



COMMUNICATIONS UPDATE

WWW.PCAFAMILIES.ORG.AU

Flexi-Funding

ADDITIONAL COSTS OF CARE

Better Futures

INDEPENDENCE, EDUCATION, EMPLOYMENT

Helpine

REFERRALS, ADVOCACY

CAP

CARER ASSISTANCE

EVENTS

Click & Connect
Wed 26/4/23

Share & Connect
Thurs 4/5/23



News - Electronic Prescriptions Survey

The Australian Digital Health Agency is inviting you to participate in the National Electronic Prescribing Survey to understand how an electronic version of a paper prescription meets consumers perceptions and experiences. Find out more [here](#).

News - ADHD Australia

ADHD Australia is an independent Not For Profit organisation committed to removing barriers to well being for those living with ADHD. They aim to do this through generating public awareness and understanding in education and health areas, using their evidence based information to reduce stigmas. They offer research, resources and practical advice, in addition to some fun programs like the Adventure All Stars TV program.

They are looking for cast members now (18yo+) and proceeds from the project will support ADHD Australia.

Real people, real emotion and real adventure.

Find out more [here](#).

News - PERMA Wellbeing

The Black Dog Institute have identified the 5 building blocks that create Wellbeing, based on positive psychology research by Professor Martin Seligman.

The 5 blocks are remembered by the acronym PERMA: Positive Emotion, Engagement, Relationships, Meaning and Accomplishment. Find out more [here](#).

5 main factors that contribute to our wellbeing



Positive emotion

Feelings of pleasure, happiness, satisfaction, comfort. We can take responsibility for our feelings, cultivating happiness and gratitude.



Engagement

Living an engaged life, being absorbed and connected to activities to the point where we lose track of time and effort (flow).



Relationships

Connections to other people and positive relationships give us support, meaning and purpose in life.



Meaning

Being part of and working towards something that's much larger than yourself rather than purely pursuing material wealth.



Accomplishment

Pursuing success, achievement and mastery of things for their own sake can build self-esteem, self-efficacy and a sense of accomplishment.

Source: BlackDog Institute

Events - Share & Connect (JC)

TOPIC: DR VICKI RUSSELL - FASD ADVOCATE

DATE: Thursday 4 May at 8.00pm

LOCATION: Zoom online

TOPIC: Dr Vicki Russell PhD is a Churchill Fellow (2001). Vicki worked for 30 years in non-government sector management in the delivery of trauma counselling; alcohol and other drug prevention; and neurodevelopmental disability (Fetal Alcohol Spectrum Disorder). She trained in narrative practice and has a Certificate of Mastery in the Fetal Alcohol-Neurobehavioural approach (USA).

Vicki has developed and delivered education and training programs on trauma and FASD to professional and non-professional groups across all levels of prevention. Vicki is currently in private practice as a consultant and is a current Board member and volunteer with RFFADA (Russell Family Fetal Alcohol Disorders Association).

Vicki will introduce Fetal Alcohol Spectrum Disorder and explore the diagnosis and the outcomes for the individual across the lifespan, including strategies for management.

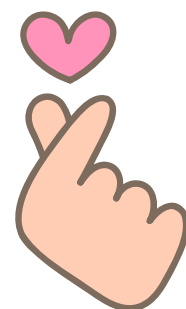
Vicki will also look at and open up for discussion the impact for those who care for individuals living with FASD.

REGISTER: [here](#)



"For this year, I don't know how to thank your company, because you helped me a lot with my kids. Now I don't need nothing this year, up to next year when school starts. Thank you so much. You don't know how much you helped me. I don't have words to say thanks. Thanks anyway. I don't know how."

PCA Families Carer, 2023



Events - Click & Connect

TOPIC: SOCIAL SKILLS FOR YOUR CHILD

DATE: Wednesday 26 April 12.00 to 1.00pm with hosts Liz and Sonia

TOPIC: We all know that sharing, patience, empathy and respecting boundaries are important social skills. But which ones are the most important and how do you help your child to learn them? Is there a way to reflect and reinforce the skills that are important to you. Is there a way to teach these skills? This can be even more challenging for children who may have a trauma experience or who are neuro diverse. So how do we start and what experience can we share that might help others?

If you like to read, please consider this article from Raising Teens Today on the 10 Important Social Skills [here](#).

REGISTER: [here](#) via Zoom Link



News - NDIS Conference

The Annual NDIS Conference takes place in Sydney and Online on Thursday 1 June and Friday 2 June. With speakers like Kurt Fearnely (NDIA Board Chair), Stan Grant (Media Host and Speaker) and Tracy Mackey (NDIS quality and Safeguards Commissioner), among many others, there is bound to be some opportunities to enhance your decision making and priorities based on the latest information. Find out more [here](#).



News - Free TAFE in 2023

The free TAFE courses page sets out the 70 plus courses to choose from to upskill. Even if you have a VET qualification or university degree, free TAFE can still be a possibility. Some interesting courses too like Case Management, Auslan, Hybrid Vehicle Inspection and Repair, Dental Assisting and Mental Health Co-Existing Needs Skill Set. Find out more [here](#).



News - Grow It Cook It

The Grow It Cook It Activity Book is full of sustainability tips, from how to use the whole vegetable to composting, the ideal times for growing and harvesting and some recycling tips. Some fun wet day activities for the kids! Find out more [here](#).



Carer Assistance Program - Therapeutic Support

Self referral available [here](#).

Helpline - Information, support and referrals

Further information available [here](#).

DFFH Flexible Funding - Funding Additional Needs

Further information available [here](#).

Better Futures and Home Stretch - Support to 21

Find out more [here](#).

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