



NEWSLETTER JUNE/JULY 2017

Carers' Society Otago
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Anneloes says

I recently attended a 2 day workshop on Loss and Grief. Most of the other attendees were Hospice nurses working with patients and their families. They were pointing out how important it is that the families see someone else, someone just for them. Grief for the person who is dying or who has the illness is different from the grief felt by their family carers.

Contemplating all this in the days after the course, I realised that carers start their caring role from a place of grief. When the caree gets a diagnosis the carer has to step into the role straight away without time to prepare or even to realise that they are experiencing feelings of loss and the grief associated with that. So often it becomes all about the feelings and grief of the caree. The carer puts their feelings aside and just has to get on with the job. Carers try to be there for the caree and neglect the signals. Grief manifests itself not just in our emotions and feelings. There are physical aspects, intellectual aspects, and spiritual aspects to grief.

They may feel confused, suffer from headaches, thoughts going round and round in circles in their mind and they may question their beliefs.

All this under the pressure of having to care, to stepping up to this complicated job.

Grieving happens much, much later if it happens at all. Sometimes when the caree goes into care the carer starts to realise where they are at. They may realise they have lost connections with old friends, neglected their health and gave up on their own activities. That is why the emphasis of the work we do at Carers' Society is on self-care. It is important to stay connected to yourself through doing the things you like to do, seeing the people you want to see, spending time by yourself, and making sure you stay healthy. You can make new friends at our Carers' Meetings, and becoming a regular of our Walking Group will give you a break, help you socialise, and do something beneficial for your health.

When your caree dies your grief will be more complex. The Community Workers at Carers' Society can point you in the right direction if you think you need some counselling. We also have a booklet in our series "all you need to know about..." on life after caring for Graduate Carers. We encourage Graduate Carers to stay connected with our Carers' Groups, for now it is possible to attend more regularly and to strengthen friendships.

Grieving will take time and action. One has to "do" grieving. There is plenty of help available. First step? Come talk to us. Take care!

CARERS' SOCIETY OTAGO GOVERNANCE COMMITTEE

Carers' Society Otago is governed by a group of up to ten carers and professionals who decide on matters such as policies, the budget for the year, constitutional changes, and anything that ensures our organization runs smoothly. The Governance Committee recruits new members every year to be elected at our Annual General Meeting.

This year the AGM is on Thursday, August 10 at 1:30 pm in the Alexander McMillan Room of Community House. The committee meets for an hour once a month, at lunchtime, so the duties are not strenuous. There are sometimes extra duties such as helping with planning for Carers' Week. All carers are invited to attend the AGM, but if you would like to take a position on the Governance Committee please let us know. (03) 4716204

TAKE A BREAK TAKE A BREAK TAKE A BREAK TAKE A BREAK TAKE A BREAK

CARERS' MEETINGS 2017

SOUTH OTAGO CARERS' MEETINGS

Meetings are **NOW** held on the **1st Tuesday** of every **ALTERNATE MONTH** at **6:30 pm** in the Brian Dodds Room of Clutha Health First.

4 July - Afternoon tea in Milton at 2pm at Lola's Cafe.

MILTON CARERS' GROUP

4 July - Afternoon tea in Milton at 2pm at Lola's Cafe.

NORTH OTAGO CARERS' GROUP

Meetings are held at 2 pm on the **2nd Tuesday** of the month in the Weston Community Church in February, April, September, and November.

There will be no meetings until **12 September**.

CENTRAL OTAGO CARERS' GROUP

Meetings are held at 2pm on the **1st Thursday** of the month in the Alexandra Community House, in February, April, September, and November.

There will be no meetings until **7 September**.

DUNEDIN CARERS' MEETINGS

Meetings are held on the **2nd Thursday** of the month beginning in **March** at 1:30 pm in the Alexander McMillan Room, Community House, 301 Moray Place.

8 June - Speaker: Dave McPhee, Pest Control.

13 July - Speaker: David McFarlane from the Yellow-eyed Penguin Trust.

WALKING GROUP

27 June - Self Walk to Toitu Early Settlers Museum. Meet at 10am at the Cafe there.

25 July - Meet at Cafe Nova at 10am before we go and visit St Paul's Cathedral.

YOUNG CARERS GROUP

Meetings are held on the **3rd Thursday** of the month, 5:30 – 7pm. Contact Susan or Anneloes for more information 471 6204. Young Carers will be sent a monthly Newsletter as usual advising of the dates and activities.

ALL CARERS ARE WELCOME

Carers, I hope you know that all carers are welcome to join other groups' meetings if they are in that area at the time. Sometimes Dunedin carers join with the Central Otago Group and we recently had a North Otago carer join in with the Dunedin Carers' meeting. All carers are welcome.

RECIPES

Ever wonder what to do with leftover pasta? All cooked pasta, with or without sauce, makes an amazing frittata. Use 4 large eggs and beat with salt and papper. Add the cooked pasta and a good handful of grated cheese of your choice. If the pasta hasn't got any sauce you can use cooked and chopped vegetables, tomatoes, or frozen mixed vegetables.

Heat 3 tbs of olive oil in a frypan and pour in the mixture. Fry for 5 minutes until the bottom is crisp and put the pan in an 180 degrees oven for 5 minutes until set. Then flip the frittata over using a lid and put the pan back into the oven until the other side is crisp. Serve with a salad.

Over the last couple of weekends I have been cooking in advance. A big pot of pumpkin soup and a pot of chicken stock are good to freeze in portions for the days I am too busy or too tired to cook. Served with crusty bread and cheese the pumpkin soup makes a lovely, warming meal. The chicken stock can be used to make risottos or for vegetable soups. It makes sense to use my freezer this way. I also found an old packet of lentils in my pantry and made a dahl, again freezing it in smaller portions. Thawed, warmed and served with rice and ready made poppadums and some chutney it makes a feast in minutes. I am sure you all have a favourite pumpkin soup recipe so I will give you the dahl recipe I used.

Cook the lentils in water until tender (1 Cup of lentils to 3 Cups of water). In a frypan dry fry some mustard seeds and coriander seeds and when popping add turmeric, ginger powder, and garam masala. Add a chopped chili and some garlic and fry for a minute or two until fragrant. Then add this mixture to the lentils with a can of Watties Indian Spice chopped tomatoes. Then simmer the dahl for another 30 minutes. If the mixture gets very dry add some water. It needs to be the consistency of porridge.

As far as desserts are concerned for me this is the start of crumble season. Using apples from the garden, or the last plums, it is always a hit. Use the crumble from our last Newsletter. Allow yourself a rich dessert now and then and don't feel guilty!

Individual trifles using Lamingtons are very festive too. Put a cut up Lamington in the bottom of a large glass and liberally sprinkle with sherry or juice. Then add a layer of stewed apple, stewed plums, or tinned fruit and on top of that a layer of vanilla custard. Top with whipped cream and some grated chocolate. Yummmm!



NEWS FROM THE JENNIE CLEGG LIBRARY

No new books this time but a selection of some interesting books that you might like to read. Come in and take the books out yourself or ring us and we'll get them out to you with a return envelope.

- **The Good Doctor; What Patients Want** by former New Zealand's Health and Disability Commissioner Ron Paterson. A book about what makes a good doctor and how to improve patient care.
- **Being a Doctor; Understanding Medical Practice** by Hamish Wilson and Wayne Cunningham from Otago University. This book explores some of the major challenges that doctors face, including the doctor-patient relationship, the "Heartsink" experience, and unwell patients for whom no disease can be found. It also talks about self-care and patient safety.
- **Just a bang on the head; Living with a Brain Injury** by Rosie Belton offers a searingly honest and moving insight into the world of brain injury. It discusses both the physical and emotional impact, the effect on relationships and the huge sense of loss and grief.
- **Keeper; Living with Nancy - A Journey into Alzheimer's** is the very personal story of Andrea Gillies who made the decision to take on the full-time care of her mother-in-law. She moved with her family to a remote peninsula in Northern Scotland, to a house big enough to accommodate her own family and Nancy and her elderly husband.
- **Moving to the Centre of the Bed; The Artful Creation of a Life Alone** by Sheila Weinstein. A must read for anyone facing a life on their own after the loss of a partner, either through illness, death, or divorce.

WALKING

No need to tell you that walking is excellent exercise. But do we do enough of it to be of real value? Sometimes walking is the only exercise we get in a day. We might think we do enough walking around the house, doing chores, to keep us fit. But if you were to use a pedometer you would find this is not true. It is often especially hard to get motivated to walk in the winter. Making a date to walk with a friend or group is a good idea. Carers' Society has a Walking Group and the dates and locations are found in this Newsletter. We have also started to hold self walks on alternate months. You just need to give us a ring to get on the phoning list for these.

Sport Otago encourages clients to go walking in Bunnings, Mitre 10 Mega, or The Warehouse for sheltered flat walking spaces in the winter. The Edgar centre also allows people from the community to walk in their facility with a gold coin donation on rainy/cold days.

Alongside the walking, Sport Otago will give information on exercises that people can do at home, while seated, if getting out and about is a barrier. You can also get a dynaband to help with strength building. Another idea is walking twice around the supermarket but beware of buying twice as much.

Photo Project for Carers' Week 2017

A reminder of our 2017 photo project. We are inviting you to send in photos that depict what the caring role means to you. Examples are a picture of the beach where you might go to look after yourself, equipment in your house, the letterbox where your caree can get to unaided and many more. We are hoping to get enough photos to make a poster in each of our carers groups' centres to be displayed in Carers' Week. Please get them in by 31 July either by emailing the file or by sending a hard copy by mail.

20th Anniversary of Carers' Society Otago

On 27 August 2017 Carers' Society Otago celebrates its 20th Anniversary. Details in our next Newsletter.

FREE CERVICAL SCREENING CLINIC

Women's Health Outpatients, Ground Floor, Dunedin Hospital
Saturday June 17 between 8:30am - 12:45pm

Drop in or book an appointment 0800 729 729

Refreshments provided

JOKES

Kids still say the darndest things. This is a list of a child's view of relationships.

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with.

-- Kristen, age 10

WHAT IS THE RIGHT AGE TO GET MARRIED?

Twenty-three is the best age because you know the person FOREVER by then..

-- Camille, age 10

WHAT DO YOU THINK YOUR MOM AND DAD HAVE IN COMMON?

Both don't want any more kids.

-- Lori, age 8

WHAT DO MOST PEOPLE DO ON A DATE?

Dates are for having fun, and people should use them to get to know each other.

Boys have something to say if you listen long enough.

-- Lynnette, age 8 (isn't she a treasure)

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date.

-- Martin, age 10

WHEN IS IT OKAY TO KISS SOMEONE?

-When they're rich.

-- Pam, age 7

The law says you have to be eighteen, so I wouldn't want to mess with that.

-- Curt, age 7

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do.

-- Howard, age 8

IS IT BETTER TO BE SINGLE OR MARRIED?

It's better for girls to be single but not for boys. Boys need someone to clean up after them.

-- Anita, age 9 (bless you child)

HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?

There sure would be a lot of kids to explain, wouldn't there?

-- Kelvin, age 8

And the #1 Favorite is

HOW WOULD YOU MAKE A MARRIAGE WORK?

Tell your wife that she looks pretty, even if she looks like a dump truck.

-- Ricky, age 10

A husband and wife were at the mall when they got separated. The wife calls him on her cell phone. "Where are you?" she asks. "Well, do you remember the store when we were first married and you were looking at a beautiful ring in the jewelry store window, but we couldn't afford it?"

"Yes", she replies, excited to think about what he was about to say, a tear forming in her eyes.

"Great, I'm at the sports store right next to it."

CARER RESEARCH FROM ONTARIO CANADA

Can you relate? Options to improve support for unpaid caregivers

The Bottom Line

- Unpaid carers in Ontario provide vital services, but don't receive enough recognition, support, or training.
- Concerns about financial security add to carers' stress and anxiety levels.
- A panel of carers agreed that financial assistance, as well as support through training and education, would help ease the stress of caring for loved ones at home.
- Carers want and deserve community support and to be included as an active and valued part of the health care and support service team.

Imagine you're offered a new job that you aren't really qualified or trained to do. The hours are long and you're on call 24/7. The work is demanding, you won't get paid and to top it off, people will be counting on you to perform your duties week in, week out – no matter how stressful the work, how old you are, what condition you're in, or even if you already have a job. Do you accept the offer?

"No way," is your likely response, but this situation is a reality for millions of unpaid carers.

Eighty per cent of older adults and people with long-term health issues are cared for at home by family or friends, and the numbers will continue to climb as the proportion of older adults continues to rise. These carers play a vital role and take a huge weight off our healthcare system.

Caregiving can be a rewarding experience which many people are happy to provide for their loved ones. But the role also involves many challenges and costs to the health, wellbeing and financial security of carers – often to the point where they end up needing care or treatment themselves. Recently, the conditions of unpaid carers have sparked a discussion on how we can better support them.

The McMaster Health Forum – a leading hub for improving health through collective problem solving – prepared a [summary of the latest high quality evidence](#) on the topic and shared this with a panel of 10 carers living in Ontario. The [panel shared their ideas and experiences about caregiving](#) and discussed options to address the issues they face.

What the research tells us

The latest evidence highlights three areas that could improve circumstances for unpaid carers:

1. Financial security: Like everyone else, unpaid carers need to earn a living or have access to adequate funds. They may have to take time off from their jobs or even quit working completely, resulting in additional stress as they struggle to cope financially.

Some solutions include better public income and housing support, or promoting a workplace culture that encourages flexible work arrangements for carers.

2. Engagement and support: The discouragement that unpaid carers often experience comes from believing they have to "go it alone." Their contributions and insights are rarely acknowledged and, in fact, certain decisions regarding programs and services have done more harm than good for some families.

Offering support groups, handbooks, toolkits and other resources – in person or online – can ease the burden, build confidence and encourage the development of valuable skills.

3. Tailored training for those caring for people with complex conditions: Many older adults have complex health issues like dementia or more than one chronic health condition (multimorbidity) which can present new challenges for unpaid carers, many of whom benefit from specialized education and training to successfully provide care in these situations.

More support and targeted training for carers of people with complex conditions may be good first steps. Case managers or other support workers can also help connect carers to services available in their communities.

What the carers tell us

Caring for loved ones with long-term – often complex – health issues brings value to both those receiving and giving care. But it is also challenging and worries about money and financial security only add to the stress. The panel members agreed that **government-funded assistance** would at least ensure carers aren't worse off financially.

Meanwhile **education, training and easy access to ongoing resources and support** are key to helping carers feel confident and capable and included. That's particularly important for those caring for older adults with chronic, complex conditions. Carers also want and deserve to be an **active and valued part of a coordinated care** team that includes medical/health professionals and support service providers.

The panelists recognize that progress has been delayed by barriers including lack of access to family doctors and not enough financial assistance from the government. Changing health systems and government policies is only part of the solution, however, and one that we cannot rely on. Carers also voiced the need to **rally community support for unpaid carers. They believe more public education and dialogue will bring greater attention to the importance of their role and their needs.**

CAN YOU HELP US?

At this time of year Carers' Society Otago makes a request for donations. All the services provided by Carers' Society Otago are free of charge to members and to non-members, but we always appreciate donations from anyone who feels they are able to contribute. The Mission of Carers' Society Otago is to ensure that every family carer is recognized and supported. We are an incorporated, not for profit organization with charitable status and you will receive a tax deduction for any donation over \$5.

If you wish to make an internet or phone banking deposit our details are as follows:

NAME OF ACCOUNT: Carers Society (Otago)

ACCOUNT NUMBER: 03 0903 0415768 00 **Donations may also be posted, delivered to the office, or brought to a meeting. Please include your name on the deposit so you can be properly receipted.**

.....
**Carers' Society Otago, Community House
301 Moray Pl
Dunedin 9016**

Please accept my donation of \$.....cash/cheque

Name:.....

Address:.....

Our fabulous Volunteers help with the Newsletter mailout



Do join us in the Carers' Lounge for a cuppa or a chat, a bit of quiet time, or to explore
our Information Zone and Jennie Clegg Lending Library

Up the stairs or take the elevator

Community House

301 Moray Pl

Dunedin

Some of the wonderful support we receive throughout the year is from:

Carers' Donations Presbyterian Support Otago New Zealand Lottery Grant Board

COGS Dunedin Casino University of Otago Otago Polytechnic

Lion Foundation Dunedin Community House Dunedin City Council

The Southern Trust Otago Community Trust

Healthcare Otago Charitable Trust ACE Shacklock Charitable Trust

The Southern Victorian Trust Bendigo Valley Sports & Charity Foundation

Perpetual Charitable Trust the Trust Community Foundation

