

CentacareCQ chat MONTHLY

Your goals are our priority

Navigating your **National Disability Insurance Scheme (NDIS)** package can be overwhelming. That is where **CentacareCQ support coordination** can help.

What is support coordination?

Support coordination is aimed to assist you in building the skills you need to develop, implement and use your NDIS plan.

Support coordinator Zoe Newman said the NDIS was a goals-based scheme recognising needs of each participant.

"Every participant's aspirations differ depending on what they wish to achieve. This might be returning to the workforce, moving house or getting help with daily tasks to remain independent in their own home

She said the NDIS plan would include your set of targets you wish to work towards and allow you access to NDIS funding in order to achieve them.

"A couple of our clients are currently studying at TAFE, but a number of them aren't yet confident enough to attend their classes on their own. To help them reach their educational goals, we have arranged for a CentacareCQ support worker to join them in attending the classes so they feel more comfortable and confident to go on their own.

What are the benefits?

Having a CentacareCQ support coordinator means you have a support team to assist you to negotiate with providers about the supports they have on offer and the costs involved to achieve your goals.

Support Coordinators can:

Negotiate with other organisations (including physios, occupational therapists, and other allied health professionals and employment agencies) to see what services are available to assist you with your ambitions. Assist with getting your NDIS plan reviewed, if your circumstances change and you require more or less supports, so that your plan can financially reflect your goals.

Ensure your service agreements and service bookings are completed and help build your ability to exercise choice and control, to coordinate supports and access your local community.



If you would like to know more, please call our team today on **1300 523 985**, webchat with us via **centacarecq.com** or find us on Facebook **@centacarecq**

NAIDOC Week celebrations a great success



I'd like to take this opportunity to say on behalf of the CentacareCQ team, we wish to thank those who came and celebrated NAIDOC Week with us through our morning tea held earlier this month.

It was wonderful to see so many people sharing stories and festivities of the morning and to pay tribute to the Aboriginal and Torres Strait Islander cultures.

In other news, it gives us great pride to be able to offer a wide range of services to help make your life easier. One of our services in particular being Yard Maintenance.

For some of our funded clients, we offer Yard Maintenance vouchers which can be used to subsidise the cost. Our approved list of contractors are here to help you keep your yard well maintained.

If you have a preferred contractor for your Yard Maintenance services that isn't on our list, please call us on **1300 523 985** and let us know so that we can add them for you. Contractors will need to be approved by us before your voucher can be redeemed.

Monica Laws,
General Manager
Health and Wellbeing Central Region.



FUN TIMES: Rockhampton Social Groups host a range of activities with transportation available to and from all events.



ALL ABOARD: Rockhampton Social Group clients enjoying a relaxing cruise along the mighty Fitzroy River.

Come for the fun, stay for the friendship

It's impossible to wipe the smile off Brett Bodlovic's face when he's out and about with his crew.

The conversations and sounds of laughter rolls with ease, just like the billiard balls he strikes with precision and care.



A client of CentacareCQ for more than 10 years, under the National Disability Insurance Scheme (NDIS), Brett (pictured right) has always jumped at the chance to join the Social Group outings at every opportunity.

Besides the comradery and new friendships he's gained over the years by attending the activities, Brett said it was a great way to visit the region.

"I've moved around a few suburbs in the region over the years – I really love it – the people and all the places."

Since joining CentacareCQ's Social Groups, Brett has enjoyed a range of activities from arts and crafts, picnic lunches and extraordinary outings to some of the region's most popular attractions.

"I love it! Every day, I just love it," he said.

"It's great catching up with everyone, but in particular my close friends – Eric and Jon who are always up for fun."

"I've thoroughly enjoyed our picnic lunches and catching up with my friends – I really like talking to everyone."

He said he had also been getting a lot of joy out of the arts and crafts days with the help of CentacareCQ staff.

"I've really enjoyed working with the CentacareCQ guys on making a waterfall in crafts of late, but now we are working on building little houses – it's loads of fun."

"I encourage anyone who's been thinking of joining Social Groups to jump on board."

"It's a great way to meet new people, get out and about and do something that you wouldn't otherwise normally do."

“It's a great way to meet new people, get out and about and do something.”

CentacareCQ NDIS Client Brett Bodlovic

Join the Social Group Adventure

CentacareCQ offers a range of enjoyable and interesting social group activities throughout the Central Region for members of the community, tailored for all funded and non-funded clients including Home Care Package clients and NDIS clients.



Our activities include

Morning & Afternoon Teas

Shopping

Goat Therapy Farm

Sessions @ the Hall

Tours across the Region

(including Mount Morgan & Yeppoon)

Game days

(including Bingo, Celebrity Heads & Hoy)

Arts & Crafts

Special Events

Scan our QR CODE
to view our calendar
<https://bit.ly/3qHeSVV>



Phone
1300 523 985



Web Chat
[centacarecq.com](https://www.centacarecq.com)



Facebook
Messenger

From river cruises and mystery tours, to music sessions and movie dates, there's something for everyone to have some fun and make new friends.

CentacareCQ Northern Region Health & Wellbeing Manager Flavia Prospero said the social group activities held great benefits for the clients who attended.

"Our activities aim to enhance the social and emotional wellbeing of our clients and improve their connections with other community members. We get to know how they laugh, how they talk, how they enjoy their coffee – we build a strong rapport and learn more about their likes and dislikes, wants and needs," she said.

Transport options available

CentacareCQ's diverse fleet of vehicles, including buses, means that you can get to and from all of our Social Group Activities safely and comfortably.

Our transport service includes wheelchair lifts and other features to ensure your journey is safe and enjoyable.

Transport service fees will vary depending on your eligibility for funded services.

Everyone is welcome



One of the things that I am most proud of, when I think of the great range of programs and services that we deliver at CentacareCQ, is our devotion to help every person.

Our mission, to share in the healing ministry of Jesus by providing professional community services to enhance the wellbeing of individuals, runs deep within each CentacareCQ staff member.

This inclusion, and ability to access services within the community, is vital to all our client's feelings of belonging and value.

Our team, throughout the Diocese, does a remarkable job of caring for each and every client no matter what service that may be - aged care, disability, counselling and family support services - everyone is welcome.

To be a part of a team that cares so much about enhancing every client's life is very humbling and heart-warming.

And while every client's journey is different, our mission doesn't change - we strive to help those in need one way or another - everyone is welcome.



Don Butler
Human Resources Manager

Wordsearch - musical instruments

C A T H O U K U L E L E M U R D G R
 C O K S Y D R U G Y D R U H I U E A
 P I R R B A L A L A I K A D I T O T
 E E T N A R H D O B H W G T H R B I
 V O N T E T O H N A E E A A R O O S
 I P S N E T N U R R R R C O T M C C
 B I A T Y R E P D I O A H C E B O H
 R C C R L W N P D M B H L M U O N I
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| ACCORDION | EUPHONIUM | TARKA |
| BAGPIPE | FLUTE | TRIANGLE |
| BALALAIKA | FRENCH HORN | TROMBONE |
| BANJO | HARP | UKULELE |
| BASS | HURDY-GURDY | VEENA |
| BODHRAN | LAOUTO | VIBRAPHONE |
| CABASAS | MANDOLA | VIOLIN |
| CELLO | MARACAS | XUN |
| CHIMES | MELODICA | |
| CITTERN | MIZMAR | |
| CLARINET | OBOE | |
| CONGA | ODU | |
| CORNET | PENNYWHISTLE | |
| COW BELL | PICCOLO | |
| DIGERIDOO | SAZ | |
| DRUM | SITAR | |

PUBLIC SERVICE ANNOUNCEMENT

Free Shingles Vaccine will end in October

Currently, anyone between the ages of 71 to 79 can receive a shingles vaccination for free, under a program which began in 2016.

As stated by the Queensland Government website, this program is being closed at the end of October 2021. From November 1st, anyone wishing to have the vaccination will be required to pay for it, which in some cases can be as much as \$200. Shingles is a painful condition caused by a reactivation of the Chickenpox virus.

"The condition can lie dormant for years until triggered, usually as a result of a decline in immunity due to age or immunity-suppressing medication."

CentacareCQ recommends clients between the ages of 71 to 79, who have not already had the vaccine, to speak to their GP or health provider about getting vaccinated and their suitability for it, to protect themselves and avoid having to pay a premium for it after October 31st.



For more information about our wide range of services please visit centacarecq.com or call 1300 523 985

