



# Carers' Society Otago

## Community House

301 Moray Place

Dunedin 9016

Ph: (03) 471 6204 Fax: (03) 471 6205

email: [carerssociety@pconnect.co.nz](mailto:carerssociety@pconnect.co.nz)

[www.carersotago.org.nz](http://www.carersotago.org.nz)

### NEWSLETTER FEBRUARY/MARCH 2013

Dear Carers,

I hope everyone had a happy Christmas and New Year. Wasn't the weather wonderful! As you may have heard my colleague, **Anneloes**, has decided not to leave Dunedin for Wellington, so she will remain with us at Carers' Society Otago. This is great news for us and I hope Anneloes is happy with her decision.

We continue to think about the lot of Canterbury carers and their careers. Carers' Society Otago can only offer support from afar but we do think of you often. Having to cope with an earthquake on top of the stress of caring must be incredibly difficult. Not knowing what may happen next and the total disruption of services leaves us wondering what we, in Otago, would do in such a situation. Are we prepared?

**Caring for Carers** in Christchurch has had to move office because of the destruction of their building. They are doing a wonderful job and continue to support family carers, holding support group meetings in Christchurch City and throughout Canterbury, in Ashburton, Rangiora, and Timaru. Dunedin carers may have had more contact with Canterbury carers because other family and friend carers have been affected by the many earthquakes and have needed more contact and support. Some Christchurch carers have moved to Dunedin and careers in rest homes have certainly been evacuated to Dunedin rest homes. Canterbury carers and Caring for Carers, keep up the good work.

We have a big year coming up. We have lots of speakers this year, and we look forward to visiting the groups throughout Otago, particularly since we have decided to visit **Central Otago** more regularly, every two months. The first meeting for this group is February 7th, hopefully in the new Alexandra Community House.

We are also floating the idea of having an occasional afternoon tea in **Milton**. Milton carers, we have not been successful at enticing you to come to the evening meetings in Balclutha, so it looks like we will have to come to you. We thought we would try this out and see how it goes. **Milton carers**, we will let you know by phoning you prior to the first meeting and there is **Carer Training on March 1st**. See inside.

We look forward to the sixth season of our lecture series at the University of Otago Medical School. These four lectures are to the doctors of the future, wherever in the world they may work. It is still important to get the message out there that **carers have needs** and one of them is to be listened to by doctors.

**The Jennie Clegg Lending Library**, in the Carers' Lounge of Community House, is going strong and this is a reminder that we can send you a copy of the booklist so that you can order a book to be delivered to your door. The book will come with a prepaid return postal bag. The booklist is also on our website and we do take a small portion of our 250 items to the meetings in North, South, and Central Otago. The books are on loan for three months so, **borrowers**, many thanks for returning them by post or to the meetings in your area. See inside for some new titles you may be interested in borrowing.

Take care 'til next time.....Susan

## **CARERS' MEETINGS**

### **SOUTH OTAGO CARERS' MEETINGS**

Meetings are held on the first Tuesday of every month at 7 pm in the Brian Dodds Meeting Room of Clutha Health First. For June, July, August, the meetings are held at 6pm.

5 March—We have decided to start the year in healthy fashion so will go for a walk before supper. If the weather does not comply we will have a **Writing Workshop**.

2 April—Elder Abuse & Neglect Prevention Service—a talk given by Dawn Howe-Dennison, from Age Concern Otago

### **DUNEDIN CARERS' MEETINGS**

Meetings are held on the second Thursday of every month at 1:30 pm in the Alexander McMillan Room, Community House, 301 Moray Place.

14 February — The speaker will be Jennifer Angelo, coordinator of family carer support at the Otago Hospice.

14 March— Thomas van der Lugt will speak about his role as Special Olympics Ambassador and about his experiences at the Korean Special Olympics.

### **NORTH OTAGO CARERS' MEETINGS**

Meetings are held on the 2nd Tuesday of every other month at 2 pm, in the Weston Community Church

12 March—Depression and the Caring Role—a talk given by North Otago Community Mental Health

### **CENTRAL OTAGO CARERS' MEETINGS**

Meetings are held at 2pm in the new Community House every two months on the first Thursday of the month.

February 7—Writing workshop—You will be surprised at your hidden talents. New meeting room in Community House.

April 7—Work and Income—Annette Harris will talk about entitlements for carers and carees.

### **YOUNG CARERS' MEETINGS**

Meetings are held on the third Thursday of every month from 5:30—7:30pm. Contact Susan or Anneloes for more information 4716204.

### **DUNEDIN and MOSGIEL WALKING GROUPS**

From now on we will start with a coffee. Please be there at 10am if you want to join us for a coffee, or you can get one 'to go' on the walk. We are an inclusive, not a fitness group. We pace ourselves to suit the slowest walker and sometimes break into fast and slow groups.

DUNEDIN—We will meet on the fourth Tuesday of every month at 10 am. Look in the newsletter for details on where we will meet.

26 February —We will meet at Ross Café in Ross Home on North Road for a walk through Palmers Quarry.

26 March—We will meet at Crocodile in the Gardens for a walk through the Botanic Gardens.

MOSGIEL—We meet on the third Friday of every month in the foyer of the Mosgiel Public Library at 10 am. The first walk of the year is on 15 February.

## **FREE CARER TRAINING IN MILTON**

FRIDAY MARCH 1, 2013

in the St John Rooms Eden St Milton,

10:30 am to 3:30 pm

Lunch is provided

Come and learn Creative Problem Solving & How to make a Complaint

To Register Contact Susan on 477 7115 or 471 6204

### **The Jennie Clegg Lending Library**

**Here are some new titles. Come into the Carers' Lounge and have a browse with a cuppa**

**A Good Harvest**—Offers fruit and vegetable recipes and preserving tips relevant to the New Zealand garden, from the gardens of Rural Women New Zealand.

**The Good Doctor**—What Patients want from their doctor by the former Health and Disability Commissioner, Ron Paterson, based on his work with the Health and Disability Commission.

**The Lost Art of Listening**—How learning to listen can improve relationships. Covers topics such as how to listen and be heard within the family and how hidden assumptions prejudice listening.

**The Dutiful Worrier**—How to stop compulsive worry without feeling guilty.

## **The Code of Health and Disability Services Consumers' Rights**

This Code is guaranteed by law and gives rights to all consumers of health and disability services in New Zealand whether it be an information service or a hands on experience. The Code places an obligation on providers of these services to uphold consumer rights and covers a wide range of public or private providers such as counsellors, optometrists, doctors, hospitals, mail order selling of health products, dieticians, needs assessors, midwives, reflexologists, rest homes, home care providers, homeopaths, physiotherapist, therapeutic masseurs, diagnostic services, naturopaths. There are 10 rights in the Code.

You, as a consumer, may have a complaint about the health or disability service you receive. Right 10 covers complaints. The complaint may be because of a communication misunderstanding or the wrong limb amputated. Every provider must comply with the Code, have a complaints procedure, facilitate the fair and efficient resolution of a complaint and inform the consumer about the progress of the complaint.

### **How to make a complaint**

You may make a complaint to:

- The provider of the service
- Anyone authorised to receive complaints about that provider
- Any other appropriate person including the Health and Disability Advocates who are independent and employed by a trust.
- The Health and Disability Commissioner

The Health and Disability Commissioner is an independent agency set up to promote and protect the rights of consumers, help resolve problems between consumers and providers, and improve the quality of health care and disability services. The Commissioner's jurisdiction is restricted to the quality of care: it does not cover issues of funding or entitlement to a service. For more information get a pamphlet from the stand in the Carers' Lounge, or telephone 0800 11 22 33. The Health and Disability Advocates have an office in Dunedin and the Health and Disability Commissioner is based in Auckland.

## **Changes to the Mobility Parking Permit Scheme**

### **December 3, 2012**

**Please note that everyone with an existing permit will still be able to use it.**

**You will be eligible for a Mobility Parking Permit if you meet the following criteria:**

- You are unable to walk and will always require the use of a wheelchair; or
- Your ability to walk distances is severely restricted by a medical condition or disability. If for example, you require the use of mobility aids, experience severe pain, or breathlessness; or
- You have a medical condition or disability that requires you to have physical contact or close supervision to safely get around and cannot be left unattended. For example, if you experience disorientation, confusion, or severe anxiety.

#### **Applying for a permit:**

Application forms may be available at the branch of CCS Disability Action near you and they are also available on the website [www.MobilityParking.org.nz](http://www.MobilityParking.org.nz). **For enquiries about whether the branch near you has these application forms, please contact Sara Georgeson at the Southern Region branch in Dunedin (03) 477 4117 or 0800 227 2255.**

- For a first time short-term permit, an extension of a short-term permit, or a long term permit a doctor still needs to confirm your eligibility by completing the medical section of the application form.
- For a renewal of a long term permit you do not have to provide any additional medical information.

Completed forms may be presented to the branch office or mailed to them but **telephone first to find out which payment option is available at your local branch.** Permits will be mailed to you within five working days. Again, for enquiries about this please contact Sara Georgeson at the Southern Region branch in Dunedin (03) 477 4117 or 0800 227 2255.

## RECIPES and COOKING TIPS

These recipes come from A Good Harvest—Recipes from the gardens of Rural Women of New Zealand

### Rhubarb Flummery

#### Ingredients

3-4 cups chopped rhubarb  
2 packets raspberry jelly crystals  
1 dessertspoon gelatine  
375 tin Carnation evaporated milk (chilled and whipped)

#### Method

Place rhubarb in a pot. Add 3/4 cup of water and cook until soft.  
Dissolve jelly and gelatine in the just-cooked fruit.  
When cool mix in the whipped milk and place in a large bowl  
Leave to set.

### Spiced Beetroot (Excellent for corned beef)

#### Ingredients

1 apple, peeled  
1 onion, peeled  
2 medium sized beetroot  
1 tablespoon sugar  
2 tablespoons vinegar  
Butter  
Salt & pepper  
Ground cinnamon  
Nutmeg  
Cloves

#### Method

Grate apple, onion, and beetroot and place in a saucepan with a knob of butter, salt and pepper. Cook slowly stirring occasionally.  
When cool mix in sugar and vinegar and a sprinkle each of the spices.  
Can be used hot or cold or as an extra vegetable.

### Pickled Walnuts

(contributed to the book by one of our North Otago members)

Walnuts for pickling must be picked when they are a reasonable size, but before the woody shell forms inside the fleshy green cover. It's not worth picking walnuts if a darning needle will not pass through them easily. Prick each nut in several places and put them in a plastic bucket. Cover with water and change it every day for a week.

Place the soaked nuts in a large saucepan. Cover with fresh water, measuring the amount used. For each litre of water add 1 Tbsp whole cloves, 1 Tbsp whole allspice, and 1 small cinnamon stick. Boil until tender, 1-2 hours. Pour off all the liquid and the spices.

Boil up enough sweetened vinegar to cover the nuts. 1 cup of sugar to each cup of malt vinegar. Pour the hot liquid over the nuts and leave to stand for a week. Strain off liquid, bring it to the boil again and pour it over the nuts. Bottle in jars with lids and put away to mature. The jars do not need heat sealing. The nuts are ready to be eaten after two months.



# Smile A While



## FROM THE CHRISTMAS CRACKERS

Love 'em or hate 'em, the corny, groan-inducing gags are an unmissable part of any family Christmas. In Britain the cracker industry is worth more than £120 million a year and shows no sign of slowing despite the recession. The colourful paper tubes with their temperamental 'snaps' and novelty gifts have come a long way since they were invented in the 1860s by London baker Tom Smith and quickly ripped-off by his rivals.

Originally containing sugared almonds and sloppy love poems they were soon adapted to include surprise gifts and paper hats. By the 1930s the Victorian rhymes were replaced with side-splitting gags. The gags have to be very politically correct these days and they have to make sure there isn't anything that might offend a range of cultures.

Here goes the latest:

What happened to Santa when he got stuck in a chimney?

He got Claus-trophobia

What does an angry kangaroo do?

Get hopping mad

How does Jack Frost get to work?

By icicles

What do ghost eat?

Spookghetti

What do you get if you cross a fish with two elephants?

Swimming trunks

What kind of cough medicine does Dracula take?

Coffin medicine

Why did the mechanic sleep under the car?

He wanted to get up oily in the morning

Where do snowmen go to dance?

To a snowball

What do ghosts eat?

Ghoulash

What did Cinderella say when her photos didn't arrive on time?

One day my prints will come.

What do you call two happy mushrooms?

Fun guys.

What happened to the man who stole an advent calendar?

He got 25 days.

What does Father Christmas do when his elves misbehave?

He gives them the sack.

What do witches use to wrap their presents?

Spello-tape

What do you call a train loaded with toffee?

A chew chew train.

Why did the moth nibble a hole in the carpet?

It wanted to see the floor show

Where do frogs go if they have bad eyesight?

The hoptometrist

What do you get if you eat Christmas decorations?

Tinselitis

What are the wettest animals in the world?

Reindeer

On which side do chickens have the most feathers?

The outside.

## Family Caregiving: A huge and neglected challenge

The issues in this article from an American blog resonate in New Zealand

We are a nation of caregivers. Every day over 44 million adults serve as unpaid caregivers to ailing or disabled relatives or friends, and annually 65 million do so—yet this form of work often goes uncompensated and is largely invisible. Unsurprisingly, inadequate awareness of the issues leads to inadequate policies and solutions.

Caregiving takes a huge toll on the economy. About 17% of full and part-time employees are also caregivers (in fact 73% of all caregivers are employed at another job). Businesses lose \$34 billion/year in productivity from employees being distracted, cutting back hours, or leaving the workforce. Caregivers forsake income: their total estimated lost wages, pension and Social Security benefits is nearly \$3 trillion.

Caregivers and care recipients span all demographics, but they are primarily women (66%) and ages 35-64 (64%). Of the 65 million adult caregivers, 4 million care for children, 49 million care for adults, and 13 million care for both adults and children.

Caregiving can be highly demanding. It involves far more than healthcare-in-the-home; it is about helping with life: activities of health and wellness (medications, therapies, exercise, tracking of symptoms, appointments, etc.); basic living (bathing, grooming, toileting, dressing, eating, etc.); basic chores (cooking, cleaning, shopping, money management, etc.) as well as social engagement and emotional support.

On average, caregivers spend 20 hours per week; a third average 47 hours per week. And it can go on for many years: on average 4.6 years, while 15% have been providing care for over 10 years. Unsurprisingly, the non-economic impact — physical and mental health deterioration of caregivers and the fraying of family relationships — is significant.

Demographic and economic realities are increasing the need for (and demands on) family caregivers. People are living longer, and there are fewer offspring to handle their care. Paid home care workers are not filling the need. While the projected demand for such workers for 2008-18 is 50%, the growth of the 25-54 age female population (the main labour pool from which these workers are drawn) is only 2%. Low pay (barely above minimum wage) and low status of home care workers spurs high turnover, further aggravating the situation.

Outsourcing is not an option, as few caregiving tasks can be performed remotely. Healthcare trends — cutbacks due to government and employer cost cutting, shorter hospital stays, and more home-care technologies — intensify the family caregiving burden.

Policy makers, technologists and entrepreneurs must appreciate the prevalence, toll and context of caregiving in order to address this growing crisis. Caregiving is not a simple one-to-one relationship, but usually involves networks of relatives and friends. It is not only a healthcare issue, but also about managing life. And it is not just a brief crisis requiring heroic actions, but an overwhelming (and seemingly unending) series of wide-ranging, mundane tasks with minimal (if any) compensation.

Caregivers step up to help friends and family in need; similarly, we must step up to provide support and solutions to help shoulder the burden of care. Much can be done; (the writer) suggests a couple of starting points. Design caregiver-support policies such that they acknowledge the primacy of the family in caregiving. Recognize that caregiving is about life and not just health, by reducing requirements for presence or approval of healthcare professionals. Develop tools and services that make management and coordination of daily caregiving easier, that are designed for long-term use, and are sufficiently flexible to accommodate un-foreseeable changes in specific care tasks.

A brighter future is possible, if we can come together to create tools, systems and policies to accommodate the changing nature of how we take care of ourselves and others throughout life.





**Do join us in the Carers' Lounge for a cuppa and  
a chat, a bit of quiet time, or to explore our  
library**

**Up the stairs or take the elevator  
Community House  
301 Moray Place  
Dunedin**

**Carers' Society Otago gratefully acknowledges the support of:**

Presbyterian Support Otago	The Ministry of Health	United Way
Healthcare Otago Charitable Trust	Dunedin City Council	Community Trust Otago
New Zealand Community Post	COGS	New Zealand Lottery Grants Board
Dunedin Casino	Otago Polytechnic	Ace Shacklock Charitable Trust
Carers' Donations	Poppa's Pizza	St Kilda Community Sports Society



