin Bakery for morning tea, then a drive in the countryside and onto Furner's Hotel, Ulverstone for lunch. We called into the Central Coast Pet & Aquarium to meet Everest the friendly Macaw.

If you think this group could be for you, please contact Denise at Family Based Care.



Days of Significance

FBC acknowledges the following Days of Significance for 2024:

15rd August – Vinnie’s Community Sleepout (raising funds and awareness of homelessness)

1st October – International Day of the Elderly / Day of Older Persons

10th October – World Mental Health Day

3rd December – International Day of People with a Disability.

More information about each specific day of awareness will be issued leading up to that date or any event being held in its recognition.

Welcome New Staff Members

Sharon Donaldson, Samantha Burr, Sheridan Chesworth, Kelcey Aherne, Chelsea McDermott, Shannon Toombs, Nancy Cheng, Karen Riley, Trudy Barnes, Michelle wells, Eliza Cartwright and Joanna Bartlett.

Staff Profile - Samantha Burr

Hi! I’m Samantha, or Sam (unless I’m in trouble). I’m excited to share that I’ve joined Family Based Care as the State-Wide Coordinator of the MATES Program. I’m a Tasmanian local, having grown up in Hobart, studied in Launceston and settled on the North-West Coast. Though I’m new to Family Based Care, I bring a diverse background with experience in youth mental health, nursing, early childhood education, aged and disability care, and government advisory.

I am deeply passionate about social justice and community empowerment, believing strongly in the transformative power of lived experience. I’m committed to working together to support our community members in need and recognise the invaluable contributions of our dedicated volunteers. I look forward to collaborating and meeting likeminded persons to further develop the fantastic MATES program and make a meaningful impact in our state.





Pet Pics & Profiles

Kirsten Denholm

This is Frankie he is a 7month old dachshund.

My partner and I got him from George Town last year.

He loves to superman off the couch and has very selective hearing (Gets it off his dad)
Some would say he isn't really a dog at all. He doesn't like getting out of bed of a morning and loves to cuddle.

Frankie loves to dig quite literally anywhere.

He is also extremely food obsessed and will take any chance he can get to sneak food off your plate.



Winter Recipes

Rice balls with cheese & pepperoni

Ingredients:

- 2 cups of rice 🍚(cooked)
- 4 eggs
- Salt and black pepper to taste
- parsley to taste
- 150 grams of grated mozzarella
- 1 slice of grated pepperoni
- 3 heaping tablespoons whole wheat flour
- 1/2 tablespoon baking powder
- breadcrumbs for breading

Method:

In a bowl, place the cooked rice, salt and black pepper to taste, 2 eggs and chopped parsley. Stir for one minute.

Add the grated mozzarella, the grated pepperoni, the wheat flour.

This time, mix with your hands until you form a firmer dough.

Take a tablespoon of the dough and make small balls. If you want, open the dough in your hands and add mozzarella cubes as stuffing. Or just make small balls of this dough, roll them in the flour, then in the beaten eggs and finally in the breadcrumbs.

Fry in hot oil until golden brown and drain on paper towels

