



Kalgoorlie Carers Family Photoshoot

CEO Message

The first half of this year has been an extremely busy period for us, filled with many notable accomplishments.

Earlier this year we launched the Prepare to Care hospital program in Kalgoorlie as well as our Men's In-Person Peer Support (IPPS) group. IPPS has continued to expand and we now hold 13 groups across the state.

We also now have 5 regional coordinators, living and working in the communities they support, including two in the Wheatbelt, one in Esperance/Goldfields and more recently, one in the Warren/Blackwood region.

We participated in Youth Week 2024 with the launch of 'Cooking Up a Healthy Mindset', a cookbook developed and written by young carers, focusing on a healthy diet, for a healthy mind. More recently, we participated in the 2024

Palliative Care Sector Breakfast, and during National Volunteer Week, we celebrated our volunteer Social Support Group Coordinators for their incredible contributions to our community.

Additionally we undertook several round table discussions as part of our state's contribution to the National Carer Strategy which is currently in development. Part of this work included sending a small group of young carer and culturally and linguistically diverse carers to Canberra to ensure the WA voice is heard.

June saw the launch of the National Carer Survey (2024) where WA stood out as a significant contributor receiving over 1,300 responses, marking the highest participation from carers in WA to date, and an increase of over 350% from 2022 contribution numbers. We look forward to sharing these results with you in the coming months.

For the remainder of the year, we have more notable events planned including sponsoring the sensory space at the Perth Royal Show for the second year and a record number of events lined up for Carers Week, including our Carers WA Conference, wellness webinars, an on-country experience, a young carer art collaboration event, and more. We'll also be present at hospitals and community groups throughout the week, disseminating information to general public, staff and carers. Our AGM is also coming up at the end of October and we look forward to your participation.

Thank you again for your continuous support in helping make all of these initiatives possible as we remain committed to improving the lives of carers across WA.

Richard Newman - CEO



Federal Government Changes to Carer Payment

The Hon. Amanda Rishworth MP, Minister for Social Services, has revealed that the Federal Budget includes some modifications to the Carer Payment.

The suggested modifications include:

- Adapting the participation rules to permit carers to work 100 hours within a month, as opposed to the existing restriction of 25 hours weekly.
- Excluding travel time, education, and volunteer work from the participation limit.
- Introducing a six-month suspension timeframe for those who exceed the participation limit, rather than cancelling their payment.
- Allowing occasional use of Temporary Cessation of Care days for instances where the participation limits are surpassed.

These alterations are in line with the recommendations in the 2024-25 report by the Economic Inclusion Advisory Committee and the Treasury Employment White Paper. The changes are expected to be effective from 2025, after relevant legislation.

2024-25 State Budget

The 2024-25 WA State Budget, unveiled by Treasurer Hon Rita Saffioti MLA, reports a surplus of \$3.2 billion and a concentration on cost-of-living assistance, housing supply, key service investments, and economic diversification.

While Carers WA acknowledges the budget's support for carers, including transport and Perth Zoo entry concessions, as well as initiatives for cost-of-living, housing, and health, there is still a need for additional targeted support as outlined in our pre-budget submission.

Carers WA hopes to continue engaging with the government to ensure these measures are implemented.

If you're a carer seeking to understand the potential impacts of this year's state and federal budgets, we've assembled comprehensive reports detailing the main repercussions.

To find out more, visit www.carerswa.asn.au/latest-news

Men's IPPS Groups

Carers WA is excited to introduce a brand new In Person Peer Support (IPPS) group, exclusively for men! Sessions run fortnightly with the chance to connect, share experiences, and take some time out.

When: Every alternate Tuesday | 10.00am - 12.00pm

Where: Manning Community Centre

For more information, email IPPS@carerswa.asn.au

Prepare to Care Kalgoorlie Launch

The Carers WA Hospital Team are pleased to announce that the 'Prepare to Care' program has now been officially launched in Kalgoorlie Hospital!

This March, the team facilitated Carer Recognition Education across all areas of the hospital and provided over 300 'Prepare to Care' books and over 1,200 carer-specific brochures with the purpose of setting up 'Carers Corners'.

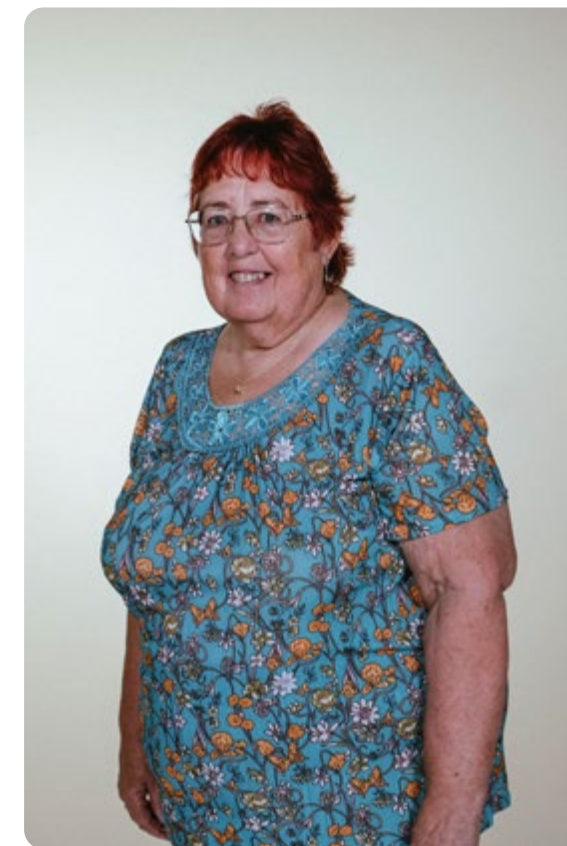
Carer Story: Cheryl

For seven years, Cheryl has been a devoted carer to her husband, who lives with young onset dementia and frontal lobe dementia. The path to his diagnosis was a complex one, filled with uncertainty and loneliness. With no nursing background, Cheryl found herself navigating a new world of caring for her husband after a seven-week hospital stay.

Despite hardships, they continue to find joy, and with the support of Carers WA, Cheryl learnt she wasn't alone.

Cheryl says, *"We've all got a strength in us, but we don't always know how to bring that out. And I've learnt through Carers WA that that's what you can do and be a better person."*

To read more, visit www.carerswa.asn.au/latest-news



FairWork Commission Modern Awards Review 2023-24

The work and care stream of the Modern Awards Review 2023-24 involves a research and consultation process, conducted by the Fair Work Commission to consider balancing work and care in the context of workplace relations settings in modern awards. This investigation can lead to potential changes to awards for better supports in place for carers participating in employment.

To find out more, visit www.fwc.gov.au/hearings-decisions/major-cases/modern-awards-review-2023-24/work-and-care-modern-awards-review-2023



Regional Reports

Our Policy team, in collaboration with other departments, have been collecting feedback from our regional visits. These visits aimed to engage with carers, community members, and our staff on the ground to collect valuable feedback and pinpoint areas of improvement. The primary objectives were to:

1. Identify what was and wasn't working for carers in the region.
2. Identify unmet needs for carers.
3. Identify short and longer term opportunities for improvement.
4. Collate recommendations from the community to enable these improvements.

This region-specific feedback from each visit has been compiled into reports, with an action plan to back it up, which will act as a launching pad for future involvement in the region. To read the reports, visit www.carerswa.asn.au/policy-submission-research-reports

National Volunteer Week

National Volunteer Week is Australia's most significant annual event celebrating volunteering. Earlier this year, we brought together all our Volunteer Coordinators to honour them and recognise the incredible work they do to support Carers WA and carers in the community. They run the Social Support Linking Together Program, which helps carers stay connected and reduces the isolation often experienced in their roles.

Currently, we have 39 groups in both metro and regional areas, supported by 33 Volunteer Group Coordinators and Assistant

Coordinators, who dedicate their time each month.

To find out more about Social Support, visit www.carerswa.asn.au/social-support



Federal Inquiry into the Recognition of Unpaid Carers

In June 2023, the Federal House of Representatives Standing Committee on Social Policy and Legal Affairs launched an inquiry into the recognition of unpaid carers. This led to a Final Report in March 2024, advocating for the modernisation of the Carer Recognition Act 2010 (Cth) and the broadening of the definition of 'carer'. The report included 22 recommendations, focusing on areas such as carer rights, support services, respite, training, strengthening of the Act, and more. Carers WA played a crucial role, providing evidence and policy submissions based on consultations and surveys with carers. The Federal Government is now expected to respond to the Final Report's recommendations.

To find out more, visit www.aph.gov.au/UnpaidCarers

Cooking Up a Healthy Mindset

The "*Cooking Up A Healthy Mindset*" is a unique fusion of a cookbook and a wellness guide, created by the Carers WA Youth Advisory Group.

This book has been designed to align with the theme of Youth Week 2024 "Head, Body, Heart" and is dedicated to all the young carers who compassionately dedicate their time and energy to caring for others, while navigating their own personal journeys.

It includes a variety of quick and wholesome recipes, from comforting meals to a selection of relaxing wellness activities.

To download the book, visit www.carerswa.asn.au/latest-news



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