

CONNECT

WET SEASON 2023

NEW OPPORTUNITIES IN THE AGED CARE SPACE



MESSAGE FROM OUR **CHAIR**

Welcome to 2023 everyone and what a busy year we had in 2022!

I hope you and your loved ones had a lovely Christmas and New Year. I acknowledge that being a carer does not always allow for a rest or a holiday! But I hope it was an enjoyable period.

Carers NT has certainly grown in the variety of services we offer to our carers. I believe we are well on track to meeting our Carers NT Vision and Mission statements.

Our Vision is to have a community in which carers are recognised and valued as a significant asset in which they have access to timely and appropriate services.

Our Mission is to enhance the quality of life for our client groups and the wider community in the NT by providing appropriate services including:

- Quality service delivery
- Community development, education, information and awareness
- Advocacy
- Involvement in public policy formulation as it relates to carers

A few highlights as follows:

The year has commenced with a busy beginning, our Nhulunbuy service is in high demand. With the high number of people requiring our services in a remote region also comes with requiring extra staff and accommodation for them. We are in the process of purchasing another property to meet that need.



Carers NT has been in discussions with the Department of Foreign Affairs and Trade and has been approved as an employer for the Pacific Australia Labour Mobility (PALM) scheme. Carers NT is the first Aged Care/Disability services provider to be approved under PALM for Timor Leste which will assist greatly in addressing a skills shortage.

Our Nhulunbuy service continues to grow and other service provider partnerships are invaluable. I am pleased to report that Carers NT are in discussions with Gumatj Aboriginal Corporation about the possibility of partnering to maximise the best outcomes for our client groups.

Our centre-based aged care respite services in both Darwin and Ramingining are quite stable and well-attended.

Carer support groups in both our Darwin and Humpty Doo office are well attended and very well received by the carers who come along. These groups provide ideas and support to carers to maintain and encourage their caring journey, and most importantly, to look after the carers themselves.

Carers NT also provides centre-based aged care, Flexible Respite Services and Cottage Respite. Cottage respite is providing overnight respite for a loved one to allow the carer to have a much-needed break. Residential aged care facilities are harder to access for respite. This alternative model has helped fill the gap and provide that much-needed service.

Her Honour Vicki O'Halloran AO, has completed her term and has officially departed from her office at Government House. Her Honour was our patron for Carers NT and provided interest and support to us. On behalf of Carers NT, I would like to thank Her Honour and acknowledge her support and attendance for officiating our openings of Djäka'mi in Nhulunbuy, our Humpty Doo office and our Sanderling House to name a few. All the very best Vicki.

We would also like to welcome The Honourable His Honour Professor Hugh Heggie PSM, as the new Administrator of the Northern Territory. He brings extensive experience, commitment to community service, and a deep understanding of senior public service, executive leadership and statutory roles.

To conclude, I would like to remind you that Carers NT is accessible right across the NT, and I continue to encourage you to reach out to our team for any information or help you may need. Let us help you to survive the caring journey, you do not need to do it alone.



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FROM OUR **CEO**

Welcome, everyone to the first Carers NT Connect Magazine for 2023!

Carers NT finished an amazing year in 2022 with our teams continuing to deliver exemplary service standards for our participants and clients across the Northern Territory.

As 2022 was Carers NT's 30th year of operations, we held a number of events to celebrate the achievement of this great milestone. In November, we held a 30th Anniversary Winemaker's charity dinner that raised extra funds that we can reinvest in our programs. Many thanks to Mr. Charlie Scalzi of Gods Hill Wines for his ongoing support with this event and a big thanks to our corporate sponsors and all who attended the event.

In December, we held a 30th Anniversary celebration luncheon at Harry's Place that was attended by over 40 carers. The lunch was a huge success and everybody had an opportunity to take a break, enjoy a lovely lunch together and have a yarn. The event was so well received and such positive feedback was gained that we will be planning a few more events of this type for carers in the coming year.

Other exciting news is that in April 2023 we will be opening a new integrated services hub in Howard Springs. This property will enable us to offer a range of services to the rural area and will build upon the success that our Humpty Doo office has achieved over the past couple of years. This property represents a significant investment for Carers NT and will enable us to expand our range of services in the Darwin rural area to include not only Carer Gateway and Aged Care day respite but also NDIS-based respite services as well. We will be relocating our Humpty Doo team to new offices in the new Howard Springs location and the team is all ready to go! An opening event for Howard Springs will be held during the dry.



I would like to take this opportunity to thank the recently retired The Honourable Her Honour Vicki O'Halloran AO for all of her support during her tenure as the Administrator of the Northern Territory and welcome The Honourable His Honour Professor Hugh Heggie PSM, who, as the new Administrator of the Northern Territory, has kindly accepted an invitation to become the patron of Carers NT as well. We look forward to working alongside His Honour to create valuable outcomes for the communities that we service across the Northern Territory.

Lastly, I would like to also thank our Carers NT Board and our Chairperson Gail Marsh for the tireless support she provides for myself and the Carers NT team. We literally couldn't achieve what we do without our Board, and all of our management and staff at Carers NT are very appreciative of the support and guidance that our Board provides.

I hope you enjoy this edition of Connect Magazine, and from all of us at Carers NT, remember to not only care for others but take care of yourself as well!





AGED CARE DELEGATION

TIMOR LESTE

We had the wonderful pleasure of welcoming the Timor Leste Aged Care delegation to Carers NT this March. Timor Leste is in the process of developing an Aged Care sector, and through a strategic workforce development initiative that is being supported by the Northern Territory Government and the Australian Government, Carers NT is assisting with this important process.

A series of consultation workshops were held with our Aged Care team along with site visits to our Wulagi Well Being Centre, Humpty Doo office and a trip down to Katherine to our Aged Care day respite house- Burnet Place.

All of us at Carers NT are looking forward to continuing to grow our Timorese relationships and helping to build a quality Aged Care service model for Timor Leste.

For more information on Carers NT's Aged Care Program, call 08 8944 4888.





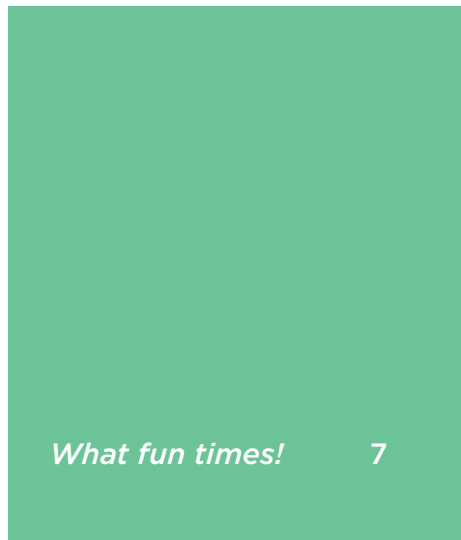
NATIONAL CARERS WEEK 2022

National Carers Week, held annually in October, is dedicated to acknowledging and celebrating carers in Australia. There are over 2.65 million unpaid carers in Australia providing care and support to a family member or friend who has a disability, mental illness, alcohol or drug dependency, long-term health condition or who is frail due to age.

National Carers Week is recognised and celebrated for the outstanding contribution these unpaid carers make to our nation and is an opportunity to educate and raise awareness among all Australians about the diversity of carers and their caring roles.

National Carers Week 2022 saw great success this year in the Northern Territory with some amazing fun-filled activities at the Family Fun Days in Darwin, Alice Springs, Katherine, and Nhulunbuy. These events provided an opportunity to emphasize the roles of carers and promote the services available to them in the NT.

We had a very good turnout at all locations and look forward to an even bigger one this year! We would like to thank all the carers and families that attended the events and made it all the more special with their presence. We are also grateful to the entire Carers NT team for organising and participating in these entertaining events.





2022 CHARITY **GOLF DAYS**

Carers NT Charity Golf Days in 2022 attracted the biggest turnout since starting up nine years ago with 15 teams registered for the Nhulunbuy and Palmerston dry season competitions. Teams of 4 pay handsomely to join the ambrose competitions and while having at least one good golfer on the team is a bonus, the roll of the dice at the end means anyone can (and does!) win. The good humour of all teams makes for a fun (in fact, hilarious, at times) round of golf with Nhulunbuy teams demonstrating quite an appetite for themed fancy dress.

Carers NT is indebted to our generous sponsors Paywise, Gallagher (platinum sponsors of both events), Area 9 IT Solutions, Bridge Toyota, Bendigo Community Bank, Commonwealth Bank, Port of Darwin as well as businesses supporting the Nhulunbuy event, Gove Real Estate, Gove Warehouse, Arnhem Allied Health, Buku Larrngay, Sunny Life Art, Kamayan Café, Esther Rika Partylite, That Hair Room. All funds raised go directly to benefit carers and the people they care for.

Save the date for the 2023 events – Friday 7th July Palmerston, Friday 14th July Nhulunbuy. Get a team together with family, friends or workmates. You won't regret it! Arguably the best charity golf days in the Territory according to our CEO Steve (who does own up to being a bit biased!)



NHULUNBUY SIL HOME OFFICIALLY OPENS

DJÄKA'MI

Djäka'mi is a Yolngu word which literally means to care. It is the name bestowed upon Carers NT's supported independent living (SIL) home in Nhulunbuy, as explained by Rirratjingu clan elder, Witiyana Marika, at last year's July opening.

Djäka'mi provides round the clock care to NDIS participants and also provides respite for aged care and NDIS clients. It is the first of its kind in remote Australia, providing culturally appropriate care.

While Djäka'mi has been operating since 2020, Covid thwarted plans to stage the official opening until 14th July 2022. Our patron, Her Honour the Honourable Vicki O'Halloran AO, the Administrator of the Northern Territory, noted during her speech, "This centre is so important for clients and the wider community. We know that there is a direct link to improved health and wellbeing outcomes when people can remain on country and connected to country - to family, to language and culture."

Carers NT employs around 30 staff in Nhulunbuy to operate Djäka'mi as well as an office in the town with Tom Poutu, our very capable services manager at the helm. In providing a much-needed service, Carers NT in the East Arnhem region also makes a significant contribution to the local (and Territory) economy through the employment of locals and its spending on services and consumables.

Demand for services continues to grow and Carers NT and its Board of Directors are tackling head-on the challenges of expanding services into remote and regional areas. The logistics and costs of doing business and delivering services in remote locations in the Territory are all too well known!





Rosie dotes on her younger family members.



Rosie likes collecting bark to paint on.



Rosie enjoys helping to prepare meals in the kitchen with her own groceries she buys from the local supermarket.



THE WONDERFUL & TALENTED **ROSIE**

Rosie was born in 1990 in the remote township of Nhulunbuy. As the middle child of 5, Rosie is adored by her parents Tony and Janice and very much cherished by her 4 siblings. Rosie is described as a sensitive, caring and family-orientated young lady.

"I called her my angel child," explains Janice (mum), who knew from the moment she was born, that something was unique about Rosie.

Rose Lumanytjinga Yunupingu is a 32-year-old Yolngu lady, born with Down Syndrome.



Rosie loves fishing.



Rosie can throw an awesome swing with a boxing glove.



Rosie loves to cool off at the local swimming pool.

Despite the challenges she has faced, Rose or Rosie as she prefers, has shown that with the right supports, love and connection, people with disabilities can lead fulfilling lives and contribute to their communities in meaningful ways.

Growing up in a remote community, Rosie faced many challenges due to her disability. At times, due to a lack of awareness and understanding, Rosie was marginalized and faced social stigma; However, Rosie's family recognised her positive attributes and provided her with the supports and encouragement she needed to thrive.

For the majority of Rosie's upbringing, Rosie travelled extensively between Darwin, Adelaide and Melbourne in order to receive the medical supports she required. Janice recalls the intensity of travelling to the big cities for the first time with her new baby, only to be told by specialists "she would never dance or walk."

With a strong commitment to culture, dance and ceremony, Rosie proved everyone wrong as she learnt to dance and sing in front of her family at church.

As Rosie developed into a young lady and her parents continued in their work, the decision was made to explore suitable independent living options for her. In 2021, the decision was made that Rosie would move into Djäka'mi - Carers NT's Supported Independent Living home in Nhulunbuy. This living arrangement has allowed Rosie to build on her independence and self-determination, whilst remaining connected to her family and culture.

Rosie's story is a testament to the power of culture and connection to community and the importance of inclusion. Despite the challenges she has faced, Rosie has shown that with the appropriate supports in place, individuals with a disability can overcome obstacles and lead fulfilling lives.

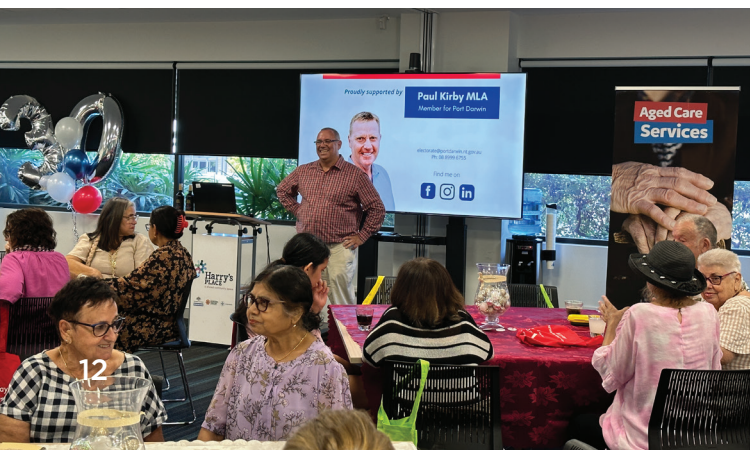


CARERS NT 30TH ANNIVERSARY

Carers NT commenced providing services to carers on the 17th of December 1992, and during the past 30 years, the organisation has grown immensely, with almost 90 employees across Darwin, Humpty Doo, Katherine, Alice Springs, Nhulunbuy and Ramingining.

Throughout last year we celebrated this milestone, acknowledging the great work the carers of our community do in their caring roles. One of the most special celebrations we had for our 30th Anniversary was at our head office in Tiwi with the carers of our community on the 8th of December 2022. A sumptuous lunch was had together with lots of laughs and sharing of stories. Our team also organised a raffle for the carers that they thoroughly enjoyed, and winners went home with a bottle of wine!

Here's to our 30th year and many more to come!





CARERS NT CHARITY **WINEMAKER'S DINNER**

Another wonderful celebration for Carers NT's 30th birthday!

The Winemaker's Dinner was an enjoyable evening with lots of music, dance, exquisite meals, and beautiful wines crafted by the Winemaker Charlie Scalzi himself. We also had a very exciting raffle and auction at the event, and thanks to our kind sponsors and dinner guests who dug deep, we were able to fundraise a generous amount of money.

Our MC, Amy Hetherington and auctioneer, Tony Pickering from KG Young & Associates, did a stellar job generating interest in the auction and made it super fun! All funds raised will remain in the Territory for the benefit of carers and their care recipients. It would not have been possible without the support of our lovely sponsors and the efforts of our hardworking team members. A special thanks to our Community Relations Specialist, Lynne Walker, for organising this beautiful evening.

Carers NT would like to extend our gratitude to our wonderful sponsors Paywise Salary Packaging, Area9 IT Solutions, Gallagher Australia, Bendigo Bank, Harvey Norman, Endeavour Group, God's Hill Wines, Scalzi Wines, Mercure Hotels, Novotel, Halikos Group, Bridge Toyota Darwin & Palmerston, Paul Kirby: Member for Port Darwin, Senator Malarndirri McCarthy - Northern Territory, Joel Bowden MLA - Member for Johnston, Paspaley, Regina's Cleaning Group, 00Seven Adventures Darwin, Rod & Rifle Tackle World Katherine and Wharf One Food & Wine without whom this event would not have been possible.



Unable to do anything on his own, David's doctor advised Sue to give up her job because her husband needed full-time care. It completely turned Sue's life around. When asked what the most difficult part was, she said, "He went from being really active, to eventually having to use a wheelchair and requiring assistance for daily tasks". She also added that a major part of their frustration was that they can't fly outside of Darwin because of David's leg injury. Caring for David is a full-time job for Sue.

We were glad to hear that she was very happy with some of the supports she's received through Carers NT and Carer Gateway. Sue said she loves attending the regular peer support groups we hold, as interacting with other carers who are in the same position as she is, really helps her. When she gets a little free time from her caring role, she enjoys drawing, reading, writing, doing some woodwork and lots of embroidery.

Her love for art and craft brought her to one of our art therapy workshops which she thoroughly enjoyed and has asked us to hold more. David is quite fond of the day respite we have in Humpty Doo which gives Sue the chance to spend some time doing the things she loves. Sue was also really appreciative of the spring cleaning service that we were able to put in place for them.

Sue's carer role is crucial for her husband but is also a lot of work for her. People like Sue are our inspiration, and motivate us to go above and beyond in doing what we do. She really is a true hero.

SUE'S STORY

We recently had the opportunity to sit and chat with Sue and her husband David who she's been caring for since 2012. It was certainly an insightful experience for us as these conversations give us an understanding of the individual needs of carers, helping us support them more efficaciously.

Sue and David have been married for 56 years and moved to the Northern Territory from Grafton 22 years ago. When asked how many children they have, Sue joked, "Two boys, and David!".

David was captain of the Darwin River Brigade for 9 years before he developed issues with his lungs. He suffered from lead poisoning due to an unfortunate incident and was also diagnosed with a disease that imitates TB. His condition deteriorated to the extent that he had trouble breathing normally. In another serious accident with a tractor, he injured his leg, leaving him unable to walk and in constant pain.







THE ADMINISTRATOR OF THE **NORTHERN TERRITORY**



On behalf of Carers NT Chair, Gail Marsh, our Board of Directors, our staff and clients, Carers NT would like to take this opportunity to thank The Honourable Her Honour Vicki O'Halloran AO, the Administrator of the Northern Territory for her incredible service to our organisation as our much-valued patron over the past 5 years.

We wish the very best to Her Honour and her family and thank her for her hard work and dedication in supporting not only Carers NT but all Territorians. Her service has been nothing short of exceptional and we remain grateful to her as our Patron.



We would also like to give a warm welcome to The Honourable His Honour Professor Hugh Heggie PSM, the new Administrator of the Northern Territory. His Honour has lived and worked in remote Indigenous communities and regional centres across the Northern Territory and actively promotes reconciliation with, and the progression of, Australia's First Nations people.

We look forward to working with The Honourable Professor Heggie as our esteemed patron towards building a community in which carers are recognised and valued as a significant asset.





CARERS NT

YOUNG CARERS

Carers NT had the opportunity to organise a fun-filled Christmas party for the young carers of our community at the Free Spirit Resort last year. All of them had a great time playing games, taking a dip in the pool, and eating some yummy food along with lots of candy! Sshhh...

The most fun was had while playing white elephant where the young carers went home with some exciting gifts!

Carers NT also held a workshop in collaboration with Balanced Choice at the beginning of the new year which had a great turnout. It was entertaining yet inspiring as the workshop gave the young carers a chance to use their creative imaginations, open up, and share their thoughts and ideas with the group. The facilitator, Jason, also performed some cool magic tricks leaving everyone in awe!

These workshops and events aim to encourage more and more peer support conversations and interactions so that young carers know that they are not alone in this and get the opportunity to express themselves in a safe and inclusive environment.

For more information about the Young Carers Program, call 1800 422 737.

OUR SUPPORT COORDINATOR

MEET REANN

Earlier this year, Carers NT bid goodbye to Tanya Charman who was working as a Support Coordinator for NDIS participants. We wish Tanya the very best with her future endeavours and thank her for her dedication and hard work in her respective position. We would like to welcome Reann Fraser to the Carers NT team as the Support Coordinator for NDIS participants.

Reann was born in New Zealand and has lived across different parts of Australia before settling in the Northern Territory. She comes from a culturally diverse background as her father is Samoan and her mother a Fijian. She has a very strong sense of commitment towards working with people with disabilities as she has family members who live with disabilities.



Reann brings a wide variety of experience to this role which includes working in remote communities across the NT. Her passion for helping, caring for and supporting people makes her a valuable addition to the team and we are all thrilled to have her on board.



NDIS & CARERS NT



Being a registered NDIS provider, Carers NT supports participants to ensure that they get the best possible services available in their area.

Our Support Coordinators

- **FIND AND CONNECT** you with the supports that are best for you
- **WORK WITH YOU** to help you understand the details of your NDIS plan and what it covers
- **ASSIST WITH REVIEWS** by helping you to prepare for your annual plan review
- **ADVISE AND GUIDE** you throughout your NDIS journey and assist you with any issues with providers

UPCOMING EVENTS 2023

APRIL

- All Youth Conference
- Young Carers Mingle Session
- Young Carers Art on the Horizon Workshop
- NT Young Achiever Award Gala
- Couch Surfing Competition

MAY

- Darwin Aged & Disability Services Network Meeting
- All Abilities Expo
- COTA Seniors Expo - Darwin

JUN

- Young Carers Picnic Day

JULY

- Annual Charity Golf Day - Palmerston
- Annual Charity Golf Day - Gove
- Darwin Aged & Disability Services Network Meeting

AUG

- COTA Seniors Expo - Alice Springs

SEP

- Darwin Aged & Disability Services Network Meeting

OCT

- National Carers Week

Follow us on Facebook for more information about upcoming events
facebook.com/carersnt • facebook.com/ntyoungcarers

PEER SUPPORT

Are you caring for a family member or friend? Would you like to connect with other carers in a similar caring role?

Come join our In-Person Peer Support Groups held fortnightly in Humpty Doo and Tiwi.

Connect with other carers, share experiences and challenges and learn from each other in a safe, supportive environment.

For further information please call us on 1800 422 737. Limited spots available!

Become a financial member of Carers NT today

Members are crucial to the continued success of Carers NT. Renew your annual membership or become a NEW member.

Contact us NOW!

Call 08 8944 4888 or email carersnt@carersnt.asn.au
Complete the online form at www.carersnt.asn.au

Individual and Corporate membership is available to everyone over the age of 18 and renews annually on 1 July.



CONNECT is produced by Carers NT.

For further information on our events and services, visit our website, social media pages or contact us on
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Humpty Doo
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Alice Springs
 Unit 1,
 9 Parsons Street

Nhulunbuy
 Shop 4,
 Endeavour Square

Carers NT is supported by:

Australian Government - Department of Social Services
 Australian Government - Department of Health
 Northern Territory Government

