



# Carers NSW



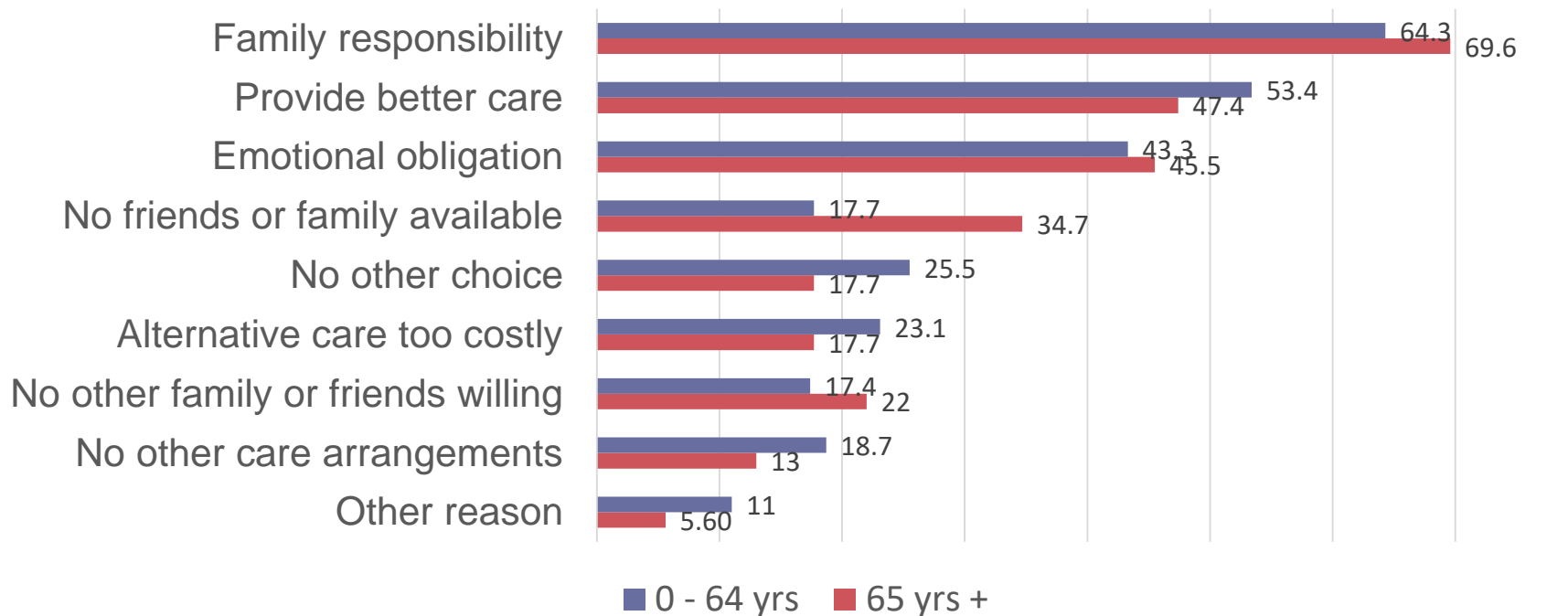
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It is governed by a Board of Directors in accordance with the Corporations Act 2001 and the Australian Charities and Not-for-profits Commission Act 2012.





# Reasons for taking on a caring role



ABS Survey of Disability, Ageing and Carers: Summary of Findings – 2015 (Primary carers, NSW)

# NSW Interagency Policy and Carers



“Carers of older people subject to abuse by the person they are caring for are supported in their caring role, including through access to respite services or residential facilities as appropriate.” (Page 4)

“Families are strengthened and supported in their caring role to reduce the risk of domestic violence and abuse of older people living in community settings.” (Page 4)

“Carers play a very important role but due to circumstances may become abusive. These circumstances include: the stress of the carer role, financial stress, emotional, physical, sleep deprivation, challenging behaviours from the person being cared for, lack of support from family, community and the service system.” (Page 13)

# A carer inclusive response to elder abuse



- Be aware that both carers and care recipients are susceptible to elder abuse
- Encourage, identify and respond to help seeking behaviour
- Identify and address risk factors which may lead to abusive behaviour
- Assess the relationship and preferences of both carer and care recipient
- Explore and identify non-legal referral pathways to preventative services (respite, DBMAS, social support, counselling)



# Risk factors for elder abuse

	Risk factors	May lead to
<b>Victim</b>	Disability, particularly cognitive impairment	Reduced capacity/inability to make decisions
	Social isolation	Increased vulnerability to exploitation and abusive behaviour
	History of prior traumatic events	Ongoing psychological and physical abuse
<b>Perpetrator</b>	Depression and/or drug and alcohol misuse	Mismanagement of the financial affairs and lack of emotional support
	Lack of support to provide assistance with care	Increased levels of stress and resentment
	Dementia, mental illness	Aggressive or physical violence



# How to help prevent elder abuse

## Develop skills and behaviours to:

- identify and manage abusive behaviour
- increase carer understanding of the impact of the caring role
- manage stress through relaxation methods
- seek help and support

## Identify resources to help in the caring role

- respite care
- carer support groups
- counselling
- in home services (CHSP & Home Care Packages)





# What is CNSW doing to prevent EA?

- Developed training modules for service providers that focus on the carer
- Introduced an elder abuse policy at CNSW
- Engaging with other organisations and attending conferences, roundtables etc.
- Developing resources to assist carers
- Promoting CNSW services:
  - Carer Line
  - National Carer Counselling Program (NCCP)



# Where to from here?

## Policy

- ALRC elder abuse issues paper recommendations
- A national response to Elder Abuse
- Integrated Carer Support System (ICSS)
- NSW Public Advocate?
- Review of the NSW Guardianship Act
- Review of the NSW interagency policy

## Service Provision

- Respite
- Integrated Carer Support System
- \*Training
- \*Carer Support Groups
- Carer Line – 1800 232 636
- \*NCCP Counselling

*\*Call Carer Line 1800 242 636 for more details*





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