



Growing Older Gracefully

Community minded

THE staff at Tobin Brothers Funerals Queanbeyan pride themselves on their community connection.

Local Tobin employees Mistie Dal Molan and Julie McInnes are well-known in the Queanbeyan community, having guided many local families through their times of loss.

Tobin Brothers specialise in prepaid funerals and also offer Justice of the Peace services.

PICTURED RIGHT: Julie McInnes, Mistie Dal Molan and Garth Leggett of Tobin Brothers at this year's Anzac Day march. Tobin Brothers has provided cars for elderly diggers on Anzac Day for the last 40 years.



Caring for someone

CARING for someone can be challenging, both emotionally and physically. It can also be a rewarding experience.

However, from time to time carers may need some extra help and support. This could include counselling or advocacy for you as a carer, or respite services for the person you care for - which would allow you to take a break.

Respite care can also give the person you care for variety and extra social opportunities.

You might not think of yourself as a carer. In truth many carers see themselves as a family member who looks after a person they love, not as a carer.

This means that you may not think to look for, or ask for help. There are a wide range of services available to help you in your caring role. Whatever the service, whether it's short-term respite or counselling, it is designed to lend you the support and assistance you may need. It's things like having some extra help and support that may mean you can stay in your caring role for longer.

Who is a carer?

A carer is a person who

provides regular and ongoing care and assistance to a dependent person. Often, a carer is a family member, partner, friend or neighbour who freely and willingly provides this support without payment.

A carer may give care for a few hours a week or all day every day, depending on the level of support needed. Care could be provided within the person's home, a residential aged care home or at your home.

What if I'm caring for someone who is not aged?

Some aged care programs provided by the Department of Health and Ageing may also be able to give you some help and support if you care for somebody who is not aged. For example, the National Respite for Carers Program provides respite, information and other support for carers of older people and, in some instances, younger people with a disability.

For more information, contact your local Commonwealth Respite and Carelink Centre on 1800 052 222 or visit <http://www.myagedcare.gov.au>.



There are a wide range of services available to help you in your caring role.

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