



Arafmi News

The Newsletter of
Mental Health Carers
Arafmi Queensland Inc

Providing support for carers and
families of people
with mental health issues.

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DATE CLAIMERS
FOR
Arafmi's
Annual General Meeting
AND
WALK OF PRIDE
See page 9 for details

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Filly mental health— real reform missing in this budget!

"The Government called this a 'no frills' Budget – but despite the increased expenditure in health care, mental health has been relegated to a very thin line of lace on the periphery of a substantive new investment mostly into hospital services.

"The 2010-11 Federal Budget has delivered on the funding commitments promised for mental health through the CoAG Health Reform agreement, but the Mental Health Council of Australia (MHCA) is disappointed that there is little else in the way of real reform or investment in mental health.

"Mental health and dental health were the only disease specific areas that the National Health and Hospitals Reform Commission thought warranted their own chapters in their final report. 10% of all the health reform recommendations related specifically to mental health. Although the Government has now supported all these recommendations, there is limited funding and no implementation plan," said CEO David Crosbie.

"Mental health is a special case in any attempt to build a better health system for Australia's future. State and federal governments have underinvested in mental health for decades and now we are all paying a huge price for this.

"The Mental Health Council welcomes any additional funding into mental health care, however we need more than new money into old systems. If we don't invest at the community level in new services, then the real costs of failure will be higher expenditure through our hospitals, our prisons and our homeless shelters.

"We are disappointed that, yet again, the Federal Government has missed an opportunity to make a substantial difference in the lives of the thousands of people experiencing mental health disorders who are currently not able to access the services they need to maintain their jobs, their family, their health and well-being.

"Mental health consumers and carers would be rightly dissatisfied with this Budget. It falls a long way short of supporting desperately needed mental health reform.

"Nicola Roxon has indicated that mental health is 'unfinished business' and that the Federal Government is keen to take a bigger role, particularly in community mental health. We look forward to positively engaging with the Government as they progress their stated agenda for mental health reform," Mr Crosbie said.

Media Release 11th May 2010
Mental Health Council of Australia



President's Piece

Have you ever wondered what the word **SUPPORT** means? It is something we do instinctively on a daily basis as carers, yet how well do we really comprehend how and why we do what we do. In following up on our last newsletter about our support services, I decided to dig deeper into the broader meaning of "support", especially given that this term is used in Arafmi's mission statement and as our core service, is therefore the focus of our new Business Plan.

When I consulted my Webster's dictionary, I was astounded by the comprehensive definition of this single word. It gave me cause to consider the significance of the fact that people living with the effects of mental health issues truly do have a deep understanding and experience of the definition of "support" and the need for providing support - in its entirety and unconditionally.

By way of reflecting on the role of carers and what that means for us personally over the long term and for Arafmi as a service provider, I would like to share my findings with you. Here goes....

SUPPORT

- *Actively promote the interests or causes of an issue or person*
- *To carry or to convey someone somewhere*
- *To endure, especially in silence or with courage*
- *To bear the weight or to suffer stress*
- *To tolerate*
- *To advocate, endorse or vote for the rights of someone*
- *To provide means, force or strength*
- **To provide covering, combat strength**
- *To back up a mate*
- *To pay the costs for / maintain someone financially / assist with supplies*
- *To circulate aid through the media / throughout the community*
- *To accompany musically*
- *To keep from fainting, sinking, falling or losing courage*
- *To comfort and nourish*

This is quite a list and it soon becomes obvious in the reading, that it is no wonder caring can turn into **compassion fatigue – not unlike going to battle.**

How does that translate into the lived experience of carers? Personally speaking, I can say that it means I am providing support emotionally, materially, physically, socially and at times spiritually – and on

occasion it requires more than I have to give. Over the years, I have learned to fine-tune my caring role with coping skills that really do make a difference, so that I can preserve my own energies in the midst of these responsibilities. It is the balance we all need to strive for in order to prevent carer burn-out.

But wouldn't it be better if we could do MORE than support in a way that benefits EVERYONE? I would like to take this reflection one step further and strongly suggest that supporting our loved one as a carer and our clients as a service provider is simply the starting point and that the true goal for Arafmi and for carers is actually **EMPOWERMENT**. In recent years, there has been a movement in the management of mental health and well-being towards empowerment and it is a framework/ concept that now guides the work being undertaken in our respite programs, workshops and counselling service. What exactly is the difference between supporting and empowering you may ask? Permit me to return to the proverbial phrasebook once more and quote the Collins Dictionary for your consideration -

EMPOWER

- *To enable or give someone the power, means, authority to achieve something so that they become stronger, more successful and **find ways to help themselves become well***
- *To promote self-actualisation*

Ultimately it means that everyone is enabled to develop their own tool-kit to help themselves for the most part - **with the support of Arafmi, as a partner who is standing by your side along the way...**

In conclusion, on behalf of the Management Committee, I would like to sincerely thank the following departing staff members who have given much to our organisation during their employment and wish them well in their new endeavours –

Tina Thurtel, manager of Adina at Deception Bay, Malcolm Hunt manager of Jerendine at Mt Gravatt and Trish Cattermole, Carer Education Worker.

We thank Roy Hanfling who will be presenting the workshops and continuing with his role as Carer Connect worker for the time being, ensuring that these services are ongoing. Without the commitment and versatility of our wonderful Arafmi staff members, we would not be well placed to continue to support AND empower the community as we do.

Toni Anderson

A checklist for carers of people with mental health problems

Working in partnership with psychiatrists and carers

Questions to ask the psychiatrist

Carers need information and psychiatrists are busy. Carers may not always find out what they need to know about the person they are caring for. This checklist is designed to help you get all the information you need about the diagnosis and treatments of the person you care for.

You may be able to get some of this information from other members of the clinical team involved, or from written information that they can provide.

If the person gives you permission, the psychiatrist will be able to give you information about their condition and care.

Although you may not want to ask all the questions listed, you may find that they help you in preparing to meet the psychiatrist and the mental health team. Not everyone will need all the answers to all these questions at the same time. You may have other questions. Even so, it should provide a helpful framework for deciding what you do need to know.

About the illness

- What is the diagnosis or problem?
- If a diagnosis has not yet been made, what are the possibilities?
- Why has this happened to them?
- Will they recover?

If a diagnosis has been made

- What symptoms suggest this diagnosis/illness?
- What is known about the causes of this disorder/illness?
- What is likely to happen in the future? Will it get better or worse?
- Where can I get written information about this disorder?

About the assessment

- What assessments have already been done?
- Are there any other assessments that might be needed?
- Have culture and background been considered?

About care and treatment

- What are the aims of the care and treatment?
- Who will be involved in the treatment?
- What is your plan for treatment?
- For how long will they need treatment?
- Would other treatments be useful (eg cognitive behavioural therapy, family therapy)?
- What happens if they refuse treatment?

Sharing Information

- Have you asked them about how much information they are happy to share with me?
- Will I be informed about important meetings concerning their care and treatment?

- Can I see you on my own?
- Would you like to ask me for any further information about them or the family?
- Can I tell you things that will not be shared with the person or other staff members?
- Are their views on confidentiality clearly marked in their notes?

Getting help

- How can I get in touch with you?
- How do I arrange to see you?
- Who do I contact if I'm worried about their behaviour?
- What do I do if I'm worried that they are becoming ill again?
- Who do I contact in an emergency? What help might be available?
- How can I get a second opinion?

Carers

- If I have specific needs of my own, whom should I ask?
- If I need help, to whom should I turn?

Medication

- What medication is to be used and how?
- Is the lowest effective dose being prescribed?
- Can a low dose be taken at first and increased if necessary?
- How often will the medication be reviewed?
- Will I be involved in future discussions about the dose or type of medication?

What should the benefits of this medication be?

- In the short-term?
- In the long-term?

What are the possible side-effects of this medication?

- In the short-term?
- In the long-term?

Managing the medication

- Why have you chosen this particular medication?
- How long will the medication have to be taken for?
- Are there any other medications that could be used if this one does not work?
- What symptoms might mean that the dose should be changed?
- What should I do if they experience unpleasant side-effects?
- What will happen if they stop taking the medication?

Continued on page 10



Taking steps to feel better physically and mentally

Australians living with a mental illness have much poorer physical health than that of the general population, dying younger and with higher rates of chronic illnesses such as heart disease.

Being physically inactive, overweight, having a poor diet and smoking, are all major factors contributing to poor physical health.

Recent SANE Australia research has found 90% of respondents affected by mental illness reported having a chronic physical condition such as diabetes, heart disease or circulatory problems.

“It can be tough for anyone at the best of times to get fit and maintain a healthy lifestyle, but it’s an even greater hurdle for people who are living with a mental illness,” says Barbara Hocking, the Executive Director of SANE Australia.

“Many people with mental illness are concerned about their general health, but symptoms such as lack of motivation, as well as financial pressures, social isolation and weight gain associated with some medications, make it particularly difficult to make healthy lifestyle changes,” says Ms Hocking.

SANE Australia has developed a **Healthy Living Kit** to help people living with a mental illness to take action themselves, to work towards a healthy lifestyle.

Released today, the kit comprises a DVD which features people living with mental illnesses who share their experiences of finding support and getting and staying healthy, as well as a Guide with practical information and tips on healthy living.

“Physical health care and mental health care are two sides of the same coin, but for too long the health system has separated the two, especially when treating people with a mental illness. The opportunity to prevent or pick-up signs of other chronic illnesses is often missed because many doctors still do not provide basic physical health-checks for their patients with a mental illness.”

Mind Australia’s CEO, Gerry Naughtin, supports SANE Australia’s call for a more integrated approach to health care. “Mind supports people with mental illness in their recovery and we help them to live well in the community.”

Dr Naughtin described the Healthy Living Kit as “a great resource to guide, motivate and support people to improve their health.”

The SANE **Healthy Living Kit** is available from the online bookshop at www.sane.org or by calling the SANE Helpline -1800 18 SANE (7263)

Cost \$48 + P & H.

Carers Charter

The Carers (Recognition) Act 2008 includes as section 7 the Queensland Carers Charter which provides clear direction on how carers are to be treated and how carers are to be involved in decisions.

The Queensland Carers Charter

1. The State recognises the effort and dedication of carers in our community and that carers provide a vital service.
2. Carers deserve the respect of our community and should be supported within their community by all levels of government, institutions and organisations.
3. The views and needs of carers must be taken into account, together with the views, needs and best interests of the people they care for when making policy decisions.
4. The importance of carers’ work means the role of carers should be recognised by including carers, or their representative bodies, in the assessment, planning, delivery and review of services affecting carers.
5. Complaints made by carers in relation to services that impact on them must be given careful consideration.
6. Carers should be recognised — for their unique knowledge and experience; and as individuals with their own needs.
7. The relationship between a carer and the person they care for should be respected and honored.
8. Children and young people who are carers should be specifically supported by all of our community.
9. The caring responsibilities of children and young people should be minimised.
10. Carers need access to a wide range of responsive and affordable services to support them and their decision making in their role as a carer.
11. Remote and rurally based carers face additional difficulties caused by isolation.



What's New



Arafmi's new website is really starting to take shape with videos, audio and pictures coming online that are helping us to show what support and services we provide to more and more carers.

Over 1000 hits were recorded on the website last month, with 600 never having visited our site before. Arafmi's video "You are not alone" is on the website along with a video of the 2010 "Lifting Your Spirits" Carer's retreat.

Each of the Respite programs has their own page and soon we will see what they have been up to, through regular updates.

A Walk of Pride page will be up soon keeping us up to date with announcements as they become available and updates for support groups are under development. You can even get a feed to automatically inform you of updates to the "What's New" page.

Introducing.....Lis/Lissy/Elisabeth van Zelm

Hello, my (preferred) name is Lissy van Zelm and I am the Operations and Quality Assurance Manager.

I had Dutch parents and I was born in a small town in Tasmania called Ulverstone, well known for its beaches, retirees and "The Clock" (Google it!). I have two children, a son (19) and a daughter (16). I have been a carer of a person who has a psychiatric disability.

In my spare time I love to read, anything I can get my hands on, but particularly the fantasy genre, I like to work with my hands quilting or crocheting and I love to go out for a movie and dinner. I sing First Alto with The Queensland Choir and all the controlled breathing involved with this is good for my soul.

Professionally, I have worked in diverse jobs such as creeling in a towel factory, grading onions on a conveyor belt and interviewing people for research. I escaped Tasmania in 2000, gained myself a university education and find myself where I am today with pride.

While I was studying full-time, I worked as a disability support worker with children and young people who had a disability and extreme challenging behaviour.



I worked an average 2 night shifts a week and in the holidays I worked as much as I could to save up money to get through the semester until the next holiday.

Once I graduated I moved to rostering, then into Quality Assurance that encompassed all 3 HACCC, DS and DChS programs across an organisation, as well as on call duties for the DChS Program, Case Management, Intake and Positive Behaviour Support Planning. Unfortunately the organisation was divided and my role was made redundant. I then worked in Quality Assurance and Programs Management for a small for-profit organisation.

To the present, I am enjoying my role so far, especially as it unfolds. My wish would be to have service delivery, and the processes and paperwork involved, to be so streamlined that we get to spend a great deal more time with the people who are most important, **our service users**. For me, each and every individual one of them are the foundation of our service.

To date, in both my private and professional life, I have been a passionate advocate and this is what drives my will to work in this sector. I am here to make a change in the lives of people who have a psychiatric disability and their carers.



Arafmi's counselling program celebrates its 5th Birthday

On the 16th May 2005 Arafmi started its face-to-face Counselling program with 5 volunteer Counsellors. Five years on and 2 of those counsellors, Anne and Olaf continue to provide this service to Arafmi carers.

Anne says:

"It is hard to believe that five years have passed since we started the face-to-face counselling service at Arafmi. Olaf and I were closely involved in the original planning of the service and, after five years, we are both still committed to helping carers improve their quality of life and that of their loved one.

"I would like to say how much I have appreciated working with the wonderful carers I have seen in those five years. They have all enriched my life and I hope that I have been able to make a difference for them in some small way."

Quote from the Arafmi News—May 2005:

"The Counsellors said that carers and family members of people who have a mental health problem may sometimes find it difficult to create a balance in their lives.

"It is not always easy balancing their role as a carer with their own personal need to lead as fulfilling a life as they can. There may be times when carers and family members can feel overwhelmed and exhausted and unable to relate with or care for others as they would normally do. Being able to talk things over with someone who is objective and caring can help," they said.

Counselling is by appointment only

Three sessions are held on Monday from 10 am , 11:15 am and 12:30 pm and two sessions on Wednesday from 10:30 am and 11:15 am. These sessions last for 60 minutes.

The fee schedule is:

Health Care Card and/or income up to:

\$25,000	\$15
\$25,001 — \$40,000	\$30
\$40,001—\$60,000	\$45
Over \$60,000	\$60

These sessions continue to be held at the Arafmi premises, 237 Kent Street, New Farm

For further information or to make an appointment please contact the Arafmi office on 3254 1881

Self-Care Strategies to combat "Compassion Fatigue"

1. Try a new delicious sounding recipe
2. Tour a museum or gallery
3. Exercise for 30 minutes each day
4. Listen to or play music for 20 minutes each day
5. Enjoy and pay attention when eating (don't multi task)
6. Take 15 minutes per day for quiet reflection
7. Go to bed 30 minutes earlier at night
8. Take breaks during work: walk, stretch and balance fluids
9. Spend more time with your partner or spouse
10. Try something new: a language, music, hobby, skill or sport
11. Try a new restaurant or cuisine
12. Have a "media fast" for a week including your mobile phone
13. Go out for ice-cream in the middle of the day
14. Read something fun (not professional nor the news)
15. Plan social get togethers
16. Do something you've never done before
17. Watch an emotional movie
18. Get out of the city and reconnect with nature
19. Sit by the ocean, lake or water
20. Explore community options (eg yoga class, community festivals and events)



Lifting Your Spirits Retreat

Arafmi Queensland organised and conducted a retreat for carers in March. It was aimed at reflecting and exploring the carers' needs whilst building on the positive aspects of the caring role through a theme of "Lifting Your Spirits".

Mental health carers, as recently reported in the Adversity to Advocacy report, experience extreme hardship, both financially and emotionally, as well as high levels of stress in their role of caring for a loved-one with a mental health issue. These pressures over time affect a carer's capacity to support the person they care for, and increases significantly the likelihood of the carer themselves experiencing physical and mental health problems. Carer retreats are organised to focus efforts on providing respite directly to carers, to provide rest, re-energise spirits and to equip them with enhanced skills in their caring role.

The food, accommodation and venue for the retreat over the two days and nights was provided by Riverglenn, a conference centre situated on the bank of the Brisbane River at Indooroopilly. The setting is ideally suited to a retreat as it includes a rainforest backdrop with access to short walks and a variety of areas to convalesce in a relaxing and serene environment. Response from guests to the accommodation and catering was consistently positive:

"The food and accommodation was excellent"
Barry - Carer

Mobile Healing Hands provided pampering packages for carers including back, shoulders, neck and scalp massages, express pedicures and deluxe manicures. Carers were encouraged over the weekend to book in for two 30 minutes pampering sessions and most carers took the opportunity. The response from carers was overwhelmingly positive.

"Everything was awesome and so relaxing"
Chris - Carer

Red Thread facilitated the retreat sessions on Saturday with a variety of sessions including:

- Building Connections – links between carers
- Me Moments – Taking time for yourself
- Journals – as a creative companion
- Stories from the Heart – Sharing and listening in a creative way
- Guided Meditation
- Games and Songs

Most of the guests attended all of the sessions however all were encouraged to come and go as they pleased and many took time to wander the grounds, rest in their rooms, read a book, or relax and chat with support staff and other carers.

On Sunday, Robert Bland presented a two hour talk and discussion on the theme of hope and how it relates to carers. Most of the guests attended this session and many commented on how much they enjoyed the presentation and Robert's unique style of making connections to carers. Jennifer Barkmann co-facilitated the day with Trish Cattermole, leading in a variety of activities, including journaling and games and songs.

Trish also facilitated a shortened version of the "Fit for Caring" workshop. Trent Foster filmed the day, capturing the activities as well as the context. Trish also interviewed two guests about their role as carers and this was filmed to add to the digital story library for use in online and multimedia workshops.

Overall the retreat was an overwhelming success and the demand for more continues to grow. If you would like to view the video of the 2010 retreat you can log onto our website at www.arafmiqld.org and follow the links to carer retreats in the education section.

If you are interested in submitting an Expression of Interest for the next retreat, forms can be downloaded from the site.



***Arafmi* Carer Workshops**
are for those caring for and about
people with a mental illness



Workshops Schedule for 2010

To be held at the Uniting Church Hall,
52 Merthyr Road
(near corner of Watson Street)
New Farm

Fit for Caring - A half-day workshop

This workshop is designed to give participants an opportunity to look at their own needs, discuss the impact of the caring role on carers and explore strategies to ensure good health and a positive sense of well being.

Recovery for Carers - A half-day workshop

This workshop assists carers in understanding what recovery-based practice and care is and how attendees can support their loved ones in their recovery journey

Effective Communication - A one day workshop

This workshop covers basic communication skills and strategies for communicating with someone experiencing mental disturbance. Attendees are encouraged to practice these skills at the workshop by participation in small group activities.

Carer's Coping Skills - A one day workshop

A workshop designed to look at a broad range of issues that Mental Health Carers confront such as communicating with someone who is unwell, providing support to someone with a mental illness, coping with difficult behaviour and understanding the symptoms of the major mental illnesses.

Boundary Setting - A half-day workshop

Boundaries are guidelines between people about mutually acceptable behaviour and responsibilities. This workshop explores, through discussion, the question of what are reasonable boundaries to have with and for someone experiencing mental illness. The workshop also offers attendees an opportunity to explore what boundaries they would like to set and how they might go about it.

Loss and Grief - A one day workshop

Family and friends of people with a mental illness may experience feelings of loss when their loved one develops chronic mental health problems. This workshop explores these losses and the associated grief.

For information about these workshops for carers, family and friends of people with a mental illness, please call Arafmi on 3254 1881 or email carereducation@arafmiqld.org

Saturday 5th June	Fit For Caring 9:00am – 12:30pm
Saturday 26th June	Recovery For Carers 8:30am – Noon
Thursday 26th August	Effective Communication 9:00am – 3:00pm
Saturday 2nd October	Carers' Coping Skills 9:00am – 3:00pm
Thursday 28th October	Boundary Setting 9:00am – 12:30pm
Saturday 27th November	Loss and Grief 8:30am – Noon

Executive Committee

President Toni Anderson
Vice-President Claire Lees
Secretary Lindsay Blake
Treasurer Barbara Harvey

.....

Committee Members

Jean Platts Shoena McGonigle
Jenny Bostock Coriann Schafer
Deb Nizette

Executive Officer Marj Bloor
Operations and Quality Systems Manager

Lissy van Zelm

Financial Administrator Beryl Wogan

Carer Support Worker Mark Sullivan

Key Worker Roy Hanfling

Administrative Officer Julie Baker

.....

Patrons:

Margaret Lukes OAM Professor Ross Young PHD

Arafmi Services are funded by
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and FaHCSIA

Disclaimer: This publication is produced to convey general interest information. While every care has been taken in preparing this publication, *Arafmi* Queensland Inc. accepts no responsibility for decisions or actions taken as a result of any data, statement, information or advice, expressed or implied, contained in this publication.

NOTICE BOARD

DATE CLAIMER

Mental Health Carers Arafmi
Queensland
Annual General Meeting and
party will be held at
6pm on
FRIDAY
22nd October 2010
At
Arafmi House
237 Kent Street New Farm

DATE CLAIMER

WALK OF PRIDE
Sunday 10th October

**Well, it's on again, and we hope this year
will be even better.**

Organising has begun with Arafmi, Reclink
and Qld Alliance teaming up again to
celebrate World Mental Health Day with a
Walk of Pride.

This year the walk will be held in
conjunction with the launch of Mental
Health Week, hosted by Queensland
Health.

Keep an eye on this news page to see events
in the lead up to the day. A public meeting
is scheduled for 1pm on 24th June at
Merthyr Road Uniting Church Hall, along
with banner painting and screen printing

See our website for more details:
www.arafmiqld.org

Whistleblowers Conference

To be held at the Emmanuel College at the
University of Queensland in St Lucia.
From the 25th - 28th November 2010

The program for Thursday 25th and Friday 26th
November will be 4 half day workshops on the
following topics:

1. Dealing with the Bureaucracy
2. Dealing with Bullying
3. Dealing with Stress
4. Dealing with Work Performance Issues

The Conference for Saturday 27th November has
the theme "Watchdogs and Whistleblowers" with
presentations on the following watchdogs:
Ombudsman, Justice Commissions, Media,
Parliament and The Courts.

The opening address will be on the History of
Whistleblower - Watchdog Relationships in
Queensland.

For more details contact the Arafmi office.

"Rising to the Challenge"

On **Thursday 17 June 2010** the
Vinnies CEO Sleepout takes place in
capital cities across Australia.

The event challenges business and
community leaders to experience
homelessness first-hand for one night,
raise important money, and with fresh
insight go on to effect change in social
opinions on this serious issue.

All money raised goes directly towards
the ongoing provision of Vinnies'
homeless services across the country.

For more information see:
[http://www.ceosleepout.org.au/
brisbane/donate.html](http://www.ceosleepout.org.au/brisbane/donate.html)

DID YOU KNOW?

Online Carers Forum

The MHCA is reaching out to mental health carers using the Internet to enable carers to share their thoughts. The Mental Health Carer's Discussion Forum (MHCDF) provides an opportunity for carers to "talk" to each other about issues which concern them.

Sections of the MHCDF give carers the opportunity to talk candidly of the issues they face, raise items of policy, service provision etc. To date, carers have reported that being able to "talk" to other carers around Australia at the click of the mouse has helped them cope better. Sharing stories with others who truly understand and discussing serious issues of policy relieves the sense of isolation.

The Mental Health Carers' Discussion Forum has been piloted over the last few weeks and is now ready for more carers to join. The MHCA is aware that carers need to be entirely comfortable that the Forum is available to mental health carers only. To help this happen the MHCA has a short form for carers to complete.

To join the forum, complete the form, found at: <http://www.mhca.org.au/consumersform/index.php> Expect a response within a few days after the form has been submitted.

If you have any queries please contact: Linda.Rosie@MHCA.org.au Mental Health Carers Engagement Project.

NILS - No Interest Loan Scheme

The No Interest Loan Scheme (NILS) provides interest-free loans for carers on low incomes. It is a community-based program that enables carers to access fair, safe and equitable credit for the purchase of essential goods and services such as a fridge, a washing machine or dryer.

A NILS loan may also be provided for such things as health aids. The maximum amount that can be borrowed is \$1200. You can download the NILS brochure to read more at

http://www.carersaustralia.com.au/uploads/Qld_NILS%20brochure.pdf or,

Call the Carer Advisory Service on 1800 242 636 for more information.

Positive Futures Program

The Positive Futures program aims to support ageing carers, people with disabilities and their families to plan for that future time, when the carer will no longer be able to continue in the caring role.

Positive Futures Family Co-ordinators are available to visit carers regularly in their own homes, assist them to consider their future planning needs, determine goals and takes steps towards achieving their desired picture of the future.

Currently there are places available for new carers/families in both the Brisbane South and West Moreton areas. Carers aged over 65, over 50 from Aboriginal or Torres Strait Islander background, or palliative at any age, who care for someone significantly younger with a disability (i.e. son or daughter), are all eligible for referral to the Positive Futures Program.

To learn more about the Positive Futures Program please call 3216 9636 or freecall 1800 052 222.

Questions to ask the psychiatrist

Continued from page 3

- Do you have any written information about this medication that you can give me?

Hospital Treatment

- Do they need to be admitted to hospital? If so, for how long?
- If they have to go into hospital, which one will it be?
- Will they be in a locked ward?
- If they get short-term leave from hospital, when and how will I be informed?
- How often will I be able to see them?

Discharge from hospital

- What arrangements will be made for their care and monitoring after discharge from hospital?
- If I am not able to look after the person when they are discharged what will happen?
- Am I expected to help with anything, especially medication?
- Do you know of any self-help techniques that will help their recovery?

If not admitted to hospital

- Do they need to be admitted to hospital?
- Are there any alternatives to hospital admission?

*Taken from the website:
rcpsych.ac.uk/campaign/partnersincare.aspx*

Mental Health Carers
***Arafmi* Queensland Support Groups**
Brisbane and Surrounds

Beenleigh	10am	4th Wednesday	Ipswich	6.00 pm	1st Tuesday
Caboolture	10am	2nd Friday	New Farm	6pm	Last Wednesday
Cleveland	10am	4th Monday	Strathpine	6pm	2nd Thursday
Carindale	9.30am	1st and 3rd Monday	The Park	1pm	Last Saturday
Indooroopilly	1.30pm	1st Thursday	Valley	10am	4th Tuesday
Inala	9:30am	2nd Thursday			

Rural and Regional Queensland

Barcaldine	4651 1314	Gloria—Blue Care	Innisfail	4061 5327	Jennifer Jensen
Beaudesert	5541 1653	Michelle	Mackay	4951 2973	Sandi Winner
Bundaberg	4151 4605	Dell	Maleny	5451 1882	Eric
Cairns	4031 0163	Barbara	Maroochydore	5451 1882	Eric
Caloundra	5438 1048	Jillie	Maryborough	4122 2320	Fay
Charleville	4650 5300	Ian	Rockhampton	4930 7300	Neville Williams
Chinchilla	4662 8528	Laurette Buettel	Stanthorpe	4681 5225	Pam Taylor
Emerald	4982 4062	Debra	Theodore	4993 1805	Jennie Horne
Gladstone	4972 8220	Robynne	Toowoomba	4634 4192	Michele Cauchi
Gold Coast	5591 6490	Mental Illness F'ship	Townsville	4725 3664	Andy Froggart
Gympie	0427 735 573	Dianne	Warwick	4660 3901	Alana
Hervey Bay	4191 4616	Debbie Pearson			

These support groups are for families, carers and friends of people with mental health issues.
For further information about the groups, please phone the office on 3254 1881

FREECALL regional areas 1800 35 1881 for carer support only

To join or renew your membership, which is valid for 12 months, please return completed form to:
The Treasurer *Arafmi* Queensland Inc. PO Box 248 New Farm Qld 4005
Annual Membership fee is - Unwaged \$15.00 (or whatever you can afford)
- Waged \$20

Name.....

Address.....

.....Postcode.....Phone.....

(Please circle) Are you a carer? Yes No ~ New Membership ~ Renewal ~ Donation

Donations of \$2 and over are tax deductible. Amount Enclosed.....

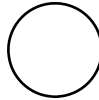
HAVE YOU CHANGED YOUR ADDRESS?

Please write your new address below and return with the original label to:

Mental Health Carers *Arafmi* Queensland Inc. PO Box 248 NEW FARM Qld 4005

Name:.....

Address:.....



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