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Listed below are some websites that may be of interest.

- www.grandparentsqld.com.au
- www.kinkare.com.au
- www.seniors.gov.au
- www.apsl.com.au/grandparent.html
- opso.com.au/grandparents.htm
- www.fsa.org.au
- www.familycourt.gov.au/
- www.familyrelationshi ps.gov.au
- www.legalaid.qld.gov.au
- www.raisinggrandchild ren.com.au
- www.grandparents.org .au
- www.caxton.org.au

No internet access?

Let Seniors Enquiry Line do the searching for you

Phone 1300 135 500



GRANDPARENTS' QUARTERLY NEWSLETTER

Welcome to the first *Grandparents Newsletter*, a new information source for grandparents raising grandchildren.

Grandparents' Information is looking forward to producing a newsletter every three months. The aim is to provide articles of interest and keep grandparents up to date with new services and information which may assist them.

The newsletter will be distributed via email, on our web site or by post to grandparents who are interested and to relevant welfare organisations.

For a chance to win a \$50 gift voucher! See page 4 for details

Where did it all begin?

Seniors Enquiry Line has received funding from the Queensland Government to continue the **'Time for Grandparents' program** for a further three years, after trialling the program since December 2005.

Time for Grandparents is a state-wide program offering funded activities for grandparents who are raising their grandchildren outside the Department of Child Safety. Research has identified that more grandparents are taking on the role of primary carers for their grandchildren. The program allows the grandparents support and time out, which many grandparents could not otherwise access due to financial constraints.

Another area of concern for grandparents is the availability of and easy access to information, support and contact others who have similar concerns and responsibilities.

The Grandparent Information Project was commissioned by the Department of Communities/ Office for Seniors to address these needs. Seniors Enquiry Line consulted with interested parties throughout Queensland to identify information required by grandparents who are raising children. During consultations, grandparents report feeling isolated from their peer group and sometimes alienated from their extended family. Some feel little in common with the parents of their school aged children's friends and many have reported that their problems were exacerbated by having limited services, support and funding. As a result of these consultations, information, fact sheets and referral contacts will be available at a single point.

The information, available from Grandparents Information, will aim to meet the needs identified by the consultation process such as

- supply information and eligibility requirements associated with subsidies and concessions
- supply fact sheets covering areas such as child development; parenting skills; grandparent support groups; social and leisure activities; counselling and support services; legal issues; respite; education; health issues and child care.

For further information contact **Grandparents Information on 1300 135 500.**

Health and Wellbeing

Being a carer can be one of the most demanding things you've ever done, and it's all too easy to suffer from burnout with the extra load of physical and emotional stress. That's why you cannot afford to neglect your own health and needs, no matter how much you love the person you care for and no matter how dedicated you are to caring for that person.

"it's all too easy to suffer from burnout with the extra load of physical and emotional stress"

Getting Out

Constantly caring without taking a break can be bad for your health. That's why it's so important to ask family, friends or respite services to help you get away from your caring responsibilities for a few hours or even a few days.

Try to continue with activities you enjoy. Even though the many demands of caring may make it difficult to manage, it's really important that you follow your own interests outside your caring role.

Some carers say they feel guilty when they leave the house or enjoy an activity without the person they care for, or the person you care for may not want someone else looking after them. But if you use respite services to take a break, it can sometimes be good for the person you care for as well. If you are finding it difficult to get out and about, talk to someone about how you are feeling.

Knowing You're Not Alone

It's easy to become isolated when you're a carer. For a start, you might be too busy to keep up with friends and family, and people may visit you less often.

Loneliness may be one of the worst side effects of being a carer. Sometimes just talking to someone who understands what you're going through can be a great relief. Sharing your experiences with someone you trust – family, friends, neighbours, other carers or health workers – may help.

Your Commonwealth Carer Resource Centre and support groups can put you in touch with other people who share similar experiences. When ideas, feelings, concerns, information and problems are shared, the experience of caring can seem far less isolating.

You can contact your Commonwealth Carer Resource Centre on **1800 242 636**. Also your local Commonwealth Carer Respite Centre can help - contact them on **1800 059 059**.

Keep Healthy

To stay healthy yourself so you can continue to give quality care, try to make sure that you:

- Make time for regular exercise – this will make you feel more energetic and give you a break.
- Have healthy, regular meals. This isn't always easy to do, but it's important for your long-term health.
- Get enough rest and sleep. Tiredness and exhaustion often add to the stress of caring.
- Look after your back if you need to lift or transfer the person you're caring for. Get professional advice on the safest way to lift and any available aids to assist with lifting.

Do you have an email address? If you have received this by ordinary mail, but would prefer to receive it by email, please let us know by emailing us at grandparentsinfo@lccq.org.au or phoning 1300 135 500.



LEGAL ISSUES

Changes to the family law system encourage parents to agree on arrangements for their children without going to court. Family dispute resolution is a practical way for separating families to sort out these arrangements.

When is a family dispute resolution compulsory?

If you want to apply to the court for a parenting order from 1 July 2007 (and you have not previously applied) you will need a certificate from a registered family dispute resolution provider to confirm that an attempt at family dispute resolution was made.

It is expected that, from 1 July 2008, this requirement will apply to all applications, including those seeking changes to an existing parenting order.

There are some exceptions to this requirement, including cases involving family violence or child abuse.

How much will family dispute resolution cost?

The cost of family dispute resolution depends on the provider.

Private providers set their own fees.

Family Relationship Centres provide up to three hours of family dispute resolution free but may charge fees if further sessions are needed. Family Relationship Centres and family dispute resolution services funded by the Australian Government are required to have a fees policy that takes into account the capacity of the client to pay.

More information

For more information about compulsory dispute resolution or to find a registered family dispute resolution provider in your local area, call the **Family Relationship Advice Line on 1800 050 321** or go to **www.familyrelationships.gov.au**.

For more information on filing an application with the court, call the National Enquiry Centre on **1300 352 000** or visit **www.familylawcourts.gov.au**.

Compulsory Family Dispute Resolution



There are new requirements from 1 July 2007 for separating families who want to go to court to resolve arrangements for their children.

Financial Tips from Robyn.....

Hi, my name is Robyn and I am a Senior Financial Counsellor with Lifeline Community Care. I am delighted to have been asked to make a regular contribution to the quarterly newsletter. I will share some financial tips with you which I hope you will find interesting and helpful.

For this newsletter, I thought I would give you some background on financial counselling and what a financial counsellor does.

Financial Counselling Services help people from a wide range of backgrounds for free and in confidence. They help clients manage a short-term crisis, and plan to prevent a future one. Financial counsellors can help clients remain independent and take full control of their financial affairs.

Essentially, consultations include the following assistance: Analysis of financial position; drafting a budget especially for a client's needs; discuss options to improve their financial position including debt reduction, money management skills; explore strategies for specific client situations and objectives e.g. low income, achieving goals, motivation and empowerment; explanation of debt recovery procedures, bankruptcy and other alternatives; provision of resources e.g. referrals to other services such as gambling help, family/personal counselling or community legal aid: support in a confidential and non-judgemental environment.

Happy Money Management,

Regards, Robyn



GRANDPARENTS QUARTERLY

We would like your help.



- Please let us know what information and topics you would like to see included in future editions.
- Send us an event you may like mentioned.
- And enter the competition to

Name our Newsletter.

We would like a name which symbolizes the content of our Newsletter .

And, to add to the excitement, the winner will be forwarded a \$50 gift voucher to celebrate.

To enter : email grandparentsinfo@lccq.org.au or post your response to

Seniors Enquiry Line, Name that Newsletter, PO Box 108, Fortitude Valley, Qld 4006.