



Canberra Institute
of Technology

FIT & WELL



CARERSKILLS

NEWSLETTER JULY 2017

SKILLS FOR CARERS

CIT Health, Community
and Science

Canberra Institute of Technology

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CRICOS No. 00001K – RTO Code 0101

Provided with assistance
from the ACT Government,
Community Assistance
Support Program (CASP)
and the Commonwealth
Home Support Programme
(CHSP).

This is non-accredited training.

WELCOME TO THE SEMESTER 2 2017 NEWSLETTER!

Welcome back to another semester of the CIT Skills for Carers Program for 2017. We hope you enjoy the new layout of our newsletter! The CIT Fit & Well team are continuously working together to ensure we deliver the best short courses for carers who have been with the program for years, or other carers who come in and out of the program as it suits their situation. Our main objective for Semester 2 is to provide an array of courses that suit your needs, based on the feedback received over the last six months. Courses vary from the continuous programs delivered each semester such as Dru Yoga through to past courses of which were well received by each and every one of you. Additionally, we have included new courses that may assist you in your caring role that you potentially might not have considered as valuable before.

Over the last year we had received requests for evening session times as an alternative to daytime sessions for specific programs. Our reporting shows that while some evening sessions were high in numbers others were not as well attended as we anticipated. For this reason, we believe it to be of better value for our trainers as well as yourselves, the carers, to keep daytime session scheduling for specific programs and the options of additional evening sessions.

At CIT Fit & Well we are passionate about health and well-being which is the nature of the Skills for Carers program. As such, we introduced our new program Healthier Carers. For the last six months our

Fit & Well gym staff have dedicated time and passion each week creating programs to assist you in your own journey of good health and happiness. In Semester 2 we will continue with the Healthier Carers program for two sessions per week with slight modifications in the way we deliver this program, incorporating alternative methods of exercise that can be further adapted by you at home. We encourage all carers to take advantage of the courses provided with our committed trainers who have years of experience with Skills for Carers, as well as their own personal experience which may assist you and your situation.

Reminder – Over the course of the year we have had situations where a trainer has travelled to a venue for a session however those who had registered had not attended. If you have registered for a course but find you are unable to attend please contact us, leave a message or email us.

As always we welcome your thoughts, ideas and suggestions to better our programs and ask you to contact us directly on (02) 6207 3628 or via CarerSkills@cit.edu.au

We hope that there is a program(s) offered in the Semester 2 Skills for Carers program that supports you in your carer role.

Wishing you all the best for the rest of the year, and we look forward to seeing you at one of our sessions.

*Simona, Susan, Simon and Brenton
The CIT Fit & Well Skills for Carers Team*

Please note that all our courses are for family or unpaid carers, not for staff, and there are no course fees.

CIT SKILLS FOR CARERS PLANNER

Courses starting in the month of...

July	
31	Healthier Carers – every Monday and Friday throughout the semester
31	Gentle Hatha Yoga – every Monday throughout the semester
August	
1	Meditation – every Tuesday throughout the semester
2	Dru Yoga – every Wednesday throughout the semester
16	What if the Worst Happens – Basic First Aid (1 of 3 sessions)
31	Creativity Course
September	
6	What if the Worst Happens – Basic Medical First Aid (2 of 3 sessions)
11	Helping with Everyday Mobility
Mid-semester break (25 Sept – 6 Oct)	
October	
9	Gentle Hatha Yoga – every Monday throughout the semester
9	Healthier Carers – every Monday and Friday throughout the semester
10	Meditation – every Tuesday throughout the semester
11	Dru Yoga – every Wednesday throughout the semester
24	What if the Worst Happens – Basic Outdoors First Aid (3 of 3 sessions)
27	How to Manage Your Mindset
30	Introduction Session for Young Carers (30-45yrs)
November	
2	Caring for People Over 65
16	Understanding and Responding to Anxiety
24	Introduction to Aromatherapy & Relaxation Retreat
27	Vision Quest Day

Please note: All courses exclude school and public holidays.

CIT SKILLS FOR CARERS: WHAT'S IT ALL ABOUT?

CIT Skills for Carers has been successfully providing flexible training for family carers in the ACT since 1995. By carers we mean family and friends of a frail older person or a person living with a disability, chronic illness or mental health issues. These are people involved in an unpaid capacity in the many aspects of supporting someone to live as independently as possible. Training is available through short courses, workshops or on an individual basis. There are no fees for this training.

CIT Skills for Carers is managed by the CIT Fit & Well Team, within the CIT Health, Community and Science College. Funds for this training come from ACT Health Directorate and the Australian Government Department of Social Services. All trainers with CIT Skills for Carers have professional qualifications in a health related field, experience in working with families and empathy, if not personal experience, with family carers. Through annual planning, review and networking with community services carer training is planned. Feedback and input from carers and community services is always welcomed.

CIT SKILLS FOR CARERS TRAINERS

Jen Brown began her yoga studies in 1995 and began teaching yoga in 2013. Her philosophy is to adapt each pose to suit the student so that the practice feels right for them.

Lynette Dickinson is an experienced Dru Yoga teacher, with qualifications in science and education and has personally experienced the healing effect of Dru Yoga.

Carol Guy is a registered nurse with qualifications in mental health and group leadership. Carol has participated in the delivery of various Skills for Carers courses over the years and sustained a wealth of knowledge in her field.

Dr. Kym "Twisty" Schmid from the St John Ambulance has been with the Skills for Carers program delivering first aid short courses and information sessions for carers with various approaches each time. Her experience is well-received in the wider community and in particular our program.

Indya Quinton Schroer is a qualified gym instructor and PT working as a GSO at the CIT Fit & Well Gym. Indya is familiar with leading group classes and training clients one-on-one.

Arthur Schuster is a qualified and registered Fitness Instructor with Fitness Australia. He is also a qualified Soft Tissue Therapist with AMT, whilst working at the CIT Fit & Well Gym for the past four years as a GSO and instructor of the Heart Health program.

Suzie Williams is a stress management and pain relief specialist, mindset and life coach and registered nurse. She teaches yoga, mindfulness, aromatherapy, massage and is a consultant within the aged care and disability sectors.

Heidi Duncan has extensive professional working with people with disability and is the Coordinator of CIT Certificate III Disability Studies.

Megan Cox has worked in the aged care and community care industry over the past eight years. Megan has experience working in a variety of roles in the aged care sector and holds formal qualifications in nursing, aged care and management, providing her with a strong skill set and knowledge on key principles to support older people and carers.

HEALTHIER CARERS – PHYSICAL ACTIVITY AND LIFESTYLE PROGRAM

CIT Fit & Well is pleased to offer a program that is designed to improve the health and wellness of carers through physical activity and lifestyle modification sessions. Classes run twice weekly, starting slowly and building up to the level you are comfortable with. All classes are conducted in a safe and supportive environment and include aerobic and resistance style training. Age is no barrier to participating in the program which is designed to meet your personal needs and can be modified according to your level of fitness and capabilities. To ensure safety and ongoing good health during the program, participants will require a medical clearance from their general practitioner to participate.

FACILITATORS:	Arthur Schuster & Indya Quinton Schroer
DATE:	Mondays and Fridays, 31 July – 18 September (Term 3) and 9 October – 11 December (Term 4)
TIME:	11:30am – 12:30pm on both days
VENUE:	CIT Bruce, Sports Hall
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

This is non-accredited training.

GENTLE HATHA YOGA

This class takes a gentle, progressive approach to Hatha Yoga so that participants may modify the postures to suit them and their abilities. The class begins slowly with an emphasis on posture and breathing, then moves on to a series of classical yoga poses and sequences. The last 10 minutes of class is dedicated to relaxation and meditation, leaving students feeling calmer and able to think with greater clarity.

FACILITATORS:	Jen Brown
DATE:	Mondays, 31 July – 18 September (Term 3) and 9 October – 11 December (Term 4)
TIME:	12pm - 1pm
VENUE:	CIT Bruce – Room B003b
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

MEDITATION

Dru Meditation takes you by the hand and leads you into stillness. Each class will involve gentle movement, breathing practice, deep relaxation and guided meditation. Carers will learn techniques they can take into everyday life and leave each class feeling refreshed, relaxed and ready for life. This class is suitable for beginners or advanced meditators.

FACILITATOR:	Lynnette Dickinson
DATE:	Tuesdays, 1 August – 19 September (Term 3) and 10 October – 12 December (Term 4)
TIME:	12.00 – 1.30pm
VENUE:	CIT Bruce, Room B003b
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

DRU YOGA

Dru Yoga is a very gentle and easy form of yoga designed so that anyone can participate, regardless of your shape, flexibility, mobility or pain. Through easy to learn movements, breathing, relaxation, gentle stretches and postures you can improve your circulation and muscle movement as well as experience a sense of calm and wellbeing. Bring a towel or yoga mat, a bottle of water, a blanket and a small pillow to ensure your comfort.

FACILITATOR:	Lynnette Dickinson
DATE:	Wednesdays, 2 August – 20 September (Term 3) and 11 October – 13 December (Term 4)
TIME:	12.00 – 1.30pm
VENUE:	Weston Creek Community Centre – Hall
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

FIRST AID – WHAT IF THE WORST HAPPENS

Would you like to know what to do if your partner collapsed in front of you? Would you know what to do if your parent had chest pain? Would you know what to do if your child stops breathing? Over the three St John Ambulance sessions, we will give you basic skills and more confidence to act in these situations for various types of Basic First Aid. Please note you are not required to attend all three sessions, you may choose which session you wish to attend when you register.

Session 1: Basic Emergency First Aid

- DRSABCD
- CPR practice
- Defibrillator practice
- Choking

Session 2: Basic Medical First Aid

- Recognising and managing heart attack
- Recognising and managing stroke
- Managing seizures
- Recognising and treating allergy and anaphylaxis
- Recognising and treating asthma

Session 3: Basic Outdoors First Aid

- Bites and stings
- Snakes and spider bites
- Other bites and stings
- Bruises, sprains and strains
- Fractures and bandaging practice

FACILITATORS:	Kym 'Twisty' Schmid is the Community Education Supervisor at St John Ambulance ACT
DATE:	Session 1 - 16 August, Session 2 - 6 September, Session 3 – 24 October
TIME:	Session 1 and Session 2: 10:30am-12:30pm at Weston Creek Community Centre Session 3: 5:30pm – 7:30pm at CIT Bruce, Room A107
VENUE:	Weston Creek Community Centre (16/8 and 06/09) and CIT Bruce - A107 (24/10)
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au



CREATIVITY COURSE

A course for Carers who enjoy spending time with other Carers, learning new skills and sharing ideas for creativity. Each week we will have time to learn and practise mindfulness, relaxation or emotional intelligence skills. You will have the opportunity to make a gift or craft project to take home or design your own cards using inks, material or stamps. All materials supplied and no prior experience is necessary. If participants would like to bring their own knitting, sewing or crochet as an alternative that would be fine. Felt pens and adult colouring books would be available each week as another activity. Research shows that creative activities including colouring can help with concentration, focus and are a great way of practising mindfulness.

FACILITATOR:	Carol Guy
DATE:	Thursdays on 31 August, 7, 14 and 21 September
TIME:	10am – 12pm
VENUE:	Weston Creek Community Centre
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

HELPING WITH EVERYDAY MOBILITY

This three hour workshop will focus on back care and safe ways for family carers to enable mobility around the home, teaching a no-lift procedure to assist people in and out of beds, chairs, cars and the bathroom.

FACILITATOR:	Heidi Duncan
DATE:	Monday 11 September
TIME:	10am - 2pm
VENUE:	CIT S Block, Sustainable House, CIT Bruce, 35 Vowels Crescent
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

HOW TO MANAGE YOUR MINDSET

This short course is on how to manage and change beliefs, thoughts and feelings so you can turn negative outlook into positive. By learning how to understand the power of your thoughts and the repetitive patterns of thinking, you will gain an understanding of why things in your life aren't always how you would like them to be. Come along and get some great insights into how you can change your thoughts and change your life!

FACILITATOR:	Suzie Williams
DATE:	Friday 27 October
TIME:	10am - 2pm
VENUE:	Weston Creek Community Centre – Meeting Room 2
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

INTRODUCTION SESSION FOR YOUNG CARERS (30-45YRS)

This is an introduction to various forms of stress management and self-care, for those who are in the caring role - looking after children, siblings, partners or parents. It is also a great opportunity to connect with others who are in similar caring situations, as there is always a deep level of understanding, compassion and support amongst carers.

The role of a carer can often be overwhelming. You may already be wondering how you are going to manage your own life and health for the long haul of the caring journey. Come to this informative day and experience a variety of techniques that will help you handle stress and uncertainty, help you be able to relax and feel calm in your own body and mind, help you improve your sleep, help you feel more patient and kind with yourself (and that will flow on to your family and people you care for too). Suitable for all sizes, shapes, abilities and flexibilities. Please bring a cushion, blanket or sarong (for the relaxation) or yoga mat if you have one.

FACILITATOR:	Suzie Williams
DATE:	Monday 30 October
TIME:	10am - 2pm
VENUE:	Weston Creek Community Centre – Meeting Room 2
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

CARERS CARING FOR PEOPLE OVER 65

Caring for others can be challenging but also a rewarding experience. This session is designed for older carers who are caring for someone over the age of 65 years. A caring role can be both physically and emotionally draining and sometimes carers need a little extra support. Looking after your own health and wellbeing is an essential part to your caring role; this session will offer information and support strategies to try help you stay in your caring role for longer. The session will allow opportunity to reflect and discuss challenges in a caring role and identify strategies to try overcoming these.

FACILITATOR:	Megan Cox
DATE:	Thursday 2 November
TIME:	10am - 2pm
VENUE:	CIT Bruce, Room A107
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

INTRODUCTION TO AROMATHERAPY AND RELAXATION RETREAT

How to use the essential oils safely, make simple blends for common illnesses and stress, and exchange a hand massage. This is a lovely way to spend a day learning about essential oils and how effective they can be in helping you manage common illnesses, stress, sleep issues etc. Learn a few simple recipes and ways of using essential oils safely in your home for your family and then learn how to enjoy a lovely variety of ways to relax deeply!

FACILITATOR:	Suzie Williams
DATE:	Friday 24 November
TIME:	10am - 2pm
VENUE:	CIT Bruce, Room B003b
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

VISION QUEST DAY

Using Dru yoga, breathing, inner reflection, and goal setting, with time to create your own powerful vision board, is empowering yoga sequences and meditations. This is a wonderful way to appreciate what you have, release what you don't want, and then magnetise what you do want into your life. A great day to experience gentle yoga movements, time to reflect and evaluate, and time to dream and create a vision board that is empowered with your energy and imagination. I have had some amazing success stories over the many years of doing this workshop - people have truly manifested their goals and dreams as a result of focusing in on what they desire to have happening in their life. Both big and little things! Bring a cushion, blanket, yoga mat and some scissors, magazines and any special photos of people, places or things.

FACILITATOR:	Suzie Williams
DATE:	Monday 27 November
TIME:	10am - 2pm
VENUE:	Weston Creek Community Centre – Meeting Room 2
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

FEEDBACK AND COMPLAINTS – ACT HUMAN RIGHTS COMMISSION

If you are not happy with the service you have received from CIT Skills for Carers, we encourage you to, in the first instance, talk directly with the staff or management or contact the ACT Health Services Commissioner. The ACT Health Services Commissioner provides a free, independent, fair and impartial process for resolving complaints about services for older people or people with disabilities.

NDIS – NAVIGATING THE SYSTEM

Are you part of the NDIS? Are you about to start the process? Do you have questions? Concerns?

If so this session may be right for you. Topics for discussion will include:

- What is a Local Area Coordinator
- Working with service providers
- Preparing a Carer Statement
- Your rights as a carer

We will endeavour to provide one 2-3 hour session in Term 3 and another session in Term 4. We encourage all carers interested to contact the CIT Skills for Carers Administration Team on the below details to register and we will advise the dates on confirmation with our trainer.

FACILITATOR:	Carers ACT
DATE:	TBC – see below
TO REGISTER:	Please call us 6207 3628 or CarerSkills@cit.edu.au to find out more information and register for this course with our Administration Team.



Phone: (02) 6205 2222
TTY: (02) 6205 1666
Post: GPO Box 158 Canberra ACT 2601
Office: Level 4, 12 Moore Street, Canberra City
Web: www.hrc.act.gov.au
Email: human.rights@act.gov.au

For carers aged 65 years and over complaints or feedback may be directed to the Aged Care Complaints Scheme Phone 1800 550 552 or agedcarecomplaints.govspace.gov.au



This is non-accredited training.

Fitness Class Timetable



Canberra Institute
of Technology

FIT & WELL

Opening Hours

Monday – Friday: 6am-8pm
Saturday – Sunday: 8am-5pm

A Block, Haydon Drive, CIT Bruce
(02) 6207 4309

cit.edu.au/fitandwell

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15-7:15am	Group PT Level 4-5		Group PT Level 4-5		
8:15-9:00am		Heart Health Level 1-3			
9:15-10:00am	Heart Health Level 1-3	Heart Health Level 1-3	Functional Fitness Level 4	Heart Health Level 1-3	Heart Health Level 1-3
10:15-11:00am	Heart Health Level 1-3	Osteocise Level 1-2		Heart Health Level 1-3	Heart Health Level 1-3
10:45-11:30am			Heart Health Level 1-3		
11:45am-12:30pm				Osteocise Level 1-2	
12:45-1:45pm		Yoga Level 3-4		Yoga Level 3-4	
5:30-6:15pm			Osteocise Level 1-2		

Exercise training guide: 1 = Least Demanding – 5 = Most Demanding

USEFUL CONTACTS

Aged, Disability and Carer Advocacy Services (ADACAS)
ph (02) 6242 5060 email: adacas@adacas.org.au

Advocacy for Inclusion ph (02) 6257 4005,
email: info@advocacyforinclusion.org

Canberra Connect ph 13 22 81,
www.canberraconnect.act.gov.au

Carer Advisory and Counselling Service ph 1800 242 636
www.carersaustralia.com.au/

Carers ACT ph (02) 6296 9900 www.carersact.org.au/

Citizens Advice Bureau ACT ph (02) 6248 7988
www.contactcanberra.org.au/

Disability ACT Information Service ph (02) 6207 1086
TTY (02) 6205 0888
www.communityservices.act.gov.au/disability_act

Mental Health Foundation, Information ph (02) 6282 6658
www.mhf.org.au/contact-us

MyAgedCare ph 1800 200 422 www.myagedcare.gov.au

Public Advocate of the ACT ph (02) 6207 0707
www.publicadvocate.act.gov.au/

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