



Canberra Institute  
of Technology

Skills for Carers

# CARERSKILLS

## NEWSLETTER FEBRUARY 2017

### HAPPY NEW YEAR AND WELCOME TO 2017!

We hope you have all had a lovely, well-deserved break over the holiday season and spent quality time with your loved ones, both family and friends. The CIT Fit & Well Skills for Carers Team would like to thank you for a wonderful end to 2016. We enjoyed meeting you all at the courses, seminars and our first Morning Tea in honour of National Carer's Week. It has been a privilege and we hope to continue this throughout 2017.

The CIT Fit & Well Skills for Carers Team have arranged various courses this semester for carers, continuing with our popular programs like Dru Yoga and Meditation helping you relax and find a sense of balance. This year we are taking on board all the feedback received late last year, especially after the transition of the Skills for Carers program to the CIT Fit & Well Team, reinstating previous seminar topics and providing an array of morning and evening session times. We have also introduced TWO new programs this year:

- Yoga for Carers and
- Healthier Carers!

For those carers who love Yoga and would enjoy more than one session a week, or require flexibility to attend either days. Healthier Carers, offered twice a week, is aimed at those who are eager to learn about health, nutrition and take part in low-intensity exercises in our Fit & Well Gym. We have also provided an opportunity for individual sessions on NDIS with one of our experienced facilitators throughout this semester. See the planner below for times and dates.

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 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 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

13	Yoga for Carers – every Monday throughout the semester
13	Fitness for Carers – Wednesdays over six sessions
14	Meditation – every Tuesday throughout the semester
14	Healthier Carers – Tuesdays/Thursdays throughout the semester
15	Dru Yoga – every Wednesday throughout the semester

#### March

14	The NDIS How To Take Control
29	Strategies for Good Mental Health and Wellbeing
31	Intro to Massage for Carers

#### April

5	Strategies for Good Mental Health and Wellbeing (second session)
5	Emergency First Aid

#### Mid-semester break (14 April – 28 April)

#### May

1	Yoga for Carers resumes for Term 2
2	Meditation resumes for Term 2
2	Healthier Carers resumes for Term 2
3	Dru Yoga resumes for Term 2

#### June

1	Supporting Someone with Depression/Psychosis
2	Mindfulness and Relaxation
7	Understanding and Responding to Anxiety

**Please note:** All courses exclude school and public holidays.

## SKILLS FOR CARERS

CIT Health, Community  
and Science

Canberra Institute of Technology

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Canberra ACT 2601

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E CarerSkills@cit.edu.au  
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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.

## 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

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

**Louise (Lou) Bannister** has extensive experience working in the disability sector both as an advocate and a person with lived experience. For the past 10 years she has coordinated the PATH Program at Belconnen Community Service.

**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.

**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.

**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.

**Vasa** holds a Fitness Australia qualification as a qualified instructor who work at the CIT Fit & Well Gym as a GSO. Vasa looks after various programs run through our commercial gym including our popular programs such as Heart Health and Osteocise.

## 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.

<b>FACILITATOR:</b>	Lynnette Dickinson
<b>DATE:</b>	Tuesdays, February 14 – 4 April (Term 1) and May 2 – June 20 (Term 2)
<b>TIME:</b>	12.00 – 1.30pm
<b>VENUE:</b>	CIT Bruce, Room B003b
<b>TO REGISTER:</b>	(02) 6207 3628 or CarerSkills@cit.edu.au

## 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 over the duration of the program. 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 may require a medical clearance from their general practitioner to participate.

Places are limited so apply early.

<b>FACILITATORS:</b>	Vasa Stoyanoff
<b>DATE:</b>	February 14 – April 13, Tuesday/Thursday (Term 1) and May 2 – June 22 (Term 2)
<b>TIME:</b>	5.30pm – 6.30pm
<b>VENUE:</b>	CIT Bruce, Sports Hall
<b>TO REGISTER:</b>	(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.

<b>FACILITATOR:</b>	Lynnette Dickinson
<b>DATE:</b>	Wednesdays February 15 – April 5 (Term 1) and May 3 – June 21 (Term 2)
<b>TIME:</b>	12pm – 1.30pm
<b>VENUE:</b>	St. James Uniting Church, Curtin
<b>TO REGISTER:</b>	(02) 6207 3628 or CarerSkills@cit.edu.au

This is non-accredited training.

## THE NDIS – HOW TO TAKE CONTROL

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

Would you like to hear from someone who has completed the process and has some valuable tips to share?

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

- What to look for in a support worker, how to choose a support worker, how to keep a support worker
- Working with individuals and organisations
- Your rights and responsibilities

Our facilitator Louise (Lou) Bannister has extensive experience working in the disability sector both as an advocate and a person with lived experience, who may be able to assist you in.

We encourage all carers interested to register for an individual session with Lou to contact the CIT Skills for Carers Administration Team on the below details.

<b>FACILITATOR:</b>	Lou Bannister
<b>TO REGISTER:</b>	(02) 6207 3628 or CarerSkills@cit.edu.au

## MINDFULNESS AND RELAXATION

This four week course will explore ways to create more time for ourselves despite often having to juggle competing demands and caring for a family member.

Taking time to care for ourselves is time well spent for our well-being and health. Each week we will discuss various aspects of mindfulness and meditation and the benefits of relaxation. Each session will include practical exercises and conclude with a relaxation practice or mindfulness exercise.

<b>FACILITATOR:</b>	Suzie Williams
<b>DATE:</b>	Friday 31 March
<b>TIME:</b>	10am – 2pm
<b>VENUE:</b>	CIT Bruce, Room B003b
<b>TO REGISTER:</b>	(02) 6207 3628 or CarerSkills@cit.edu.au

## INTRO TO MASSAGE FOR CARERS

An introductory course for carers on how to massage others effectively and safely, including:

- Safe and simple massage techniques for the home environment, bed, wheelchair and floor
- Massage and disability, special considerations
- Self-massage and postural therapy to prevent injury and provide pain relief.

Please bring an old towel & pillow.

<b>FACILITATOR:</b>	Suzie Williams
<b>DATE:</b>	Monday 3 April
<b>TIME:</b>	10am – 2pm
<b>VENUE:</b>	CIT Bruce, Room B003b
<b>TO REGISTER:</b>	(02) 6207 3628 or CarerSkills@cit.edu.au

## EMERGENCY FIRST AID

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? In this St John Ambulance session, we will give you basic skills and more confidence to act in these situations.



Topics include:

- Recognising and treating heart attack
- Recognising and treating heart stroke
- Choking Dealing with an emergency – DRSABCD
- CPR
- Defibrillation

<b>FACILITATOR:</b>	Kym 'Twisty' Schmid is the Community Education Supervisor at St John Ambulance ACT
<b>DATE:</b>	Wednesday 5 April and 12 April 2017
<b>TIME:</b>	10am – 12:30pm (5/4) and 5:30pm – 8pm (12/4)
<b>VENUE:</b>	Weston Creek Community Centre (5/4) and CIT Bruce, Room FL06 (12/4)
<b>TO REGISTER:</b>	(02) 6207 3628 or CarerSkills@cit.edu.au

## STRATEGIES FOR GOOD MENTAL HEALTH AND WELLBEING

As carers we can become tired and find our energy depleted. Looking after our own health is essential and this course will use the research of Dr Richard O'Connor who suggests ways to support ourselves in our wellbeing and enjoy life more.

By discussing helpful strategies that have worked for others and completing each session with a relaxation exercise we can support each other to have good mental health.

<b>FACILITATOR:</b>	Carol Guy
<b>DATE:</b>	Tuesdays, 29 March and 5 April
<b>TIME:</b>	10.30am-1pm
<b>VENUE:</b>	Weston Creek Community Centre
<b>TO REGISTER:</b>	(02) 6207 3628 or CarerSkills@cit.edu.au

## YOGA FOR CARERS

This style of yoga provides carers with the opportunity to attend more than one session per week for the duration of semester 1. Throughout these sessions you will relax and unwind for your much-deserved YOU time! Yoga for Carers caters to persons of all ages and all levels of previous yoga participation. Register today and get to know how to adopt relaxing yoga sessions in to your lifestyle.

<b>FACILITATORS:</b>	Jenny Berrill and Jen Brown
<b>DATE:</b>	Mondays 13 February – 3 April (Term 1) and 1 May – 19 June (Term 2) excluding public holidays
<b>TIME:</b>	12pm–1.30pm
<b>VENUE:</b>	CIT Bruce, Sports Hall
<b>TO REGISTER:</b>	(02) 6207 3628 or CarerSkills@cit.edu.au

## FITNESS FOR CARERS

Caring for others can place a lot of pressure on a person and their time, and it can be difficult for carers to maintain their health and strength.

This short course will teach you some exercises and fitness strategies that can become part of your everyday activities. No expensive equipment required. The emphasis on these sessions is about having fun and learning to be fit and well.

<b>FACILITATORS:</b>	Caz Vincent
<b>DATE:</b>	Monday February 13, 20, 27 and 6, 20 and 3 April
<b>TIME:</b>	6pm – 7:30pm
<b>VENUE:</b>	CIT Bruce, Room FL06
<b>TO REGISTER:</b>	(02) 6207 3628 or CarerSkills@cit.edu.au

## UNDERSTANDING AND RESPONDING TO ANXIETY

Approximately 14 percent 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

<b>FACILITATOR:</b>	Carol Guy
<b>DATE:</b>	Wednesdays 7, 14 and 21 June (3 sessions)
<b>TIME:</b>	2pm – 4pm
<b>VENUE:</b>	Weston Creek Community Centre
<b>TO REGISTER:</b>	(02) 6207 3628 or CarerSkills@cit.edu.au

## SUPPORTING SOMEONE WITH DEPRESSION OR PSYCHOSIS

West Belconnen Child and Family Centre are partnering with CIT Skills for Carers to provide this short course for family carers, which is designed to provide information about depression as well as an opportunity to better understand and deal with the issues and challenges that arise when someone you love is depressed. It is also a chance to meet other people in similar situations and explore ways to keep going.

Topics covered:

- Understanding depression
- Communicating and connecting effectively
- Responding to difficult symptoms and behaviours
- Services and supports
- Strength for the journey – managing your own stress and balancing everyone's needs.

<b>FACILITATOR:</b>	Carol Guy
<b>DATE:</b>	Thursdays, June 1, 8 and 15
<b>TIME:</b>	10am – 12pm
<b>VENUE:</b>	Weston Creek Community Centre
<b>TO REGISTER:</b>	(02) 6207 3628 or CarerSkills@cit.edu.au

This is non-accredited training.





# CIT Fit & Well

Fitness, high performance and rehabilitation centre

## About CIT Fit & Well

CIT Fit & Well is a student training facility that is designed to aid students in their learning and support the ACT community. CIT Fit & Well is open to the public – anyone can join!

## Memberships

Joining is easy! There are no locked in memberships, no joining fees and no contracts. CIT Fit & Well offers a number of payment options. Take the opportunity to support the development of fitness industry professionals and get a great value gym membership.

## Facilities

CIT Fit & Well has a large range of modern exercise machines and equipment for members. Members have access to a large range of cardiovascular equipment, free weights area and functional training and power training areas. CIT Fit & Well also has modern change rooms, shower facilities, personal lockers and free parking.

## Fitness Classes

Fitness classes are available for all levels of fitness. Get moving again with Heartmoves, a gentle exercise class at your own pace. Improve your strength and balance with yoga, or strengthen your bones and muscles with our effective and safe osteocise class. Personal training is also available to help you meet your fitness goals.

## CIT Student Massage Clinic

Treatments at the CIT Student Massage Clinic are provided by students and supervised by a qualified health professional in a clinic environment. Clients are assessed and then the best treatment options are selected. Clients are also provided with advice on how to best care for their posture and musculoskeletal health.

Massages can provide relief from muscular tension, pain and postural problems and are also available for relaxation. Bookings are essential.

## Fitness Class Timetable

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



Canberra Institute of Technology

FIT & WELL

## Opening Hours

Monday to Friday: 6am – 8pm  
Saturday and Sunday: 8am – 5pm

A Block, CIT Bruce, 35 Vowels Crescent  
(02) 6207 4309

[cit.edu.au/fitandwell](http://cit.edu.au/fitandwell)



## FEEDBACK AND COMPLAINTS – ACT HUMAN RIGHTS COMMISSION

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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  
SMS: 0466 169 997  
Post: GPO Box 158 Canberra ACT 2601  
Office: Level 4, 12 Moore Street, Canberra City  
Web: [www.hrc.act.gov.au](http://www.hrc.act.gov.au)  
Email: [human.rights@act.gov.au](mailto: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](http://agedcarecomplaints.govspace.gov.au)

## USEFUL CONTACTS

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

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

Canberra Connect ph 13 22 81,  
[www.canberraconnect.act.gov.au](http://www.canberraconnect.act.gov.au)

Carer Advisory and Counselling Service ph 1800 242 636  
[www.carersaustralia.com.au/](http://www.carersaustralia.com.au/)

Carers ACT ph (02) 6296 9900 [www.carersact.org.au/](http://www.carersact.org.au/)

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

Disability ACT Information Service ph (02) 6207 1086  
TTY (02) 6205 0888  
[www.communityservices.act.gov.au/disability\\_act](http://www.communityservices.act.gov.au/disability_act)

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

MyAgedCare ph 1800 200 422 [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

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

## CIT Skills for Carers

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