



# COMMUNICATIONS UPDATE

[WWW.PCAFAMILIES.ORG.AU](http://WWW.PCAFAMILIES.ORG.AU)

## EVENTS

**Click & Connect**  
Wed 7/6/23

**Share & Connect**  
Thurs 1/6/23

**Flexi-Funding**

ADDITIONAL COSTS OF CARE

**Better Futures**

INDEPENDENCE, EDUCATION, EMPLOYMENT

**Helpine**

REFERRALS, ADVOCACY

**CAP**

CARER ASSISTANCE



## News - Ella's Story

Marie applied to PCA Families for assistance with the cost of a laptop for Ella's home schooling. Ella has ADHD and Autism and struggled with her schooling during the Covid-19 lockdowns, when she could not get the 1 on 1 support she needed. Now in Grade 5, Ella needs to be home schooled. She needs 1 on 1 attention and the school could not offer this unless she was removed from the class. This was not an option as Ella did not like being removed during classes she enjoyed, like Music class.

At home, Ella's work is tailored for her, with physical activities, and specific online programs that assist with her concentration or otherwise completing Maths and English tasks. These lessons are guided by Ella's Occupational Therapist to also assist with Ella's breathing, core balance and motor skills.

By providing a financial contribution towards the cost of a laptop (from PCA Families), Ella now has a device that can keep up with the online tasks required of her. Previously Marie's older dated laptop was the solution. Marie advises us that Ella is "over the moon" with her own laptop.



**"Delivering trauma informed services that empower"**

## News - State Budget

The Centre for Excellence in Child and Family Welfare (CFECFW) have welcomed the \$895 million investment in the child and family services systems in the Victorian State Budget released this week. The CFECFW provide this overview of the budget and how it may support your family. Find out more [here](#).



## News - Care Allowance

The Victorian State Budget includes a \$650 payment for all eligible statutory kinship, foster and permanent carers (who were in receipt of the Care Allowance as at 8 May 2023) who are caring for young people under 18 years old. Adoption and non statutory placements are not eligible. This payment is for each eligible child to provide essential support and help with day to day living expenses. The additional Care Allowance Supplementary Payment will be made on 31 May 2023 and carers will be notified via the Care Allowance remittance advice. Further information or assistance [here](#).



## News - Investing in Women

Important investments are being made. Victoria's first clinic focused on women's heart health and the state's first sexual and reproductive health phone line have been established, but there is more to do. The 2023/24 budget will see investment in over 20 comprehensive women's health clinics offering free care for conditions like endometriosis, pelvic pain, polycystic ovary syndrome, perimenopause and menopause. Access will include specialists like gynaecologists alongside nursing and allied health support in one spot. Offering faster access to world class care for women. Find out more [here](#).

## News - Diagnostic Tools

New Australian research shows girls with autism being diagnosed much later than boys. that can mean their autism gets overlooked altogether or that supports are made available much later which can have damaging effects. Find out more [here](#).

## News - Disability Act

The Disability and Social Service Regulation Amendment Act 2023 came into affect on 23 May and includes amendments informed by consultation with disability and community stakeholders and across government. More information [here](#).

## News - Vaping Affects 1/3 of Young People

Did you know that 1/3 of young people have tried an e-cigarette (Source [Generation Vape](#)). With more than 200 chemicals detected in e-liquids it can be frightening if you know your child is vaping. But how do you know? They can be hard to spot as they look like everyday items such as a pen or highlighter. Being aware of smells can help. There may be an unexpected sweet or fruity smell in the air, or they may be using deodorant and sprays to mask the smell. Starting the conversation early before exposure to vaping is obviously key. However, asking questions and keeping the conversation positive with questions such as "what do you think about vaping" or "what would you do if someone offered you a vape". More resources and tips [here](#).



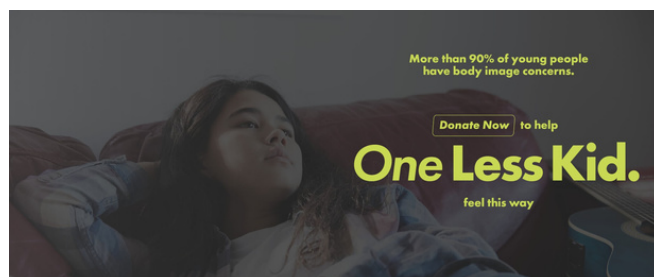
## News - Residential Eating Disorder Centre

Victoria's first residential eating disorder centre will soon be constructed in Armadale under the watchful eye of the Alfred Hospital. Due to open in 2024 the funding in the Victorian budget will support an additional 1,100 people over the age of 18 who are living with an eating disorder. More information [here](#).



## News - One Less Kid

The Butterfly Foundation launched their One Less Kid program today. With research showing the extent of body dissatisfaction among kids, this program aims to share short videos of kids (actors) talking about how their or a friends body image concerns affect them. You can help one less kid! Find out more [here](#).



## Events - Share & Connect Peer Support

**TOPIC:** CARER ASSISTANCE PROGRAM WITH  
FCAV PROGRAM LEAD TESSA HUGHES

**DATE:** Thursday 1 JUNE at 8.00pm

**LOCATION:** Zoom online

**TOPIC:** Tessa will introduce and discuss the Carer Assistance Program, a unique program focused on providing individual, couple and group therapeutic support to PCA Families. The CAP delivers support to carers who recognise many diverse issues impacting their wellbeing, both related and often unrelated to their parenting role.

The CAP is available at no cost to all PCA Families across the state which include Permanent Carers, Adoptive Parents, and Family Court Ordered Kinship Carers.

**REGISTER:** [here](#) via Zoom link

Join Us



## Events - Click & Connect Peer Support

**TOPIC:** SELECTIVE MUTISM

**DATE:** Wednesday 7 June 12.00 to 1.00pm

**TOPIC:** What is selective mutism and when do you need to seek help? How does it differ to pervasive developmental disorders like Autism? What communication or other strategies might help? Is getting the child to speak the aim, or something else?

Click and Connect provides a supportive social space that allows natural conversations to flow to ensure you are honoured as experts of your families and lives, while having the expertise of a PCA Families Adviser on hand for additional professional support.

**REGISTER:** [here](#) via Zoom Link

Join Us



## Carer Assistance Program - Therapeutic Support

Self referral available [here](#).

## DFFH Flexible Funding - Funding Additional Needs

Further information available [here](#).

## Helpline - Information, support and referrals

Further information available [here](#).

## Better Futures and Home Stretch - Support to 21

Find out more [here](#).

Subscribe to Facebook, LinkedIn or  
Youtube by clicking these links



PCA Families, Level 1, Suite 6, 69-71 Rosstown Road, Carnegie 3163  
info@pcafamilies.org.au www.pcafamilies.org.au 03 9020 1833

Want to change how you receive these emails?  
You can update your preferences or unsubscribe from this list.