



COMMUNICATIONS UPDATE

WWW.PCAFAMILIES.ORG.AU

Office closed
from
22 Dec 2023
to
2 Jan 2024

Flexi-Funding

Better Futures

Helpine

CAP

ADDITIONAL COSTS OF CARE

INDEPENDENCE, EDUCATION, EMPLOYMENT

REFERRALS, ADVOCACY

CARER ASSISTANCE



PCA Families office closed for festive season from 22 December 2023 to 2 January 2024

Closed

Carers are advised to submit their flexi funding applications for items relating to "return to school" asap to prevent delays and assist the team with processing their applications. Over the December/January period, applications may take longer to process.

If you do find your family needs support over this period, below are services that could assist you.

Organisation	Number	Details
Emergency Services	000	24hours, 7 days per week
Parent line	13 22 89	8am – Midnight, 7 days per week
Nurse on call	1300 606 024	24hours, 7 days per week
Kids helpline	1800 551 800	24 hours
Lifeline	13 11 14	24 hours
Safe Steps Family Violence Response Centre	1800 015 188	24hours, 7 days per week
Grief line	1300 845 745	Midday–12.00am
Doctors on call	13 74 25	Monday to Friday 6.00pm – 8.00am Saturday 12.00pm – 12.00am Sunday open 24 hours
Eheadspace mental health phone & digital support 12-25 years old	1800 650 890	https://headspace.org.au/eheadspace/
Beyond blue	1300 224 636	24 hours
24 Maternal and Child Health Line	132 229	24 hours

NDIS report from 2023 review

In the final report, NDIS makes 26 recommendations with 139 actions.



The NDIS recommendations provide a blueprint to renew the promise of the NDIS and deliver a more accessible and inclusive Australia. We want all governments to commit to creating a unified ecosystem. The NDIS should be one part of a big system that supports people with disability.



The report reinforces that the disability system must be looked after as a whole. This will deliver better outcomes for people with disability in a more responsive and cost effective way.

In the review, NDIS engaged with people with disability, their families, carers and providers and workers. The recommendations reflect the thousands of voices we heard from. Now, more than ever, there is a need to work together to deliver the NDIS which is not sustainable without major reforms.

The proposed reforms are the best way to ensure sustainability while also achieving a much fairer system for all people with disability, not just those on the NDIS. To read more download the report.

Peer support - face to face for intercountry adoptive parents of adult children - dates for 2024

Parents of adult adopted children are warmly invited to the third of our monthly, face to face, peer support group being held at Fitzroy North Library.

Our discussion topics will be based on the needs identified by participants over the last two months and will be guided by the rich, shared wisdom of participants' experience within the group.

The forum is a safe, non-judgemental space for sharing experiences and a deep sense of trust and respect for participants, together with a good deal of hope and humour is central to this group.

Where: Bargoonga Nganjin Community Hub - Bagung Magali

Address: Fitzroy library, 182-186 St Georges Rd, Fitzroy North

Dates: Wednesdays in 2024, 28 Feb, 27 Mar, 22 May, 26 Jun. April to be decided.

Time: 7:30 to 9.00pm

For more information please email Linda Cooke linda2cooke@gmail.com

Carer Assistance Program (CAP)

Merry Christmas and Happy Holidays from the Carer Assistance Program.

In recent months, our community of carers has placed significant trust and support in the program and we're thrilled to share that this has led to a significant increase in the number of referrals. This heartening trend reflects the impact that our program has on the lives of Foster Carers, Permanent Carers, and Adoptive Families.

We recognise that the holiday season can be a challenging time for our families. Please continue to reach out for support as required, and our dedicated team will ensure that you are seen as soon as possible. For any potential wait time in scheduled appointments, we encourage you to seek interim carer support through advocates at FCAV and PCA Families' Helpline with appointments not needed to access this support.

Looking into the New Year, we're excited to announce the commencement of small group sessions addressing a range of topics commonly raised by carers. These sessions will explore areas such as:

- Navigating contact with birth families
- Understanding challenging behaviours of children and providing new strategies
- Identifying feelings of isolation and fatigue and providing self-care and wellbeing tips.

We aim for the sessions to share, connect, and support carers with further information on these sessions provided in 2024.

We remain committed to supporting you all, and look forward to continuing to support you throughout 2024. To access the CAP referral form, click [here](#)

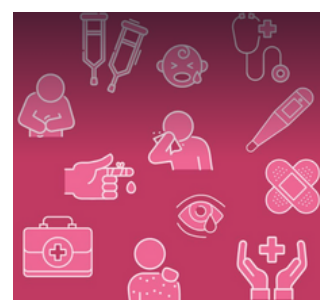
Wishing you a Holiday Season and New Year full of hope, love, and fulfillment. If you need any support, please call FCAV on (03) 9416 4292 or PCA Families on (03) 9020 1833



Better Health channel

Dept of Health's Better Health Channel site has some new good information on how to access free/low cost medical services.

[Right care, in the right place, at the right time - Better Health Channel](#)



'Tis the season to be asking



The holiday season is a celebratory time for many Australians, but for some it can also be a time of additional financial and emotional pressure.

RUOK? have produced free tips and practical tools to encourage people to check in with their friends, family and colleagues who might be struggling at this time of year.

To assist, RUOK? have compiled a campaign share kit, which is accessible [here](https://www.ruok.org.au/holiday) which contains social tiles, posters, email signatures, videos and messages. To read more please visit www.ruok.org.au/holiday.



'Tis the season to remember those who...





- Have lost a loved one
- Are struggling financially
- Have had a tough year
- Don't feel safe at home
- Are working through the holidays
- Are spending the holidays alone
- Have challenging family relationships
- Are unwell over the holidays
- Are experiencing stress
- Are feeling overwhelmed by world events

'Tis the season to be asking
RUOK?TM

Get tips at [ruok.org.au](https://www.ruok.org.au)

Disclaimer
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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](#).

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