



## **SHOUT Newsletter**



#### **Welcome to our News!**

Welcome to our Spring Newsletter ... how great is the weather? I am so looking forward to getting our into the garden and have Floriade Nightfest on my list to experience this week! SHOUT has been busy, as always, facilitating strategic planning, sponsoring workshops and providing services for the community sector.

Over the October and November we are taking part in the Mental Health and Wellbeing Expo and the Volunteering Expo, we hope to see you there! We also have two upcoming free Feros Care workshops about Self Management and Supported Independent Living. Be sure to secure a spot!

We are in production for the 2020 calendar at the moment and we are excited to provide these into the community to support our members.

We are taking bookings for 2020 now for the Meeting Room at SHOUT. Please book your meetings in our well appointed meeting room by emailing admin@shout.org.au – or phone 02 62901984 – we look forward to hearing from you.

Happy Spring! Carol Mead - CEO

**SHOUT Hours:** Monday – Friday: 9:00am - 3:00pm

## Corporate Members

Women with Disabilities

Australasian College of Road Safety

Diabetes NSW/ACT

**Epilepsy ACT** 

Cancer Council ACT

**Directions Health Services** 

Australian Breastfeeding Association ACT/NSW Region

Carers ACT

Multiple Sclerosis Ltd (MS)

**BDP Awareness ACT** 

Hartley Lifecare

Flourish Australia

Advocacy for Inclusion

**ADACAS** 

RetireInvest Woden

**PANDSI** 

The Personnel Group

**Imagine More** 

Rotary Club of Woden Daybreak

Koomarri

Skipper Care Australia



#### Members

**ACT Down Syndrome Association** 

ACT ME/CFS Society

Motor Neurone Disease Association

**Bosom Buddies** 

**Brain Tumour Alliance** 

Canberra and Queanbeyan ADD Support Group

Parkinson's ACT

People with Disabilities

Prostate Cancer Support Group

## Affiliates

**ACT Deafness Resource Centre** 

**AIRA** 

**Healthcare Consumers Association** 

Haemophilia Foundation ACT

Hepatitis ACT

Pain Support ACT

Sleep Apneoa Association ACT

Mental Health Foundation ACT

Adoptive Families Association ACT

Al-Anon Family Groups Australia ACT

**Sharing Places** 

Mindful Self Compassion

Better Hearing Australia ACT

Canberra Lung Life Support Group

Solace ACT Inc.

Yoga for Birth and Beyond

Canberra Region Kidney Support Group

Spinal ACT



CARE

SELF HELP

CONNECTION

**DEVELOPMENT** 

**GOVERNANCE** 









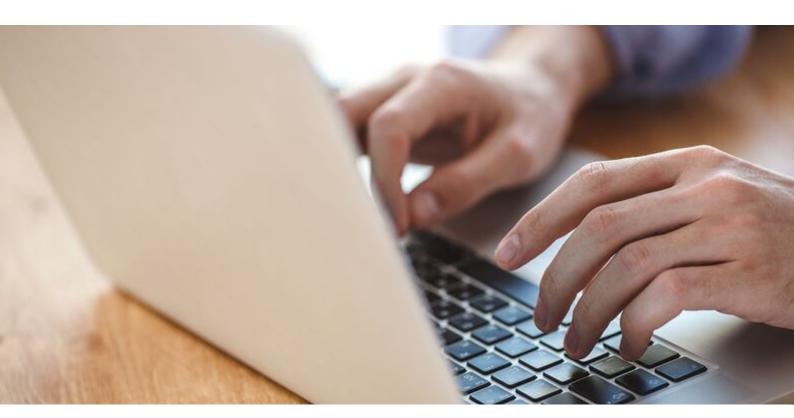


# Web of Support

Find the services you need to support you and your family.

Local Canberra Information, Disability, Health and Aged Care Services, Support Services Directory, Self-help Groups, Information at your fingertips.

Visit: http://www.shout.org.au



# Meeting Room Hire

Our recently refurbished meeting room is large, airy and includes a large fridge, wall zip boil urn, crockery, cutlery, microwave, smart TV, whiteboards and a hearing loop. The training resources cupboard includes pens, whiteboard markers and paper for all to use. SHOUT also has a laptop for hire for \$25.00 per day if you require.

We are conveniently situated in Collett Place located in Pearce (opposite the Pearce shops) which has several cafes, great coffee, plus an IGA! We also offer a catering package, including a beverage option so you will not have to bring tea and coffee etc. for your participants.

Members and Corporate Members can hire the room for \$20 per hour. Affiliate Members will be charged \$25 per hour and Community organisations \$35 per hour.

For bookings please contact SHOUT Inc:

Phone: (02) 6290 1984 | Email: admin@shout.org.au



# SHOUT AGM

# SHOUT Members & guests, you are invited to the SHOUT AGM for 2019!

Date: 5th November 2019

Time: 12.30pm - AGM and lunch

To reserve your space and to assist us in catering please use this eventbrite link:https://www.eventbrite.com.au/e/shout-inc-agm-tickets-74777418271

or email your acceptance to admin@shout.org.au











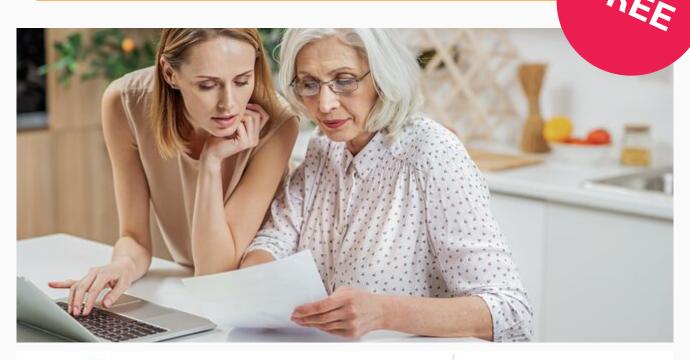
# **Feros Care Workshops**

# 'SELF MANAGMENT'

Thursday, 17th October | 9:30am - 11:30am

Shout Meeting Room, Building 1, Collett Place, Pearce Community Centre, Pearce.

Link: https://www.eventbrite.com.au/e/self-management-tickets-64278955085?aff=ebdssbdestsearch







# **Feros Care Workshops**

# 'SUPPORTED INDEPENDENT LIVING' (SIL)

Thursday, 14th November | 9:30am - 11:30am Shout Meeting Room, Building 1, Collett

Place, Pearce Community Centre, Pearce.

Link: https://www.eventbrite.com.au/e/supported-independent-living-sil-tickets-64279289084?aff=eac2







#### **UPCOMING EXPOS & STALLS**

SHOUT will be at the following Expos and Stalls! Come and visit us for information.

10th of October: **Mental Health & Wellbeing Expo** 11:00am - 2:00pm Garema Place, 70-84 Bunda street, Canberra ACT



#### **VOLUNTEERING EXPO OCTOBER**

SHOUT will be attending the Volunteering Expo on the 26th of October on behalf of all our members. We will be using the form on the following page to provide information to the public about how they can help your organisation as a volunteer.

Please fill out the form if you would like us to include your organisation at this event. We will need your form emailed by the end of August to admin@shout.org.au. Please send us this form if your organisation would like to take advantage of this opportunity.

Thank you, The SHOUT Team!





Organisation:



## **Volunteering Expo**

Contact Person:					
Contact Email:					
Contact Phone:					
Our Organisation	on nee	ds:			
☐ Board M	lember	s			
Posit					
Posit					
Posit	ion:				
☐ Adminis	tration/	Office Duties			
☐ Financia	/Budge	t			
☐ Policy Writing			DUE ASAP!		
☐ Funding Application Writing			VUE AJAI!		
☐ Fundrais	ing				
☐ Events &	Activiti	es			
Other:					
				-	
				-	
				_	



# October is Breast Cancer Awareness Month

Join us for an awareness morning tea on Thursday 24th October 2019

10am - 11am

Pearce Community Centre, Collett Place, Pearce \$5 per person, proceeds will be donated to Bosom Buddies

#### **RSVP by Tuesday 22nd October**

Ph: Shout 6290 1984 or Bosom Buddies 0406 376 500 Email: admin@shout.org.au or admin@bosombuddies.org.au





## PEOPLE WITH DISABILITIES (PWD)

Morning Tea & Cartoon Exhibit





Join us during the first week of October to advocate for the equitable access to treatment and support for everyone impacted by Borderline Personality Disorder (BPD).

BPD is a complex mental illness that is often misunderstood, misdiagnosed and stigmatised although current evidence shows recovery is a reality for many - BPD is no longer considered untreatable.

BPD Awareness Week aims to highlight this through education, awareness and resources distributed through coordinated events across Australia.

The 2019 campaign is BPD: Best Practice Deserved and will address key priorities including; implementing the NHMRC Clinical Practice Guidelines for the Management of BPD and integrating clinical treatment pathways for people with BPD and other personality disorders.

We deliver facts, in an accessible way, to promote recovery, positivity and hope.

To hold your own event & for more information: www.bpdawareness.com.au



@bpdawarenessweek



@bpdawarenesswk

co-ordinated by:



43

fb.com/bpdawarenessweek

# Information & Support Session for people with Epilepsy

Epilepsy ACT would like to invite you to our first Information & Support session.

This session will be held on Sunday 27 October 2019 at Tuggeranong Vikings Club, Erindale at 4.30pm – 6pm.

Patrice Higgins, Social Worker from ACT Health, will be there to talk about the services they offer and how they can assist you in your Epilepsy journey.

We are very interested to hear from you with any feedback and what you would like to see from Epilepsy ACT in the future. This session will also give you the opportunity to meet others affected by Epilepsy.

We would appreciate if you could RSVP for catering purposes. Please email Epilepsy@epilepsyact.org.au

# ep lepsy

# INFORMATION & SUPPORT

FOR PEOPLE LIVING WITH EPILEPSY

Sunday 27 October 2019 4.30pm - 6pm Erindale Vikings Club, 6 Ricardo St, Wanniassa











**ACT Down Syndrome Association** 

# Step UP. for Down syndrome

October 20th, 10am - 1pm

Black Mountain Peninsula, Garryowen Dr, Acton

Come along on the day and support
ACT Down Syndrome Association and the ACT community

Explore a Firetruck with ACT Fire & Rescue
Face painting
Glitter tattoos
Balloon modeling
Circus workshop & much more!





# DO YOU SEE? WHAT I SEE?



# I SEE STRENGTH

SEE BEYOND THE STIGMA AND MAKE MENTAL HEALTH MORE VISIBLE.

VISIT 1010.000.AU

10 OCT

Mental Health

#### 10 PROMISES TO SEE BEYOND THE STIGMA AND MAKE MENTAL HEALTH MORE VISIBLE AT WORK

Up to one third of Australian workers are affected by mental illness, yet many don't seek help because of stigma. Promise to make mental health more visible this World Mental Health Day on 10 October.

#### PROMISE TO...



#### **ENCOURAGE OPEN CONVERSATION ABOUT MENTAL HEALTH**

Embracing conversation about mental wellbeing in the workplace helps to normalise issues so that people feel comfortable putting up their hands when they are struggling.



#### TAKE REGULAR BREAKS

Get some fresh air, go for a walk or simply move around once an hour to increase work productivity and avoid burnout.



#### PRACTICE ZERO-TOLERANCE TOWARD **RULLYING AND DISCRIMINATION**

Contribute to a supportive, inclusive workplace by watching out for those at risk, identifying the source of any bullying, and following safe reporting and response procedures.



#### TRY NOT TO TAKE WORK HOME

Maintain a healthy work-life balance. Ensure you get adequate downtime at home and take pleasure in giving your full attention to the people around you.



#### **ENSURE ALL EMPLOYEES HAVE A VOICE**

Workplaces where all staff feel empowered to speak up and participate in decision-making are more productive and mentally healthier because they foster a culture of belonging and inclusion.



#### **BE A TEAM PLAYER**

Your work team can be a vital form of support when work gets tough. To build a more effective and cohesive team, why not take some time out to really get to know your colleagues with a simple activity like a lunchtime walk or just eating lunch together.



#### IT'S OKAY TO SAY 'NO'

Stay on track at work and avoid taking on extra stress. Learn to say 'no' when demands on your time and capacity reach the limit.



#### TAKE A MENTAL HEALTH DAY

It can be hard to open up about needing a personal day because of stress, low mood or anxiousness. But mental health days are important for individuals and for our workplaces.



#### **BRING A CAN-DO ATTITUDE TO WORK**

Being positive at work, practicing open communication, staying motivated and being a team player can help you feel more engaged and contribute to a sense of purpose and heightened wellbeing.



#### **EDUCATE STAFF ON MAINTAINING WELLBEING**

Share information about mental health in the workplace. Promote early identification of symptoms and encourage help-seeking.

#### **HELPLINES & INFORMATION**

If you or someone you know is in danger or needs immediate medical attention, please call 000

#### COUNSELLING SERVICES

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Beyond Blue: 1300 224 636

Kids Helpline: 1800 551 800

Open Arms - Veterans and Families Counselling: 1800 011 046

Butterfly National Helpline: 1800 334 673

sane.org/get-help, headtohealth.gov.au

#### ONLINE CRISIS SUPPORT CHAT SERVICES

Chat online for free with a qualified mental health professional

(Anonymous and confidential) beyondblue.org.au, eheadspace.org.au, lifeline.org.au, qlife.org.au/get-help,

Mensl ine Australia: 1300 789 978

PANDA - Perinatal Anxiety and Depression Helpline: 1300 726 306

HELPFUL SERVICES & INFORMATION

Black Dog Institute: blackdoginstitute.org.au

Carer Support: 1800 242 636 or 1300 554 660

Parentline: 1300 301 300

Aftercare: 1300 001 907

Blue Knot Helpline: 1300 657 380

Gambling Helpline: 1800 858 858

headspace: headspace.org.au Mind Australia Infoline: 1300 286 463

Movember: au movember.com

Ol Her 1800 184 527

ReachOut; au.reachout.com

Relationships Australia: 1300 364 277

RUOK?: ruok.org.au

SANE Australia Helpline: 1800 187 263

## **GUMTREE PLAYGROUP**

#### **Starting Monday October 14th 2019**

10:00 - 11:30am (SCHOOL TERMS)

For parents & carers living with chronic health issues

## BRING THE KIDS AND ENJOY SOME PLAY TIME!

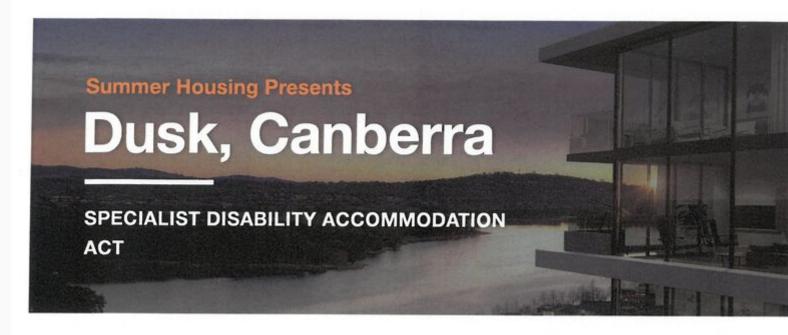
In the Cubby Playroom, ACT Playgroup Association 41 Templeton Street, Cook, ACT 2614.

Morning tea provided, cost \$5 per week.

For more info or to register: Contact Arthritis ACT Call: 6251 2055 or Email: info@arthritisact.org.au







Summer Housing is proud to offer 10 high quality, accessible apartments for people with high physical support needs within Republic, a high-density development located in Belconnen, ACT.

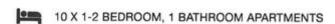
Dusk is a stunning new addition to the acclaimed Republic precinct. Located in Belconnen, this suburb is considered to be Canberra's largest and fastest growing town centre, providing access to Lake Ginninderra, schools, shops and much more.

Summer Housing's 10 apartments are peppered throughout the 192-unit Dusk development. The cleverly designed apartments combine light and space, and offer stone bench tops, tiled splashback and abundance of storage options.

An entire floor is dedicated to private amenity including a library, lounge, gourmet chef's kitchen, dining room as well as a rooftop terrace.

The beautifully presented single-level apartments have been designed to achieve Platinum level certification under Livable Housing Design Guidelines and meet High Physical Support design requirements under the NDIS.

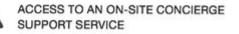
The apartments are due for completion in early 2020.













Artist's impression of apartment entrance

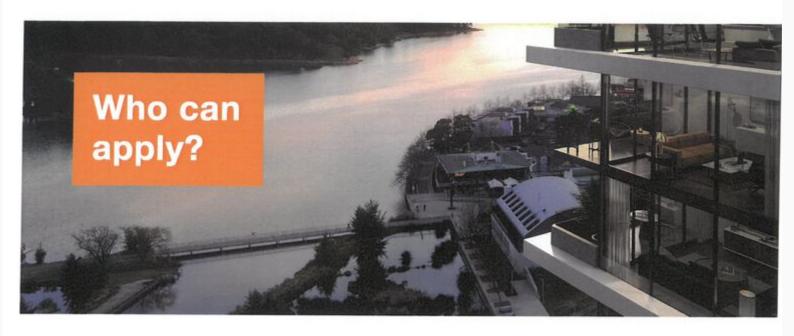


Artist's impression of a commmunal living area



Artist impression of rooftop courtyard





# Specialist Disability Accommodation (SDA) apartments are for people who have a physical disability and need a lot of support.

You can apply to rent an apartment if:

- You are aged between 18 and 64
- You use a wheelchair
- You are an NDIS participant or are waiting to be one
- You need special features like a modified bathroom and ceiling hoist in your home
- You need at least 6 hours support a day from another person
- You can spend time alone but you need back-up support to be available all the time
- You have, or are likely to have, SDA funding in your NDIS plan at High physical support

Renting your own apartment will mean:

- · You will live near other tenants
- You will have to share lifts, the car park and foyers

Living in the apartment will mean you can be more independent to:

- Have family and friends visit
- · Do things in the community
- Work or study
- Learn skills like cooking and paying bills
- Do more hobbies

#### Who will provide support?

You can choose your own support provider for daily 1:1 support for things like personal care and household tasks.

But 24-hour on-site shared support will be provided by one SIL provider. Tenants will help choose this provider.

You will have to use some of your NDIS funding for the SIL provider and for their support coordination.

#### Need to know more?

Summer Housing has engaged the Summer Foundation to source and match tenants for the apartments.

Summer Foundation is happy to talk to you about the apartments and the people who can live in them.

Information sessions will be held about these apartments soon.

If you have any questions about eligibility or would like to register your interest to attend an information session please contact Jennifer Merriman at jennifer.merriman@summerfoundation.org.au or on 0456 110 160.



# PANDSI Fest



When: 14th Oct 10am-12:30pm
Where: Arawang Preschool Grounds (behind the PANDSI office) Minns Place, Weston

For Mental Health Month PANDSI is hosting a free family festival in the park to bring friends, families, groups and communities together to reduce the isolation of parenthood and enjoy in some fun family friendly activities such as a sausage sizzle, craft activities, lucky door prize, mini Cake Off, self care station, information booths, MEGA mum's activity, jumping castle and much more.

Bring a picnic blanket and picnic, play with your little ones, meet some new people and spend time with your family and friends.

For more information visit facebook.com/pandsi/ or call 6288 1936





## **Gut Health for Overall Health**

FREE HEALTH SEMINAR

#### Find out:

- How good gut health affects your diseases and general health
- What affects our gut health
- What to feed your gut bacteria for healthy outcomes

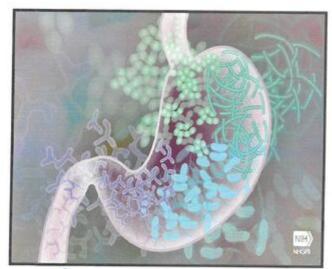
#### **Time**

7pm-9pm, Thursday 17 October 2019

#### **Place**

Building 1, Pearce Community Centre, Collett Place, Pearce

RSVP by Monday 14 October to 6230 7800 or <a href="mailto:karenjames@hcca.org.au">karenjames@hcca.org.au</a>







To RSVP or for more information on these seminars please contact Health Care Consumers' Association on 6230 7800 | karenjames@hcca.org.au

# ARAWANG EMERGENCY RELIEF HUB

Emergency Relief is designed to assist people in crisis with supplies for 3-4 days. Emergency relief hampers of food and personal care items are available at the Arawang Emergency Relief Hub on Mondays between 9.30am – 12.30pm (closed public holidays).

Hampers and contents are dependent on availability as limited supplies are kept on site. Information about other services can also be provided by our volunteers.

No appointment is required but a small wait may be needed on arrival. Hampers must be collected on site during the opening hours, home visits are not possible.

A limit of one hamper per calendar month applies. Please bring:

- Photo ID
- Centrelink cards (if applicable)
- Your own shopping bags

Address: Corner of Marconi Cres & Kett St, Kambah ACT 2902 (entry via Kett St)

For more information: Email: Arawang.Hub@anglicare.com.au or Phone: 0491 605 086 or visit: www.anglicare.com.au/foodrelief





## **ALANON**



The AA, or Alcoholics Anonymous National Convention was held in Canberra during Easter 2019. Al-Anon also attended. It is for those brought up in the past in a family affected by alcohol as well as those family and friends presently affected by alcoholics. Alateen is for those under 18 years.

There was a noticeable excitement at the National Convention Centre as participants shared their successes in learning to manage and understand the disease in a supportive, friendly and welcoming environment.

People concerned with the disease of alcoholism are already looking forward to the next Australian National Convention for 2020 in Toowoomba on 2-5 October with the theme: A Vision For You.

Apart from the Convention, it will be a great opportunity to witness Toowoomba in spring and enjoy its other attractions. Please visit www.aanatcon2020.com.au to find out more and discover the solutions and friendship available as well as have a holiday.

## What is a Self-Help Group?

Self-help groups or support groups are groups of people who can provide mutual support for each other. In each group the members share a common condition, disease or addiction. To learn that you are not alone, that you are not the only one facing the problem, can be an enormous relief. For those who might be lacking support and empathy from friends and family, the environment of a self-help group who has members with similar experience can be a critical part of recovery

While every group is different the self-help experience in these groups reduces stress and isolation through shared experience, understanding support and information sharing. The model of self-help is empowering as the participants are dependent on themselves, on each other and the group.





#### **HEALTH CARE CONSUMERS:**

#### A CONVERSATION FOR EVERYONE: ADVANCE CARE PLANNING

An Advance Care Health Plan ensures your values and preferences are respected when you can't voice your decisions. This could be due to a stroke, a car accident or other health issue. Learn the steps to make a plan, tips for having the conversation about your wishes and find out who can help to get your plan in place.

Date: 10:00am - 12:00pm, Thursday 3 October 2019

Venue: Building 1, Pearce Community Centre, Collett Place, Pearce.

RSVP: Monday 30 September to karenjames@hcca.org.au or phone: 6230 7800.

Light refreshments provided. FREE



# DO YOU LOVE AND/OR CARE FOR SOMEONE WITH BORDERLINE PERSONALITY DISORDER (BPD)?

WOULD YOU LIKE TO MEET OTHERS WHO SHARE A SIMILAR JOURNEY FOR SUPPORT AND LEARNING??



THEN PLEASE COME AND JOIN US.
WHEN: 2019 = 4 Feb, 4 Mar, 1 April,
6 May, 3 June, 1 July, 5 Aug, 2 Sept, 14 Oct,
4 Nov and 2 Dec

(FIRST MONDAY OF THE MONTH, IF THAT IS A PUBLIC HOLIDAY IT MOVES TO 2ND MONDAY OF THE MONTH)

WHERE: CARERS ACT 80 Beaurepaire Crescent, Holt ACT 2615

TIME: 5.30pm to 7.30pm



This is a support group for anyone who loves and/or cares for a family member or friend who has been diagnosed with Borderline Personality Disorder (BPD) or who has BPD traits.

Our meetings will be a safe place, where loved ones and carers are welcomed and receive support to cope with this serious illness, which often causes much trauma for both those with the diagnosis of BPD and their loved ones.

It is a place to talk about the impact of this illness, to learn coping skills from others on a similar journey, as well as professionals, and to learn about the illness and its treatment. With the help of Carers ACT we have formed this support group so we no longer feel so isolated and alone.

For more information please contact: Natalie Malcolmson by phone on 0415 111 894 or email at bpdawarenessact@gmail.com

## PARKINSONS ACT

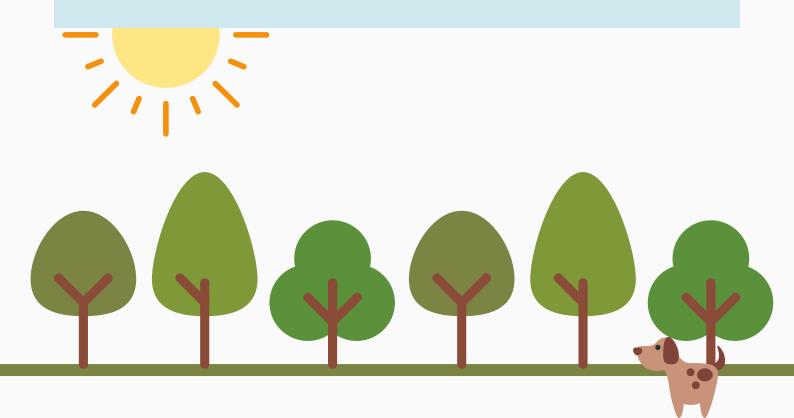
# Walk in the Park

Parkinson's ACT 2019 Walk in the Park **20th October 2019** 

Rond Terrace, Lake Burley Griffin

We are pleased to tell you that preparation for Parkinson's ACT's major biennial event, our 'Walk in the Park', is well under way. We invite you to join us in making it even more successful than our last Walk in 2017.

The Walk in the Park will be held on the morning of Sunday, 20 October 2019. It will take place at Rond Terrace on Lake Burley Griffin, at the bottom of Anzac Parade and between Parkes Way and the Lake. The Walk itself will be around the beautiful Commonwealth Gardens. We will be using a similar route to last time, a route which is reasonably mobility friendly.



Regular Groups At SHOUT

Parkinson's ACT Support Group 4th week of month Thurs 9.30 to 12.30

Prostate Cancer Support Group 1st and 3rd Wed 6.30 to 9pm

ACT Down Syndrome Last Thursday Monthly Confident speakers 7- 8.30pm

Arthritis ACT
Exercise Physiology
classes
Each Monday
1.30 – 3.30pm
Chair Yoga
2.30 – 3.30pm
Each Thursday

Pearce Neighbourhood Watch 4th Wed Monthly 7.30 – 8.30pm

University of 3 Age Book club 3rd Wed of month 10am - 12pm

For more info Web of Support www.shout.org.au



About SHOUT:
Selp Help Organisations
United Together, or
SHOUT, is a community
based organisation based
in Canberra, which
provides a range of
services to other
community organisations
– particularly in the health
and disability sectors,
through a five fold
approach:

CARE
SELF HELP
CONNECTION
DEVELOPMENT
GOVERNANCE

The support and care that SHOUT offers to small organisations is specifically tailored to the needs of each individual organisation. From the inception of a small volunteer self-help group and growth into a small community organisation requires flexibility, knowledge and the navigation through a number of options towards a viable, incorporated and funded organisation.

## ROUNDABOUT CANBERRA: HIGH TEA

Join Roundabout Canberra for a delightful afternoon of entertainment as we raise money to expand our reach into the areas surrounding Canberra and to ensure we can always provide basic essentials to families in need. We believe that every child deserves a

safe start and every family deserves dignity. Together we can make sure we are giving the children of Canberra and surrounding areas access to safe, essential items.

High Tea includes sweet and savoury treats along with a selection of teas!

Glass of champagne of arrival.

Hotel Realm, National Circuit, Barton, ACT Link: https://www.trybooking.com/book/event?eid=521387









# CANBERRA

### **BPD FAMILY FUN DAY**

**DATE:** SUNDAY 6 OCTOBER

TIME: 12PM - 3PM

**WHERE:** Western Foreshore

Lake Ginninderra Belconnen, ACT

An opportunity for those with BPD and their families to have a fun day out and celebrate BPD Awareness Week.

Food, drink and a fun activity are provided.

We hope to see you there

FOR MORE INFORMATION & REGISTER:
Natalie on 0415 111 894
bpdawarenessact@gmail.com

WWW.BPDAWARENESS.COM.AU

# WHAT YOU ALWAYS NEEDED TO KNOW ABOUT INTELLECTUAL IMPAIRMENT, BUT WERE MOSTLY NEVER TOLD

TUESDAY 29TH OCT 2019

9.30AM - 5.00PM

#### Presented by, John Armstrong

Often we speak about focusing on the 'ordinary' and 'typical' ways and means to help people have access to the good things of life. However, it's also necessary to understand and appreciate how intellectual impairment can affect people in very real ways.

Participants will gain greater insight into the challenges that people face in their daily lives, as well as gaining an appreciation of how easily others misunderstand and mistreat people with an intellectual disability. The workshop will equip participants in practical ways by offering four windows to look through as a way of understanding people's needs and how best to respond to meet those needs.

#### SOME OF THE TOPICS INCLUDE:

- · The impact of Intellectual impairment
- · How to respond when it's not clear
- why people are doing what they're doing
- The relationship between the challenges of intellectual impairment and difficulties we can all experience

#### WHO SHOULD ATTEND:

This informative workshop is for all of those who are looking for practical ways to support people with an intellectual impairment to succeed and be understood. This will include family members of people with disability and workers at all levels, including direct support workers and managers, Principals, teachers, teachers' assistants, therapists.

#### ABOUT THE PRESENTER

This event will be led by John Armstrong, who has had a long involvement with people who have an intellectual disability. John originally trained as a special education teacher and is one of two senior Social Role Valorisation trainers currently working in Australia. John is well known across Australia, NZ and further afield for the wide variety of events and evaluations he conducts though all his activities relate to supporting people to achieve the good things of life.



#### COURSE DETAILS:

Date: 29th October 2019 Time: 9:30am - 5:00pm

Venue: Level 2, Hedley Beare Centre for Teaching and Learning, 51 Fremantle Drive, STIRLING ACT 2611

Cost: \$120 - \$200

Register: https://imaginemore.org.au/upcoming-events/







#### ACT Aged Care Navigators Trial: Supporting Access to Aged Care Services

The Aged Care Navigators Trial is funded by the Older Persons Advocacy Network (OPAN) to test different types of services and activities aiming to support older people learn more about Government supported aged care programs through the My Aged Care service system.

The ACT Disability and Aged Care Advocacy Service (ADACAS) is one of thirty organisations across Australia taking part in the Aged Care Navigators Trial.

#### Who is ADACAS?

ADACAS is a non-government human rights organisation providing free advocacy and information to:

- · people with disability
- · people experiencing mental ill health
- older people
- carers

#### How do the Information and Support Hubs work?

ADACAS Aged care expert staff and trained volunteers are available to provide support, and educate and assist people 65 years and over, by providing information and linkages with suitable aged care services in the ACT and surrounds. The purpose is to build knowledge and personal capacity by helping navigate the My Aged Care system; from information to assessment, through to receiving care.

Information and Support Hubs offer a range of activities including:

- · workshops and information
- assistance accessing and navigating the My Aged Care website
- assistance filling My Aged Care registration forms
- · outreach Drop- In
- · group sessions & individual support sessions

#### Drop-in service - All Welcome!

When: Every Thursday 10:00am to 12:00am

Where: Multicultural Centre- Theo Notaris Room (180 London Circuit, Canberra City)

Cost: Free

#### Next Outreach- Queanbeyan

Venue: Country Heir Cafe

Dates: Thursday 3 October 2019- 11:00am to 12:00am Thursday 10 October 2019 2:00pm to 3:00pm

Cost: Free

Please make sure to check the ADACAS website www.adacas.org.au for upcoming activities in your area

#### More information

If you would like more information or book a group information session, workshop, or an individual session please call us at ADACAS on 02 6242 5060 or email: adacas@acacas.org.au

You can also go to the Council of the Ageing website by following the link below https://www.cota.org.au/information/aged-care-navigators/