



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 JULY 2019

WELCOME TO THE SEMESTER 2 2019 NEWSLETTER!

Hello and welcome back to another semester for the CIT Skills for Carers program in 2019! Semester 2 this year will commence in July and go through until December. Our delivery schedule will be lengthened to meet the demands of our growing program which is fantastic. Moving forward in 2019, we have additional programs that you may have attended previously, to support the needs of the carer community in the ACT and be able to assist those in need with their caring role. It is extremely important and fundamental to our program that we review our program delivery through the course feedback, and we encourage regular feedback outside of the course specific feedback we receive as well, in particular to the holistic delivery of this program.

For the rest of 2019, our team will encourage and promote attendance to courses that aid in particular to the health and wellbeing of each individual person. 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 CIT Fit & Well dedicated gym staff, we will continue to create programs each week to assist in the journey of good health and well-being. Once again, we will continue with two sessions of Healthier Carers per week to ensure you are getting the best out of your sessions, aiding in your health and well-being throughout your caring role. This program may include the use of our CIT Fit & Well gym where applicable. We encourage all carers to take

advantage of the courses provided with our remarkable trainers who have years of experience with our programs as well as their own personal experience which may assist you and your situation. Additionally, for those who enjoy Dru Yoga, we have incorporated Hatha Yoga at the CIT Bruce campus as well.

This year we introduce once again a Meditation program as a trial period as well as scheduling two information sessions on Mental Health First Aid and one on Anxiety/Depression. We encourage registration to each of these courses based on the feedback we have recently received. Beyond 2019, we endeavour to continue providing an array of courses that cater to the needs of the Skills for Carers community.

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 remainder of 2019 and we look forward to seeing you at one of our sessions this semester.

Simona, Mai, and Simon
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

Term dates: 22 July – 6 December 2019

Courses starting in the month of...

JULY

Healthier Carers – commencing 22 July for the semester

Hatha Yoga – commencing 22 July for the semester

Dru Yoga – commencing 24 July for the semester

AUGUST

Medication and Mindfulness – commencing 2 August for the semester

Mindfulness and Relaxation – Friday 16 August

Journaling Course – Thursday 22 August

Basic First Aid – Thursday 29 August

Emotional Mastery – Friday 30 August

SEPTEMBER

Creativity course (Day) – commencing 5 September for four consecutive weeks

Restorative Yoga and Self-Care – Friday 6 September

Self-Care for Carers – Monday 9 September

Mental Health First Aid – Tuesday 17 September

Mid-semester Break (30 September – 11 October)

Courses resuming 14 October

OCTOBER

Emotional Mastery (Resilience Session) – Friday 25 October

NOVEMBER

Creativity Course (Night) – commencing 5 November for four consecutive weeks

Supporting someone with Anxiety/Depression – Thursday 14 November

Mental Health First Aid – Thursday 21 November

A Dru Yoga Retreat – Friday 29 November

DECEMBER

Courses end – Friday 6 December 2019

Please note: All courses **exclude** 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 are provided from government agencies with the ACT region. 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

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.

Gary Biss from the St John Ambulance is joining the Skills for Carers program this semester to deliver First Aid short courses and information sessions for Mental Health First Aid. The St John Ambulance teams' experience is well-received in the wider community and in particular to our program. We look forward to working with Gary.

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. Indya has delivered the Healthier Carers program for a couple years.

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 Equipoise, and is 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.

Annika Dash has a health and fitness background with various qualifications also working as a GSO at the CIT Fit & Well Gym. Annika has practiced and taught yoga of various styles and is adaptable in her technique.

This is non-accredited training.

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 Monday and Friday for the semester (as per the term dates, excluding the mid-term breaks), commencing 22 July
TIME:	1:30pm – 2:30pm
VENUE:	CIT Bruce – Sports Hall (H Block)
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:	Each Wednesday for the semester (as per the term dates, excluding the mid-term breaks), commencing 24 July
TIME:	12:00pm – 1:30pm
VENUE:	Weston Creek Community Centre – Hall
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

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:	Annika Dash
DATE:	Every Monday for the semester (as per the term dates, excluding the mid-term breaks), commencing 22 July
TIME:	12:00pm – 1:30pm
VENUE:	CIT Bruce – Room B003b
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

MEDITATION AND MINDFULNESS

The Meditation and Mindfulness classes will give you the skills to establish your own meditation and mindfulness practice at home. During each class we will explore different techniques and styles of meditation so that you can find a style that suits you. We will also explore different mindfulness techniques that you can incorporate into your daily life. Even if you have no intention of establishing your own practice and just wish to attend and be guided through meditation then these classes will be beneficial for you. Meditation and mindfulness has been shown to reduce stress and anxiety and improve focus and overall happiness.

FACILITATORS:	Annika Dash
DATE:	Friday 2, 16, and 30 August; 13 and 27 September; 25 October; 8 and 22 November; 6 December
TIME:	3:00pm – 3:45pm
VENUE:	CIT Bruce – Room B003b
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

MINDFULNESS AND RELAXATION

This short 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 wellbeing 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.

FACILITATOR:	Suzie Williams
DATE:	Friday 16 August
TIME:	10:00am – 2:00pm
VENUE:	Weston Creek Community Centre – Room 1
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

JOURNALING COURSE

This session is for Carers who are new to journaling or carers who have attended previous course. Participants will be able to try out new techniques to cover a journal [which will be provided] and a selection of paints, recycled materials and new materials will be available to create some pages in the journal. This will be a fun session for participants who want to experiment with art materials or others may prefer to write in their journals.

FACILITATOR:	Carol Guy
DATE:	Thursday 22 August
TIME:	10:00am – 2:00pm
VENUE:	Weston Creek Community Centre – Room 2
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

RESTORATIVE YOGA AND SELF-CARE

A beautiful session of restorative yoga and guided relaxations. Restorative Yoga is very special and very healing as it allows your nervous system time to unwind the long-held tension in muscles, joints and organs. You are fully supported by bolsters, cushions and blankets in deeply relaxing positions that allow your body to fully release tension and go into a lovely healing space where you can just blissfully relax and “just be”. It has to be experienced to fully appreciate how relaxing it can be! :-)

You will each receive a practical (surprise) gift to take home to continue your new self-care!

If you have your own bolster please bring it, as well as your yoga mat, a blanket and 2 cushions/pillows. Class size limited to 10.

FACILITATOR:	Suzie Williams
DATE:	Friday 6 September
TIME:	10:00am – 2:00pm
VENUE:	Chifley Health and Wellbeing Hub
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

EMOTIONAL MASTERY

The research by Daniel Goleman highlights the skills of Emotional Intelligence, which include self-awareness, persistence and emotional regulation. These skills can be learnt which is good news as this skill set is generally not taught in schools and are acknowledged as being important in the workplace as well as our family relationships. This four-hour session will look at the research and help us identify our emotions and ways to manage them.

FACILITATOR:	Carol Guy
DATE:	Friday 30 August and Friday 25 October (Resilience Session)
TIME:	10:00am – 2:00pm
VENUE:	Weston Creek Community Centre – Room 1
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

CREATIVITY COURSE (DAY OR NIGHT)

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. In the first week we will discuss new ideas for this course. Carers who want to come along and bring their own knitting or craft project are very welcome and it is a good opportunity to meet other carers and be able to relax and have time for ourselves. Carol has new materials including clay, paints and inks to experiment with.

FACILITATOR:	Carol Guy
DATE:	Creativity Course Day: Thursday 5, 12, 19 and 26 September Creativity Course Night: Tuesday 5, 12, 19, and 26 November
TIME:	Creativity Course Day: 10:00am – 1:00pm Creativity Course Night: 5:30pm – 7:30pm
VENUE:	Weston Creek Community Centre – Room 1 Weston Creek Community Centre – Room 2
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

Please note: you do not need to register for both day and night, when registering please let our team know of your preference.

SELF-CARE FOR CARERS

Carers spend much of their time and energy giving to others – the person/s they care for, as well as other family, friends and work colleagues. This session is about giving you some time out to learn how to care for you, so you can keep on giving and caring in the long term. Carer burn-out is not healthy! No one can keep giving from an empty cup, so we will cover a variety of ways you can easily give yourself some ‘extra love’ by doing some essential self-care! Includes self-massage and aromatherapy, breathing and focus techniques, some simple yoga movements and blissful relaxations. Come and join us and enjoy taking care of you for a change. And enjoy a bit of nurturing from others too. Some of these skills can also be used on the person you care for, or you can show friends or family how to do them on you!

FACILITATOR:	Suzie Williams
DATE:	Monday 9 September
TIME:	10:00am – 2:00pm
VENUE:	Weston Creek Community Centre – Room 1
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

SUPPORTING SOMEONE WITH ANXIETY/DEPRESSION

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. This short course will also aim 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.

FACILITATORS:	Carol Guy
DATE:	Thursday 14 November
TIME:	10:00am – 2:00pm
VENUE:	Weston Creek Community Centre – Room 2
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

TIME OUT – DRU YOGA RETREAT

Take some time out for your mind, body and spirit to reconnect in this wonderful session of true self-care on all levels! Includes lots of time to laugh, chat, be still, feel calm and re-centre. We will take time to release tension, frustration and other emotions.

Time to relax, stretch and open our bodies and minds to more freedom to really feel and explore what makes us feel good.

Time to rest and totally relax and sink deeply into that peaceful space within.

Time to share some nurturing body therapies with each other in a very gentle and supportive way.

Time to share some nutritious food and refreshments with other lovely carers and make new friends or reconnect with old ones.

By taking time out for you, you will leave feeling refreshed, relaxed, uplifted and inspired to take more care of yourself, and make your health and happiness more of a priority in some small way each day.

FACILITATORS:	Suzie Williams
DATE:	Friday 29 November
TIME:	10:00am – 2:00pm
VENUE:	Weston Creek Community Centre – Room 1
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? St John Ambulance will give you basic skills and more confidence to act in these situations for Basic First Aid.



Basic First Aid (non-accredited)

- DRSABCD
- Defibs
- Bleeds

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:	Gary Biss
DATE:	Basic First Aid: Thursday 29 August Mental Health First Aid: Tuesday 17 September Mental Health First Aid: Thursday 21 November
TIME:	Basic First Aid: 10:00am – 1:00pm Mental Health First Aid: 10:00am – 1:00pm Mental Health First Aid: 1:00pm – 4:00pm
VENUE:	Weston Creek Community Centre – Room 1 Weston Creek Community Centre – Room 2 Weston Creek Community Centre – Room 1
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au



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FEEDBACK AND COMPLAINTS – ACT HUMAN RIGHTS COMMISSION



If you are not happy with the service you have received here, 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
Email: human.rights@act.gov.au

For Carers aged 65 years and over any concerns or complaints about CIT Skills for Carers may be directed to the Aged Care Complaints Scheme – Phone 1800 550 552 or website <http://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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