

The Ripple

Edition 14

Welcome to your latest edition of The Ripple

Hello again,

In the last edition of the Ripple I mentioned that we would be seeking your feedback in the coming months on the type of services you would like to see Aspire offer in the future.

That time has now arrived and in the very near future all customers will receive a survey which will give you an opportunity to tell us if you'd like to see other types of services made available or if you are happy with the current range on offer.

We will also be sending a similar survey to all of our staff to seek their feedback as well.

Once we have received all of your feedback along with that of Aspire staff we will collate the results and refer this to Aspire's Community Engagement Subcommittee for evaluation.

This Subcommittee is made up of current Aspire Board members, staff, family representatives and members of the broader community.

Please keep an eye out for the survey and take the time to complete it. We really value your input.

In this edition of The Ripple, we cover:

- National Carers Week
- Do you need a break?
- Community Events
- Aspire Events

If you have any questions about any of the information provided in The Ripple, please feel free to contact us. We are here to support you.



Nigel Stone
CEO

Carers Week 2018



National Carers Week

From 14 to 20 October 2018, it is National Carers Week, where we take the time to recognise and celebrate the outstanding contribution that unpaid carers make.

Anyone at any time can become a carer, so it is important that we take the opportunity to raise community awareness about the diversity of carers and their caring roles.

Carers make an enormous contribution to our communities. If all the carers in Australia decided to stop performing their caring role, it would cost the country \$60.3 billion per year to replace those supports – that's over \$1 billion per week.

As part of National Carers Week, our support groups are holding a number of events to acknowledge and celebrate the support they provide.

As a carer, it's important to take a break

In January we shared an article on the importance of taking a break from caring for someone. Being a carer can be a rewarding experience and, at the same time, can be stressful and leave you feeling tired.

With National Carers Week approaching we thought it would be good to re-visit why it is important to take a break and have some time to yourself.



Do you need a break?

Do you need some respite?

Caring for someone can be a rewarding experience and, at the same time, can be stressful and leave you feeling tired. As a carer taking regular breaks is important as it can help relieve stress for both you and the person you are caring for. Previously, these breaks were referred to as respite care, however, with the introduction of the NDIS, respite care is now known as short-term accommodation.

Short-term accommodation provides you with a break from caring to give you time to do everyday activities or simply look after yourself.

Carers often worry about leaving the person they care for, and this is understandable. However, regular breaks can be important for you as a carer and those breaks need only be for a short period of time.

Planning your short-term accommodation

Planning a break in advance can help avoid stress build-up. If you would like a regular service, for example monthly, this can be arranged. Ad-hoc bookings are also welcome and will be managed wherever possible.

What type of short-term accommodation is available?

Aspire offers short-term accommodation services for both children and adults.

Short-term accommodation houses provide families and unpaid carers of a person or persons with a disability with planned, short-term time-limited breaks from their usual caring role. Our houses aim to provide a positive experience for the person with a disability, while their carer has a break.

The Aspire short-term accommodation houses are comfortable, well maintained and well resourced and offer specialised equipment and are located close to transport and other local services.

The children's and adult houses are bright, modern, well equipped five bedroom homes. Aspire has professional, skilled staff who specialise in ensuring that the short term breaks provide positive experiences for all.

Why are breaks important?

Taking a break and having some time to yourself can benefit both you and the person you care for.

There are many reasons you should consider taking a break:

- you are feeling stressed, tired or burnt out
- you need some time for yourself
- you are ill
- you need to attend an appointment or event
- there is tension between you and the person you care for

Taking a break can often be difficult at first, especially if you are the main carer. However, it is really important to have a break and to ask for help.

Trying to reduce stress is important. If you are feeling stressed, try taking a break so you can have some time to relax.

If you would like to discuss your short-term accommodation options, please contact our Customer Service Team.

T 02 6058 4000 E customerservice@aspiress.com.au

Aspire Carer's Week Events



Carer's Week Events

Sunday 14 to Saturday 20 October 2018

Celebrating Carers and acknowledging the significant support Carers provide.



Groups:	Attention Deficit Hyperactivity Disorder and/or Oppositional Defiant Disorder and Related Conditions Support Group, Autism/Asperger's Family Network Group, Family Network Group
What:	Combined Celebratory Lunch
When:	12:00pm, Tuesday 16 October 2018
Location:	Commercial Golf Club, 530 North Street, Albury
Group:	Caring Grandparents Network
What:	A relaxing massage, facial or pedicure
When:	Times available are 10:00am and 10:45am, Friday 19 October 2018
Location:	Endota Spa, 550 Kiewa Street, Albury
Group:	Dad's Group
What:	Brunch and a movie
When:	Time TBA, Sunday 14 October 2018
Location:	Thick as Thieves, 3/441 Dean Street, Albury then Regent Cinemas, 456 Dean St, Albury
Group:	Down Syndrome Family Network Group
What:	Celebratory Dinner
When:	6:30pm, Saturday 20 October 2018
Location:	Thai Lotus, 610 Dean Street, Albury
Group:	Healthy Mothers Healthy Families Support Group
What:	A pampering session
When:	Various times available in the morning, Tuesday 16 October 2018
Location:	Zen Day Spa, 482 Swift Street, Albury
Group:	Home Schooling Family Network Group
What:	Gold Class Movie and a meal
When:	Time TBA, Friday 19 October 2018
Location:	Regent Cinemas, 456 Dean St, Albury
Group:	Solo Parent All-ability Support Group
What:	A weekend away. Families will need to bring linen and may need to cover some food costs.
When:	4:00pm, Friday 19 October to 10:00am Sunday 21 October 2018
Location:	Kiewa View, 2 Lakeside Avenue, Mount Beauty

Bookings essential

Contact your Customer Service Team.

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Early Childhood Intervention

Walk, Run, Play

Walking Patterns and Leg Postures in Early Childhood Workshop

In a child's early years they often present with many different foot and leg postures when standing, running and walking.

Many of these are considered to be 'typical variations' however, some are unfortunately not.

This presentation will help you as a parent or caregiver determine what is considered to be normal development, when to see a health professional and how best to support your child's joint and muscle health enabling them to walk, run, stand and play to the best of their abilities.

Workshop details

When: 7:00pm to 9:00pm, Wednesday 31 October 2018
Price: Free
Location: Aspire Support Services
220 Borella Road, Albury

Bookings essential

Bookings close Monday 29 October 2018.
Contact Reception at Aspire to reserve your spot.

T 02 6058 4000
E reception@aspiress.com.au
www.aspiress.com.au



Community Activities



Border Carers Reference Group presents... The 2018 Annual Carers Week Lunch

Commercial Club Albury

Thursday 18 October

11.30am – 3pm

Registration 11.00am–11.30am,

Relax, chat, lunch and prizes

Entertainment throughout the day

BOOKINGS ESSENTIAL

RSVP Wednesday 10 OCTOBER

Phone 02 60558000

Need Respite? Contact your usual provider or call Commonwealth

Respite and Carelink Centre 1800 052 222



Community Activities (continued)



Understanding and Supporting Children with Autism Workshop

Presented by Creating Connections

in partnership with EACH and Aspire Support Services

A special workshop that will help in supporting those you care for.

Workshop details

Presenters from Creating Connections will share their practical real life experiences.

In this workshop you will learn:

- How and why behaviour directly links to communication
- The types of behaviour that people might see as challenging
- What triggers are and how we can use them to anticipate behaviour
- How to interpret the underlying meaning of behaviour
- Some of the most common reasons for behaviour
- How to differentiate between a tantrum and a meltdown
- How to identify triggers and analyse behaviours
- How to use an analysis document to better interpret and analyse behaviour
- Why behaviour support is more effective than behaviour management
- Tips for responding to behaviour 'in the moment'
- How to plan for behaviour support
- The importance of setting up systems of support across four (4) key areas
- Our key practical tools and strategies for supporting behaviour and personal wellbeing
- How to implement engaging environments, accommodations, skill development and practical supports
- How to integrate support strategies that are effective and individualised
- How to create a Behaviour Communication Analysis and Support Plan
- The value of profiling communication

When: 9:00am to 2:45pm, Thursday 25 October 2018

Price: Free. Morning tea and lunch provided.

Location: Commercial Club, Waratah Room
Dean Street, Albury

Bookings essential

Contact Sue Pringle to reserve your spot.

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Community Activities (continued)



Dear Parents and Guardians,

Our wonderful Christmas event is on again this year and we would like to extend a warm invitation to any special needs children between the ages of 0-14yr in your care.

This completely FREE day is filled with jumping castles, face painting, entertainment, food and drink, stage shows and more!

The absolute highlight for the children is that they get to meet **SANTA CLAUSE** and receive their very own Christmas presents

Children must be registered ASAP as ages/ places are limited.

Please register through Aspire Support Services so we can arrange for your colour coded wristbands (ticket) to ensure a smooth entry on the day.

When: Saturday 1st December 2018
10:00 am - 1:00 pm

Where: Wodonga Sports and Leisure Centre
{Hedgerow Court, Wodonga}

Please contact Aspire Support Services to book your ticket.

T 02 6058 4000 E customerservice@aspiress.com.au

Details required are: Child's name; Age; Gender; Wheelchair or Walking Frame

Please note: siblings are included only if they fit within eligibility criteria.

PROUDLY SUPPORTING



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Disclaimer

Any information in this communication has been prepared without taking into account your personal circumstances. You should seek specific advice before acting on any material.

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