



ISSUE 1: MARCH 2019

Care Matters

Welcome to Family Based Care Tasmania's (FBC Tas) quarterly newsletter, Care Matters.

FBC Tas is committed to making sure we stay connected with our clients and their families. Care Matters is our way of keeping you up to date with all that is happening at Family Based Care.

Each edition will include informative articles about health and wellness, updates on FBC programs and support services, information about events and workshops, recipes and good news stories about the work FBC is doing in your community.

In this edition, we begin to introduce you to the Family Based Care team. Meet the FBC Board Members and find out about the role of our Board.

For a bit of light reading we have included a recipe section.



If you have a recipe you would like to share with our readers, please email them to news@familybasedcare.org.au or you can give your recipe details to your support worker who will pass the information onto us.

In other news, find out more about the changes that took place last year and how we have been working to improve our service delivery to you.

We hope you enjoy Care Matters. This is your newsletter and we welcome any feedback as to what you would like to see included in the newsletter.

Enjoy!

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Welcome

Dear Reader,

It is important to us that you understand that you have choice and control over the care provided to you. Family Based Care Tasmania's aim is to assist you as much as we can to maintain independence, dignity and connectedness.

We understand that you need to be able to trust the people providing your care and we work hard to match you with your Direct Care Worker. Of course sometimes we can't always achieve this and sometimes the staff that work with you need a break, or a holiday or have their own family commitments.

Please understand that our underlying philosophy is always to provide Your Care Your Way.

Doug Doherty
CEO





President
Rob Waterman

CEO Rural Health Tas



Vice President
Chris Bartlett

Barrister & Solicitor



Treasurer
Simeon Cooper

Grange Resources



Member
Trevor Reeve

Rural Health Tas



Member
Michael Chettle

Accountant



Board
Vacancies

x 3

MEET OUR BOARD

FBC Tas is extremely lucky to have a group of dedicated professionals and community leaders who freely donate their time, energy and professional expertise to the Association.

The Board's role is to provide governance and strategic direction and work effectively with Senior Management to ensure high quality care and service delivery.

The Board meets on a bi-monthly basis and together make decisions that are important to the ongoing success of FBC Tas.

We currently have 3 Board vacancies. If you know of an active and passionate community member who might suit this role, please contact our Executive Officer, Christine Winskill on (03) 6431 8411

OUR NEW NAME

Changes at FBC

In the last 18 months there have been many changes at Family Based Care. Most significantly, we have changed our name to Family Based Care Tasmania. (FBC Tas)

Our new name reflects our commitment to making sure our clients feel like they are part of the FBC family as well how much the Association has grown.

FBC Tas now provides support services beyond the North West Coast and we have clients right across Tasmania, including North East Tas, Hobart, King Island and Flinders Island.

As you can see by the area we cover, Family Based Care North West no longer reflected the reach of our service delivery.

Our new name shows that we are truly a Tasmanian Not-for-Profit support service provider



SERVICING NORTH & NORTH WEST TASMANIA

Our Launceston Office has Moved

FBC Tas has relocated its Launceston Office to larger and more visible premises.

But we haven't gone far!

We have moved to **50B Frankland Street**, just across the road from the Launceston General Hospital.



We are an Approved Provider of Home Care Packages and NDIS Support Services. We offer aged care and disability support services to people living in Launceston and communities across Northern Tasmania, including the East Coast, Dorset, Northern Midlands, Deloraine and Flinders Island.

Our services include, but are not limited to the following;

Home Care Packages

House cleaning, laundry, gardening, home modifications & maintenance, cooking, showering, dressing, personal hygiene, social activities, transport, and companionship.

NDIS Support Services

- Support Coordination
- Developing daily life skills to help you live independently at home
- Accessing social & community life,
- Developing your skills to manage support services,
- Mentoring & peer support
- Individual skill development
- Social skills development
- Decision making & goal setting
- Planning & budgeting; and
- Public transport training

To meet with one of our Launceston Coordinators, contact us on 1800 684 098

Did you know...

The human body can last weeks without food, but only days without water.

HOW MUCH WATER DO WE NEED TO STAY HYDRATED?

The amount of water we need depends on our body size, metabolism, the weather, the food we eat and our activity levels. Body water content is higher in men than in women and falls in both with age.

The following list is a guide to the average daily intake of water needed to stay hydrated.

- infants 0–6 months – 0.7 l (from breastmilk or formula)
- infants 7–12 months – 0.9 l (from breastmilk, formula and other foods and drinks)
- children 1–3 years – 1.0 l (about 4 cups)
- children 4–8 years – 1.2 l (about 5 cups)
- girls 9–13 years – 1.4 l (about 5-6 cups)
- boys 9–13 years – 1.6 l (about 6 cups)
- girls 14–18 years – 1.6 l (about 6 cups)
- boys 14–18 years – 1.9 l (about 7-8 cups)
- women – 2.1 l (about 8 cups)
- men – 2.6 l (about 10 cups)

Source: <https://www.betterhealth.vic.gov.au/health/healthyliving/water-a-vital-nutrient>



SUPPORTING YOU IN YOUR ROLE AS A CARER

CARER SUPPORT SERVICES

Are you a Carer? Do you need help caring for someone?

A Carer is a person who provides help and support to a family member, friend or neighbour who would not be able to live independently without your help.

FBC Tas has received funding from the Commonwealth Department of Social Services to provide a Carer Support Information and Advocacy Program.

Through this program, FBC Tas has employed a Coordinator to provide Carers and their families with information about the carer support services available in the North West region.

A number of community events have been held including a regular social luncheon (Inclusion Cafe).



Carer support service providers from across the region are invited to attend and share information about the support services they provide. The luncheon is held on a monthly basis at the Burnie Uniting Church Hall.

For further details phone Fiona Blenkhorn on 1800 684 098 or visit our website:

<https://www.familybasedcare.org.au/programs-menu-group/whats-happening/>

Or our Facebook Page

<https://www.facebook.com/carerscentrefamilybasedcare>

Fiona also attends community events across the North West on a regular basis to help Carers better understand the services available to them.

Family Based Care also has a Carers' Centre at 192 Wilson Street, South Burnie. This office is shared with Carers Tas and Leap Dynamics.

You are welcome to call in for a coffee and a chat. If you would like to meet Fiona at the Carers Centre give her a call on 1800 684 098. Fiona is also available to meet with you in your own home.

Burnie Library supports our Carers Program, providing space for an ongoing display of Carer support information on the ground floor.

Fiona is available at the Burnie Library the first and third Thursday of each month from 10 am until 12 noon to help Carers with information and support. Look for the advertisement in the Advocate Community Announcements as -

“Do you need some HELP getting HELP”

and on our Facebook Page

<https://www.facebook.com/carerscentrefamilybasedcare>

Your Care, Your Way

FBC Tas is committed to helping our clients live independently in their own homes for as long as possible.

Our philosophy of care is about making sure you have choices, flexibility and control over the support services we provide you.

We are committed to making sure you, your family and your carers have a greater say in the type of care you receive, how you are supported in your home and who supports you.

Our support services are flexible and can change as your needs change. If at anytime your support needs change, please contact your FBC Program Coordinator to discuss the changes to your circumstances. You have the option to discuss your care plan over the phone or we can visit you in your home at a time and date convenient to you.

Elder Abuse - IS NOT OK

No older person should be subjected to any form of abuse, often referred to as 'Elder Abuse'. Elder Abuse can take various forms such as physical, psychological or emotional, sexual or financial abuse. It can also be the result of intentional or unintentional neglect.

Elder Abuse can be defined as "a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person" (World Health Organization).

If you are concerned about Elder Abuse you may want information about the issue, or the opportunity to talk to someone independently about your concerns and the options for getting help.

Help is close at hand. Contact the Tasmanian Elder Abuse Helpline on 1800 441 169 ■

Contact Us

Burnie, Devonport &
Launceston Offices
PH: 1800 684 098

Email:

Admin@familybasedcare.
org.au

We value your feedback

Your feedback helps us to review and continuously improve the support services we provide to you.

It is helpful for us to know what we do well and how we can improve the way we support you.

Feedback can be given anonymously by filling out our client feedback form. Client feedback forms are available at our office and can be mailed to clients or delivered by support workers and/or your Coordinator. In the near future client feedback forms will also be available online via our new website which is coming soon.

Recipe Corner

Zucchini Slice



- 4 bacon rashers, finely chopped
- 1 brown onion, finely chopped
- 2 zucchinis, coarsely grated
- 1 cup pumpkin, coarsely grated
- 2 cups frozen mixed vegetables, just thawed
- 1 cup (120g) coarsely grated cheddar
- 1 cup (150g) self-raising flour
- 1/2 cup flat-leaf parsley, coarsely chopped
- 4 Eggs, lightly whisked
- 1/4 cup (60ml) milk
- 2 tablespoons olive oil

- Step 1 - Preheat oven to 180C. Grease a 20cm x 30cm lamington pan and line the base and 2 long sides with baking paper.
- Step 2 - Heat a medium frying pan over medium heat. Add the bacon and onion and cook, stirring, for 5 mins or until onion softens. Transfer to a bowl.
- Step 3 - Add the zucchini, pumpkin, mixed vegetables, cheddar, flour and parsley to the bacon mixture and stir to combine. Add the egg, milk and oil and stir to combine. Season. Spoon into the prepared pan and smooth the surface.
- Step 4 - Bake for 40 mins or until firm to the touch. Set aside to cool. Cut into pieces.