

## E Bulletin – 17 September 2012

CARERS VOICE

CARERS ACT

ACT NEWS

NATIONAL NEWS

RESEARCH & NEWS

### Mental Health Carers Voice LAUNCH of Mental Health Week 2012

Mental Health Week runs from 7 - 13 October 2012. The theme for this year is *Open Your Mind – What you do can make the difference*. Mark the following day for the launch of Mental Health Week in your calendar:

**Tuesday, 9 October 10.30am-1.00pm,  
Canberra Rex Hotel, Northbourne  
Avenue, Turner**

Some of the activities at this key event include:

- Mental Health and Wellbeing Service Expo
- Speakers' Corner
- Announcement of Mental Health Week award winners
- Drumming
- Spray tattoos
- Live Cartoonist

Free refreshments will be available. You can access further information on mental health week activities via the Mental Health Community Coalition of the ACT website, [here](#).

### Mental Health Week Event: Advocacy for Mental Health Carers

To celebrate Mental Health Week, Carers ACT is hosting a lunch with guest speakers presenting on the different types of advocacy services available in Canberra. Representatives from Advocacy for Inclusion and ADACAS, and the Carers ACT Advocate will discuss advocacy services, training and supports. A mental health carer representative will also share some of his advocacy knowledge and experiences with the audience.

The panel presentation and discussion will commence at 11am and finish by 12.30pm. This will be followed by a lunch. More information is available [here](#).

Date: Thursday 11 October 2012

Time: 11.00am - 2.00pm

Cost: The lunch is free for carers who reside in the ACT

Location: The Rex Hotel, 150 Northbourne Avenue, Canberra City

RSVP: Monday 8 October 2012, phone Rosie on 6296 9952 or email [mhcarers@carersact.org.au](mailto:mhcarers@carersact.org.au).

### **Suicide Prevention in the ACT – Mental Health Carers Networking and Consulting Forum held on Wednesday 12 September 2012**

A forum for mental health carers was held on 12 September to mark World Suicide Prevention Week. A report on the Forum may be accessed [here](#).

### **Invitation from mental health carer representative**

A mental health carer representative provided an update to participants on her role on a suicide prevention working group in the ACT Health Directorate. The carer representative welcomed input from carers on support needs for families impacted by suicide, including what works and what could be improved. The representative would ensure that any feedback would be shared with members of the suicide prevention working group. If you would like your suggestions to be forwarded to the carer representative, please contact Doris Kordes, Mental Health Carers Policy and Representation Officer by phone 6296 9936; email [doris.kordes@carersact.org.au](mailto:doris.kordes@carersact.org.au); or by post, 2/80 Beaurepaire Crescent, Holt ACT 2615.

*If you or someone you know may be at risk of suicide contact Lifeline 131 114, beyondblue 1300 224 636, or Salvo Care Line 1300 363 622.*

### **\*\*VACANCIES\*\* Mental Health Carer Representative positions**

Mental health carers who are interested in influencing mental health services in the ACT with a view to improving the level of carer satisfaction with those services are invited to consider nominating for the following vacant positions in the Division of Mental Health, Justice Health, Alcohol & Drug Service (MHJHADS):

- Clinical Effectiveness Committee (overseeing the delivery of adult acute mental health inpatient services)
- Consumer and Carer Feedback and Quality Committee (Adult Mental Health Unit, Woden)
- Smoke Free Environment Working Group – Community Mental Health Services
- Steering Committee, overseeing the MHJHADS Clinical Redesign Projects
- Risk Management Committee

Mental Health Carers Voice Terms of Reference, Code of Conduct and nomination forms may be accessed on the MHCV website: [www.carersvoice.com.au](http://www.carersvoice.com.au). If you have any questions about becoming a carer representative or would like more information about the above committees, please contact Doris Kordes, Mental Health Carers Policy & Representation Officer on 6296 9936 or email [doris.kordes@carersact.org.au](mailto:doris.kordes@carersact.org.au)

### Consultations on the Review of the *Mental Health (Treatment and Care) Act 1994*

It's not too late to provide your feedback on the first Exposure Draft Mental Health Act. The relevant documents are available at <http://timetotalk.act.gov.au/community-engagements/?engagement=review-of-the-mental-health-treatment-and-care-act-1994-first-exposure-draft/>. The deadline for submitting your comments is **Tuesday 2 October 2012**.

A consultation with mental health carers was held at a Mental Health Carers Voice Forum on 28 August 2012. Carers ACT is preparing a submission to the ACT Government, and will include comments raised at the Forum. If you have any comments to inform this submission please email them to [mhcarers@carersact.org.au](mailto:mhcarers@carersact.org.au) by **Wednesday 26 September 2012**.

### Want to know more about advance agreements?

Part of the *Mental Health Act* amendment process relates to the legal recognition of advance agreements. You can find the proposed amendments in s53B of the *Amendment Bill* – link available [here](#). Advance agreements are documents that set out a person's preferences for treatment, care or support in case of mental illness. These documents can also contain choices and preferences about wider concerns as well – for instance who you would like to look after your children,

pets or who you would like to contact your workplace if you become unwell.

If you would like some literature about the history, context and international and domestic experience of advance agreements, also sometimes called advance directives, you can access a journal article [here](#) on the legal issues surrounding advance agreements (prepared by the Office of the Public Advocate in Victoria). There is also a consultation paper from 2008 that contains some discussion of the road towards recognising advance agreements in the ACT and the role of human rights principles; it is available [here](#).

### CarersACT

#### Carers ACT CEO Dee

#### McGrath, elected to the NDIS Expert Panel

The ACT has been chosen as one of NDIS launch sites (read what this means for the ACT [here](#)).

The ACT Government therefore has established an [NDIS Expert Panel](#) and Carers ACT CEO Dee McGrath has been elected to the panel.

#### Carers ACT Carers Week event: There will be a Carers ACT Open Day

Theme: Emphasis on Care Aware theme with information, talks, activities, presentations and performances with lots of food and refreshments. See the flyer [here](#).

Drawcard: Aside from our wonderful Carer activities 106.3 has been signed on

with Rod and Biggy to appear on the day between 11.00am - 2.00pm with 300 balloons, drinks and chips. 106.3 have also advised that they will provide the BBQ, the sausages and bread for 300 people for FREE.

Date: Saturday 13 October 2012

Time: 10:00am - 2:00pm

Location: Carers ACT in Holt Hub, 2/80 Beaufort Street, Holt

Contacts

[Lucinda.Renfree@carersact.org.au](mailto:Lucinda.Renfree@carersact.org.au) and  
[Aileen.Solowiej@carersact.org.au](mailto:Aileen.Solowiej@carersact.org.au)

### Carer comments sought on the Draft Strategy for improving care and support for those living with chronic conditions 2012 - 2017

The ACT Health Directorate is currently developing a new strategy for improving care and support for people living with chronic conditions. This document outlines the aspiration commitment goals and priority action areas for the Health Directorate over the next 5 years. It also acknowledges the roles of primary health care, complementary therapists, support and advocacy groups, other government services, non-government providers, family, friends and carers. This draft Strategy has been developed with the contribution of relevant service providers, consumers, carers, advocacy groups and clinicians.

The ACT Health Directorate invites you to provide your comments on the attached draft [Strategy for Improving Care and Support for those Living with Chronic Conditions 2012-2017](#).

Feedback is welcomed from any person, organisation or group with an interest in the care and services provided to those with one or more chronic conditions in the ACT. Feedback is due by **Wednesday 24 October 2012** and can be provided by:

- By email to Colleen Sheen [mhcarers@carersact.org.au](mailto:mhcarers@carersact.org.au) or phone 6296 9900
- Attending the public forum  
Date: Tuesday 16 October 2012  
Time: 6.00pm - 8.30 pm  
Place: Canberra Business Event Centre, Regatta Point  
For catering please RSVP to [Amy.Vassallo@act.gov.au](mailto:Amy.Vassallo@act.gov.au) or on 6205 2647 by Tuesday 9 October 2012
- Completing the on-line questionnaire which can be found at <https://www.surveymonkey.com/s/chronicfeedback>

### Spring Seasonal Lunch

Spring into spring. Come along and enjoy an East meets West buffet style lunch with other Carers.

Date: Thursday 20 September 2012

Time: 12.00pm - 2.00pm

Location: Family Food Court Restaurant. Upstairs at 28 Woolley Street, Dickson

### ON COURSE FOR CARERS: MONTHLY INFORMATION FOR CARERS - September Respite and Residential Aged Care - Process and Costs

Karl Jordt (Centrelink) and Camille (Carers ACT) will discuss the processes and costs of accessing residential care.

Date: Wednesday 26 September 2012

Time: 10.00am - 12.00pm

Location: The Carers Hub, Carers ACT, 80  
Beaurepaire Crescent, Holt

### **Private viewing at the National Gallery: Divine Worlds – Indian Paintings**

Divine Worlds brings together  
masterpieces of Indian painting from the  
collection of the National Gallery of  
Australia. The works date from the 15th to  
the 20th century.

Date: Wednesday 24 October 2012

Time: 10:15am for a 10:30am start

Location: Meet at the main entrance of  
The National Gallery of Australia

*All events are free for current Family  
Carers who reside in the ACT*

*BOOKINGS ESSENTIAL: To RSVP call*

*Eleanor on 6296 9908 or email*

*[rsvp@carersact.org.au](mailto:rsvp@carersact.org.au)*

### **Keeping Families Connected**

Keeping Families Connected is a five week  
group program to help families who are  
caring for someone with a mental health  
issue and/or a drug dependency. We will  
work with you to develop strategies to  
cope with your caring role and to navigate  
the mental health system to find the  
supports you need.

Wednesday Evenings for 5 Weeks

Time: 5.30pm – 8.00pm

Location: Woden Smith Family

Corner of Launceston and Easty Streets,  
Woden

Dates will be advised at registration. For  
further information please call 1800 242  
636.

### **NEW monthly Mental Health Support Group in the Northside**

Carers ACT will be starting a NEW monthly  
Mental Health Support Group in the  
Northside. The group will be held on a  
week day evening. We plan to hold an  
information session for interested Carers  
in September. If you could be interested  
in attending such a group, please call  
Eleanor Kinloch on 6296 9908 or email  
[rsvp@carersact.org.au](mailto:rsvp@carersact.org.au).

### **Counselling at Carers ACT – Supporting family carers**

Did you know that Carers ACT can provide  
short-term counselling for Family Carers?  
Our counselling service can help you  
manage difficult situations and balance  
caring in your life. Qualified counsellors  
are located on site in Holt and Woden to  
provide Carers with confidential and  
professional face-to-face  
and telephone counselling. Call the Carer  
Advisory Service to make an appointment  
1800 242 636.

### **Uniquely Us Café:**

Now known as Uniquely Us Café this great  
service is available to Carers ACT in Holt  
Monday, Tuesday and Thursday 9:30am –  
12:30pm Yummy biscuits and awesome  
hot drinks!! Catering is also available, call  
Pat Reid (after 3:00pm) on 6292 9691.

### **ACT NEWS**

#### **Children of Parents with Mental Illness (COPMI)**

Community Services Directorate, Health  
Directorate & Mental Health are

presenting a child-focused workshop to enhance the practice of those who work with children in vulnerable families. This workshop will provide the opportunity to reflect on:

- the experience of families when mental illness enters a person's life
- the impact of mental illness on the parenting role
- the issues faced by children and young people who live with parents who experience mental illness
- children's construction of their experience and the practitioner's role in supporting them
- what to consider when talking with children and young people

Date: Friday 16 November 2012

Time: 8.45am - 4.30pm

Location: Professional Development Centre, Ground Floor, Nature Conservation House, 153 Emu Bank, Belconnen

For more information please contact Sally Markham on 6207 1344 or Bridget Dillon on 6205 1110. You can access the flyer [here](#) and the registration form [here](#).

### **Mindsapes Festival Comedy Night**

Stand-up Comedy at the Pot Belly Bar. Come along for a good laugh with what could potentially be some of Canberras funniest comedians. Supported by local comic Marie Helou and others to be announced. You can access the flyer [here](#).

Date: Friday 12 October 2012

Time: 7.00pm

Cost: Free

Location: The Pot Belly Bar, 5/26 Weedon Close, Belconnen

For more information please call Lachlan Atyeo on 6245 6400 or email [latyeo@mifellowship.org.au](mailto:latyeo@mifellowship.org.au).

### **SPEAKING UP, ADVOCACY AND JUGGLING – A COURSE FOR FAMILY CARERS**

A four session course for family carers on advocacy, assertiveness, conflict, relationships and wellbeing. Topics covered:

- Speaking Up and Advocacy: why is it an issue? What is it all about?
- Managing conflict, juggling people: deciding how to respond to conflict and which people you need on side
- Speaking up assertively: putting your words and yourself together
- Looking after yourself and trying out new approaches

Date: 3 sessions (Tuesdays) - 16, 23, 30 October 2012

Time: 6.00pm - 8.30pm

Cost: Free

Venue: CIT Woden, Ainsworth Street, Phillip

To Register: 6207 3628 or

[CarerSkills@cit.edu.au](mailto:CarerSkills@cit.edu.au)

### **A Course for Family Carers: Living a Healthy Life with Long-Term Conditions**

As a carer, do you have a chronic health

condition? Or, are you caring for someone who has any condition lasting six months or longer, such as asthma, arthritis, cancer, obesity, diabetes or heart disease? This course runs for 6 weeks and is being conducted for CIT Skills for Carers by ACT Government Health Directorate in partnership with Arthritis ACT and SHOUT Inc.

**Topics covered include:**

- Managing symptoms, including pain & fatigue
- Dealing with negative emotions
- Communicating with health providers
- Adopting a lifestyle that prevents complications
- Action planning and problem solving

**Dates:** 6 sessions on Mondays 15, 22, 29 October 2012 and 5, 12, 19 November 2012

**Time:** 10.00am – 12.30pm

**Venue:** Belconnen Health Centre

**Cost:** Free

Some assistance with transport is available. To Register phone 6207 3628 or email [CarerSkills@cit.edu.au](mailto:CarerSkills@cit.edu.au)

### More than PND - Understanding Postpartum Psychosis

Postpartum Psychosis (or puerperal psychosis) is a rare but serious condition that can occur following childbirth and onset can be abrupt. It is vital to recognise signs and symptoms of this disorder so that early treatment can take place to

ensure the best possible outcomes. Post & Ante Natal Depression Support & Information Inc (PANDSI) and the ACT Health Directorate are delighted to welcome Dr Megan Galbally at this year's Twilight Seminar. Ms Kate Carnell, CEO Beyond Blue will open the event, followed by a keynote address by Dr Rhonda Galbally, discussing the symptoms and treatment for Postpartum Psychosis. Further information and registration [here](#).

Date: Wednesday 21 November 2012

Time: 5.30pm - 9.15pm

Cost: \$80 per person 2 Course meal/cash bar

Contact: phone 6287 3961 or

[info@pandsi.org](mailto:info@pandsi.org)

### What about me 2012? Children and Domestic Violence

*"If everyone's asleep and Mum got hit, then no one would help me to make sure she's not hurt or anything"* 9 year old boy.

The aims of the workshop are to:

- broaden and consolidate understandings of domestic violence and its impact on children and their families
- consider the child and young person's experience of growing up with violence and abuse at home
- increase knowledge of community resources
- understand the legal processes for responding to domestic violence

Presenter: Mirjana Wilson from the Domestic Violence Crisis Service

Date: Friday 10 October 2012

Time: 8.45am - 4.30pm

Location: Ballarn meeting room 3,  
Ground Floor, Nature Conservation  
House, 153 Emu Bank, Belconnen

For more information please contact Sally  
Markham on 6207 1344. You can access  
the flyer [here](#) and the registration form  
[here](#).

### Smoke-Free Environment Newsletter – 14 September 2012

The latest Newsletter from Mental Health,  
Justice Health, Alcohol & Drug Service is  
available [here](#).

### 5th Annual Comorbidity Interagency Day

- How much do you know about detox services in the ACT?
- How much do you know about how the psych unit operates?
- Have you ever wanted to make a referral to a Mental Health or Alcohol and Other Drugs service but just didn't know where to look?

CatholicCare invite you to join them for a free sausage sizzle lunch to learn about the mental health and alcohol and other drug services that operate in the ACT region and how they can assist your clients.

Date: Wednesday 28 November 2012

Time: 12.00pm - 2.00pm

Location: Blackfriars Rose Garden, ACU  
Campus, 127 Phillip Ave, Watson

For more information contact Stefanie Burvill on 6163 7600 or email [Stefanie.Burvill@CatholicCare.cg.org.au](mailto:Stefanie.Burvill@CatholicCare.cg.org.au). You can access the flyer [here](#).

## NATIONAL NEWS

### Mental Health in Multicultural Australia (MHiMA)

Mental Health in Multicultural Australia is seeking Expressions of Interest from CALD consumers and carers to join national working groups. More information can be accessed via the MHiMA e-bulletin [here](#).

### Beyond Blue - Start the conversation

Depression and anxiety can affect anyone at any time. Often people won't talk about how they're feeling because they're worried about what others will think. During Mental Health Week (7-13 October), Beyond Blue are encouraging everyone - individuals, community groups and workplaces - to talk about depression and anxiety. Sometimes, the simplest acts have the greatest impact - just talking openly about depression and anxiety can reduce stigma. You can check out Beyond Blue website and access the full list of Mental Health Week activities [here](#).

### Report Backs NSW Government's Extension of Mental Health Housing Support Program

NSW Minister for Mental Health Kevin Humphries, released a report into the Housing and Accommodation Support Initiative (HASI) program, which supports



people with mental illness to live independently in the community, maintain stable public housing and recover from their illness.

Mr Humphries said the Final Report of the Evaluation of the Housing and Accommodation Support Initiative has affirmed the NSW Government's decision to extend the HASI model to reach more people throughout the State. You can read the full media release [here](#). You can view the full report [here](#).

### **WORK TOGETHER TO REDUCE SUICIDE NUMBERS: GREENS**

Commemorating this year's World Suicide Prevention Day, Australian Greens spokesperson for Mental Health, Senator Penny Wright, said more community awareness and accurate data on suicide were needed to address the high incidence of suicide in Australia.

Senator Wright moved a motion in the Senate that calls on all governments to promote public awareness and remove barriers to the accurate collection of suicide data in Australia, as recommended in the 2010 Senate committee report, The Hidden Toll: Suicide in Australia. Read the Hansard record of Senator Wright's motion [here](#).

"Suicide is the leading cause of death for men under 44 years of age and women under 34 years of age in Australia and

recent data by the Australian Bureau of Statistics suggest that, on average, one Australian takes their own life every four hours," Senator Wright said. Read the full press release [here](#).

### **Federal Government funding boost for suicide prevention**

On World Suicide Prevention Day, the Federal Government has provided funding aimed at enhancing the collective capacity of local communities to prevent suicide. Minister for Mental Health Mark Butler said the Wesley LifeForce program helps communities to develop suicide prevention strategies, improve access to appropriate services and support people at risk of suicide and those bereaved by suicide. (You can access the press release *More Support for families bereaved by suicide* [here](#).)

### **There is no 3G in Heaven**

Four Corners tells the story of one community in a major Australian city where the threat of suicides amongst young people became so overwhelming that families and community leaders, backed by mental health experts, held a public meeting to allow the families and friends to tell their stories. You can watch the program and/or read the transcript [here](#).

### **Lifeline on ABC 7:30 – Media Statement by Mark Butler**

Minister for Health Mark Butler released a statement to clarify comments on this program about the free mobile phone

calls to Lifeline. Read the full media release [here](#).

### **ABS Figures Reassess Homelessness**

The Australian Bureau of Statistics has revealed that Australia's homeless numbers are dropping after producing revised figures using a new and expanded definition of homelessness. It has applied a new methodology to recalculate its 2001 and 2006 Census counts of homeless people in an effort to improve its accuracy. As a result, the number of homeless Australians counted has changed from 100,000 to over 95,000 in 2001 and 105,000 to almost 90,000 in 2006. Read more [here](#).

### **Aged Care Workforce Funding**

Not for Profits have welcomed the funding by the Federal Government to better prepare the aged care workforce to care for older Australians.

Minister for Ageing Mark Butler has announced \$10.2 million to fund 26 projects that he said would tackle many of the challenges aged care workers faced every day such as delivering medications safely, helping patients to live healthy, active lifestyles, and support people with complex needs. Read more [here](#).

## **RESEARCH AND NEWS**

### **Consumer Led Research**

The ACT Mental Health Consumer Network is a consumer-led peak organisation representing the interests of mental health consumers in the ACT in policy and decision-making forums. The Network is committed to social justice and the inclusion of people with experience of mental illness.

Network member Bradley Foxlewin is the author of *What is happening at the Seclusion Review that makes a difference?* – a consumer led research study on the reduction in seclusion at the Psychiatric Services Unit at the Canberra Hospital. You can access the full research study [here](#).

### **People with cognitive and mental health impairments in the criminal justice system: diversion**

People with mental impairments are overrepresented in NSWs' courts and jails. This report's recommendations aim to reduce people's reoffending by ensuring their impairments are identified early and people have access to appropriate treatment and support. The report's 55 recommendations include:

- expanding services that conduct mental health assessments of defendants at an early stage of the court process
- reforming existing legislative powers for courts to divert people

with cognitive and mental health impairments

- creating a specialist court list to manage cases involving people with cognitive and mental health impairments
- expanding the Court Referral of Eligible Defendants into Treatment (CREDIT) program, which addresses the causes of an offender's criminal behaviour; and clearer definitions of mental health and cognitive impairment. (Taken from Australian Policy Online.) Read the full report [here](#).

### **BRAVE step for Australian-developed online anxiety therapy**

A ground-breaking approach to treating childhood and adolescent anxiety disorders, based on University of Queensland (UQ) research, will soon be available to families in the UK, US and Europe. This follows a licence deal struck by UQ's main commercialisation company UniQuest with global online healthcare company CCBT Limited. The BRAVE-ONLINE (Brave) psychological intervention, which encourages children and adolescents to be brave in the face of anxiety or concerns that might lead to anxiety, originated from Cognitive Behaviour Therapy research undertaken within UQ's School of Psychology. Read more [here](#) and you can access the BRAVE-ONLINE website [here](#).

### **Social Work and Mental Health Position Paper**

The Australian Association of Social Workers (AASW) has put out a position paper on Social Work and Mental Health. AASW is the only national organisation for Social Workers in Australia, with over 6,000 members. By 2007-08, Social Workers made up a third of the allied health workforce for public mental health services and comprised the fourth largest professional group in the public mental health workforce ([Department of Health and Ageing, 2010](#)). By early 2012, there were around 1,300 AASW-accredited Mental Health Social Workers in private practice. You can access more information and read the full position paper [here](#).

### **LIFE Communications**

LIFE Communications is a National Suicide Prevention Strategy project managed by [Crisis Support Services](#) on behalf of the Department of Health and Ageing. The project aims to improve access to suicide and self-harm prevention activities in Australia through the promotion of the LIFE resources and website; and improve communication between suicide prevention stakeholders in Australia. This is achieved by providing access to a range of resources and research, including the latest information from National Suicide Prevention Strategy (NSPS) [projects](#). You can access the LIFE newsletters [here](#).

### News Coverage linked to Suicide Reporting

There have been a number of reports in the press this week and last on suicide prevention and proper reporting protocols – particularly in relation to the role of the media. Kairi Kolves has written an insightful piece in *The Conversation* about current thinking and research on the appropriate and safe ways to report suicide. You can access her article [here](#). To read another article on suicide reporting in the context of ‘R U OK? Day’, follow this [link](#).

### Indigenous Suicide

Also in *The Conversation*, Diego De Leo, the Director of the Australian Institute for Suicide Research and Prevention at Griffith University, has addressed the complex issue of Indigenous suicide – including the reasons for the high Indigenous suicide rate, and importantly, how culture and tradition can provide an important tool for reducing these statistics, through “empowerment and pride.” Read the article [here](#).

### Sebastian’s Story

For those of you who missed it – 7.30 ACT recently showed the story of Sebastian, a young man who has established an organisation called Batyr. The aim of the organisation is to “talk about the elephant in the room.” For Sebastian, the elephant was depression and suicide, both issues he grappled with whilst President of the

Resident’s Association at John XXIII College, ANU. Fortunately, Sebastian was able to seek help and now he speaks to university students and schools about depression, anxiety and suicide. Last year, after speaking to John XXIII residents, Sebastian was contacted by a group of current students who wanted to raise money for Batyr by running from Canberra to Sydney, the ‘Civic to Surf’. This year, more than 60 Johns residents, past and present, are running again to raise money and awareness. If you would like to know more, you can access the 7.30 program [here](#). The Batyr website is accessible [here](#).

*If you or someone you know may be at risk of suicide contact Lifeline 131 114, beyondblue 1300 224 636, or Salvo Care Line 1300 363 622.*

*The opinions expressed in this E Bulletin do not necessarily reflect the opinions and views of Carers ACT.*