



Canberra Institute
of Technology

FIT & WELL

SKILLS FOR CARERS

CIT Health, Community
and Science

Canberra Institute of Technology

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This is non-accredited training.



CARERSKILLS

NEWSLETTER FEBRUARY 2018

WELCOME TO THE SEMESTER 1 2018 NEWSLETTER!

Hello and welcome back to another semester of the CIT Skills for Carers Program for 2018! Our team are excited for the year and we hope you are too.

Our objective for 2018 is to ensure that we deliver the best possible short courses and workshops catering to both the needs of carers who have been with the program long term, and new and returning carers who join our program as it suits their situation. We welcome and will continue to take on board any feedback about our program, and hope that you will continue to provide this feedback which is kept anonymous should you choose it to be.

Our goal in servicing this program is to ensure that carers in the ACT have a community where friendships and support networks can be made, showcasing the importance of our program and how these sessions may hold a greater purpose for carers. By continuously seeking your comments and ensuring we hear your thoughts and ideas, we hope to continue to offer this program for as long as possible.

At CIT Fit & Well we are passionate about health and well-being which is the nature of the Skills for Carers program. Together with our dedicated gym staff, we are creating programs to assist in the journey of good health and wellbeing.

This semester we are going to trial morning, lunch-time and afternoon sessions for

various programs. While this won't apply for all programs, it will be allocated for courses we believe will be of best value. We will continue with the Healthier Carers program for two sessions per week, with slight modifications to delivery incorporating alternative methods of exercise that can be further adapted by you at home. This may include the use of our CIT Fit & Well gym where applicable. We encourage all carers to take advantage of the courses provided by our professional trainers who possess years of experience with our programs, as well as their own personal journeys; which may assist you and your situation.

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

We hope that there is a program(s) offered in the Semester 1 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...

February	
12	Gentle Hatha Yoga – every Monday throughout Term 1 only
13	Healthier Carers – every Tuesday and Thursday throughout the semester
14	Dru Yoga – every Wednesday throughout the semester
28	Understanding and Responding to Anxiety (1 of 4 sessions)

March	
2	Manage Your Mindset (single session)
5	Mindfulness (single session)
9	Bush Fire First Aid
19	Medical First Aid

Mid-semester break (7 April – 22 April)	
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April	
26	Mental Health First Aid (single session)

May	
4	Creativity Course (1 of 4 sessions)
14	Aromatherapy and Relaxation (single session)

June	
1	Yoga and Relaxation (single session)

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

Jenny Berrill has extensive experience as a yoga teacher, with the skills and knowledge to adapt to various requirements of those involved in yoga programs around Canberra.

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.

Susan Staude from the St John Ambulance has recently joined the Skills for Carers program delivering first aid short courses and information sessions for carers with various approaches each time.

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.

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.

Karen Ivkovic has a PhD in science, is a master Bowen Therapist at Canberra Equipose, and a passionate yoga and meditation teacher with a 25 year practice who enjoys sharing her love of yoga and making yoga accessible to people of all ages and abilities. She will be our new Dru Yoga teacher while Lynette takes some personal time off.

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:	Indya Quinton Schroer
DATE:	Every Tuesday and Thursday for the semester (13 February - 14 June)
TIME:	11:30am – 12:15pm
VENUE:	CIT Bruce, Sports Hall (H Block)
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:	Jenny Berrill
DATE:	Mondays throughout Term 1 (12 Feb – 26 Mar)
TIME:	11:30am – 12:30pm
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:	Karen Ivkovic
DATE:	Wednesdays commencing 14 February – 4 April (Term 1) and 25 April – 13 June (Term 2)
TIME:	12.00 – 1.30pm
VENUE:	Weston Creek Community Centre – Hall
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

FIRST AID – ST. JOHNS AMBULANCE

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: Bush First Aid

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

Session 2: Medical Emergencies

- 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

- Action Plan
- Bites n' Stings
- Bleeding
- Breaks n' Strains

FACILITATORS:	Susan Staude from St John Ambulance ACT
DATE:	Session 1 - 9 March Session 2 - 19 March Session 3 - 7 May
TIME:	Session 1, Session 2 and Session 3: 12pm – 2pm
VENUE:	CIT Bruce, B Block, Room B03
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

MENTAL HEALTH FIRST AID

You are invited to attend an information session, facilitated by an experienced accredited Mental Health First Aid trainer, who will provide an introduction to Mental Health First Aid. With mental health issues becoming more and more common, first aiders at work and at home are now being called to help with conditions related to the mind. Mental health issues can be difficult to recognise and frightening to deal with. Early recognition and intervention are key to effectively assisting in mental health emergencies.

FACILITATOR:	Phil Ohman from St John Ambulance ACT
DATE:	Thursday 26 April
TIME:	10am – 12pm
VENUE:	Weston Creek Community Centre, Room 1
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

CREATIVITY COURSE

This course is to help support carers to take time out for themselves and leave behind their caring role and meet other carers who are interested in sharing their creative ideas. This term we will use polymer clay to make jewellery and beads, which will be used in creating your own uniquely designed bowl! In week 4 there will be plenty of materials and stamps to make your own cards and gift tags. No prior experience is required and participants from other Creativity Courses are very welcome.

FACILITATOR:	Carol Guy
DATE:	Friday 4, 11, 18 and 25 May
TIME:	10am – 12pm
VENUE:	Weston Creek Community Centre
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

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 2 March
TIME:	10am – 2pm
VENUE:	Weston Creek Community Centre – Room 1
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

MINDFULNESS

Do you feel stressed out? Do you often experience anxiety or overwhelm? Suffer from depression?

Mindfulness is an amazing tool to help you control your anxiety and enjoy life more. This is a very practical course, where you learn to understand that how you think and behave affects your whole life either positively or negatively. Many of us may be unaware of our unconscious patterning and habits. You will learn how to develop awareness of your thoughts, how to appreciate and connect with your environment and be more present and conscious of many things. Vital to leading a happy, calm and balanced life.

FACILITATOR:	Suzie Williams
DATE:	Monday 5 March
TIME:	10am - 2pm
VENUE:	Weston Creek Community Centre, Room 1
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

UNDERSTANDING AND RESPONDING TO ANXIETY

Approximately 14% of Australian adults have an anxiety disorder in any given year. This short course provides an opportunity to better understand and deal with the challenges that arise when anxiety affects a person's ability to work, study or live everyday life, including anxiety brought on by trauma.

Topics covered:

- What is anxiety?
- Responding to difficult symptoms and behaviours
- Handling emergencies
- Help and support

FACILITATOR:	Carol Guy
DATE:	Wednesday 28 February and 14, 21 and 28 March
TIME:	5pm – 7pm
VENUE:	Weston Creek Community Centre
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

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:	Monday 14 May
TIME:	10am - 2pm
VENUE:	Weston Creek Community Centre, Room 1
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

YOGA AND RELAXATION

Yoga and Relaxation is a wonderful and well-deserved retreat away from the stresses of everyday life and the responsibilities of your role as a carer. You will enjoy some lovely Dru Yoga warm ups and flowing yoga to release the tension out of your body, as well as learn some very deep and powerful relaxation techniques to help dissolve away your stress and tension in your mind and body.

FACILITATOR:	Suzie Williams
DATE:	Friday 1 June
TIME:	10am - 2pm
VENUE:	Weston Creek Community Centre, Room 1
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

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
8:15-9:00am		Heart Health Level 2-3			
9:15-10:00am	Heart Health Level 2-3	Heart Health Level 2-3	Functional Fitness Level 4	Heart Health Level 2-3	Heart Health Level 2-3
10:15-11:00am	Heart Health Level 2-3	Osteocise Level 2-3		Heart Health Level 2-3	Heart Health Level 2-3
10:45-11:30am			Heart Health Level 2-3		
11:00am-12:00pm	Lungs in Action Level 1				Lungs in Action Level 1
11:45am-12:30pm				Osteocise Level 2-3	
12:30-1:15pm	Functional Fitness Level 4				
12:45-1:30pm		Yoga Level 3-4		Yoga Level 3-4	
5:30-6:15pm			Osteocise Level 2-3		

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

Heart Health

Heart Health is a gentle physical activity class suitable for anyone who hasn't exercised in a while. Exercise at your own pace in a friendly and safe environment.

Osteocise

Osteocise is a safe, effective exercise program designed for people in need of increasing the strength of their bones and muscles. The program is a scientifically proven exercise program for building strong bones and muscles in people over 50.

Functional Fitness

Functional Fitness is a fast, challenging high-intensity interval class designed to improve your strength and fitness and make you feel energised.

Using a variety of training methods and equipment including boxing, stability balls, kettlebells and weights, the class aims to train the body to perform everyday activities efficiently and safely.

Benefits include weight loss and improved flexibility, mobility, core stability, balance and strength.

Yoga

CIT Fit & Well Yoga is a challenging dynamic, flowing class that combines strong poses with breath work and meditation. The class will improve your strength, mobility, balance, posture, endurance, reduce the risk of injury and leave you feeling relaxed.

Student Personal Training

Get in shape and improve your fitness under the guidance of CIT Fit & Well personal trainers.

CIT Fit & Well offers student personal training packages for anyone who wants to get in shape and improve their health, whatever your goals or fitness levels.

Each term you get 12 sessions of personal training which includes fitness assessments, programming and at least two personal training sessions a week.

Lungs in Action

Lungs in Action is Australia's community based maintenance exercise program for people with stable chronic lung conditions who have completed a pulmonary rehabilitation. It is also suitable for people with stable NYHA class II & III heart failure who have completed heart failure rehabilitation. Lungs in Action classes are suitable for people using supplemental oxygen and/or walking frames. And there are seated options for all exercises if required.

Student Massage Clinic

Take advantage of CIT's Massage Clinic to provide relief from muscular tension, pain, postural problems, or for relaxation. One hour assessment and massage treatments are available – personally tailored to your needs, by one of our supervised massage students.



This is non-accredited training.

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.

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

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/

Would you like to receive the CIT Skills for Carers Newsletter by email? Send an email to CarerSkills@cit.edu.au.

If you no longer wish to receive this newsletter please let us know, by phone or email, and we will remove you from the mailing list.

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