



## Autism support for our families

The Wagga Autism Support Group was started many years ago by Netty Aylward, who worked at Tolland Public School, with children with disabilities and their families.

She started the group to encourage parents to share their experiences and provide each other with much needed support.

In around 2002 she passed the group on to parents to run as a parent group and we started a regular newsletter and continued with meetings.

The group established the Aspect Satellite Class (now based at Sacred Heart school) to provide the community with another option in education for



WASG President Deborah Bewick and her daughter Monique.

children and bring them in to regular contact with ASPECT NSW.

In 2011 the group came together to officially form the Wagga Autism Support Group Incorporated.

■ **On Sunday October 20 at 2pm at Willans Hill School WASG will host a Carers Week afternoon tea and forum. RSVP: info@waggaautismgroup.org.au**

## Individual care assured



The Forrest Centre is centrally located and adjacent to Wagga Wagga's Calvary Hospital.

THE Forrest Centre is committed to providing compassionate care to meet the spiritual, psychological, physical and social needs of older people, those with disabilities and the wider community of The Forrest Centre.

The centre cares for each person as an individual, respecting the rights and dignity of all.

The Forrest Centre's

objectives are to ensure that high-quality care is provided to all residents and community clients in a professional manner, provide a homelike environment in the residential facilities and to create and maintain a harmonious relationship with and between staff members, relatives, friends and volunteers, co-operating with them in giving total care to their residents.

The Forrest Centre is a unique ecumenical joint venture

between the Anglican Diocese of Canberra and Goulburn and the Sisters of the Little Company of Mary.

The Centre incorporates the 60-bed Mary Potter Nursing Home, the 76-bed Loreto Home of Compassion and Forrest Community Services.

Each of the residential facilities has a secure dementia unit.

■ **For more information visit [www.forrestcentre.com.au](http://www.forrestcentre.com.au).**



- Help people to live independently
- Housekeeping • Personal care • Respite care
- Essential shopping • Live-in care (short term)

**Our services are available during the day or night and on weekends depending on personal circumstances.**

**Region: Wagga Wagga, Coolamon, Ardlethan, Temora, Junee, Cootamundra, West Wyalong, Gundagai, Adelong.**

**Further information**

**Phone: (02) 6937 9621**  
**3-76 Morgan St., Wagga Wagga**

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## On call for carers

CALVARY Silver Circle is a not for profit organisation providing care and support services to enable people to live independently in the comfort and security of their own home.

While Calvary Silver Circle offers a wide range of services, from domestic assistance, personal care and companionship just to name a few, you can feel confident knowing that staff are caring, skilled and reliable.

We all know what wonderful roles carers do in our community and often they need to reenergise and have some time to themselves to help balance work, family and social commitments. We have respite care options which are designed to be flexible and responsive to meet the needs of carers and the person for whom they are caring.

We also have our Home Alert Tunstall Monitoring System. Slips,

trips and falls can happen to anyone and can become a common problem for older people and can be attributed to a number of factors such as lifestyle, health, medication and vision.

Their range of falls management products can help manage a person's risk 24 hours a day, 365 days of the year. When the trigger is pressed by the client, it will activate a call for assistance via a two way speech function on the unit and the operator will be able to hear you and call your nominated responders or emergency services depending on your needs.

The operator will wait on the line with the client until help arrives and will contact the next of kin if they are taken to hospital. If the client cannot speak, the operator will know they need help and will organise assistance quickly.



**Wagga Autism Support Group**



**Hello! Welcome to Wagga Wagga's Autism Support Group....**

You are invited to our Carers Week Celebration Forum  
 20th October - for information please see our website  
[www.waggaautismgroup.org.au](http://www.waggaautismgroup.org.au)  
[info@waggaautismgroup.org.au](mailto:info@waggaautismgroup.org.au)  
 Ph (02) 6922 9744

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## The Forrest Centre

- Mary Potter Nursing Home
- Loreto Home of Compassion
- Forrest Community Services
  - Respite Care
- Community Options Program
- Community Aged Care Packages (Level 2)
  - Extended Aged Care at Home (Level 4)
- Extended Aged Care at Home Dementia (Level 4)
  - Continence Advisory Service

**Lewisham Avenue**  
**PO Box 842, Wagga Wagga**  
**Phone 6932 3011**  
**[www.forrestcentre.com.au](http://www.forrestcentre.com.au)**



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## Take a break for our carers

CARERS Week from 13-19 October will encourage Australians to become more aware of our carers and how to better recognise and support them.

This year you can show your support by "Taking a Break for Carers" by organising a morning tea in your workplace, school, university or community organisation.

■ **Participants can download promotional material from the Carers Australia website, including an event flyer to promote their event. Go to: <http://carersaustralia.com.au/get-involved/carers-week/>**





**intereach** nsw.inc  
 Leading the way in rural and regional communities

The Carer Counselling service provides free confidential support to enhance the health and wellbeing of carers – assisting with managing stress and anxiety, depression, coping skills, practical problem-solving, help with grief and loss, and emotional support.

## Carer Counselling

**[www.intereach.com.au](http://www.intereach.com.au)**  
 93 Morgan Street, Wagga Wagga  
 Phone: 1800 052 222 or 02 6932 8300  
 Email: [intakewagga@intereach.com.au](mailto:intakewagga@intereach.com.au)

We gratefully acknowledge the financial and other support from Family & Community Services – Ageing, Disability and Home Care



**medicare local**  
 MURRUMBIDGEE  
*Connecting health to meet local needs*  
[www.mml.org.au](http://www.mml.org.au)

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Australia's 2.9 million unpaid carers in Australia experience one of the lowest rates of health and wellbeing themselves.

## Free counselling service

A FREE Carer Counselling service at Interreach has been established to help carer's through the issues and responsibilities being a carer may bring.

Interreach, Murrumbidgee Medical Local and Family and Community Services, Ageing, Disability and Home Care, have joined in partnership to provide this service.

The Carer Counselling service can assist carers with managing stress and anxiety, coping skills, practical problem solving, grief and loss help, emotional support and enhance health and well being.

While most carers find caring for a family member or friend a rewarding and positive

experience it can also bring with it numerous challenges that can affect the emotional and physical wellbeing of carers.

Stress, social isolation, financial burden and loss of key relationships are only a few of the many issues faced by community carers.

Australia's 2.9 million unpaid carers, of which over 375,000 are aged less than 24 years, experience one of the lowest rates of health and wellbeing themselves.

"Interreach offers a free carer counselling service to support and enhance the carer's quality of life – assisting with managing stress and anxiety, depression, coping skills, practical problem-solving, help with grief and loss,

and emotional support", Jenni Campbell, acting director of Mental Health of Murrumbidgee Medicare Local, said.

"The service is provided through the joint partnership of Interreach, Murrumbidgee Medicare Local, Family and Community Services, Ageing, Disability and Home Care."

Carers provided an estimated 1.32 billion hours of care in 2010, saving the Australian economy about \$40.9 billion.

"We all need to care about the carers in our communities," Ms Campbell said.

**■ If you or someone you know would like to utilise the Carer Counselling service or find out more, phone Interreach 1800 052 222 or 6932 8300**

### Some facts and figures about carers across Australia:

- 2.6 million unpaid carers in Australia more than 770,000 carers are primary carers 300,000 carers are under the age of 24
- 150,000 carers are under the age of 18 over 1.5 million carers are of working age (18-64)
- 31,600 Indigenous carers are over the age of 15
- 620,000 carers were born outside Australia
- It is estimated that carers provided 1.32

### billion hours of unpaid care in 2010, with productivity loss estimated at \$6.5 billion

- 366,700 carers were born in non-English speaking countries
- 520,000 carers are over 65 years of age
- The estimated annual replacement value of care provided in 2012 is over \$40.9 billion
- On average, carers spend approximately 40 hours per week providing care.
- It is estimated that carers of someone with a mental illness spend on average 104 hours per week in the caring role.

## Focus is on ability

KURRAJONG Waratah provides support, training and opportunities to people with an intellectual disability/development delay and their families/carers through their targeted services.

Kurrajong Waratah commenced operations in 1957 with the aim of meeting the needs of people with a disability and their families.

That aim continues today with more than 1100 babies, children and adults receiving our services and support daily.

Their focus on the ability and on the potential of the individual remains the key objective in all their programs.

As part of their aims they continue to ensure their programs are designed to create an awareness in the community of the needs and abilities of people with disabilities and their families.

Kurrajong Waratah's community education program helps draw public attention to the needs and aspirations of babies, children and adults with disabilities and their families.

It creates greater awareness of their capabilities and of the significant contribution they can make to the life of their community. **■ More details: [www.kurrajongwaratah.org.au/](http://www.kurrajongwaratah.org.au/)**



Therese Hosie and Kevin Hosie supporting their brother Peter Hosie, who took part in Kurrajong Waratah's recent "Art to Crow About" exhibition.

### Do you need time away?

- for a holiday ▪ general time out
- to keep appointments

### NANNY FOR SENIORS

Including companionship, attending medical appointments, shopping, general outings including attendances at the theatre, movies and coffee. NFS provides assistance to carers who require "time out" for themselves.

Please phone:  
**Carmele Castrission**  
**6926 2177 or**  
**0429 639 377**

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## Help when you need it Community Care

Calvary Silver Circle is a not for profit organisation providing care and support services for those who need assistance.

- Personal Care
- Home Care
- Social Support / Companionship
- Respite Care
- Transport Assistance
- 24 Hour & Overnight Care
- Home Safe - Home Maintenance & Modifications
- Home Alert - 24hr Personal Emergency Monitoring
- Information & Advisory Service

Call 1300 66 00 22  
[www.calvarysilvercircle.org.au](http://www.calvarysilvercircle.org.au)



**SPECIAL OFFER**

1/2 Price Installation  
on Home Alert System



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*Kurrajong Waratah recognise and value the outstanding role carers play in the life of a person with a disability.*



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Bridging the gap between what is, and what could be - for carers.