

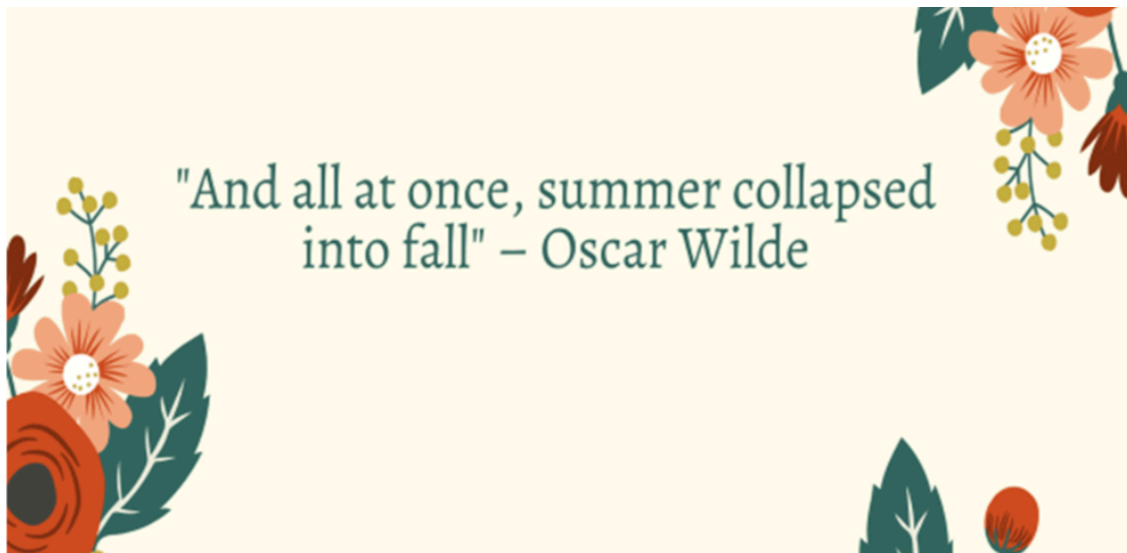
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## Carer's Network Community Newsletter

Autumn 2024

Hello there, Autumn is here!



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### What's Happening in Carer's Network

Are you a My Aged Care Consumer with Carer's Network? Would you like to be involved with like-minded individuals, to come together as a voluntary Consumer Advisory Body, to provide valuable feedback to Carer's Network?

Carer's Network would like to offer our consumers and their representatives the opportunity to form such a group.

If you are interested in starting and participating in a Consumer Advisory Body, let Carer's Network know by sending an email to [yourvoice@carersnetwork.com.au](mailto:yourvoice@carersnetwork.com.au) by 31

May 2024.

Carer's Network will collect the contact details of all interested parties, share them so you can organise how you would like to meet, give you some ideas and resources that may be useful and finally, provide details of the Carer's Network contact person.

We look forward to hearing from you.

Being Part of a Consumer Advisory Body

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## Staff Profile

Meet the team! Behind the dedicated support workers who deliver support to client homes is a whole office of professionals who work hard behind the scenes to keep everything running smoothly.

You can always reach out to us at Carer's Network. We love your feedback and are open to suggestions for improvement.

To speak with us directly, feel free to dial **03 8488 9982**.

If you prefer the written word, drop us an email at [yourvoice@carersnetwork.com.au](mailto:yourvoice@carersnetwork.com.au).

We're here for you from Monday to Friday, 7am to 5.30pm, Saturday and public holidays from 8am to 4pm and on call for emergencies on Sundays.



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## Health, Safety & Wellbeing

Winter is on its way and now is the time to prepare for flu season.

Vaccination is the best way to prevent the flu, especially for older people and those with underlying medical conditions. Everyone aged 65 and over can get a free flu vaccine.

It is safe to get the flu and COVID-19 vaccines at the same time.

This aligns with advice for this year's flu season from the Australian Technical Advisory Group on Immunisation (ATAGI) and from the [Interim Australian Centre for Disease Control](#).

Flu Vaccination Fact Sheet

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## Pet Profile

This is Kiki the Turkey. He belongs to Peta, Carer's Network Workplace Health and Safety Officer. Peta always wanted a peacock but some members of her family thought that peacocks would be too noisy. Other members of her family thought that a birthday gift of 2 turkeys would be almost as good as a peacock.

Kiki is named after a character in the children's book 'The Unbelievable Top Secret Diary of Pig' by Emer Stamp, which is a hilarious read and great for kids who might feel intimidated by formal language (Pig is not the best at grammar!)



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## Age is not the problem, Ageism is.

Ageism refers to the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age.

Ageism has been found to be the most accepted form of prejudice in Australia and often dismissed as harmless, but ageism can cause people to be excluded from society and institutions; it also leads people to limit their lives, activities and aspirations, potentially damaging their health and wellbeing.

Examples of ageism include being overlooked for a job due to age, the use of phrases such as 'having a senior moment' or even internalised ageism such as thinking it is normal to be feeling depressed or unwell because of your age and not seeking medical help.

Ageist attitudes can be damaging for us all as individuals and for society. Ageism isn't something to celebrate, but ageing most certainly is



## What's on this Autumn?

Autumn with its mild weather is a great time to take a walk. Admire the changing colours of the leaves while enjoying the outdoors and getting some enjoyable exercise.

If you prefer to stay closer to home, try some gardening. Trying some kale or chard in a pot can be a great way to have some fresh vegetables to use throughout winter.

Inside activities more your thing? Take advantage of the Autumn harvest and cook up a storm. Pumpkin scones and apple crumble take advantage of seasonal produce.

Carer's Network support workers can assist with all of these ideas.

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## Industry News

On 27 March 2024, the Australian Government introduced to Parliament changes to the National Disability Insurance Scheme (NDIS) based on the Review recommendations. Following the successful passage of legislation, Rules and legislative instruments will be developed with the disability community, continuing to put people with disability at the heart of NDIS reforms.

The changes will take time to develop and will be implemented in stages, using a phased and considered approach.

Carer's Network continue to provide NDIS services to clients though out this period of review and have recently built our capacity even more with the expansion of our Support Coordination team.

Support coordination is a capacity building support which helps participants navigate their NDIS plans and how they can best use them to ensure you are reaching your goals and maximising your funding.

At Carer's Network we have an experienced team of Support Coordinators who offer level 1 and 2 and Specialist Support Coordination.

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## **Are you ready for the 3G Shutdown?**

The 3G mobile network is in the process of being shut down by the various providers. Optus, Telstra and Vodafone. Vodafone was the first to go shutting down 3G networks on December 15, followed by Telstra in June 2024 and then Optus in September 2024.

Some people hold concerns that switching off the 3G network will reduce mobile coverage in regional areas that don't yet have access to 4G or 5G. Also, some devices use 3G network. Equipment such as medical alarms or security systems may still use 3G networks. If you've had a device for quite some time (for example more than 5 years), it may still be a 3G device. Please check any devices to ensure they are updated if needed.

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## **Mental Health Support**

If you need mental health support, there are services ready to help you, including:

- [Lifeline](#) on 13 11 14
- [Beyond Blue](#) on 1300 22 4636

- [MensLine](#) on 1300 78 99 78
  - [Open Arms – Veteran Family and Counselling](#) on 1800 011 046
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## **Lastly.....**

Q: Why did the nurse need a red crayon?

A: She needed to draw blood!



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