

Carers NSW Conference 2021:

THE SECRET LIFE OF CARERS

Thursday, 7 October 2021 for
a virtual conference exploring
The Secret Life of Carers.

Carers NSW Conference 2021: *The Secret Life of Carers*

All dates and times are in Australian Eastern Daylight Savings Time (AEDT) and will be delivered live, unless otherwise noted.

8:30am – 9:00am	EventsAIR goes live
9:00am – 9:30am	<p>Opening Plenary</p> <p>Welcome to Carers NSW Conference 2021 Elena Katrakis, Carers NSW CEO</p> <p>Welcome to Country Uncle Allan Murray</p> <p>Official Opening of Carers NSW Conference 2021: <i>The Secret Life of Carers</i> The Hon. Alister Henskens SC MP, Minister for Families, Communities and Disability Services</p>
9:30am – 11:00am	<p>Keynote Speakers</p> <p>9:30am-10:15am Dr Norman Swan, Multi-award winning Broadcaster, Commentator & Health Journalist: <i>COVID-19: Where have we been? Where are we going? What does it mean for carers?</i></p> <p>10:15am-11:00am Lucinda Brogden AM, National Mental Health Commissioner and Carer: <i>The Secret Life of Carers: Out of the shadows – carers in the mental health and suicide prevention sector.</i></p>
11:00am – 11:10am	Morning Tea Break

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11:10am-12:10pm	<p style="text-align: center;">Carer Panel</p> <p style="text-align: center;"><i>The Diversity of Carers:</i> Leanne, Lua, Malcolm, Melissa, Ruth and Tracy</p> <p style="text-align: center;">Facilitated by Justin Noel, highly regarded Indigenous communications, research and facilitation consultant. Principal Consultant at Origin Communications Australia</p>		
12:10pm-1:10pm	<p>Concurrent Session One</p>		
	Caring during COVID-19	Innovative approaches to carer research	Overcoming access barriers
12:10pm-12:30pm	<p>Katrina Armstrong, Mental Health Carers Australia</p> <p><i>The impacts of COVID-19 on families and carers of NDIS participants with psychosocial disability</i></p>	<p>Kim Whitmore, Marquette University, Wisconsin USA & Jill Kagan, ARCH National Respite Network and Resource Center, USA</p> <p><i>Untold secrets about the power of research to improve outcomes for carers</i></p>	<p>Mary-Jane Clark, NSW Carers Advisory Council:</p> <p><i>Carers Missing Out. A scoping study following the introduction of the NDIS</i></p>
12:30pm - 12:50pm	<p>Sue Tape, Children and Young People with Disability Australia:</p> <p><i>Advocating for children and young people with disability and their families during the COVID-19 pandemic</i></p>	<p>Emma Kirby, University of New South Wales:</p> <p><i>'Is there anything else you would like to tell us?'</i></p> <p><i>Exploring the (untapped) potential of free-text survey responses</i></p>	<p>Richard Scenna, YourLink:</p> <p><i>Overcoming the barriers to create life-changing opportunities for carers through digital skills</i></p>
12:50pm – 1:10pm	<p>Corin Boughton, Carers Australia</p> <p><i>Caring through COVID</i></p>	<p>Marianne Frech and Hannah Wepf, Careum School of Health, Switzerland (pre-recorded)</p> <p><i>Young Carers in Switzerland: More than expected</i></p>	<p>Abner Weng Cheong Poon, University of New South Wales</p> <p><i>Challenges and support-seeking behaviours of young carers</i></p>

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1:10pm – 1:35pm	Lunch Break		
1:35pm – 2:00pm	<p>Keynote Speaker</p> <p>Richard Colbran, CEO Rural Doctors Network: <i>Embracing carers within the NSW rural health workforce</i></p>		
2:00pm – 3:00pm	Concurrent Session Two		
	Reducing complexity for carers	Supporting working carers	Building carer capacity
2:00pm – 2:20pm	Sarah Judd-Lam and Grace Cherrington, Carers NSW <i>Know your rights: Supporting carers to navigate the complaints sector</i>	Brigitte Fairbank, NSW Department of Communities and Justice <i>Carers At Work: supporting wellness, careers and flexibility for carers at Communities and Justice</i>	Christine Naismith and Violeta Bozinovski, Eating Disorders Families Australia: <i>The Power of Lived Experience Peer Support & Education for Carers and the Whole Family</i>
2:20pm – 2:40pm	Terry Stathakis, COTA <i>Exploring the new Aged Care Navigator Trial.</i>	Myra Hamilton, University of Sydney <i>Looking Beyond Hours of Care: The Effects of Care Strain on Work Withdrawal Among Australian Workers</i>	Deidre Hamilton, Yarkuwa <i>Caring in a border community</i>
2:40pm – 3:00pm	Luke Boulos, Service NSW: <i>How Service NSW Cost of Living Specialists and rebates are assisting Carers in NSW.</i>	Claire Williams, Anti-Discrimination NSW: <i>Anti-Discrimination NSW and carers in employment</i>	Sian White, CCLHD: <i>Bringing the carer perspective to healthcare planning: Carer Readiness Tool</i>
3:00pm – 3:40pm	<p>Keynote Speaker:</p> <p>Professor Saul Becker, Faculty of Education at the University of Cambridge <i>The secret lives of young carers (pre-recorded)</i></p>		

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3:40pm-3:50pm	Afternoon Break		
3:50pm-4:50pm	Concurrent Session 3		
	Carer health and wellbeing	Supporting working carers 2	Carer finances
3:50pm – 4:10pm	Mary O'Mara, Carers Victoria: <i>Innovative responses to Carers during COVID-19: Two online early intervention mental health programs</i>	Danielle Robertson, DR Care Solutions together with Care & Living with Mercer <i>Holistic care planning for carers in the workplace</i>	Kylie-Ann Flack and Shannon Bishop, Women NSW <i>Women's Financial Toolkit – It's your future: what's in it for carers?</i>
4:10pm – 4:30pm	Sally Swain, Art and Soul: <i>Sowing the Seeds of Self-Care</i>	Jo Tilly and Paula Gleeson University of Technology Sydney <i>The UTS Carer Inclusion Action Plan (CIAP)</i>	Ann Kayis-Kumar and Michael Walpole, University of New South Wales: <i>Taxing times - Identifying and supporting carers experiencing serious financial hardship</i>
4:30pm – 4:50pm	James Townsend and Suzanne Bourne, Mobilise <i>How Mobilise reached 100,000 UK Carers with digital health & wellbeing support</i>	Callista Kent and Elizabeth Collins, NSW Department of Customer Service <i>Supporting carers at work through an employee resource group</i>	Donna Flood, Welfare Rights Centre: <i>Lots of knots- Untangling the social security safety net to increase carers' access to financial security</i>
4:50pm – 5:00pm	Closing plenary: Introducing the Carer Knowledge Exchange: connecting research to practice Elena Katrakis, Carers NSW CEO		
5:00pm	Conference ends		

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