



COMMUNICATIONS UPDATE

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QUICK LINKS

Share & Connect
7/7/22

Click & Connect -
20/7/22

Lets Connect
8/8/22



Events - Share & Connect



TOPIC: TRAUMA AND SENSORY INTEGRATION AND DAY TO DAY FUNCTIONING

DATE: Thursday 7 July at 8pm

TOPIC: Ever found yourself yelling at people you love when you're tired? Unable to think in the presence of loud noise? Annoyed by smells or sounds that others barely notice? The consequences of trauma are many, for both adults and children. Research in Sensory Integration (SI) has greatly expanded our understanding of how the body, brain and emotions interact in processing sensory inputs. Odelya Gertel Kraybill Ph.D. offers us some insights into how trauma can affect children's day-to-day functioning and the importance of connecting treatment to trauma in this article [here](#). Odelya is a psychotherapist and trauma specialist - see her profile [here](#). What do you think? Is it important to get SI disorders diagnosed? What are the advantages and disadvantages?

REGISTER: [here](#) via Zoom Link

"Delivering trauma informed services that empower"

News - Legal Matters

Recently Duncan Legal shared their newsletter with us, including information about special disability trusts. It includes information relevant to carers and includes tips around stamp duty concessions, divesting assets for a disabled child and more. See their newsletter [here](#).

News - Be Connected

Be Connected is an Australian initiative from the esafety Commissioner aimed at empowering all Australians to thrive in a digital world.

They offer online learning resources and a network for help and advice.

Including government essential services links, online safety content and a variety of other topics of interest. Simply sign up and access what you like.

Find out more [here](#).

News - COVID-19 Support

Access to community support during COVID-19 is changing. If you need access to food support DFFH recommend planning ahead, using online shopping services, reaching out to family and friends or using internet search options like [Ask Izzy](#) before reaching out to the Coronavirus Hotline. Flexible funding through PCA Families may also be available to help with out of pocket medical expenses. Find out more about COVID-19 changes [here](#).

- How to keep your grandkids safe online**
If you have young children in your care who use the internet, this guide is for you.
- 8 ways to protect your privacy online**
Start practising good online safety habits with these tips to help you protect your personal information online.
- Elder financial abuse: how to spot the signs**
Find out how you can protect yourself or someone you know from financial abuse, and where to go for help.
- How to prepare your digital legacy plan**
Planning what happens to your online accounts is just as important as working out what will happen to your physical assets.
- How to get proof of your COVID-19 vaccination**
Find out how to access your COVID-19 digital certificate via myGov and the Express Plus Medicare app. Even when you don't have a smartphone.
- How to improve your mental health**
Your mental health deserves your attention. Discover ways you can improve your well-being.

Access to food relief, essential items and support to isolate from 1 July 2022

Information for local councils and service providers

OFFICIAL

Victoria's COVID-19 relief response is transitioning

Now that we are in the third year of the pandemic, public health policy is moving away from mandates and compliance, towards greater individual, employer and community responsibility for self-managing COVID-19. The changes in COVID-19 isolation requirements have resulted in a greater individual preparedness to respond to COVID-19 and as such the dedicated COVID-19 food relief system experienced a reduction in demand.

The Department of Health continues to support the implementation of the public health orders, and this includes provision of a range of supports for people who are COVID-19 positive.

From 1 July 2022, there will be changes to how food relief is being delivered. The changes embed a sustainable approach by connecting people to food relief providers and local health services that can become a part of an individual or family's ongoing support network.

Reporting a positive test result is the pathway to supports delivered through the COVID Positive Pathways program.

A person will complete a short survey on their care and support needs. Based on the survey response, a text message will be received from the Department of Health. This message will indicate if the person has been allocated to the COVID Positive Pathway program or if they are able to safely manage their COVID symptoms at home without extra support.

If allocated to the program, the person will receive additional text messages or follow-up phone calls from the local health service to clarify their care and support needs while they have COVID-19. Supports will be delivered in a person-centred, coordinated, and flexible way, responding to individual need.

Where urgent or immediate support is required, people should contact the Coronavirus Hotline (1800 675 395). The hotline continues to play a key role in connecting Victorians who test positive to COVID-19 to the supports they need.

This fact sheet gives service providers information to pass on to COVID-19 positive people who contact their organisation from 1 July 2022 looking for food relief, access to essential items or support to safely isolate.

Current isolation requirements

"Improving the lived experience of young people"

Events - Let's Connect



EVENT: BENDIGO LET'S CONNECT (location TBA)

DATE: Monday 8 August 10am - 2pm with hosts Patricia & Liz

TOPIC: At our Let's Connect events its all about getting together to connect with others with lived experience face to face to share tips and advice and/or seek out some specialist advice from one of our PCA Advisors and the group. A PCA Advisor will be available for members to meet with individually and will run the group session. We will be open and flexible to discuss whatever you wish on the day or you can contact us ahead of time to let us know what you would like to know more about. If you would like help with our website registration or flexible funding applications please bring your laptop or other device. Refreshments and snacks will also be provided. All PCA Families members are welcome by registering to attend at any location - come to one or all its up to you. More locations and dates are available on our Events page on our website. COVID-19 meeting requirements will be advised closer to the event but will include minimum vaccination requirements other than where an exception applies. Find out more [here](#).

Events - Click & Connect



TOPIC: EMDR, REPROCESSING AND MODELLING WITH MARIA MARSHALL

DATE: Wednesday 20 July at midday with hosts Liz & Sonia

TOPIC: In this meeting we will review and discuss the Youtube Recording by Maria Marshall on Eye Movement and Desensitisation Therapy, reprocessing and modelling. Normalising experiences, connection before redirection and role modelling, are practices that Maria proposes can help children who have experienced early childhood trauma, in addition to CBT and EMDR. Let's discuss which of these you may have tried or what you think might help.

REGISTER: [here](#) via Zoom Link

HOMEWORK: Listen to the Youtube recording by Maria Marshall titled "Why its important to play pie face, snap and ask when are the times I don't love you? How EMDR helps" Available [here](#).

Flexi-Funds

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 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](#)

PCA Families cannot guarantee we are able to fund every application and request received.

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