

# 聯絡我們

我們將很樂意協助您



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## 福利會活動人數匯報

聯邦家居支援服務使用人數：

205人

家居配套服務接受人數：162人

志願者探訪計劃受惠長者人數：

32人

社區探訪義工人數：37人

Data as of 13/11/2024

## 南澳華人福利會第十七屆 2023 - 2024 理事會

President 會長	Vivien Shae
Vice President 副會長	K See
Vice President 副會長	Susan Collins
Secretary 書記	Anna Cheung
Treasurer 財務	Phyllis Lim
Public Officer 幹事	Lancy Ip
Member 會員	Nora Chow
Member 會員	Sin Ling Chung
Member 會員	Patrizia Kadis
Member 會員	Anne Hughes
Member 會員	Faye Chen
Executive officer 行政主任	Kam Chiu JP
Legal Advisor 法律顧問	Yapp Haou Pehn

## Chinese Welfare Services of SA Inc.

224 Grote St, Adelaide, SA 5000

Phone: (08) 8212 2988

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Chinese Welfare Services of SA Inc.

南澳華人福利會

# 會員通訊

ISSUE 16

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中秋節聚會

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健康專欄

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聯絡我們

## HCP Consumer Advisory Group Meeting 消費者諮詢小組會議

福利會于8月21日举办了家居配套服务的消费者咨询小组会议。会议内容是关于配套服务的最新消息和意见反馈。会议过后大家一起吃了午餐。



## Annual Carers Expo 2024 - 照顾者年度博览会



10月1日，福利會参加了由 Carers SA 举办的照顾者博览会。



照顾者是指为患有以下疾病的家人或朋友提供个人护理、支持和帮助的人：

(残疾, 精神疾病, 痴呆症, 慢性疾病, 绝症, 与酒精或毒品有关的问题或年老体弱)

如果您是这样的人，您可以获得南澳照顾者协会提供的免费支持服务。





## What is Carers SA?

Carers SA is the Carer Gateway (Australian Government Initiative) provider in South Australia, and provides these Carer Gateway Services:



### Connect with other Carers

Meet with people in similar caring situations and share your stories, knowledge and experience.

- **In-person** – meet local Carers, share advice and learn from each other in a safe space.
- **Workshops** – Workshops are available on different topics aimed at connecting, supporting and empowering Carers.



### Financial support

Get financial support to assist you in your Caring role.

#### Financial support packages:

- one-off practical support in the form of equipment or an item to assist you in your caring role.
- a range of ongoing practical supports, such as planned respite or transport, provided over a twelve-month period.



### Coaching

Coaching can be up to 6 x 1 hr sessions and discussions can be around anything the Carer wants to focus on including:

- Health and wellbeing.
- Understanding inclusion and advocacy.
- Exploring the emotions of caring.
- Exploring how the caring role can change over time.
- Navigating the day to day challenges of the caring role.
- Exploring how to build and maintain mutually supportive relationships.
- Work, study and volunteering.
- Exploring the financial implications of the caring role.



### Counselling

If you're feeling stressed, anxious, sad or frustrated, a professional counsellor can talk with you about your worries and offer help.

- **In-person** – speak one-on-one with a professional counsellor in your local area.
- **Online counselling** – speak with a counsellor online in the comfort of your own home.



### Emergency Respite

Get assistance in looking after the person you care for if an unplanned event stops you from being able to provide care. For example if you are ill or injured.

## 南澳華人福利會2024年活動時間表

星期	活動名稱	內容	費用	地點	時間
一	悠閒星期一 廣場舞 Line Dancing	代廣場舞學習及排練	\$3.00 /次 (會員Member) \$5.00 /次 (非會員Non-member)	St. Luke's Church 35 Whitmore Square Adelaide	10:00 am – 11:30 am
二	休閒坊 (廣東話) Centre-Based Day Care (Cantonese)	長者支援小組 參加者年齡: 50或以上	无	St. Luke's Church 35 Whitmore Square Adelaide	10:00 am – 11:30 pm
	齊唱粵曲在雅 城 Cantonese Opera	通過唱流行粵曲的片段, 欣賞粵劇的精髓 - 包括 '工尺', '叮板', '腔口', '口鉗' 和一 首粵曲的組成	\$15.00/4堂 (4 Courses)	224 Grote Street Ad- elaide 福利會	2:00 pm – 4:00 pm 聯繫人: 易月荷女 士 0402 536 070
四	休閒坊 (普通話) Centre-Based Day Care (Mandarin)	長者支援小組 參加者年齡: 50或以上	无	St. Luke Church 35 Whitmore Square Adelaide	10:00 am – 12:00 pm
五	健康星期五 Fitness Friday	熱身運動, 太極拳, 木蘭 拳學習, 午餐分享	\$3.00 /次 (會員Member) \$5.00 /次 (非會員Non-member)	St. Luke's Church 35 Whitmore Square Adelaide	10:00 am – 12:00 pm
六	中文學校 Chinese School	中文寫作, 閱讀, 口語, 傳統文化學習	每學期 \$50 (含書簿)	Adelaide High School West Terrace	1.30 pm – 3.30 pm 聯絡人: 余芬豐 Vivien Shae 0430 988 184





年满 65 岁，持有 Medicare 卡的老人可以在 My Aged Care 申请居家养老，以提高老人在家独立生活能力，同时也为子女照顾老人产生的不安和压力而提供支援。

澳洲居家养老的福利政策主要分为两种，CHSP 和 HCP。政府评估人员会到您家里来进行面对面评估。

**请致电福利会 8212 2988  
我们将为您提供全程指导**

### 【CHSP 联邦家居支援服务】

CHSP 是一个比较基本的养老项目。如果老人身体还很健康，只需要很少量的帮助，比如请人帮忙做家务，交通接送，参加社交活动，那么可能评估人员会评估你为 CHSP 项目。您将会收到一个推荐码，然后您需要找到一家符合资格的机构来为您提供这些服务。服务机构会根据您需要的服务类型，服务的频率，您家所在的区域来决定可不可以接收。费用是按每次服务收费的，您用的所有服务，都是十几刀每小时，大部分费用都被政府承担了。

### 【HCP 家居配套服务】

HCP 分为四个级别，根据老人所需的护理需求复杂性依次增高。每年政府资助从一万刀到六万刀不等，包括一系列的居家服务内容，比如个人护理/洗澡、上门清洁、社交活动、出行购物、交通接送、餐食、一对一陪伴、理疗师、职业治疗师等。以及参加我们定期举办的出游，聚餐等社交活动。

### 【HCP 费用】

HCP 费用每个人都不一样。它基于您的个人收入，包括您的养老金。领取澳洲全额养老金的人以及年收入不超过 33,735.00 都可以免费获得 HCP。

对于没有养老金的老人，在选择服务机构之前，需要找 Centrelink 进行收入评估，会要求您提供您所有的收入来源，其中包括海外收入（国内养老金）。

一旦获批，您可以选定福利会作为您的服务机构，我们是由澳洲政府认证符合资格的养老服务提供机构，同时也是一个非盈利机构。我们的工作人员会说英语，普通话和粤语，可以满足不同文化背景老人的需求。

## 什么是 Carers SA ?

Carers SA 是南澳的一个澳大利亚政府的项目 “Carer Gateway” 的服务提供机构，为照顾者提供以下服务：



### 与其他照顾者连接

- 与处于类似照顾状况的人见面，分享你的故事、知识和经验。
- 面对面 - 与当地照顾者见面，在一个安全的空间里分享建议并互相学习。
- 研讨会 - 提供多种主题的研讨会，旨在连接、支持和赋能照顾者。



### 财务支持

获得财务支持以帮助您履行照顾职责：

- 一次性实用支持，提供设备或物品，以帮助您履行照顾职责。
- 一系列持续的实用支持，如计划性休息或交通支持，提供为期12个月的服务。



### 辅导服务

辅导服务最多提供6次，每次1小时，讨论内容可以围绕照顾者希望关注的任何话题，包括：

- 健康与福祉
- 理解包容性和倡导
- 探讨照顾过程中的情感
- 探讨照顾角色如何随着时间的推移发生变化
- 应照顾角色中的日常挑战
- 探讨如何建立和维持互相支持的关系
- 工作、学习和志愿服务
- 探讨照顾角色的财务影响



### 心理辅导

如果您感到压力、焦虑、悲伤或沮丧，专业的辅导员可以与您谈论您的忧虑并提供帮助。

- 面对面 - 与当地的专业辅导员一对一交谈。
- 在线辅导 - 在自己家中舒适的环境里与辅导员在线交谈。



### 紧急休息支持

如果突发事件导致您无法继续提供照顾，例如您生病或受伤，您可以获得帮助照顾您所照顾的人的支持。



## 2024 Annual Gathering 年底聚会

10月25日下午2点，福利会举办了年度聚会，福利会的志愿者和客户们准备了各种各样的表演，同时也为我们的志愿者们和为福利会工作了长达10年以上的工作人员颁发了证书。

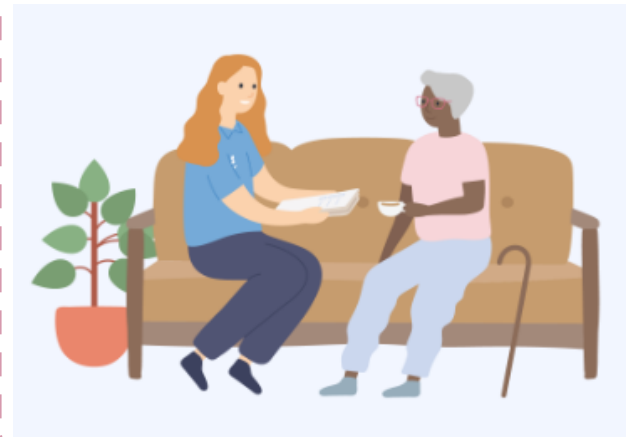


## Mid-Autumn Festival 中秋节聚会

今年的中秋节福利会举办了一场聚会，当天为过生日的朋友们庆祝了生日，午宴过后进行了抽奖活动，大家抽到了月饼礼盒和礼品卡都非常开心！



myagedcare Home Care Services



Seniors who are 65 years of age or older and hold a Medicare card can apply for My Aged Care Services to enhance their ability to live independently at home and to support their children with the anxiety and stress that comes with caring for the elderly.

There are two programs under My Aged Care: CHSP and HCP. A government assessor will come to your home for a face-to-face assessment.

To guide you through the process, Call CWS on 0882122988

### 【Commonwealth Home Support Program (CHSP)】

CHSP is an entry-level support services. If an elderly person is still in good health and needs some basic help, such as domestic assistance, transportation, and social activities, the assessor will probably assess you for the CHSP program. You will then receive a referral code and you will need to find a Service Provider at My Aged Care to provide these services for you. The Service Provider will determine if they can accept you based on the type of services you need, the frequency of services, and the area of your home.

### 【Home Care Packages (HCP)】

There are four levels of HCP, in increasing order of complexity of care needs required by seniors. The annual government funding ranges from \$10,271 to \$59,593 and includes a range of in-home services such as personal care, in-home cleaning, social activities, shopping trips, transportation, meals, one-on-one companionship, physio therapists, occupational therapists, and more. As well as participation in our regular outings, gatherings and other social events.

### 【HCP Fee】

HCP costs are different for everyone. It is based on your personal income, including your Age Pension. The HCP is free for people who receive the full Australian Age Pension and for those who do not earn more than \$33,735.00 a year. For seniors who do not have a pension, you will need to see Centrelink for an income test before choosing a provider, and you will be asked to provide all of your sources of income, which will include income from overseas.

Once approved, you can choose CWS as your service provider. We are accredited by the Australian Government as a qualified aged care provider and a non-profit organization. Our staff speak English, Mandarin and Cantonese to meet the needs of seniors from different cultural backgrounds.



## 夏季防暑小贴士！

- 老年人更容易出现脱水，因此补充足够的水分至关重要。
- 良好的营养对维持能量、免疫支持和整体健康至关重要，特别是在炎热的天气里。
- 全年都需要保护皮肤免受阳光照射，尤其是在夏季。
- 高温会使老年人迅速感到疲惫，因此保持凉爽十分重要。
- 某些药物会增加对阳光的敏感度或影响身体水分平衡。



随着我们步入温暖的季节，专注于帮助老年人保持舒适、安全和健康的健康实践尤为重要。夏天令人愉快，但高温也带来了特殊的挑战，尤其是对于老年护理人群。

**“请记住：如果出现中暑或脱水的迹象，请及时寻求帮助”**

老年人每天应喝大约 8 杯水，食用富含水分的食物，避免含糖和含咖啡因的饮料。

涂抹 SPF 30+ 防晒霜，穿着防护服，避免在阳光最强烈的时段外出。

使用风扇或空调来保持凉爽，穿透气的衣物，并进行冷水淋浴以防止过热。

## 保持联系！

夏季可以既安全又愉快。无论是在老年护理中还是在家中，保持水分充足、饮食健康以及防晒防热是保持健康的关键。

**请与华人福利会保持联系……我们在此为您解答问题并满足您的需求！**





# 2025 Australia Day 澳大利亚日活动

## BBQ in the Park — Celebrating Australia Day

### 公园烧烤—庆祝澳大利亚日

时间: 26/01/2025

地点: Kensington Gardens

人数: 50 人 (福利会义工)



## Australia Day

Reflect. Respect. Celebrate.

## Australia Day Luncheon

### 澳大利亚日午餐

时间: 25/01/2025

地点: 东海海鲜酒家

人数: 150 人



## Aboriginal Cultural & Historical Tour 原住民文化历史游览

原住民导游将带领大家壮观的原住民场地进行互动式游览，了解那里的历史及其传统文化意义。游览过后大家将一起吃午餐。

时间: 24/01/2025

地点: Living Kurna Cultural Centre

人数: 30 人



## Australia Day

Reflect. Respect. Celebrate.

Assisted by the Australian Government through the National Australia Day Council  
由澳大利亚政府通过澳大利亚国庆日理事会提供协助



## 南澳華人福利會

Chinese Welfare Services of SA Inc.

# HEALTH SECTION

Vol. 1, Issue 2 November 2024, Irene Rowe-CWS RN

## TIPS FOR THE SUMMER HEAT!

- Older adults are more susceptible to dehydration, so drinking enough fluids is crucial.
- Good nutrition is essential for energy, immune support, and overall health, especially in hot weather.
- Protecting skin from sun exposure is important all year but especially in summer.
- Heat can cause exhaustion quickly in older adults, so keeping cool is vital.
- Some medications increase sensitivity to sunlight or impact hydration.

As we step into the warmer months, it's important to focus on health practices that help older adults stay comfortable, safe, and healthy. Summer can be enjoyable, but the heat brings unique challenges, especially for those in aged care.

*"Remember: if you experience signs of overheating or dehydration, seek help"*

Older adults should drink around 8 cups of water daily, eat hydrating foods and avoid sugary and caffeinated drinks.

Apply SPF 30+ sunscreen, wear protective clothing, and limit outdoor time during peak sun hours.

Use fans or air conditioning to stay cool, wear breathable clothing, and take cool showers to avoid overheating.

## STAY CONNECTED!

Summer can be safe and enjoyable. Whether in aged care or at home, staying hydrated, eating well, and protecting from sun and heat are key to staying healthy.

**Stay connected with your HCP and CHSP provider...we are here to assist you in your queries and needs!**

