

CARER MONTHLY

July 2023



*"What good is the warmth of summer, without
the cold of winter to give it sweetness."*

- John Steinbeck

Welcome to the Mpower carers' newsletter.

Carer Monthly

We understand how important it is to stay up-to-date with the latest news, tips, and resources as a caregiver. That's why we've created a convenient monthly newsletter to provide you with all the information you need in one place.

Rather than receiving multiple emails throughout the month, you can now look forward to a comprehensive newsletter that collates everything in a concise and easy-to-read format. We hope that this will keep you informed and connected with the community of caregivers. We look forward to sharing helpful content with you each month.

We would love to hear from you. If you would like to contribute an item for a future edition of the newsletter, please email marketing@mpower.org.au



Mpower acknowledges Aboriginal and Torres Strait Islander people as the Traditional Custodians of Country throughout Australia and their continuing connection to the community. We pay our respects to their Elders past and present.

Welcome to the second half of 2023. We hope you are all keeping warm and safe during this cold winter.

We are pleased to welcome a number of new carers to the Mpower Carer Support Program. Being a carer can be a challenging and rewarding role and as a team we are here to support you and to provide information and resources you need.

Along with our regular monthly Carer meetings there are some special events taking place in the coming months. A couple of these to highlight are the Halls Gap Trip which is planned for October. This is a great opportunity to get away for a couple of days, enjoy the beautiful scenery and visit the famous zoo. Another is the Winter Warmer Morning being held in August at the Deep Blue Indoor Bath House & Day Spa. This event is open to parents of a child under 18 with a disability or developmental delay. You will have to register for these events and the places are limited.

The Carer Support team is proud to support you in your caring role, no matter how it has looked for you in 2023. You will be receiving in the mail a Carers Outcome Survey which helps us improve our service. We would appreciate if you would complete it and return it to us in the envelope provided. We have also enclosed our calendar of events for the coming six months.

Finally, remember caring for a loved one can be a roller coaster of emotions. There will be ups and downs, but know that you are not alone. There are people who care about you and want to help. Please reach out to the Carer Support team if you need anything.

Judi, Trent and Cloe
Mpower Carer Support Program

Carers July meeting calendar

JULY

03

**HAMILTON
CARERS MEETING**

Mpower
11:00am
'CFA fire safety'

04

**TIMBOON CARERS
SUPPORT
MEETING**

Aberlea Lounge
11:00am

06

**WARRNAMBOOL
AUTISM SUPPORT
GROUP**

Mpower
Conference room
12:00pm

07

**CAMPERDOWN
CARER SUPPORT
GROUP**

Camperdown
Community House
12:00pm

12

**COLERAINE
CARERS MEETING**

Catching Pen Cafe
12:00pm

13

**TERANG CARERS
MEETING**

Middle Hotel
11:00am
*'Services Australia -
Mel Laird'*

19

**WARRNAMBOOL
CARERS MEETING**

Flying Horse
12:00pm
*'Services Australia -
Mel Laird'*

21

**CASTERTON
CARERS MEETING**

Old Courthouse
Community Centre
12:00pm

21

**MORTLAKE
CARERS GROUP**

Mortlake
Community Health
Building
1:30-3:00pm

28

**GLENELG CARERS
MEETING**

Fawthrop
Community Centre
Fish n chips
12:00pm

Bookings required

5561 8111

Most events include lunch

carer allowance & carer payment the difference



Carers can receive financial assistance from the government through the Carer Allowance and Carer Payment. Here is a guide to the difference between the two payments.

CARER PAYMENT is a fortnightly payment of up to \$1,064 (more for couples). It is for people who provide substantial daily care and assistance to someone needing constant care with a disability, a medical condition, or who is frail aged. If you qualify for the Carer Payment you will also receive the Carer Allowance.

CARER ALLOWANCE is a payment of \$144.80 a fortnight for people who provide daily care and assistance to someone with a disability, medical condition, or who is frail aged. Children under 16 years old who are being cared for also get a Health Care Card.

HERE ARE THE MAIN DIFFERENCES BETWEEN CARER ALLOWANCE AND CARER PAYMENT

- **Amount:** Carer Allowance is a smaller payment than Carer Payment.
- **Eligibility:** To be eligible for Carer Allowance, you must earn less than \$250,000 a year. To be eligible for Carer Payment, you must earn less than the cut-off point of approximately \$60,000 (single) or \$92,000 (couple).
- **Care needs:** To be eligible for Carer Allowance, you must provide daily care and assistance to someone with a disability, medical condition, or who is frail aged. To be eligible for Carer Payment, you must provide substantial daily care and assistance to someone needing constant care with a disability, a medical condition, or who is frail aged.

If you are a carer, you can apply for either Carer Allowance or Carer Payment. The best way to find out which payment you are eligible for is to contact Centrelink.

HERE ARE SOME ADDITIONAL RESOURCES THAT YOU MAY FIND HELPFUL:

Carer Allowance: <https://www.servicesaustralia.gov.au/carers-allowance>

Carer Payment: <https://www.servicesaustralia.gov.au/carers-payment>

Carers Australia: <https://www.carersaustralia.com.au/>

Claim your free Rapid Antigen Tests



Most local councils in Victoria are offering free RATs. Everyone can get up to 2 packs of 5 RATs per person, and up to 2 packs for each household member. People with disability and their carers can get 20 free tests.

Contact your local council to find out where you can get RAT tests. You do not need to be a resident in the council area in which you are collecting tests. You can collect RATs as many times as you need. If you run out of RATs, you can collect more to make sure you are prepared.

You should not go to a council site if you have COVID symptoms.

Free RATs are also available at some community health organisations and private pathology centres.



recipe of the month

SEND IN YOUR FAVOURITE RECIPE AND YOU COULD WIN A \$50 WOOLWORTHS VOUCHER

Email recipe to marketing@mpower.org.au

2023 carers calendar of events

JULY - DECEMBER

JULY			
03 HAMILTON CARERS MEETING Moores 10:00am CFA fire safety	04 TIMBOON CARERS SUPPORT MEETING Abelko Lounge 10:00am	06 WARRNAMBOOL AUTISM SUPPORT GROUP Mpower Conference room 10:00am	07 CAMPERDOWN CARERS SUPPORT GROUP Campdown Community House 10:00am
12 COLERNAE CARERS MEETING Catching Pen Cafe 10:00am	13 TERANG CARERS MEETING Middle Hall 10:00am Services Australia Mid Land	19 WARRNAMBOOL CARERS MEETING Flying Horse 10:00am Services Australia Mid Land	21 CASTERTON CARERS MEETING Old Courthouse Community Centre 10:00am
21 MORTLAKE CARERS GROUP Mortlake Community Health Building 1:30-3:00pm	28 GLENELG CARERS MEETING Fairtrig Community Centre Fish n chips 10:00pm		

AUGUST			
01 TIMBOON CARERS SUPPORT MEETING Abelko Lounge 10:00am CFA fire safety	03 WARRNAMBOOL AUTISM SUPPORT GROUP Mpower Conference room 10:00am	04 CAMPERDOWN CARERS SUPPORT GROUP Campdown Community House 10:00am	07 HAMILTON CARERS MEETING Cafe Botanical Meal 10:00am
09 COLERNAE CARERS MEETING Catching Pen Cafe 10:00am CFA fire safety	10 TERANG CARERS MEETING Middle Hall 10:00am CFA fire safety	16 WARRNAMBOOL CARERS MEETING Flying Horse 10:00am CFA fire safety	18 CASTERTON CARERS MEETING Old Courthouse Community Centre 10:00am CFA fire safety
18 MORTLAKE CARERS GROUP Mortlake Community Health Building 1:30-3:00pm	25 GLENELG CARERS MEETING Fairtrig Community Centre 10:00pm CFA fire safety		

SEPTEMBER			
01 CAMPERDOWN CARERS SUPPORT GROUP Campdown Community House 10:00am	04 HAMILTON CARERS MEETING Mpower 10:00am	05 TIMBOON CARERS SUPPORT MEETING Abelko Lounge 10:00am	07 WARRNAMBOOL AUTISM SUPPORT GROUP Mpower Conference room 10:00am
13 COLERNAE CARERS MEETING Catching Pen Cafe 10:00am	14 TERANG CARERS MEETING Middle Hall 10:00am	15 CASTERTON CARERS MEETING Old Courthouse Community Centre 10:00am	15 MORTLAKE CARERS GROUP Mortlake Community Health Building 1:30-3:00pm
20 WARRNAMBOOL CARERS MEETING Flying Horse Bar & Brewery 10:00am Plumper day	29 GLENELG CARERS MEETING Fairtrig Community Centre 10:00am		

Most events include lunch
Additional information will be emailed out prior to event

Bookings - 5561 8111

A printed version of the **2023 Carers Calendar of Events** for July to December has been sent to you in the mail.

2023 carers calendar of events

JULY - DECEMBER

OCTOBER			
02 HAMILTON CARERS MEETING Cafe Botanical Meal 10:00am	03 TIMBOON CARERS SUPPORT MEETING Abelko Lounge 10:00am	05 WARRNAMBOOL AUTISM SUPPORT GROUP Mpower Conference room 10:00am	06 CAMPERDOWN CARERS SUPPORT GROUP Campdown Community House 10:00am
11 COLERNAE CARERS MEETING Catching Pen Cafe 10:00am	12 TERANG CARERS MEETING Middle Hall 10:00am	18 WARRNAMBOOL CARERS MEETING Flying Horse 10:00am	19 & 20 HALLE GAP TRIP Fly to Iceland (incl air transfer) Limited spots 10:00am
20 MORTLAKE CARERS GROUP Mortlake Community Health Building 1:30-3:00pm	27 GLENELG CARERS MEETING Fairtrig Community Centre 10:00pm		

NOVEMBER			
02 WARRNAMBOOL AUTISM SUPPORT GROUP Mpower Conference room 10:00am	03 CAMPERDOWN CARERS SUPPORT GROUP Campdown Community House 10:00am	06 HAMILTON CARERS MEETING Moores 10:00am	07 TIMBOON CARERS SUPPORT MEETING Abelko Lounge 10:00am
08 COLERNAE CARERS MEETING Catching Pen Cafe 10:00am	09 TERANG CARERS MEETING Middle Hall 10:00am	15 WARRNAMBOOL CARERS MEETING Flying Horse 10:00am	17 CASTERTON CARERS MEETING Old Courthouse Community Centre 10:00am
17 MORTLAKE CARERS GROUP Mortlake Community Health Building 1:30-3:00pm	24 GLENELG CARERS MEETING Fairtrig Community Centre 10:00pm		

DECEMBER			
01 CAMPERDOWN CARERS CHRISTMAS PARTY Sealed Air & Dix 10:00am	04 HAMILTON CARERS CHRISTMAS PARTY Cafe Botanical Meal 10:00am	05 TIMBOON CARERS CHRISTMAS PARTY Berry Good Tea 10:00am	07 WARRNAMBOOL AUTISM SUPPORT GROUP CHRISTMAS PARTY Mpower 10:00am
08 COLERNAE CARERS MEETING Catching Pen Cafe 10:00am	09 TERANG CARERS MEETING Middle Hall 10:00am	13 CASTERTON COLERNAE CARERS CHRISTMAS PARTY Casterton Bowling Club Refreshments & Lunch 10:00am	14 TERANG CARERS CHRISTMAS PARTY Middle Hall 10:00am
15 MORTLAKE CARERS GROUP CHRISTMAS PARTY Worfolk 10:00am	20 WARRNAMBOOL CARERS CHRISTMAS PARTY City Muralist 10:00am	15 MORTLAKE CARERS GROUP Mortlake Community Health Building 1:30-3:00pm	

Most events include lunch
Additional information will be emailed out prior to event

Bookings - 5561 8111

If you also wish to download a copy of the calendar

CLICK HERE





free workshops



Jul 18

11:00am – 12:00pm

CARERS CAREERS

Writing Resumes & Cover Letters for Carers getting back to work.

[Register for Event](#)

Jul 18

7:00pm – 8:30pm

CARING FOR YOURSELF ONLINE WORKSHOP

Explore why your health and wellbeing are important as a carer.

[Register for Event](#)



Association for Children with a Disability

Jul 19

& 25

NDIS PLAN REASSESSMENT

How to make the most of your child's plan reassessment meeting. This includes terminology, preparation, and gathering supporting evidence.

[Register for Event](#)

useful links



The Companion Card program that supports people with disabilities by providing free access for their carer to participating venues and events. To apply, visit the program's website for eligibility requirements and application process.

[Link here](#)



Source Kids is a magazine for parents, carers and professionals of children with special needs. The publication is printed quarterly and can also be accessed for free as a digital version.

[Link here](#)

Tour includes all meals and accommodation

Halls Gap 2 day tour

Thursday 19 - Friday 20 October 2023

JOIN THE MPOWER CARER SUPPORT TEAM FOR AN AMAZING TWO DAY GETAWAY

This is a very popular tour with Mpower Carers, taking in the beautiful surrounds of the Grampians National Park and a visit to the renowned Halls Gap Zoo.

In-home respite may be provided if needed to enable the carer to attend

7:30am Depart

Flagstaff Hill,
Warrnambool

Also picking up at
Coleraine and Hamilton

6:30pm Return

Flagstaff Hill,
Warrnambool

Also dropping off at Hamilton
and Coleraine

RSVP

Friday 22 September 2023

*Limited places are available
so bookings are essential*

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since 1975

5561 8111

parenting payment child age limit change

In a recent media release the Albanese Labor Government announced that it will increase the age limit for the **Parenting Payment (Single) from 8 to 14 years old**. This means that single parents will now be able to receive financial support until their youngest child is 14, rather than 8. This is a significant change that will benefit many single parents, who often face challenges balancing work and childcare.

The government made this decision in recognition of the fact that the **difficulties of single parenting do not end when a child turns 8**. Children of this age still require a significant amount of care and supervision and single parents may still need financial assistance to meet their needs. By raising the age limit for the Parenting Payment (Single), the government is providing much-needed support to single parents and their children.

This change will be introduced **from September 20, 2023**.

budget announcements relevant to carers

Carers Victoria and other members of the National Care Network, have welcomed some of the Federal Budget 2023-2024 announcements, but they have also urged the government to address the specific needs of unpaid carers and mandate their inclusion in the design and implementation of all reforms that impact them.

Here are some of the key budget announcements that are relevant to carers:

- Victorians who currently get a state or territory energy relief payment will receive further bill relief.
- Additional Medicare funding will be available:
 - To support bulk billing of children under 16, pensioners, and other Commonwealth concession card holders (Carers Australia is seeking clarification if Carer Allowance and Payment recipients are eligible)
 - For longer consultations for people with chronic conditions and complex needs.
- Funding to extend psychosocial support for more than 18,000 people with severe mental health illness who are not covered by the National Disability Insurance Scheme (NDIS).
- Funding for a range of reforms in the NDIS, including two to address fragmented disability policy and data sources.
- More funding for aged care home care packages and an extension of the Disability Support for Older Australians Program.

new funding for disability

The Victorian Budget included new support for children with disability and their families:

- \$122 million to expand the Outside School Hours Care program to 30 specialist schools
- \$5.7 million to the I CAN network to support autistic students
- \$7.3 million for TAFE transition officers to help students with disability
- \$7.5 million to help get more speech pathologists and occupational therapists to regional Victoria
- \$3.8 million to get more disability workers into rural and regional areas
- \$1.7 million to help healthcare workers better communicate with people with autism
- \$18 million to better support children with disability or developmental delay at kindergarten. This includes the expansion of Pre-School Field Officer services in high-growth areas and piloting a new approach to providing support
- Investment to roll out NDIS Navigators in Victorian specialist schools

A hand holding a pencil is shown writing on a piece of paper. The paper has a decorative border of small, stylized leafy branches. The text is written in a cursive, handwritten style.

Dear Mpower,

I recently found out that you can get your loved one who is receiving a my aged care package, lite and easy meal plans for 30%. The other 70% gets charged onto your package. With the full knowledge they are getting a full balanced meal, it's a peace of mind.

Kind regards Robyn Anscombe.

If you have a helpful tip like Robyn, please let us know by dropping us an email marketing@mpower.org.au

Plan Management Specialists



“ The plan management process is often difficult, particularly in the early years, but the team at Mpower have made every effort to accommodate our changing needs. ”

R.S.
Mpower Plan
Management
client

03 5561 8111

www.mpower.org.au

Helping **you** make the most of **your**
NDIS funds, **your** way.



MPOWER STRENGTHENING PARENT SUPPORT PROGRAM



Join us for a relaxing morning soaking in therapeutic waters of the Deep Blue Indoor Bath House & Day Spa.

We'll meet at the bath house for a soak, then retreat to the restaurant for coffee and a chat

Open to parents of a child under 18 with a disability or developmental delay.

Winter Warmer Morning

Deep Blue Bath House & Day Spa
16 Pertobe Rd, Warrnambool VIC 3280

Thursday August 3rd from 10am

Call Mpower on 55618111 to reserve your place

Limited spaces, bookings essential.

Bath house entry and coffee/tea provided

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since 1975

Skills for Life

Are you looking for a fun and supportive environment to help your child develop their skills? Our Therapy Services team invite you to the **Skills for Life** group. This group is designed to help children with an NDIS plan, develop fine and gross motor, social, expressive and receptive language skills.

Our experienced therapists and educators provide structured activities that are tailored to your child's individual needs.

Call the Mpower Intake team on (03) 5561 8111 for information on this or one of the many other groups we offer.



Warrnambool now has a new

Priority Primary Care Centre (PPCC)



OPENING HOURS

Monday – Friday 9:00 am – 7:00 pm
Saturday – Sunday 9:00 am – 5:00 pm

133 Fairy Street, Warrnambool

The PPCC is a free urgent care clinic that can treat non-life-threatening or minor illness and injuries.

Some of the conditions that the PPCC can treat include:

- cuts requiring stitches
- sprains
- minor burns
- rashes
- ear nose and throat infections
- other infections and gastroenteritis
- fever
- pain when urinating
- suspected fractures and sprains
- back and muscle pain
- minor cuts
- insect or animal bites
- heartburn
- vomiting, nausea,
- headaches, migraines
- brief fainting or fitting
- constipation, diarrhea
- abdominal pain
- allergies and rashes
- mild-to-moderate asthma attacks
- coughs and other respiratory symptoms.

The PPCC takes patients on a walk-in basis.

If you have a minor illness or injury, you now have three options for receiving care:

1

You can wait in South West Healthcare emergency department (ED) waiting room and be seen according to your triage wait time.

2

You can use South West Healthcare facilities to call the Victorian Virtual Emergency Department (or call them from home)

3

You can attend the Warrnambool **Priority Primary Care Centre**.

The Warrnambool PPCC is an urgent care centre, if you require a normal GP consultation, you should contact your regular family doctor.

For an emergency or life-threatening condition, please continue to call 000.

Do you need help with your energy bills?

The Mpower family knows how difficult it can be to pay the bills, especially during the winter months.

Did you know that the Victorian Government is offering a new round of **\$250 payments** to help with the cost of living?

Any Victorian household with a residential electricity account is eligible, even if you received a payment in previous rounds.

APPLY NOW



To apply, visit the **Victorian Energy Compare** website and provide some basic information about your household.

The application process takes about 5-10 minutes and you'll need to have a recent electricity bill with you.



JULY 2023

CARER MONTHLY

contact email:

marketing@mpower.org.au

Enhancing Abilities, Supporting Families, Strengthening Communities