

# COMMUNICATIONS UPDATE

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LIVED  
EXPERIENCE  
PARENTING  
CHANNEL

KINSHIP, PERMANENT CARE AND  
ADOPTIVE FAMILIES AND CARERS

## QUICK LINKS

**Journal Club -  
Topic 7/10/21**

**Click & Connect -  
Therapists - who  
and when 6/10/21**



## Click and Connect - Respite

### Topic: Respite

Please join us at midday on **Wednesday 6 October** by [registering here](#).

See our website for future topics and links [here](#).

Respite care can be a tricky situation. The best advice is to set yourself up from the start with friends and family that will help support your journey. However, for many of us, there are so many demands on us that it often feels like we can't take a break or hand over the reins to someone else.

But the truth is you can and you should. It is in your child's best interests to have a rested caregiver. It's a part of the National framework in out of home care and in disability (NDIS), so you are entitled to it and you should demand it.

We will discuss respite options so you can take a break and what to do if there is an emergency. Camps are also another option that provide respite and can tap into the particular needs of your child. We will look at the options and where to get support. We will share learnings and knowledge from and between caregivers in the meeting.

Each Wednesday fortnight various parents and carers come together on Zoom to learn from each other and share their challenges and lived experience in our Click and Connect meetings. We share the joys and the struggles and find new ways to tackle situations by sharing together.

We welcome any new parents or carers that would like to join us for one or more meetings.



**"Improving the lived experience of young people"**



## News - Safety First

Accidental deaths are reported to have doubled in lockdown as parents juggle work and care. Burns, accidental strangulations, drownings and other incidents have all contributed. Admissions to hospital for severe injury have also risen 30% as families took up new hobbies like cooking more and bike riding.

So what you can do?

Kidsafe have a guide to what to look for and it covers everything from poisons to toys and driveways. And it includes simple things like making sure you have a fire blanket or secure blind cords 1600mm above the floor. And they suggest considering any responsibilities you place on teenagers, such as not being responsible for babies while bathing or using dangerous equipment alone, such as a lawnmower.

Just thinking about it won't help. We all need to do our little bit to prevent injuries while our kids are spending less time in schools (which are highly regulated for safety) and more time at home.

See all their resources including videos [here](#) and their parents guide [here](#)

## News - School Holidays

With school holidays upon us, no doubt you are facing increasing pressure at home in this stay at home Covid-19 pandemic environment. For families looking for holiday camps, there are still some that will continue and we may be able to help you with flexi-funding support too.. Here are the links.

Edmund Rice [www.ercvic.com](http://www.ercvic.com)

Wombat Corner Olympic camps [www.wombatcorner.com.au](http://www.wombatcorner.com.au)

Green Supercamps [www.greensupercamp.com.au](http://www.greensupercamp.com.au)

Coding Camp (for 7yo+ online) [Code Camp](#)

Lego Camp [Bricks4Kidz](#)

## Journal Club

**Topic: To be determined**

Please join us at 8pm on **Thursday October 7** by [registering here](#)



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

## External Videos - Enjoy these podcasts and other resources

This week we wanted to share some recordings that other organisations have been producing. Some great topics to learn from!



Regulated and Relational with Julie Beem & Ginger Healy for the Attachment Trauma Network for parents.

Access [here](#).



There are many other resources from external organisations that we have linked to on our website.

Access [here](#).



Helping Adoptive Children Thrive At School With Renée Carter CEO Adopt Change.

Access [here](#).

## AGM - Save the Date

This years Annual General Meeting will be held on **Wednesday 27 October** between **4.00 and 6.00pm**. We will share registration details shortly.

## Flexi-Funds

A reminder that PCA Families has Flexible Funding available to meet the extraordinary needs of children and young people subject to a Permanent Care Order, or where you are receiving DFFH care allowance and have a Family Court Order or Special Needs Adoption Order.

Flexi funds can be used for therapeutic, educational and medical services, to build skills, interests or attachment, to elevate family contact and cultural identity, to offer respite, home medication or other services like whitegoods, one off clothing, estate planning or vehicle needs eg car seats.

[For details about what the funds can be used for - see here](#)

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