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April, 2018

The major topic of conversation in the mental health sector the NDIS, which rolled out in our region on the morning of 1 April – April Fool's Day. I'm not sure if any of those concerned are fools – or, if so, who are the fools ...those of us following the many ramifications, those feeding us huge volumes of information and constantly revising it, those administering the many stages of the NDIS, including the many newly hired staff who need to spend hours learning of their role, or those of us relying on these individuals to provide us with reliable information, or us for believing that, in the end, something good will come of it, or those who have been given the job of 'designing an aeroplane in flight'?

We are therefore extremely fortunate to have two top experts in our sector coming to speak to us at our next meeting. Both have extensive experience with both the NDIS and mental health.

I suggest you all look at the Tandem Carers website which, unlike much of the other material available regarding NDIS, has material specifically prepared by Tandem for carers of individuals with mental health issues... in other words ...US.

<http://www.tandemcarers.org.au/ndis.php>

The Tip Sheets available on the Tandem Carers website are invaluable in helping to access and deal with NDIS:

<http://www.tandemcarers.org.au/resources-for-carers.php>

Tandem has set up a telephone support service for non-urgent carer NDIS enquiries such as accessing carer supports in a plan, complaints, reviews, getting ready for your first plan conversation and other general NDIS matters. Please call **1800 314 325** during business hours to speak to either Simon or Robbert.

And because life is not only about the NDIS, it is well worth spending some time on the Tandem Carers site in general: <http://www.tandemcarers.org.au/> to learn about many items of interest such as the Carer Support Fund which is still available to us all.

CARER FREE DAY OUT: TUES 24 APRIL

Relax with other carers and enjoy a free daytime movie at Village Cinema Karingal (near Frankston) and lunch at Redfire Lounge. **Bookings essential – places limited**

<http://www.carersouth.org.au/assets/Uploads/Carer-Movie-and-Lunch-24418-BG.pdf>

Three important ISFAF dates to diarize:

Further details in this newsletter

Wed 2 May: Dining Group 6.30 pm at London Tavern
414 Hawthorn Rd, Caulfield South

Mon 8 May: ISFAF Monthly Meeting: NDIS

Tues 12 June: ISFAF Monthly Meeting: Wellways -
Wellways one of the organizations we can
turn to for help
<https://www.wellways.org/>

MONTHLY SUPPORT GROUP MEETING

7.30 pm Tuesday 8 May 2018

TWO GUEST SPEAKERS

MALITHA PERERA

Manager,

Brotherhood of St Lawrence,

Our NDIS Local Area Co-ordinator (LAC)

and

SIMON JONES

Manager, NDIS Engagement, Tandem

Multipurpose room, Betty Day Centre,

67 Argyle St, St Kilda

(access via Bath St car park, off Inkerman St)

*No need to book, no charge,
but gold coin donation appreciated.*

Light supper from 7.15 pm

We are extremely fortunate that Malitha Perera, Manager of Brotherhood of St Lawrence, our NDIS Local Co-ordinator (LAC in the NDIS Newspeak) has agreed to speak to us at our next meeting. In the meantime, if you need help with the NDIS, you can call our LAC on 1300 BSL NDIS (1300 275 634 ext4)

GET ACTIVE WITH THE PREMIER AND VICHEALTH

We all function better with some physical exercise to clear our brains, make the blood flow and to help with our physical health. If our bodies fail us, so will our brains.

https://www.activeapril.vic.gov.au/?utm_source=VicHealth%20Update&utm_campaign=VH%20Update%2011%20Apr%2018&utm_medium=Email

Review the website because offers include:

- 10 free passes to a participating [YMCA](#) or access to a local government recreation facility
- 15% off at [Sportsmart](#) in store and online
- one hour free tennis court hire at [Melbourne Park or Albert Reserve](#)
- a 2 for 1 ticket offer to [SEA LIFE Melbourne Aquarium](#)
- a 2 for 1 ticket offer to [Otway Fly Treetop Adventures](#)
- a 2 for 1 ticket offer to [Legoland Discovery Centre Melbourne](#)
- 15% discount for [Rock Up Netball](#) programs
- 20% discount for [Netball Victoria](#) school holiday clinics
- 5 free group dance lessons at a [Dancesport Victoria](#) centre
- 10% off Term 2 [MyGolf](#) Junior program
- a 2 for 1 green fee offer at [Golf Victoria](#) courses
- entry into the draw to win tickets to the 2019 [Australian Open Tennis](#) Finals[^]
- a chance to win great [Prizes](#)
- weekly email tips on healthy eating and being active

AND

Many of you will have seen the **This Girl Can** campaign aimed at us modest violets hiding in our kitchens:

https://thisgirlcan.com.au/?utm_source=VicHealth%20Update&utm_campaign=VH%20Update%2011%20Apr%2018&utm_medium=Email

25 International Symposium on Current Issues and Controversies in Psychiatry

Barcelona, Spain & Live Video Streaming |

<http://www.controversiasbarcelona.org/en/webinar.php>

Webcasts and Webinars are available, costing from 80 Euro for the 2018 series and 30 Euro for older series. These are given by top speakers with a variety of perspectives on how to best manage a variety of mental health issues.

Legislation to make private health insurance simpler and more affordable from 1 April 2018

According to the Private Mental Health Consumer Carer Network (<http://www.pmhccn.com.au/>) Health insurance reforms include:

- people with hospital insurance that does not offer full cover for mental health treatment will be able to upgrade their cover and access mental health services without a waiting period on a one-off basis. This will significantly enhance the value of private health insurance.
 - Until now, as a result of having either basic or medium private hospital cover, many patients needing urgent access to mental health services have had restricted access and faced possible large out-of-pocket hospital expenses.
 - Consumers will also be able to voluntarily increase their maximum excesses, to save money through lower premiums.
- There are 37 private health insurance funds operating in Australia and consumers should shop around to get the best deal. Independent advice on health insurance — free of commissions — is available online at www.privatehealth.gov.au

Swinburne Psychology Clinic

The Clinic provides LOW-COST counselling services, specialist group therapy programs & psychological assessments to individuals, couples and families, including a FREE Carers Hoarding Group Program 2018

<http://www.carersouth.org.au/assets/Friday-EXTRA-Feb-Mar-2018/SWInburne-March-2018-Newsletter.pdf>

A telephone Help-line number is: 9826 1422

Health Issues Centre (HIC) - Introducing: Consumer Connect PLUS other news

Are you interested in helping improve health services in 2018? Consumer Connect is a new HIC initiative that aims to connect consumers with health and community service organisations. HIC supports and informs health services so they can become involved with and learn from their consumers, using their unique experience, skills and knowledge to improve health care outcomes for everyone.

<https://mailchi.mp/6953f8e8ae1e/introducing-consumer-connect?e=ff0d18e814>

**DINING GROUP - WEDNESDAY 2 MAY 6.30 PM
LONDON TAVERN**

414 Hawthorn Road, Caulfield South

Tram at the door, large car park at rear.



In past dinners, consumers and carers have joined with family members and friends to share fun times. The tavern is known for good food, reasonable prices and good 'specials' nightly of very substantial main courses at modest prices. Specials don't appear online so you'll have to come along to find out.

The general menu (which does not show daily specials) is available at:

<https://www.zomato.com/melbourne/london-tavern-caCaulfield/menu>

This is not a subsidized event.

Everyone pays for their own meal and drinks.

Bookings are essential as our group size is limited.

Email isfaf@alfred.org.au or phone the office.

Leave a message if no-one is available to take your call.

**\$110M Package Tackles Anxiety and Depression
Among Young Australians**

The government has announced a \$110 million boost in funding to fight anxiety and depression among young people.

https://probonoaustralia.com.au/news/2018/01/110m-package-tackles-anxiety-depression-among-young-australians/?utm_source=Pro+Bono+Australia+-+email+updates&utm_campaign=6d479a3ebb-EMAIL_CAMPAIGN_2017_08_18&utm_medium=email&utm_term=0_5ee68172fb-6d479a3ebb-147257181&mc_cid=6d479a3ebb&mc_eid=9f04106366

The funding is set to go towards school mental health programs and a range of new headspace centres, with \$46 million set aside for Beyondblue's new Mental Health in Education initiative.

Minister for Health Greg Hunt, who announced the package on Monday, said these "positive initiatives" would help schools and communities to support the

wellbeing and mental health of Australian kids and respond rapidly to personal and community challenges. He said that annually around four million Australians, across all ages, experience a mental health condition and that the effects are felt by all around them.

The initiative will highlight prevention, early intervention and support for those affected by suicide because one in seven secondary school age Australians have been reported to experience a mental health condition in any given year and half of all mental health issues emerged before the age of 14.

Funding to be provided includes:

- up to \$46 million for an integrated school-based Mental Health in Education initiative in early learning services, primary and secondary schools. The initial two-year funding granted in mid-2017, will be extended to June 2021. Currently in design, the initiative is planned for launch this August. It will provide secondary school communities and families with free access to a comprehensive range of mental health resources that could be accessed at any time online or face-to-face until June 2021.
- \$2.5 million for an evaluation of the programme,
- an additional \$30 million for Primary Health Networks to commission headspace services,
- Orygen to receive additional funding of \$13.5 million to provide national leadership for youth mental health in research, policy advice and workforce training.
- \$1.8 million over two years to four digital mental health services – Kids Helpline, ReachOut, Suicide Callback Service and QLife

BECOME A SANE PEER AMBASSADOR

<https://www.sane.org/changing-attitudes/peer-ambassadors/2130-become-a-peer-ambassador>

The SANE Peer Ambassador Program is one that works to reduce stigma and discrimination, and educate the community about the experience of complex mental illness. It does this by empowering those who have a lived experience of a complex mental illness such as bipolar disorder, schizophrenia, personality disorder, PTSD, severe depression and anxiety disorder, and their loved ones (carers) with opportunities to share their stories in a variety of ways. Being an ambassador provides many opportunities, including:

- Attending a wide variety of workshops,
- Informing the design, delivery and evaluation of SANE Australia programmes,
- Contributing to, and participation in, many important projects.

If you're interested in becoming a Peer Ambassador – and live with, or care for someone with a complex mental illness – please complete an expression of interest form .

<https://www.surveymonkey.com/r/XMJ2CMQ>

MORE ABOUT THE NDIS

IS THE NDIS A CATASTROPHE ???

I don't believe that the NDIS is a catastrophe. I believe it to be a wonderful initiative aimed at assisting individuals with disabilities to join the community at large. However, undoubtedly its introduction and many issues related to individuals with psycho-social /mental well-being issues are causing huge problems.....'we will overcome'...as has been said in many other more difficult contexts.

Nevertheless, if you wish to catastrophize, or use the list of difficulties to help you manoeuvre your way around the NDIS, you can read

NDIS Causing 'Growing Catastrophe' For Victorians With Severe Mental Illness | PBA

https://probonoaustralia.com.au/news/2018/03/ndis-causing-growing-catastrophe-victorians-severe-mental-illness/?utm_source=Pro+Bono+Australia+-email+updates&utm_campaign=72cf2f8458-EMAIL_CAMPAIGN_2017_08_18&utm_medium=email&utm_term=0_5ee68172fb-72cf2f8458-147645121&mc_cid=72cf2f8458&mc_eid=638c213cfb

But our committee has compiled the sources below to help your transition to NDIS and our May speaker(s) will assist further.

Alfred Health Carer Services – new NDIS workshops for carers

NDIS 1 Basics and Access

Dandenong: Tuesday 22 May – 10 am -11.30 am

<http://www.carersouth.org.au/assets/Friday-EXTRA-Feb-Mar-2018/AHCS-NDIS-Information-Sessions-Dandenong-MayJune-2018.pdf>

..Phone Kaylyn on 9212 3000.

* NDIS 2 Pre planning

Caulfield: Monday 14 May 10 am – noon

To Book: Phone Alfred Health Carer Services 9076 6150

<http://www.carersouth.org.au/assets/Friday-EXTRA-Feb-Mar-2018/AHCS-NDIS-Information-Sessions-240-May-2018.pdf>

Frankston: Wednesday 6 May 10 am-noon

To Book: Please phone 8781 3400

<http://www.carersouth.org.au/assets/Friday-EXTRA-Feb-Mar-2018/AHCS-NDIS-Information-Sessions-Frankston-May2018>.

Dandenong Tuesday 5 June 10 am to noon

To book please phone Kaylyn on 9212 3000.

<http://www.carersouth.org.au/assets/Friday-EXTRA-Feb-Mar-2018/AHCS-NDIS-Information-Sessions-Dandenong-MayJune-2018.pdf>

Carers Victoria Mental Health Program: Carers, families & the NDIS

Are you caring for a person with a psychosocial disability? Do you want to know more about the National Disability Insurance Scheme (NDIS)? The program covers information the carer will need to be prepared for the NDIS with a psychosocial disability perspective and consists of four sessions, each of three hours in duration.

<https://www.google.com/maps/place/37+Albert+St,+Footscray+VIC+3011/@-37.8029074,144.8956307,17z/data=!3m1!4m5!3m4!1s0x6ad65d8c5a31be51:0xfa34f75e7c5c1d46!8m2!3d-37.8029074!4d144.8978194>

Resources from VMIAC to take to your health professional when preparing for the NDIS

You may find it helpful to take these resources to your health professional when asking for supporting documentation for your NDIS Application.

For brochure: <http://www.carersouth.org.au/assets/Friday-EXTRA-Feb-Mar-2018/VIMIAC-NDIS-DL-Pamphlet-1.pdf>

For detailed information:

<http://www.carersouth.org.au/assets/Friday-EXTRA-Feb-Mar-2018/VIMIAC-NDIS-Health-Practitioner-flyer-supplement-detailed.pdf>

City of Port Phillip....lots of information and events at: <http://www.portphillip.vic.gov.au/ndis.htm>

Need Some NDIS Advice?

Carers Victoria has recently launched a new free NDIS Carer Advisory Service that is set to provide personalised phone-based support for carers and families supporting a person to transition to the NDIS. Their team can assist you to prepare for the NDIS, resolve issues and provide advice to assist with the transition. This service is available to carers in all regions of Victoria. To contact the team, call their Carer Advisory Line on **1800 242 636**.

Group Services via the NDIS /NEAMI/ Me-Well

Me-Well are offering NDIS Support Coordination in the Bayside-Peninsula area, and across Metropolitan Melbourne and Geelong. On April 1 Bayside Peninsula launches a 12 month transition for NDIS. We have extensive expertise in NDIS for psychosocial disability. We have recently reduced the number of items available for NDIS, and paused the offer of individual direct core supports indefinitely.

Refer to website www.me-well.org.au

Contact **Phil Watson**, Service Manager Intake for information: **1300 379 462**

SOME REMINDERS

Don't forget to keep your eye open for discrimination in insurance- **YOUR** support is needed in this work

<https://www.beyondblue.org.au/about-us/about-our-work/discrimination-in-insurance/stop-insurance-discrimination>

AUSTRALIA'S NEW DIGITAL MENTAL HEALTH GATEWAY

<https://headtohealth.gov.au/>

The Turnbull Government has launched a new digital mental health gateway – Head to Health. The website is said to be an essential tool for helping people take control of their mental health in a way with which they are most comfortable and can complement face-to-face therapies.

SOMETHING TO PONDER

When an old man died in the geriatric ward of a nursing home in an Australian country town, it was believed that he had nothing left of any value.

Later, when the nurses were going through his meagre possessions, They found the following poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital.

One nurse took her copy to Melbourne. The old man's sole bequest to posterity has since appeared in the Christmas editions of magazines around the country and is appearing in mags for Mental Health. A slide presentation has also been made based on his simple, but eloquent, poem.

And this old man, with nothing left to give to the world, is now the author of this 'anonymous' poem winging across the Internet.

Cranky Old Man

What do you see nurses?What do you see?
What are you thinking . . . when you're looking at me?
A cranky old man,not very wise,
Uncertain of habit with faraway eyes?
Who dribbles his food and makes no reply.
When you say in a loud voice . . 'I do wish you'd try!'
Who seems not to notice . . .the things that you do.
And forever is losing A sock or shoe?
Who, resisting or not lets you do as you will,
With bathing and feedingThe long day to fill?
Is that what you're thinking?. .Is that what you see?
Then open your eyes, nurse .you're not looking at me.
I'll tell you who I am As I sit here so still,
As I do at your bidding, as I eat at your will.
I'm a small child of Ten . .with a father and mother,
Brothers and sisters who love one another
A young boy of Sixteen with wings on his feet

Dreaming that soon now a lover he'll meet.
A groom soon at Twentymy heart gives a leap.
Remembering, the vowsthat I promised to keep.
At Twenty-Five, nowI have young of my own.
Who need me to guide . . . And a secure happy home.
A man of Thirty My young now grown fast,
Bound to each other With ties that should last.
At Forty, my young sons . . .have grown and are gone,
But my woman is beside me . . to see I don't mourn.
At Fifty, once more, . . .Babies play 'round my knee,
Again, we know children My loved one and me.
Dark days are upon me My wife is now dead.
I look at the future I shudder with dread.
For my young are all rearing young of their own.
And I think of the years . . . And the love that I've known.
I'm now an old man and nature is cruel.
It's jest to make old age look like a fool.
The body, it crumbles grace and vigor, depart.
There is now a stone . . . where I once had a heart.
But inside this old carcass . A young man still dwells,
And now and again my battered heart swells
I remember the joys I remember the pain.
And I'm loving and living life over again.
I think of the years, all too few gone too fast.
And accept the stark fact . . . that nothing can last.
So open your eyes, people open and see.
Not a cranky old man .
Look closer see ME!!

Remember this poem when you next meet an older person who you might brush aside without looking at the young soul within. We too will all, one day, be there!

AND MOST IMPORTANTLY

Thanks go to Edwina and Judith for their invaluable help in making this newsletter possible, to Judith for her dedication to administering the office and her vital role as Website Manager and to Edwina for her patience and dedication in keeping our news clippings current.

KEEP UP-TO-DATE BY LOOKING ON OUR WEB-SITE

[http://ispaf.org./](http://ispaf.org/)

Committee and I look forward to seeing you at the **London Tavern on Wednesday 2 May** and at our next meeting on May 8 when you will have an opportunity to benefit from the experience of two experts on the NDIS and its assistance to individuals with mental health disabilities.

Best wishes, Judi

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