



Carers' Society Otago

Community House

301 Moray Place

Dunedin 9016

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

email: carerssociety@pconnect.co.nz

www.carersotago.org.nz

Susan says...

NEW FAMILY CARER PAYMENT

NEWSLETTER
DECEMBER 2013/JANUARY 2014

If you remember way back when, a group of parents of disabled children took the government through court case and appeals to achieve the result that yes, indeed, parents of disabled children ought to be entitled to receive a 'carer payment'.

The teething pains, for the way this new kind of payment for carers is rolled out, have yet to be sorted but I feel this issue is having a snowball effect in the caring sector.

There is now another petition on the go asking for the right of disabled people to choose their own family as carers. As long as lobby groups like the Disabled Persons Assembly, Carers' Alliance, and Carers New Zealand are on the case you can be sure that the outcome for family carers will be a positive one.

Information about FASS and the Funded Family Care Operational Policy

On October 1 the Ministry of Health's Funded Family Care Operational Policy (FFC) came into effect. This means that those people who wish to pay a family member to provide their support can do so if they meet the Ministry of Health's eligibility criteria.

People who wish to use this funding mechanism must contact their NASC in the first place for an assessment of their eligibility.

Funding Advisory & Support Services (FASS) has been set up to help make sure that people who have been approved by their NASC to use FFC, get the information they need about their employer responsibilities under FFC.

We recognise that some people may find this challenging, so we will provide advice and information to ensure they are aware of and understand their responsibilities. We will help them find cost effective and practical ways to manage employer requirements, such as payroll management, employment agreements and IRD requirements. There is no charge for our services.

FASS is contracted by the Ministry of Health but is an independent, not-for-profit NGO.

The Team

Rob Creagh is the Service Manager for FASS. Rob has extensive experience in the disability sector, primarily through his involvement in the pilot, and subsequent national rollout, of Individualised Funding. His focus has been on the provision of straightforward advice and practical resources to those managing under often complex legislative and policy requirements.

Marguerite Vanderkolk is the Senior Facilitator for FASS. Marguerite has worked in the disability sector for eight years in management and advocacy roles, which have included work as a facilitator. She has also been self-employed as a training facilitator and as a coach for small businesses.

MORE INFORMATION

More information about FASS can be found by going to www.fass.org.nz, emailing info@fass.org.nz or calling 0800 45 66 55

Information on the FFC can be found on the Ministry of Health's website at <http://www.health.govt.nz/our-work/disability-services/payment-family-carers>.

If you have any questions please contact Rob or Marguerite on info@fass.org.nz.

See page three for information on The Carers Alliance reaction to this.

CARERS' MEETINGS 2014

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.

3 December—Pot Luck Christmas Party.

4 March—Walk if weather permits and a social evening.

MILTON CARERS GROUP

Coffee Mornings or Afternoon Teas. We will surprise you but don't worry, we will give you plenty of notice by telephone of the date and time. Please take note of Balclutha group times.

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 February—Isabelle Moebs, Psychologist, with talk about Coping with Forgetfulness

NORTH OTAGO CARERS' MEETINGS

Meetings are held on the 2nd Tuesday of March, April, May and September, October, November, at 2 pm, in the Weston Community Church

11 March—Walk if weather permits and a social meeting.

CENTRAL OTAGO CARERS' MEETINGS

Meetings are held at 2pm on the first Thursday of March, April, May and September, October, November in the new Community House in Alexandra.

5 December—Christmas Afternoon tea at the Courthouse Café.

6 March—Walk if weather permits and a social meeting.

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 471 6204.

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 meet on the fourth Tuesday of every month at 10 am.

First day back is 25 February 2014.

MOSGIEL—We meet on the third Friday of every month at 10am in the foyer of the library.

First day back is 21 February 2014.

And here is what the Carers Alliance has to say about the latest Government announced funding for family carers.

Government's New Family Carer Payment Flawed and Unfair

The New Zealand Carers Alliance says the new Government payment scheme for family carers will create more problems than it solves. The Chairman of the NZ Carers Alliance, John Forman, said it will do nothing other than pit disabled people against their closest loved ones, by introducing an employer dimension into family relationships.

“It takes no account of the fact that the 1600 carers who qualify are in many cases also the disabled person's parent - putting the decision-making on the shoulders of a person who may be severely or profoundly disabled. In addition, there are so many service and compliance layers that it will cost a fortune to monitor,” John Forman said.

“In its announcement the Government makes much of the fact that it consulted with experts to craft this policy. The feedback we provided was ignored, and the result is **the Funded Family Care payment is a dog's breakfast. It's not nice, it's not right, and it won't work,**” he said.

John Forman said the best that could be said of the scheme is that there are 1600 carers who will be paid the minimum wage for some of their work. However, he said it was a ‘cheap and dirty’ response to a major social policy issue, and a **raw deal for carers and those they support**. He said a more workable solution would have been for family carers to be paid directly by the Government as independent contractors. This would have been far more practical, and respectful of people with disabilities and their families, he said.

Released without fanfare late yesterday by the Government, the new Funded Family Care scheme will see high-needs disabled people having to employ their parents or other close family members, as well as oversee compliance tasks such as ACC levies and Kiwisaver contributions.

The scheme comes into effect in a few days, but **the Government has been secretive** about details about how it will work, perhaps knowing it would get an unfavourable response from carers and their advocates, said John Forman. Family carers, who support New Zealand's ill, elderly, and disabled loved ones at home, had hoped for better following a long-running human rights battle to recognise their unpaid work.

Last year the Government agreed to take the issue out of the courts and work with affected parties to find a solution. Following a public consultation, it announced that it would pay 1600 parents of disabled adults who have high support needs the minimum wage for up to 40 hours per week, injecting \$92 million over four years into the new payment.

It then passed urgent legislation to close down the possibility of payment challenges from other carers excluded from the new policy, such as spouses, carers of older people, and parents of disabled children. The move angered many and has put the Government under the international human rights spotlight, while in New Zealand the Law Society and others claim it has breached the Bill of Rights.

The NZ Carers Alliance is a coalition of 45 not-for-profit organisations, which was formed to advocate for the rights of family carers. For more information about the NZ Carers Alliance, go to <http://www.carers.net.nz/home>.

Information about the Funded Family Care implementation can be found at <http://www.health.govt.nz/your-health/services-and-support/disability-services/funded-family-care#getffc>

For a carer's take on the new scheme and its many pitfalls, see <http://autismandoughtisms.wordpress.com/2013/09/26/whats-so-very-very-wrong-with-funded-family-care/>

Contact: John Forman, Chair, NZ Carers Alliance exec.director@nzord.org.nz or phone (04) 471 2226 or (027) 240 3377

Is the Carer Support Subsidy Working for You?

The Ministry of Health is seeking the views of unpaid carers of people with disability who currently receive the Carer Support Subsidy, as part of a review of the adequacy and flexibility of the subsidy. The Ministry wants to better understand how you use CSS, how you might supplement it (e.g., using your own money), and the difference the subsidy makes to you as a carer. The Ministry also wants your views on how the Subsidy could be changed or improved to work better for you. Following is a link to a short survey that KPMG is administering for the Ministry of Health. The survey should take less than 10 minutes to complete, and your responses will provide valuable input into this important project. You can access the survey here: <http://www.surveymonkey.com/s/78B2DP3>

The survey will be open from Monday 4th November until Friday 20th December 2013.

TIDBITS OF INFORMATION

1. Stroke Foundation Southern Region now has a Facebook page. The address is www.facebook.com/groups/233620326710703 or google Stroke Foundation Southern Region.
2. People tell me you can get Travel Insurance through joining Probus when other insurers turn you down. This policy apparently covers pre-existing medical conditions.
3. Steven in the Whanau Room at Dunedin Hospital is the 'go to guy' for any information on reimbursements for travel for medical conditions.
4. BP petrol cards can be loaded throughout the year as a way of saving for a holiday trip.

Otematata Cottage

Please do not forget the offer of staying in this lovely cottage available to carers either on your own, with family, friends with or without your caree.

You are sure of a break in peaceful surroundings.

Rent is minimal.

Contact Susan or Anneloes 471 6204 for bookings.



RECIPES and COOKING TIPS

Christmas Dinner

We have a wonderful cookbook in our library called Nosh; delicious and responsible eating. We have been going through it and have put together an alternative Christmas dinner for 4 people: 3 courses and a festive treat.

First course: Mediterranean Fish Spirals

Get one half of a white fish fillet per person and spread it with basil pesto before rolling it up and securing it with a toothpick. Marinate for 2 hours in the fridge. Preheat the oven to 200 C degrees. Chop 2 small zucchinis into long thin slices. Chop some garlic and onion and cook these until lightly browned. Add the zucchini and a handful of cherry tomatoes and cook for another 2 minutes. Add some pitted black olives. Place the mixture in an ovenproof dish. Place the fish spirals in a separate oven dish and cook both for 15 minutes. Divide the zucchini mixture over 4 plates and place a fish spiral on top. Sprinkle with some fresh herbs like basil, parsley or thyme.

Second course: Chicken Parcels with Feta and Bacon

Preheat the oven to 180 C degrees. Use half a chicken breast per person and remove the skin. Spread the chicken with sundried tomato pesto and place 2 slices of feta cheese on top. Wrap 2 bacon rashers around the chicken and make into parcels using ovenproof string. Place in oven dish and bake for 20–30 minutes. Serve this course with new, minted potatoes and a salad.

Third course: Tiramisu

Make some strong coffee, about a cup and add 1/4 cup of Irish Cream or other coffee liqueur. Set aside and cool. In a bowl beat together 200 grams of cream cheese, 1 cup of yoghurt, 1/2 teaspoon of vanilla essence and 2 tablespoons of castor sugar.

Using a bought sponge cake cut out rounds to fit in the bottom of an ice-cream or parfait glass. Brush the sponge rounds with the coffee mixture until moistened but not soaked. Put a round of cake in the bottom of the glass and top with 1/3 of the cream mixture. Repeat this another 2 times until you have 3 layers in the glass. Cover and refrigerate for a couple of hours. Take out of the fridge and dust thickly with cocoa.

Christmas Fruit Mince Filo Cigars (makes 12)

Preheat the oven to 190 C degrees. Line an oven tray with baking paper. Melt 4 tablespoons of butter or margarine and take one filo pastry sheet at the time. Fold both of the edges on the long sides into the middle and lightly brush with the butter. Put 4 teaspoons of the fruit mince, in a 1 cm roll, on one of the short edges of the pastry, leaving a 1 cm gap at each end. Roll up and place on the tray. Brush with butter. Repeat the process. Bake for 15 minutes or until browned. Cool and store in airtight tin in a cool place. Serve reheated for 5 minutes in a hot oven and lightly dusted with icing sugar.



Smile A While



Christmas Crackers

Q: What do you get if you cross a cocker spaniel, a poodle and a rooster?

A: Cockerpoodledoo!

Q: How do hedgehogs play leapfrog?

A: Very carefully!

Q: Why did the owl say "Tweet, tweet"?

A: Because she didn't give a hoot.

Q: Why did the parrot wear a raincoat?

A: So he could be polyunsaturated!

Q: Why did the mackerel blush?

A: Because the sea weed!

Q: Why were the elephants thrown out of the swimming pool?

A: Because they couldn't hold their trunks up!

Q: What did the grapes say when the hippo stepped on them?

A: They did not say anything, they just let out a little wine.

Q: What happened to the dog who ate nothing but garlic?

A: His bark was worse than his bite!

Q: What do you call a litter of young dogs who come in from the snow?

A: Slush puppies!

Q: What would you get if you crossed a skunk with a table tennis ball?

A: Ping pong!

Q: Why didn't the chicken skeleton cross the road?

A: Because he didn't have enough guts!

Q: What do you call a lion who has eaten your mother's sister?

A: An aunt-eater!

CAN YOU HELP US?

At this time of year Carers' Society Otago makes a request for donations.

All the services provided by Carers' Society are free of charge but we always appreciate donations from anyone who feels able to contribute.

In the last FIVE years funding from grants and contracts is getting more and more difficult to find mainly because there are more organizations that need to be funded.

The Ministry of Health provides some money for Carers' Society Otago which used to cover all of our costs. Now that we have expanded our activities to include 8 support groups in Dunedin, North, Central, and South Otago, we have trebled our costs and must treble our efforts to fund the organisation.

Our ultimate aim is to ensure that every carer in Otago is properly recognised and supported and Carers' Society Otago has come a long way toward this goal.

We are an incorporated as a not-for-profit organisation with charitable status and you will be able to receive a tax deduction for any donation over \$5.

Donations may be posted, delivered to the office, or given to the Community Workers at any time.

Please include the tear-off slip below so that we can make sure your donation is properly receipted and many thanks for your support.



To: Carers' Society Otago

301 Moray Place

Dunedin

Please accept my donation of \$ _____ cash / cheque

From: (please print)

Name:.....

Address:.....



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
Community House
301 Moray Place
Dunedin**

Carers' Society Otago gratefully acknowledges the support of:

Presbyterian Support Otago	The Ministry of Health	Dunedin City Council
Otago Community Trust	COGS	New Zealand Lottery Grants Board
Dunedin Casino	Otago Polytechnic	Ace Shacklock Charitable Trust
Bendigo Valley Sports and Charity Foundation		
Carers' Donations	Waitaki District Council	Lion Foundation
Poppa's Pizza	ACE Shacklock Charitable Trust	

