



Carers' Society Otago

Community House

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Anneloes' musings

NEWSLETTER

JUNE/JULY 2013

On 23 March 2013, I attended a small seminar at the Otago Polytechnic organised by Mary Butler. Mary is a board member of Inclusion Aotearoa and the guest speaker, Lawrence Chok from Palmerston North, was one of the founders of this organisation. Lawrence told the story of the journey of his son with Downs Syndrome, that started with Lawrence and his wife wanting to create an inclusive sustainable life in the community for their son. They are immigrants to New Zealand and have no extended family here.

For anyone caring for an adult child with disabilities the future holds scary questions: "What happens when I get ill or when I die?", "Do the siblings need to take an active role and can I ask that of them?". These questions apply to whether the person lives at home or in a residential setting, in the community. Often when young people or adults live in the community their life is still pretty institutionalised. When asking questions like: "Are they a real part of their community? Are they invited by the neighbours for a BBQ? Do they have activities with "normal" people?" the answers often are: "No" or "Very rarely".

Lawrence talked about how he went about getting his son a house with flatmates of his own choice, choosing his own care workers, setting up a micro-business for his son and using Individualised Funding to do that. It was a lot to take in but it gave me the impetus to look at the life of my son and to see what I could do to take the first steps towards a more sustainable future of his choice.

The first thing Lawrence advised us to do is to sit down with the caree and ask what their short, medium and long-term goals are. What is it they would like to do? Where and with whom would they like to live? What are their dreams? Next we discussed how to start the road towards achieving those goals with little baby steps. The next thing that really triggered something for me was when Lawrence spoke about the circles of support and how to create them. I often feel overwhelmed with being the only one who thinks about my son's future. So in the past few weeks we sat down and made a list of people we would like to ask to have a role in my son's life.

I went and talked to every person on the list and no one has come back to say they don't want to be involved. Very interestingly some people would like to make a regular commitment and others prefer a more casual approach. The next step is to provide the members of the circle with a small dossier so that they can become familiar with the realities of my son's disability and lifestyle. Also they will get his contact details and other important contacts. In a way we are creating an extended family. Siblings should be informed as well and have the choice to participate. If they choose to be involved it'll make their job easier when the time comes that they will have to accept some more responsibility. Also they might have suggestions from their own circle of friends for the circles of support.

It's such an exciting process...I will keep you posted!

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. Note that for June, July, August, the meetings are held at 6pm.

4 June—6pm David Horne Slideshow

2 July—6pm Mid-winter potluck and History Show and Tell

MILTON

16 July—Morning coffee at Café Lolas at 10:30 pm. All Milton carers are welcome.

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.

13 June—Mid-winter potluck

11 July—David Horne's latest slide show

NORTH OTAGO CARERS' MEETINGS

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

9 July—Trip to the Oamaru Gardens for scones. Please bring a baby photo of yourself

CENTRAL OTAGO CARERS' MEETINGS

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

6 June— History Show and Tell. Please bring a historical item, significant to you to talk about

1 August—Speaker

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.

25 June—Orange Café, 231 Moray Place opposite the Public Library

23 July—Otago Museum café, 419 Great King Street

MOSGIEL—The Mosgiel walks have been postponed until September.

News from carers New Zealand

Emergency Planning

Carers NZ's Emergency Carer ID Card is designed for family carers who provide regular or 24 hour support for an elderly, ill, or disabled family member or friend.

You can download blank cards from www.carers.net.nz, or phone 0800 777 797 to request free printed cards.

The card is designed so that if you become ill or die suddenly, others can step in quickly to help the person you care for.

It states the carer's name and the name of the caree and their phone number. You can also provide a contact number of someone to step in and provide the care needed.

Once filled out you can laminate the card and attach it to your key ring to ensure uninterrupted care!

Also on this website you can download free Care Planning Tools (or you can ring the 0800 number to request printed copies).

Choose the Planning Tools that suit your situation:

- Emergency Care Plan
- Medications Plan
- Important Papers Checklist

No word yet about payment for carers

Everyone is keen to hear what the government is planning with its Payment for Carers policy.

On the positive side, New Zealand may be among the first countries in the world to introduce such a policy. On the other hand, we hope any new policy will be a genuine social advance for carers, and does not 'give with one hand and take with the other'.

We also hope the state does not spend a lot of money setting up an unfriendly compliance framework that, for example, forces carers to be 'trained' alongside the paid workforce to be eligible for financial recognition for their work.

Many working-age carers are leaving their paid employment when the juggle of work and care becomes too much, creating hardship for their families, and affecting their own ability to save for retirement.

We hope they don't have to jump through hoops to access financial support.

Further, New Zealand has taken little interest in the 'quality' of care provided by carers to date; it's only when money is involved that we hear comments about the need to 'qualify' family carers to perform tasks our society has happily taken for granted when undertaken for free.

In most cases, carers have years of experience and can teach the experts a thing or two.

We hope the new policy will be fair, sensible, and presented in a way that feels supportive of those whose role is so important to family life and society.

Source: Carers New Zealand Online Newsletter



OTEMATATA COTTAGE FOR CARERS

Thanks to a very generous offer, Carers' Society Otago has the use of this four bedroom cottage in Otematata for carer members who need a break. The cottage sleeps ten and is available, when the owner is not using it, for a nominal fee for a weekend or a week long break. As with most cottages there are a few do's and do not's but the main aim is to give carers a bit of a holiday while their caree is in respite, or for a break away with their caree. Carers, if you are interested please give Susan or Anneloes a ring on (03) 471 6204.

THE JENNY CLEGG LENDING LIBRARY

Some interesting titles from our collection. Feel free at any time during working hours to come into the carers' Lounge at Community House, Moray Place, Dunedin and browse the shelves. If you can not come in ask us to post out the booklist. Ring the office on 03 471 6204.

Peruse the list at leisure in your home and if you see something that tickles your fancy ring in and we will send it out to you with a return envelope.

Writing the Story of Your Life; the Ultimate Guide by Carmel Bird. For those of you who attended one of our writing workshops and want to go further, this book is full of down-to-earth advice, inspirational references and suggestions, and practical exercises. Clear and easy to use, it is an essential reference tool for anyone thinking about writing, or anyone who loves writing.

The Anatomy of Peace; resolving the Heart of Conflict by The Arbinger Institute. The choice between war and peace is within each of us. As one of the characters in this book says: "A solution to the inner war solves the outer war as well." This moving book offers more than just hope—it offers a unique solution to the conflicts that cause so much pain in our lives and in the world.

Seeking Community: He Ngakau Aata Kitea; living with a Learning Disability. Each glimpse of these life stories offers us a chance to consider other ways of thinking, feeling, growing, contributing. As we read them, the bright line between 'us' and 'them' fades and a deeper sense of likeness and difference grows.

RECIPES and COOKING TIPS

WINTER SOUPS

I love making soups from scratch in winter. There is nothing quite like the smell of something hearty wafting through the house to lift the spirits.

You can make stock in different ways and from a variety of ingredients:

- To make chicken stock you need some chicken carcasses, often sold in supermarkets, or you can use the bones from a cooked chicken. Put them in cold water with salt, some bay leaves, the green of leeks and celery and white peppercorns and bring to the boil quickly. Simmer for 1 hour or so.
- To make beef stock get a shin bone and add cold water with salt, an onion, a couple of cloves, some black peppercorns, thyme, some bay leaves and the stems of parsley. Bring to the boil slowly and simmer for up to 8 hours.
- To make vegetable stock use any vegetables you have (carrots, parsnips, leeks, onions, parsley, thyme and other herbs), add cold water and bring to the boil quickly and simmer for up to 2 hours.
- To make fish stock use the heads of white fish, though salmon is good to use too. Again use cold water, add salt and bring to the boil slowly and simmer for up to 2 hours.

I often make up to 3 liters at one time and freeze the stock so you have the base for any soup you like on those days you are too busy to make them from scratch. For the following recipes I haven't given the quantities because it depends on whether you want to make a big pot or just enough for 2 people so I leave that up to you.

Mushroom and sorrel soup

Fry sliced mushrooms in butter and sprinkle with flour, enough to make a roux with the warm vegetable stock. Add the stock slowly and whisk vigorously to avoid lumps. Make the soup as thick as you like. Check the seasoning and add black pepper and salt if needed. Now go to the garden and pick a big handful of sorrel leaves. If you haven't got sorrel you can use spinach or silverbeet. Wash and slice finely and add to the piping hot soup just before serving. Add a splash of cream and grate some nutmeg over it.

Thai pumpkin soup

Scrub a whole pumpkin and cut it up in small pieces. Leave the skin on. It will give the soup a beautiful colour. Add enough cold water to cover the pieces and add a couple of onions. Bring to the boil and simmer until the vegetables are soft. In the meantime fry some sliced mushroom in a heaped tablespoon of Thai oriental food hot add a can buy curry paste in slightly cooled a food processor. Add mushrooms and reheat prawns, salmon pieces seasoning and add salt

green curry paste. If you like your sliced, deseeded chilli pepper. You jars in the supermarket. Blend the pumpkin with the stick blender or in a can of coconut cream and the the soup. You can add shrimps or or white fish pieces. Check the if needed.





Smile A While



Great Truths About Life That Little Children Have Learned

- No matter how hard you try, you can't baptize cats.
- When your mum is mad at your dad don't let her brush your hair.
- If your sister hits you, don't hit her back. They always catch the second person.
- Never ask your 3 year old brother to hold a tomato.
- You can't trusts dogs to watch your food.
- Don't sneeze when someone is cutting your hair.
- Never hold a dust buster and a cat at the same time.
- You can't hide a piece of broccoli in a glass of milk.
- Don't wear polka dot underwear under white shorts.
- The best place to be when you are sad is Grandma's or Grandpa's lap.

Source: *Caring for Carers Newsletter*.

The Guest House

This Human being is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,

Some momentary awareness comes

As an unexpected visitor.

Welcome and entertain them all!

Even if they are a crowd of sorrows,

Who violently sweep your house

Empty of its furniture,

Still, treat each guest honourably.

He may be clearing you out for some new delight.

The dark thought, the shame, the malice,

Meet them at the door laughing,

And invite them in.

Be grateful for whoever comes,

Because each have been sent

As a guide from beyond

Source: *The Essential Rumi*, versions by Coleman Barks

TOP 10 BENEFITS OF WALKING

1. **It is great exercise.** Walking at a steady pace for 30-45 minutes has been proven to be an excellent fat burner.
2. **It is good for the heart.** Walking is known to reduce blood pressure, improve blood circulation, and all round cardiovascular functions.
3. **It increases stamina.** Walking regularly at a good speed also improves muscle strength and endurance.
4. **Promotes mental health.** Walking is a great stress buster and if you are able to walk outdoors there is nothing like it. The combination of fresh air and exercise is an excellent mood booster and you will find yourself feeling happier as well as healthier.
5. **It is good for your bones.** Walking is a great way of strengthening your bones. Walking 30 minutes a day actually increases bone density and slows down bone loss in the legs. This low-impact exercise also targets your spine, legs, and hips.
6. **Prevents Type 2 Diabetes.** Studies show that walking 1 1/2 hours a week can reduce the risk of diabetes.
7. **Reduces risk of breast and colon cancer.** Studies show that regular walking can reduce the chances of getting breast and colon cancer.
8. **It is safer than running.** Many experts believe that walking is actually better than running because it's easier on your knees and joints. It leads to fewer injuries and if you are just starting exercise, it is a good beginner workout.
9. **Anyone can do it.** Walking is truly a democratic exercise because anyone at any fitness level can do it.
10. **It's free!** Unlike most forms of exercise, all you need is a pair of comfortable shoes and you are away!

If you are all motivated and raring to go after reading the above do join the Carers' Society Otago's walking groups. Go to page 2 to get the dates and locations and if you are new to the groups give Anneloes or Susan a call on 03 471 6204.

WHEELCHAIRS WHEELCHAIRS WHEELCHAIRS

Do you feel bound to the home? Get a wheelchair on loan from Carers' Society Otago. For a \$30 deposit you can have a wheelchair for as long as you need it. They are lightweight, collapsible and fit in the boot of a car. Don't stay indoors this winter, take your caree out for a walk in the park or if it is raining a stroll through a museum or art gallery. We have 3 wheelchairs in the office right now. For bookings ring the office (03 471 6204).

Announcement

Altogether Autism is hosting a Conference in Hamilton on 9-10 July at the Kingsgate Hotel. The full programme with information on keynote speakers, presenters and workshop streams is available on their website www.altogetherautism.org.nz

Registrations are now open. You can register online, or print and post your registration. This conference will be relevant to a wide range of people who have an interest, personal or professional, in Autism Spectrum Disorders (ASD): clinicians, professionals, families and people on the Autism Spectrum.



Some of our fabulous Volunteers help with the Newsletter mailout

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

Presbyterian Support Otago	The Ministry of Health	Dunedin City Council
Healthcare Otago Charitable Trust		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

