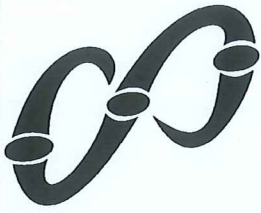


NEWSLETTER AUGUST/SEPTEMBER 2017



Carers' Society Otago
Community House
301 Moray Place
Dunedin 9016
03 4716204

carerssociety@pccconnect.co.nz
www.carersotago.org.nz

Hello Carers,

I have two things to discuss with you and it would be helpful if you could give us some feedback about your experience with **THE DISCHARGE PROCESS AT DUNEDIN HOSPITAL**

We have heard lots of stories about problems people have had when either they or their caree were being discharged from Dunedin Hospital. This would be either from a short or long term stay or day surgery. Some people have told us:

- there was inconsistent information about when the discharge would occur.
- there was no information about discharge.
- information about aftercare given to a patient who is ill-placed to understand or receive the information because of the nature of their illness or injury.
- discharge happened without supports being put in place for home care.
- discharged on a Friday but no supports until Monday.
- discharged without important medications or the wrong medications.
- discharged while still being very unwell.

The ideal situation would be that discharge would occur in a standard manner with full information, preferably written, about when discharge will happen, what aftercare physical supports will be put in place and when, what medication is required, what home supports will be put in place and when, and what followup medical attention is required and how it is accessed.

If you have any suggestions or comments please do not hesitate to let us know.

Does it seem like we go on and on about walking? Not only because it's good for you but also because more and more research is being done about how good exercise and walking is for you. It changes little scientifically described things in your body that create 'good feeling' stuff and makes all the chemicals work together for good. I hope that's a good enough explanation for you.

Research shows us that "due to the stress associated with caring for a family member with a chronic disease, caregivers are at risk of developing physical and mental health problems which include the following: Poor physical health, Poor quality of life, Emotional distress, Depression and anxiety. In addition to managing the challenges of caring for a person with a chronic disease such as dementia, caregivers need to attend to their health needs so as to prevent the onset of disease and increase overall quality of life. Research shows that optimal health outcomes for adults throughout the life course are dependent on the maintenance of healthy lifestyle behaviors - **physical activity and diet.**"

Studies show that pedometer-based walking increases physical activity (Williams et al. 2008).

Walking with a pedometer and in a group increases walking. Studies say optimum fitness is accomplished by walking 10,000 steps per day. You might say, as I did, that you do that many steps around the house each day. Well I put myself to the test and fell far short of the goal. Here's the trick. Buy a pedometer and measure your steps on your first walk. Most pedometers have four ways of measuring your walk and that's before you get into those fancy fitness watches. After the first week add 500 steps per day to your walk. After the second week add 500 steps per day to your walk and so on. Before you know it you will be walking almost 10,000 steps per day.

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.

5 September - We will have an art evening. These are always fun. All carers welcome.

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.**

12 September - We will have an art afternoon. All carers are welcome.

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.**

7 September - The speaker will be Gay McGuaghan of the Central Otago Friendship Network. All carers welcome.

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.

10 August - Carers' Society Otago Annual General Meeting. Speaker: Hamish Wilson from Otago University Medical School.

14 September - We will have an Art Afternoon. Always fun - all carers welcome.

WALKING GROUP

22 August - Self Walk. Please meet at 10 am at Nichol's Garden Centre, corner of Teviot and Timaru St for a lovely coffee and walk through the garden and pet centres. There is plenty of parking behind the shop.

26 September - Meet at 10 am at St Clair Pool Cafe for a coffee and a walk.

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.

Research from McMaster University, Ontario, Canada

Review question - What are the most effective ways to improve the caregiving experience and reduce burden for informal caregivers of individuals with severe mental illness?

Background

Informal caregivers play an important role in providing care for their family members or friends with severe mental health problems. However, their support needs are often disregarded, as most programs and resources provided by social and health care services focus solely on individuals with mental illness, not their caregivers. No systematic reviews or meta-analyses have previously focused on improving caregivers' experiences or reducing caregiver burden.

How the review was done

This is a systematic review of 21 randomized controlled trials published between 1987 and 2013 with 1589 participants. A meta-analysis was conducted on 20 of the trials with 1364 participants. Key features of the studies were:

- Across studies, average age of caregivers ranged from 36 to 56 years, and the majority of studies included a higher proportion of women than men.
- The studies differed by: sample size (40 to 225 participants); patient diagnosis (schizophrenia spectrum disorder, psychosis, or bipolar disorder); type of support programs (individual psychoeducation, group psychoeducation, support group, combined psychoeducation and support group, bibliotherapy, or self-management); as well as the caregivers' experience of caregiving, quality of life, and level of psychological distress.
- Researchers measured how the support programs impacted caregivers' experience of caregiving for individuals with severe mental health problems. Some studies also measured caregivers' satisfaction with services, quality of life, and psychological distress.
- Impacts of the support programs were measured immediately at the end of the program period, in the short term (up to 6-months later), and long term (more than 6-months later).

What the researchers found

The studies varied greatly from each other and were therefore difficult to compare. Overall the evidence is of very low or low quality, meaning the results must be interpreted with caution. The findings provide some limited evidence that group psychoeducation decreased caregiver's psychological distress in the long term, and that this approach may enhance the caregiver experience in the short and long term. Bibliotherapy (self-help manuals) may also decrease psychological distress immediately and in the short-term and quality of life in the short term. Furthermore, a support group may improve the experience of caregivers both immediately and over-time, and reduce distress immediately and in the short term. The impact of self-management and combining psychotherapy with support groups on caregivers is inconclusive at this time. No interventions were shown to improve caregivers' satisfaction with services.

Conclusion

Psychoeducation, support groups and bibliotherapy may decrease psychological distress associated with caring for individuals with severe mental illness and may enhance the experience of caregivers, but more high quality research is needed to draw more conclusive recommendations for practice.

PS: There is a new Mental Health Service in New Zealand. Need to talk? Text 1737

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 August 10 at 1:30 pm in the Alexander McMillan Room of Community House. At the meeting we hold the election of members to the Governance Committee. The Governance Committee meets once a month, at lunchtime, for an hour to pay the monthly bills and listen to reports. There are sometimes extra duties such as helping with planning for Carers' Week. This is an important committee that steers Carers' Society in the right direction.

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

You will find a nomination form below, in the Carers' Lounge, or at the AGM.

The Governance Committee is a friendly group of people that quite efficiently get through the business side of things at the meetings.

CARERS' SOCIETY OTAGO Annual General Meeting

10 August 2017

1:30pm

**Alexander McMillan Room
Community House
301 Moray Pl
Dunedin**

I nominate
for membership to the Governance Committee of Carers' Society Otago.

Signed:.....

Address:.....

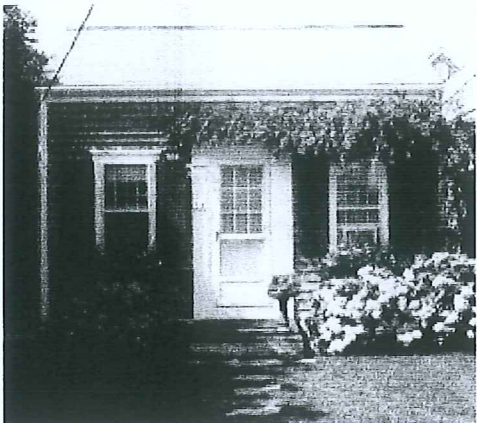
I second this nomination.....

Signed.....

Address.....

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.



KIRSTY'S COTTAGE

After caring for my own beloved caree, I have some idea of what it takes. I and my large friendly cat, Lawrence, would like to offer a comfy bed, tasty nourishing food, in a cosy house, and a sympathetic presence to other women carers in the midst of their caring time. My home is in the village of Lawrence which is about 1 1/2 hours from Dunedin. It is a charming wee place with a quiet friendly atmosphere, some nice shops, and an interesting and intriguing history.

Starts: October Cost to stay: by Koha

Please contact Kirsty: 03 485 9458

A letter from a North Otago carer who has moved to Christchurch.

Yes, Here I am for the last few weeks ... I shifted to be closer to Family members. I have many Relative's here So gives me time to spend more time with them as well as closer to Medical Help & Hospital, Not that I am sick now but looking towards the future needs. The 2 Bedroom Brick flat I have moved into is only 16yrs old so is very up to date, built to the Sun (where it is out) with goodsized garage. And Lovely Kitchen/Dining/Lounge. I am also lucky that there is a Great Community House across the road that runs keep-fit classes. Community Meals, Help for all age groups in many different forms . I'm getting to know the area gradually. Have had no trouble driving around. Thanks to the many people who gave their time & effort to help me shift (a big job, too) ha ha & those relatives who helped at this end. Gosh My Appreciation is very Heartfelt.

Regards & Blessings to you all, Louisa

WALKING

I hope some of you were able to take advantage of the winter walking opportunities explained in the last newsletter. On our Carers' Society May Walking Group we discovered a wonderful Community Gardens in Green Island. We asked and were given permission to harvest vegetables as indicated on the signs in the garden. We have since found there are a few Community Gardens in the Greater Dunedin area.

It's a good idea to contact them first before raiding the gardens but they usually have plots within the gardens with plenty of vegetables to share. We found the Green Island Community Garden well signed for what we could take and what we had to leave.

Speaking of Community Gardens, we have discovered an amazing booklet on a website by searching Low Cost Food & Transport Maps. This booklet was put together by Well South. There are 6 pages of maps and information about:

- Fruit & Vegetable Coops
- Community Gardens
- Community Orchards
- Food Banks
- Healthy Eating Services
- Transport

We have reproduced the Dunedin Community Gardens map on the next page.



Community Gardens

Land gardened collectively with the opportunity
to exchange labour for produce.

a

EAST TAIERI COMMUNITY GARDEN

Cemetery Rd, East Taieri 9024

INFO: Contact Ruth on 489 6266, 027 472 1899
or glenrivett@slingshot.co.nz

b

GREEN ISLAND COMMUNITY GARDEN

Shand St, Green Island, Dunedin 9018

INFO: communitygarden.gi@gmail.com or
f /GreenIslandCommunityGarden

c

BATHGATE PARK SCHOOL COMMUNITY GARDEN

213 Macandrew Road, South Dunedin 9012

INFO: Contact +64 3-455 3421 or
www.bathgatepark.school.nz

d

MUSSELBURGH SCHOOL COMMUNITY GARDENS

34 Marlow St, Musselburgh, Dunedin 9012

INFO: Contact Lien 03 477 7915 / 021 0606 108 or
Musselburgh School 4554 4586

e

TOMAHAWK COMMUNITY GARDEN

28 Oregon St, Ocean Grove, Dunedin 9013

INFO: tomahawkcommunitygarden@gmail.com
0272169809 or f /TomahawkCommunityGarden

f

OTAGO POLYTECHNIC LIVING CAMPUS

Harbour Terrace, North Dunedin, 9016

INFO: kim.thomas@op.ac.nz or www.op.ac.nz/assets/
Sustainability/Living-Campus-.pdf

g

NORTH EAST VALLEY COMMUNITY GARDEN

Longworth St, North East Valley, Dunedin 9010

INFO: Contact Jenny Roxborough garden@
northeastvalley.org

h

BROAD BAY COMMUNITY GARDEN

Clearwater St, Broad Bay, Dunedin 9014

INFO: Phone 4780 560 / Cell 021 207 3079 or f /
Broad-Bay-Community-Gardens-197580873643403

i

CORSTOPHINE COMMUNITY GARDEN

Corstorphine Community Hub,

8 Lockerbie St, Dunedin 9012

INFO: f /CorstorphineCommunityHub or
corstorphinecommunityhub@gmail.com

RECIPES

To keep in line with our vegetable theme we have chosen two recipes from "Nosh", a cookbook in our library.

Italian Vegetable Soup

4-6 serves

Ingredients:

1 medium red onion
1/2 cup chopped lean bacon (optional)
1 teaspoon vegetable oil
1 teaspoon crushed garlic
8 cups (2 litres) cold water
2 teaspoons beef or vegetable stock powder
3 tablespoons no added salt tomato paste
1/2 teaspoon ground pepper
1 teaspoon dried mixed herbs
1/4 cup dry red wine
600 grams vegetables such as carrots, celery, kumara, parsnip, pumpkin
a can of chilli beans
1/2 cup uncooked pasta
sprinkle parmesan cheese flakes

- 1 Chop the onion and bacon into small cubes. Heat the oil in a large pan. Add the onion, bacon, and garlic and fry over a medium heat until browned.
- 2 Add the water, stock, tomato paste, pepper, mixed herbs, and wine. Simmer over a low heat.
- 3 Leaving the skin on, scrub and chop the vegetables and add to the pan.
- 4 Bring to the boil, then simmer for 1 hour. Stir occasionally.
- 5 Add the chilli beans and pasta. Cook over a medium heat for a further 15 minutes.
- 6 To garnish, sprinkle with parmesan.

Roast Vegetable Salad

4 serves

4 cups mixed chopped vegetables such as potatoes, orange kumara, pumpkin, parsnip, yams, and carrots
1 medium red onion
1/2 medium red pepper
2 small zucchini
light spray olive oil
4 large cloves garlic
2 - 3 teaspoons dried herbs such as rosemary, and basil
1/2 teaspoon smoked paprika powder
sprinkle ground pepper
1/4 cup balsamic vinegar
2 teaspoons olive oil

- 1 Preheat the oven to 200 C
- 2 Scrub and chop vegetables in 3 cm cubes. Place in a pan, except the onion, red pepper, and zucchini. Cover with water and boil for 5 minutes. Drain.
- 3 Place on a tray, lined with baking paper. Lightly spray with oil.
- 4 Chop garlic and sprinkle over the vegetables with the herbs, pepper and half the vinegar. Bake for 20 minutes, stirring once.
- 5 Add onion, red pepper, and zucchini. Stir gently through and lightly spray with oil and bake for another 15 - 20 minutes until brown.
- 6 Shake the remaining vinegar and oil together and pour over the vegetables and mix gently.

Our mission is to ensure that every family/whanau carer is recognized and supported.



**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 through 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