



In Home Care

SUPPORT AGENCY TASMANIA



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Newsletter

May 2020

Dear Families,

In March, families transitioned to new IHC Service Providers, *Wanslea In Home Care* and *Leor In Home Early Learning*. Your cooperation and collaboration throughout each step of the transition process is very much appreciated and we sincerely thank you for your timely response to the timeframes required to ensure the transition occurred.

We take this opportunity to remind families to continue to contact In Home Care Support Agency Tasmania (IHCSA) via email to advise any changes to your current family circumstances including change of address/contact details, changes to work requirements/rosters, or change to Child Care Subsidy details. info@ihcsupportagencytas.com.au

In Line with Australian Government IHC Guidelines, In Home Care Support Agency Tasmania will continue to touch base with each family via email to complete quarterly reviews of your Family Management Plan (FMP). Your timely response to our emails regarding quarterly FMP reviews would be greatly appreciated.

COVID-19

In mid-March Australia was struck with the news that positive Coronavirus cases had been confirmed within Australia, inevitably bringing about huge changes that have been particularly tough for all, however, as a community we have risen to the occasion and have seen a side to humanity which we may not always see, such as the kindness and generosity of others, the strength in our solidarity as a community, to cherish those around

us deeply, and not take our lives and opportunities for granted.

On this note, many of our In Home Care (IHC) parents are front line workers – nurses, paramedics and police officers (just to name a few). A very special thanks to you, for selflessly putting others before yourself and doing all you can to ensure the health and safety of the Tasmanian community. Words simply cannot justify the recognition you deserve!

Fun and Educational Resources

With many families working from home and most school age children receiving their education via online platforms we encourage you to take a look at the following link which contains a range of many ideas on learning experiences you can do with your children.

<https://www.gowrieconsultancy.com.au/wp-content/uploads/2020/05/Engineering-Challenges-for-Children-002.pdf>

Spreading Positivity

With all the uncertainty within the world now, it can be difficult to maintain a positive outlook. You may have heard the saying ‘negativity breeds negativity’, the same can be applied to *positivity*. Now more than ever, it is important to cultivate positive thoughts, as our thoughts create a ripple effect within family connections, workplaces and the broader community. Research supports the overwhelming effect positivity has particularly during times of adversity. When positivity is practised this has been scientifically proven to strengthen immunity & physical health and have benefits to one’s resilience & cognitive

wellbeing. Some ideas for actioning this include using technology to stay connected, getting enough sleep and exercise, writing down 3 things you are grateful for each day, listening to happy and uplifting music, and laughing as much as possible. Should you (or someone you know) require further support during this time, Beyond Blue have set up a dedicated support line for anyone requiring support as a result of COVID-19, [1800 512 348](tel:1800512348). Alternatively, you can head to the Beyond Blue website for further information, advice and strategies, as well as an information regarding an online community forum.

<https://coronavirus.beyondblue.org.au/>

Roadmap to Recovery

The Tasmanian Government has recently released information outlining the phases in which the state will return to business as usual. Whilst we must not become complacent, this is a strong indication that our efforts as a community are showing a positive flattening of the curve. Further information can be found here:

<https://coronavirus.tas.gov.au/facts/important-community-updates>



*Annette, Roxanne and Amrita
In Home Care Support Agency Tasmania*