



COMMUNICATIONS UPDATE

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Board - AGM

PCA Families Annual General Meeting will be held at 4.30pm on 2 November 2022. Join in person or online. Register via trybooking [here](#)



News - Update & Survey from the CEO

Hi Everyone,

It's been another busy week here at PCA Families and I would like to take the opportunity to thank our fantastic PCA Families team for their hard work and commitment to providing high quality services.



To ensure that we continue to improve our services we would like to invite you to complete a short (5 minute, 5 question) online survey.

Access the survey [here](#).

The survey is anonymous and will remain open until the 17th October. Results from the survey will be shared with you in our future Communications.



Thank-you sincerely for sharing your thoughts, ideas and "wish list". The PCA Board, staff and I looking forward to hearing back from you.

Kind regards,

Wendy

News - Disability Inclusion Bill

The Victorian Government is reviewing the Disability Act 2006 following the full roll out of the National Disability Insurance Scheme (NDIS). As part of the review, the government is seeking feedback on creating a new Disability Inclusion Act, including the establishment of a Commissioner for Disability Inclusion (the Commissioner).

This is an opportunity to help shape legislative reform by providing feedback. It is important that Victoria's disability legislation is contemporary and fit-for-purpose.

The review of the Disability Act is part of the broader reform agenda set out in Inclusive Victoria: State disability plan 2022–2026 (find this plan [here](#)).

The new Disability Inclusion Act would sit alongside the Disability Act.

A series of public information sessions are proposed and details are provided on the website. Feedback closes on 31 October 2022.

Find out more [here](#).

News - Kurt Fearnley NDIA Chair

Australian Paralympic legend and disability advocate Kurt Fearnley AO has been appointed Chairman of the Board of the National Disability Insurance Agency (NDIA).

Kurt is the first person with a disability to chair the Board!

Great news!



Events - Always Playgroup

Join Shae and other adoptive and permanent carers in their outdoor playgroup this week.

All ages welcome.

DATE: Thursday 29 September, 10am-12pm,

LOCATION: Possum Hollow Playground

Heidelberg

ORGANISER: Shae from Victorian Adoption & PC Support Group.



News - Carers Retreat at Torquay



Set in the beautiful RACV resort in Torquay 28 parents/carers attended the Permanent Carers retreat on Saturday 10 and Sunday 11 September 2022. This was a time for parents/carers to take time out and care for themselves.

The welcome to country with Barry Gibson, a proud Wadawurrung man and Traditional Owner, gave us a brief history of the Aboriginal people in the Barwon area. This retreat was run by PCA Families staff in partnership with the Foster Care Association Victoria.

The focus was self-care and sharing of carers own stories. Many shared their experiences with tears and shared their heart felt stories of their journey to become permanent and kinship carers. The impact of the early trauma on young people was highlighted in their stories and how this emerges at different times of their child's development. This also demonstrated the great resilience of parents/carers in the face of many challenges and the resourcefulness in managing their children's needs or in getting the most effective services to help.

Throughout the session many received shoulder, neck and head massages interspersed with meditation sessions that helped parents/carers take time out to relax. Parents/carers had a chance to step away from the usual tasks at home to give themselves a break. In hearing the stories of strength and courage of others, many parents/carers realised they are not alone in this valuable work.

Sunday's session focused on finding your village and building your own network of support. "It takes a village to raise a child" and we discussed how it takes a permanent care village to raise a permanent care child. PCA Families and FCAV staff attending were able to hear the experience and needs of parents/carers which has been valuable for our continuing work. This weekend highlighted the value of sharing together, listening to each other and the support this gives. PCA Families are keen to build further on this in how we help you build your permanent care villages to support you further in this valuable work.

"Delivering trauma-informed services that empower"

Events - Let's Connect - Geelong



LOCATION: Geelong

DATE: Monday 17th October 11am - 2pm with PCA Families host Virginia

TOPIC: Getting together to connect with others with lived experience is important, so let's gather face to face and 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.

AGENDA:

11.00-12.00 - Informal catchup with PCA Families Host Virginia (see staff bio's [here](#)).

12.00 - 1.00 - Facilitated discussion by PCA Families Host with an opportunity to share the joys, challenges and new ideas, and to have some fun too. Refreshments served.

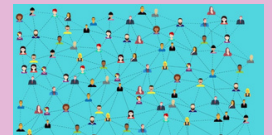
1.00 - 2.00 - Informal catchup with other parents and carers. PCA Families Host will also be available for short consultations at this time.

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.

Please register your interest in attending via trybooking [here](#).

"Improving the lived experience of young people"

Events - Let's Connect - Pakenham



LOCATION: Pakenham

DATE: Friday 14th October 11am - 2pm with hosts Liz and Ray

TOPIC: Getting together to connect with others with lived experience is important, so let's gather face to face and 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.

AGENDA:

11.00-12.00 - Informal catchup with PCA Families Hosts Liz and Ray (see staff bio's [here](#)).

12.00 - 1.00 - Facilitated discussion by PCA Families Hosts with an opportunity to share the joys, challenges and new ideas, and to have some fun too. Refreshments served.

1.00 - 2.00 - Informal catchup with other parents and carers. PCA Families Hosts will also be available for short consultations at this time.

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.

Please register your interest in attending via trybooking [here](#).

Events - Share & Connect (Journal Club)



TOPIC: BODY KINDNESS: OVER 1M AUSTRALIANS HAVE AN EATING DISORDER AND LESS THAN 25% RECEIVE SUPPORT

DATE: Thursday 6 October at 8.00pm

TOPIC: Body Kind Families is an initiative of the Butterfly Foundation designed to help families access and share information around body image and eating disorders. Access their website [here](#). People who suffer from an eating disorder may display symptoms or they may not show any signs or symptoms at all. They may also make significant efforts to conceal their behaviour or they may not even recognise that there is anything wrong or that their eating habits are 'disordered'. For a parent or carer, this can make the warning signs difficult to identify. What can you do to help?

REGISTER: [here](#) via Zoom Link

Events - Click & Connect



TOPIC: DEVELOPMENTAL TRAUMA

DATE: Wednesday 5 October at midday with hosts Liz & Sonia

TOPIC: Children experiencing developmental trauma can often be labelled as over controlling, naughty, a problem child or even autistic or diagnosed with ADHD. Yet these responses can hold the child back from progressing. Understanding their behaviour from a trauma informed perspective can help. Developmental trauma can repair within relationships with the right interventions at the right time over a long period of time. What advice is there and how do we apply this learning in our everyday.

HOMEWORK: Please consider listening to or reading the Youtube Recording by Liz Powell titled "What do kangaroos have to do with developmental trauma and control, shame, hoarding and overeating?" Access the recordings and transcripts [here](#).

REGISTER: [here](#) via Zoom Link

DFFH Flexible Funding

If your child or young person is on a Permanent Care Order or you receive the DFFH Care Allowance and they have a Family Court Order or Adoption Order, they are entitled to DFFH Flexible Funding to meet the costs of goods and services they need not covered by the care allowance, or another funding source (eg Medicare, NDIS). Flexible funds can be used for therapeutic, educational or medical services, build skills interest or attachments, support birth family contact and cultural identity, respite, medication, vehicle modifications. For more details on what the funds can be used for see [here](#). Claims should be more than \$100 per invoice and generally paid by PCA Families directly to the supplier. To ensure funds are distributed fairly and equitably and are appropriate and safe for your child, we ask for supporting documentation that services are trauma informed and that both goods and services are recommended by a professional who knows your child or young person. Apply early as the need for supporting documentation can mean it takes 21 days to finalise your application.

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