



Canberra Institute  
of Technology

FIT & WELL

# SKILLS FOR CARERS

CIT Health, Community  
and Science

Canberra Institute of Technology

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and the Commonwealth  
Home Support Programme  
(CHSP).

This is non-accredited training.



# CARERSKILLS

NEWSLETTER FEBRUARY 2020

WELCOME TO THE SEMESTER 1 2020 NEWSLETTER!

## HAPPY NEW YEAR AND WELCOME TO THE NEW DECADE, 2020!

Welcome back to another semester of CIT Skills for Carers!

We have started this decade with record-breaking temperatures and a continuation of huge bushfires across Australia. Our thoughts go out to those who have been affected by these circumstances and have experienced any kind of loss.

This year, in collaboration with CIT Fit & Well, CIT Skills for Carers celebrates the opening of the CIT Fit & Well Allied Health Clinic at CIT Bruce by moving the Healthier Carers classes from CIT Sports Hall to the new clinic. This change allows us to move the Healthier Carers class to the morning and will allow carers more flexibility to join Hatha Yoga if they wish. Healthier Carers will continue with two sessions per week to ensure you are getting the best out of your sessions. This program may include the use of CIT Fit & Well gym where applicable.

This semester, CIT Skills for Carers will move back to a semester-based delivery. Carers will continue to get the benefits of 18 weeks delivery total in a semester, with a 2 week break in between. We are continuing to deliver First Aid courses in collaboration with St. John Ambulance. It is recommended that you attend the workshop to refresh your memory and to keep up with updates. We are offering one session in the morning and one in the afternoon to accommodate

your availability. We will also be exploring courses on a new topic, following carers' suggestions, such as Preparing for Death. We encourage carers to take advantage of our courses. All courses are delivered by facilitators with years of experience which may assist you in your carer role.

Please note that all courses require booking. CIT Skills for Carers reserve the right to cancel courses due to insufficient numbers or should unforeseen circumstances occur.

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](mailto:CarerSkills@cit.edu.au)**.

We hope that you will find the courses we offered this semester of interest. Wishing you all the best for the rest of the year, and look forward to seeing you at one of our sessions.

*Mai, Tahrima, 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: 10 February – 26 June 2020

Courses starting in the month of...

### FEBRUARY

**Healthier Carers** – commencing 10 February for the semester

**Hatha Yoga** – commencing 10 February for the semester

**Dru Yoga** – commencing 12 February for the semester

**First Aid Workshop (AM)** – Thursday 20 February

### MARCH

**Creating a Journal** – Tuesday 3 March

**Mind Your Mindset** – Friday 6 March

**Gratitude Journaling** – Tuesday 10 March

### APRIL

**First Aid Workshop (PM)** – Tuesday 7 April

**Caring for someone with Anxiety/Depression** – Thursday 9 April

*Mid-semester Break (10 April – 27 April)*

*Courses resume on 29 April*

### MAY

**Memory Box** – Tuesday 5 May

**Restorative Yoga and Self-Care** – Friday 8 May

**Preparing for Death** – Monday 11 May

**Working with Clay** – Thursday 14 May

### JUNE

**Mental Health First Aid: Understanding Mental Health Illness** –  
Wednesday 10 June

*Courses end – Friday 26 June 2020*

**Please note:** All courses exclude public holidays and semester break.

## 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 are 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 CIT Skills for Carers courses over the years and sustained wealth of knowledge in her field.

**St.John Ambulance** has worked with the CIT Skills for Carers program for several years, delivering First Aid short courses and information sessions for carers with various approaches each time. Their experience is well-received in the wider community and in particular to our program.

**Indya Quinton Schroer** is a qualified gym instructor and personal trainer working as a General Service Officer (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 of 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 been practicing yoga and meditation for over 25 years and loves making yoga accessible to people of all ages and abilities, from chair yoga through to stronger practices of yoga. Her classes are fun and inclusive, with students of all ages participating, including those in their 80s! Karen has teaching diplomas in Dru Yoga, meditation and yoga therapy.

**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.

## 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 medical clearance from their general practitioner to participate.

<b>FACILITATORS:</b>	Indya Quinton Schroer
<b>DATE:</b>	Every Monday and Friday for the semester (excluding the semester break)
<b>TIME:</b>	10:30am – 11:30am
<b>VENUE:</b>	CIT Fit & Well Allied Health Clinic
<b>TO REGISTER:</b>	<b>(02) 6207 3628</b> or <a href="mailto:CarerSkills@cit.edu.au">CarerSkills@cit.edu.au</a>

## GENTLE HATHA YOGA

This class takes a gentle, progressive approach to Hatha Yoga so that carers 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.

<b>FACILITATORS:</b>	Annika Dash
<b>DATE:</b>	Every Monday for the semester (excluding the semester breaks)
<b>TIME:</b>	11:45am – 1:00pm
<b>VENUE:</b>	CIT Bruce – Room B003b
<b>TO REGISTER:</b>	<b>(02) 6207 3628</b> or <a href="mailto:CarerSkills@cit.edu.au">CarerSkills@cit.edu.au</a>

## DRU YOGA

Dru Yoga is designed to be practised by people of all abilities, all fitness levels and all age groups. It improves strength and flexibility, increases core stability, builds mindfulness, self-compassion and a heightened feeling of positivity. The last 30 minutes of class includes a deep relaxation and mindfulness meditation.

<b>FACILITATOR:</b>	Karen Ivkovic
<b>DATE:</b>	Every Wednesday for the semester (excluding the semester breaks)
<b>TIME:</b>	12:00pm – 1:30pm
<b>VENUE:</b>	Weston Creek Community Centre – Hall
<b>TO REGISTER:</b>	<b>(02) 6207 3628</b> or <a href="mailto:CarerSkills@cit.edu.au">CarerSkills@cit.edu.au</a>

## FIRST AID WORKSHOPS – ST. JOHNS AMBULANCE ACT

First Aid Workshops with St. John Ambulance will teach/refresh your knowledge on basic first aid skills to compliment your carer role. These sessions will cover the topics of CPR, heart attack, stroke, defibrillation, choking, burns, bleeding etc.



Carers may choose to attend a morning session or an afternoon session. Both workshops cover the same topics.

<b>FACILITATORS:</b>	St. John Ambulance ACT
<b>DATE:</b>	Thursday 20 February 2020
<b>TIME:</b>	10:00am – 2:00pm
<b>VENUE:</b>	Weston Creek Community Centre – Room 1
<b>TO REGISTER:</b>	<b>(02) 6207 3628</b> or <a href="mailto:CarerSkills@cit.edu.au">CarerSkills@cit.edu.au</a>

<b>FACILITATORS:</b>	St. John Ambulance ACT
<b>DATE:</b>	Tuesday 7 April 2020
<b>TIME:</b>	4:30pm – 7:30pm
<b>VENUE:</b>	Weston Creek Community Centre – Room 1
<b>TO REGISTER:</b>	<b>(02) 6207 3628</b> or <a href="mailto:CarerSkills@cit.edu.au">CarerSkills@cit.edu.au</a>

## CREATING A JOURNAL

In this session, carers will have the opportunity to make their own journal using a pre-loved book. Carers will be able to make each page their own using ink, paint and gel pens.

Some journals will be available if other carers prefer to choose one and start writing in it or to select inspirational quotes to start the journal. Alternatively, carers can choose a journal they have at home to continue their writing and take the time out to meet other carer's, to share a morning tea and lunch.

<b>FACILITATOR:</b>	Carol Guy
<b>DATE:</b>	Tuesday 3 March 2020
<b>TIME:</b>	10:00am – 2:00pm
<b>VENUE:</b>	Weston Creek Community Centre – Room 2
<b>TO REGISTER:</b>	(02) 6207 3628 or <a href="mailto:CarerSkills@cit.edu.au">CarerSkills@cit.edu.au</a>

## MIND YOUR MINDSET – MINDFULNESS

This short course is on how to manage and change beliefs, thoughts and feelings so you can turn negative outlook into a positive outlook. By learning how to understand the power of your thoughts and the repetitive thinking patterns, 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 life!

<b>FACILITATOR:</b>	Suzie Williams
<b>DATE:</b>	Friday 6 March 2020
<b>TIME:</b>	10:00am – 2:00pm
<b>VENUE:</b>	Weston Creek Community Centre – Meeting Room 1
<b>TO REGISTER:</b>	(02) 6207 3628 or <a href="mailto:CarerSkills@cit.edu.au">CarerSkills@cit.edu.au</a>

## GRATITUDE JOURNALING

Carers who attended **Creating a Journal** are encouraged to bring their journals with them and use them to commence writing a gratitude diary. Journals will be available for those carers who were unable to attend Creating a Journal. By learning to concentrate on what we are grateful for in our life can help us to maintain a more positive attitude. An example of a journal in progress will be available.

<b>FACILITATOR:</b>	Carol Guy
<b>DATE:</b>	Tuesday 10 March 2020
<b>TIME:</b>	10:00am – 2:00pm
<b>VENUE:</b>	Weston Creek Community Centre – Room 2
<b>TO REGISTER:</b>	(02) 6207 3628 or <a href="mailto:CarerSkills@cit.edu.au">CarerSkills@cit.edu.au</a>

## CARING FOR 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.

<b>FACILITATOR:</b>	Carol Guy
<b>DATE:</b>	Thursday 9 April 2020
<b>TIME:</b>	10:00am – 2:00pm
<b>VENUE:</b>	Weston Creek Community Centre – Room 2
<b>TO REGISTER:</b>	(02) 6207 3628 or <a href="mailto:CarerSkills@cit.edu.au">CarerSkills@cit.edu.au</a>

## RESTORATIVE YOGA AND SELF-CARE

A beautiful session of restorative yoga and guided relaxations. Restorative Yoga is very special and 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 two cushions/pillows. Class size limited to 10.

<b>FACILITATOR:</b>	Suzie Williams
<b>DATE:</b>	Friday 8 May
<b>TIME:</b>	10:00am – 2:00pm
<b>VENUE:</b>	Weston Creek Community Centre – Room 1
<b>TO REGISTER:</b>	(02) 6207 3628 or <a href="mailto:CarerSkills@cit.edu.au">CarerSkills@cit.edu.au</a>

## PREPARING FOR DEATH

This course is suitable for anyone who is in a caring role.

Suzie will help you to explore, consider and discuss the many aspects of an often uncomfortable and yet inevitable subject we will all face ourselves one day. Many of us will also be involved in helping family and friends who are ill or ageing, prepare for their death in a respectful and transparent way. There is so much fear and uncertainty often associated with the many angles of preparing for death. Whether it be your own or someone else's, it is best to discuss and prepare yourself and others well ahead, so it doesn't become a time that is fraught with unexpected and difficult decisions.

We will cover the practical, as well as physical, mental, emotional and spiritual aspects that need to be addressed. By doing this you can have a plan and be aware of issues as they arise so that potential problems can be avoided. It is often a very difficult time for everyone and emotions can run high and create problems, so being prepared is the best way to cope with whatever comes up.

We will include some time at the end to go through some calming breathing, movement and relaxation techniques, which will be helpful in any stressful situations that may lie ahead.

<b>FACILITATORS:</b>	Suzie Williams
<b>DATE:</b>	Monday 11 May 2020
<b>TIME:</b>	10:00am – 2:00pm
<b>VENUE:</b>	Weston Creek Community Centre – Room 1
<b>TO REGISTER:</b>	(02) 6207 3628 or <a href="mailto:CarerSkills@cit.edu.au">CarerSkills@cit.edu.au</a>

## MEMORY BOX

This session is for carers who would like the opportunity to decorate a box for special memories of a loved one. This may be particularly appropriate for those carers who have loved ones who are now in a nursing home, live in supported accommodation, for those who look after a person with dementia or who looked after a loved one and that person is no longer with us. Please bring along special photos if you would like to use some to decorate the box. A carer may also like to make their own box. A range of boxes will be available but also carers are welcome to bring their own with them if a certain size is required.

<b>FACILITATOR:</b>	Carol Guy
<b>DATE:</b>	Tuesday 5 May 2020
<b>TIME:</b>	10:00am – 2:00pm
<b>VENUE:</b>	Weston Creek Community Centre – Room 2
<b>TO REGISTER:</b>	(02) 6207 3628 or <a href="mailto:CarerSkills@cit.edu.au">CarerSkills@cit.edu.au</a>

## WORKING WITH CLAY

In this fun session, carers will be able to experiment with Apoxie clay. Learn how to repair or disguise a bowl or plate which has a mark or a chip on it. Carers may like to transform a pine cone into an emu or make a bird to sit in a succulent garden. This clay does not need to be fired and can be used indoors or outdoors. Some aprons will be available but bring your own if you have a favourite.

<b>FACILITATOR:</b>	Carol Guy
<b>DATE:</b>	Thursday 14 May 2020
<b>TIME:</b>	10:00am – 2:00pm
<b>VENUE:</b>	Weston Creek Community Centre – Room 2
<b>TO REGISTER:</b>	(02) 6207 3628 or <a href="mailto:CarerSkills@cit.edu.au">CarerSkills@cit.edu.au</a>

## MENTAL HEALTH FIRST AID: UNDERSTANDING MENTAL ILLNESS – ST. JOHN AMBULANCE ACT

You are invited to attend an information session, facilitated by an experienced accredited Mental Health First Aid trainer. In this session, you will be introduced to Mental Health First Aid. 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.



<b>FACILITATOR:</b>	St. John Ambulance ACT
<b>DATE:</b>	Wednesday 10 June 2020
<b>TIME:</b>	1:30pm – 5:30pm
<b>VENUE:</b>	Weston Creek Community Centre – Room 1
<b>TO REGISTER:</b>	(02) 6207 3628 or <a href="mailto:CarerSkills@cit.edu.au">CarerSkills@cit.edu.au</a>

This is non-accredited training.



## FEEDBACK AND COMPLAINTS – ACT HUMAN RIGHTS COMMISSION

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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](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 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

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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/)

**Would you like to receive the CIT Skills for Carers Newsletter by email?** Send an email to [CarerSkills@cit.edu.au](mailto: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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