

# **AN ONLINE GUIDE TO WELLBEING RESOURCES FOR KINSHIP CARERS AVAILABLE ON THE KCV WEBSITE**

**Many of these resources are also of  
interest to permanent, foster and  
informal carers**

**2024**  
**August**





GPV/KCV acknowledges the peoples of the Kulin nation as the traditional owners of our great land and offers respect to Elders, past and present.

GPV/KCV acknowledges that the Aboriginal culture existed in Australia before European settlement and consisted of many community groups. Further, we acknowledge the Indigenous peoples of this land as the oldest continuing cultures in human history.

GPV/KCV acknowledges that laws and policies of the past have inflicted grief and suffering on our fellow Australians and regrets the removal of Aboriginal and Torres Strait Islander children from their families.

GPV/KCV believes that a society that is inclusive of all is crucial to individual and community wellbeing and will behave with respect towards all irrespective of their race, religion, sexuality, gender or socio-economic background.

GPV/KCV acknowledges 13th of February as National Apology Day, the anniversary of then Prime Minister, Kevin Rudd, delivering the National Apology to Australia's Indigenous Peoples in 2008. GPV/KCV will take steps that promote a happier and healthier future for Indigenous Australians, particularly the children and young people.

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[www.kinshipcarersvictoria.org](http://www.kinshipcarersvictoria.org)

Kinship Carers Victoria  
acknowledges the support of the  
Victorian government.



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# How to use this guide

There are easy ways to access these resources:

1. View the contents presented in this guide, and much more, on the KCV website at

- <https://kinshipcarersvictoria.org/resource-booklets/>
- <https://kinshipcarersvictoria.org/podcasts-videos>
- <https://kinshipcarersvictoria.org/kinship-carers-wellbeing-magazine/>

or by doing a web search for Kinship Carers Victoria

- <https://kinshipcarersvictoria.org/>

2. Use the QR codes below to access the Resource Booklets, Podcasts/Videos and Wellbeing Magazines on the KCV website



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# Resource Booklets

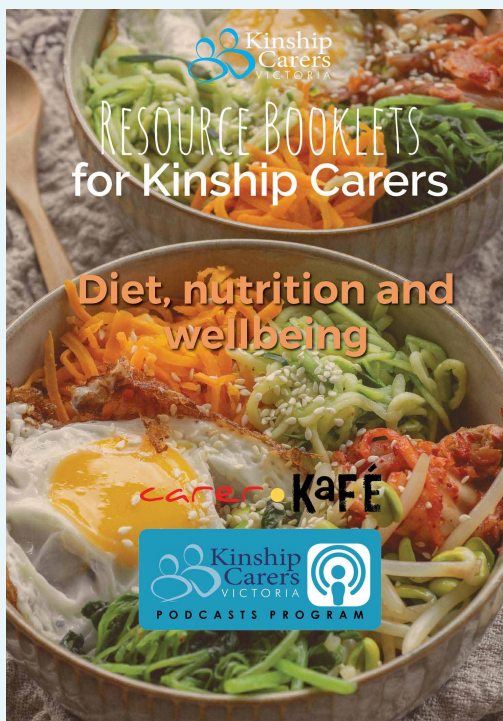
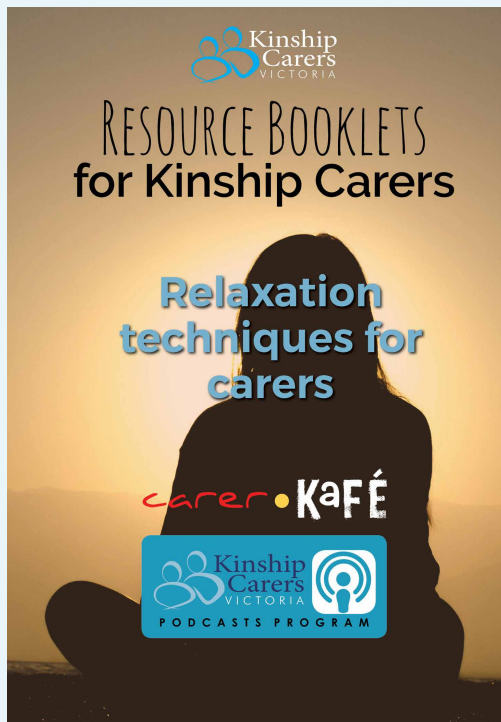


## Relaxation techniques for carers (from podcast)

Deep breathing and meditation can provide you with a sense of calm, peace and balance that can benefit your emotional wellbeing and overall health through reducing stress.

The podcast features an interview with Eliza Terry, from YogaLiving. Eliza has been teaching Iyengar Yoga since 1998, and teaches mindfulness meditation, with a strong focus on breath work for relaxation.

The podcast also includes interviews with two carers who share details of their own experiences with trying relaxation and breathing techniques.

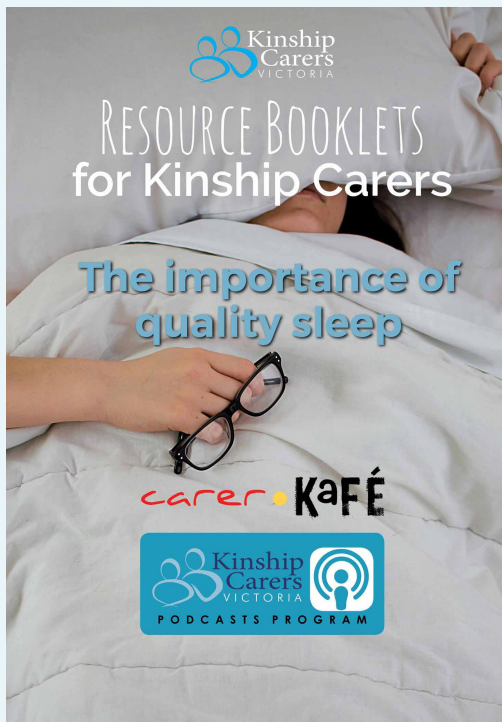


## Diet, nutrition & wellbeing (from podcast)

What are the latest trends in nutrition? What does recent research say about what and how we should eat? And what should the children in our care, in particular those children with neurodevelopmental disorders, eat?

Based on an adapted transcript of KCV's podcast on diet and nutrition, clinical nutritionist Nikki Valentini, director of SuperNature Nutrition, covers a broad range of current issues regarding nutrition and answers some common questions from carers and others regarding this topic.





## The importance of quality sleep (from podcast)

Sleep plays a vital part in our wellbeing – so how do we get the right amount of it? Based on an adapted transcript of KCV's podcast on sleep, clinical psychologist Dr Damon Ashworth focuses on helping gain a greater understanding of our sleep difficulties and provides strategies to improve sleep and subsequent overall wellbeing.

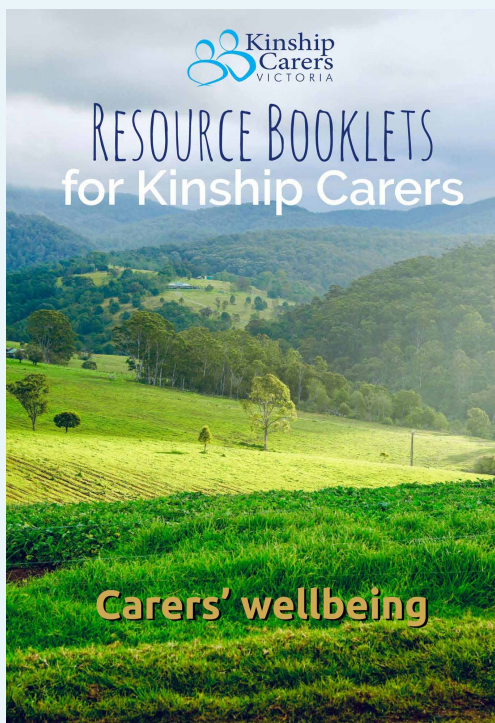
Also includes interviews with two carers who share their personal stories around their sleeping patterns and how they manage this whilst dealing with their kinship carer responsibilities.

## Carers' wellbeing

This resource contains several articles on activities for carer wellbeing plus a listing of KCV's seven wellbeing magazines already published which are full of articles on how carers can look after themselves.

Features information on KCV podcasts on carer wellbeing, with a range of expert speakers providing information and advice on this crucial element of placement stability.

Topics covered in the KCV wellbeing podcast series: diet and nutrition for neurodiverse children and young people, grief and loss, preparing for access visits, the benefits of play, carer learning and development, the importance of quality sleep, and more.

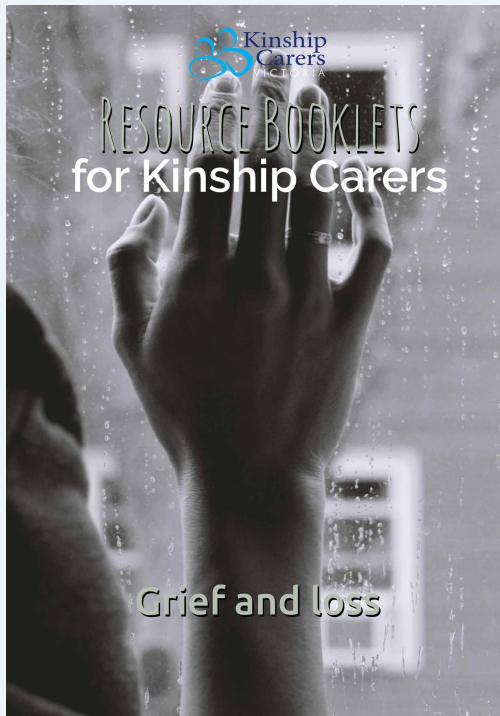
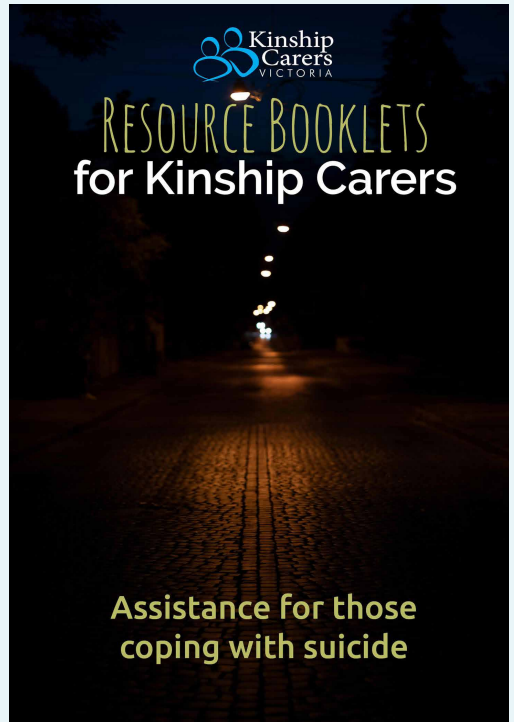


## Assistance for those coping with suicide

A listing of suicide-prevention organisations, providing contact numbers and information for emergency, crisis or other types of support.

Organisations include Lifeline, Beyond Blue, the Suicide Callback Service, 13YARN, Headspace, the Rainbow Door and many more.

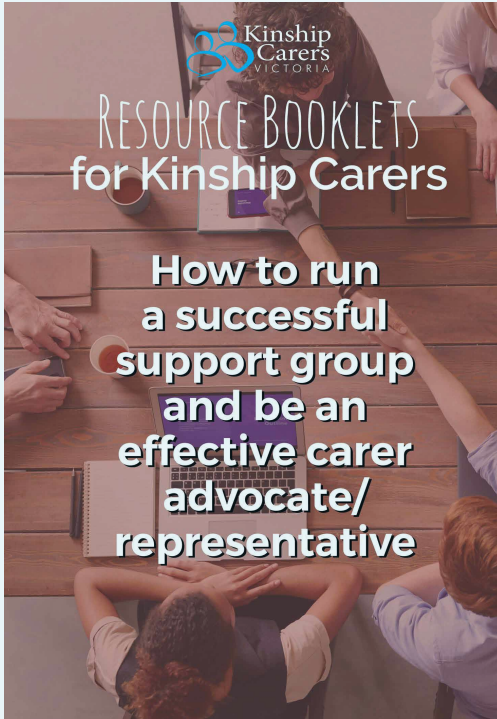
Also includes organisations providing suicide-bereavement support, plus a support pack from the Victorian Government for those bereaved by suicide or other sudden death.



## Grief and loss

Grief and feelings of loss can be triggered by many different experiences. These might include the death of a family member, friend or someone close, a relationship breakdown, placing your child(ren) into someone else's care, a loss of possession through disaster or theft, the death of a pet, retrenchment and more.

This resource booklet contains the details and contact numbers of agencies and organisations that may help you, the children and young people in your care, and any other friends or family members to cope with feelings arising from any of the above experiences.



## **Running a support group/being a carer representative**

The kinship care movement needs groups that support, inform and promote the work of carers, and benefits from carer representatives arguing the case for all carers. This booklet contains helpful hints for carer representatives on conducting an effective kinship carer support group.

Using some kinship carers as representatives arguing the case for all kinship carers is a democratic and proven way of ensuring that kinship carers' voices are heard.



# KCV Podcast series

grandparents  
VICTORIA 

 VICTORIA  
State Government | Department of Health

Note: Podcasts related to past state and federal elections and the COVID-19 pandemic have not been listed in this guide. These removed podcasts were funded by the Victorian Department of Health and by GPV.

## Podcast #28 – Grief and loss (Dec 2023)



Throughout our lives, grief is an unavoidable and essential part of what it is to be human. When individuals and families experience a loss, every member of the family can feel and process their grief in different ways. Grandparents, parents or carers face the difficulty of managing their caring role while knowing how to help children understand their grief – all whilst also trying to accept and deal with their own feelings.

In this podcast we speak with Janice Butera, specialist grief practitioner with Grief Australia, who shares with us her knowledge about grief and loss and the challenges that can occur for families when faced with loss. Janice also offers some strategies for families to use in navigating their way through these difficult periods.

Funded by **CARER KAFÉ**

## Podcast #25 – Nutrition (Aug 2023)

What are the latest trends in nutrition? What does recent research say about what and how we should eat? And what should the children in our care, in particular those children with neurodevelopmental disorders, eat?

In this podcast we speak again with Nikki Valentini, Clinical Nutritionist, functional medicine practitioner and director of SuperNature Nutrition on a broad range of current topics regarding nutrition. Nikki answers some of the more common questions from carers and others regarding this topic.



Funded by **CARER KAFÉ**

## Podcast #24 – Carer Learning and Development (Jul 2023)

Gaining the skillset and knowledge needed to fulfil the kinship carer role can seem daunting, especially when the young people in a person's care have learning issues or have suffered trauma.

However, DFFH has set aside considerable funding to support learning and development for carers via Carer KaFE.



In this podcast we interview one carer who tells us about the things she realised she needed to learn and the support she sought once she became a kinship carer.

And we hear from Adam Lyons, Managing Director of Lancaster Consulting, who have been providing specialised support services and training for kinship and foster carers for well over a decade. Adam describes the program they run through Carer KaFE and the workshops and training they provide for carers.

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## Podcast #23 – The Importance of Quality Sleep (Apr 2023)



Sleep plays a vital part in our wellbeing – so how do we get the right amount of it?

Clinical psychologist Dr Damon Ashworth, author of *Deliberately Better Sleep*, talks with KCV about the three major factors affecting our sleep and issues such as waking up at night, napping, the right amount of sleep, and the long-term effects of not getting enough sleep.

This podcast also includes interviews with two carers who share their personal stories around their sleeping patterns and how they manage this whilst dealing with their kinship carer responsibilities.

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## Podcast #22 – Benefits of Hobbies & Other Pursuits (Apr 2023)



In a recent survey on stress and wellbeing conducted by the Australian Psychological Society, four in five participants found activities like listening to music and spending time on a hobby were effective ways of managing stress.

Finding an enjoyable pastime can also enhance wellbeing, improve social connections, and even stave off depression or anxiety.

In this podcast, KCV speaks with two carers on their carer circumstances and about what part hobbies and other meaningful pursuits play in their lives.

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## Podcast #21 – The Benefits of Exercise (Feb 2023)

This podcast outlines the benefits of exercise, with suggestions for carers on different types of moderate exercise and how they can incorporate them into their lives.

Includes advice from fitness expert Nic Dorian of Castlemaine Women's Health & Fitness.

The podcast also features interviews with two carers who share details of their own carer experiences and what sorts of exercise they practise.



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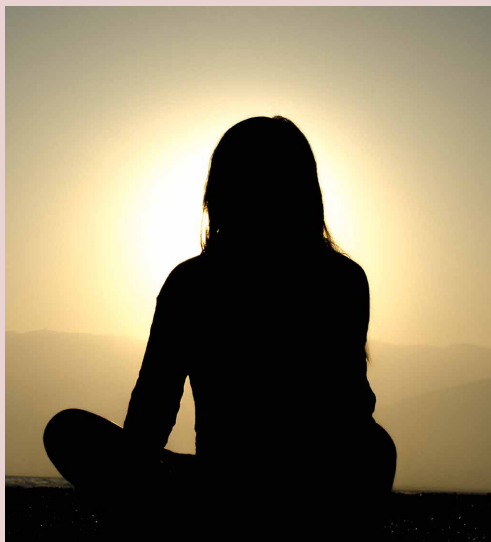


## Podcast #20 – Relaxation techniques for carers (Nov 2022)

Deep breathing and meditation can provide you with a sense of calm, peace and balance that can benefit your emotional wellbeing and overall health through reducing stress.

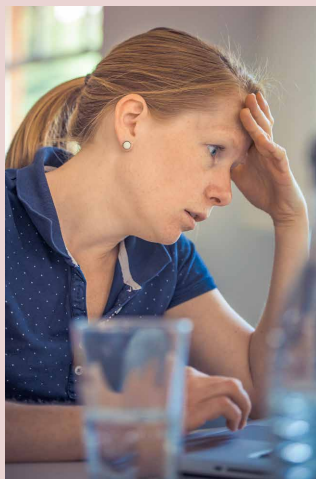
The podcast features an interview with Eliza Terry, from YogaLiving. Eliza has been teaching Iyengar Yoga since 1998, and teaches mindfulness meditation, with a strong focus on breath work for relaxation.

The podcast also includes interviews with two carers who share details of their own experiences with trying relaxation and breathing techniques.



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## Podcast #19 – Diet and stress (Oct 2022)



There's a lot of information currently available about how, what and when to eat, and some of it can be quite overwhelming and confusing.

In this podcast Kinship Carers Victoria speaks with clinical nutritionist and functional medicine practitioner Nikki Valentini, director of SuperNature Nutrition at [supernature.com.au](http://supernature.com.au).

Nikki explains how certain foods and nutrients have been shown to help us deal better with stress and anxiety while other types of foods and eating patterns have been linked to increases in these feelings – and even to other psychological issues and illness.

The podcast also includes interviews with carers who share their relationship to food and some of their dietary patterns.

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## Podcast #18 – Connecting with Others (Sep 2022)



Carers often mention their isolation yet many of them have not developed strategies or networks to assist them in overcoming these feelings.

This podcast – as part of Kinship Care Week 2022 – provides suggestions for kinship carers on how they can form meaningful connections with friends, family, neighbours and

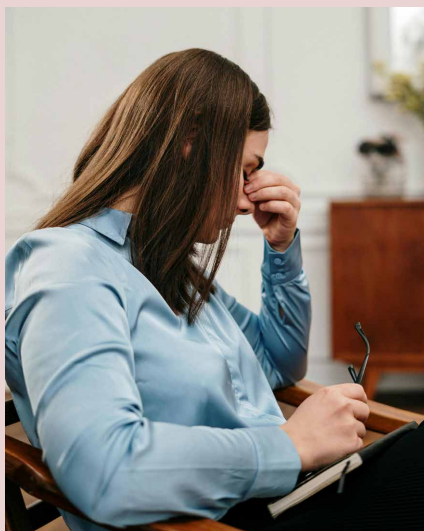
the community to help them support their own physical and psychological wellbeing. The podcast also includes interviews with several carers who share their experiences of challenges the carer role has brought up and how they have managed social isolation before, during and after the pandemic.

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## Podcast #15 – Self-care for kinship carers and how to prevent burnout (Sep 2021)

In this podcast, KCV spoke to psychologist, lecturer and researcher Dr Melissa Weinberg, an Honorary Fellow from the Dept of Psychology at Deakin University with expertise in the science of wellbeing and resilience.

Melissa speaks about the need for carers to monitor their own physical and emotional state and needs so that they may be able to fulfil their role as carer better and avoid burnout.



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## Podcast #13 – Sleep and wellbeing (Jun 2020)

In this podcast on sleep and wellbeing, KCV spoke to psychologist Dr Melissa Weinberg, Honorary Fellow from the Dept of Psychology at Deakin University.

Dr Weinberg discusses the effects sleeping poorly or well can have on a person's physical and psychological health and suggests a series of valuable tips on how carers can improve their own patterns of sleep as well as those of the children or young people in their care.

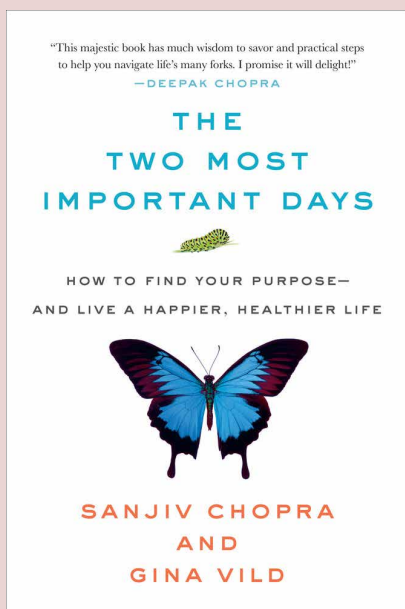


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## Podcast #12 – Creating happiness (Apr 2020)



Dr Sanjiv Chopra is a professor of medicine at the Harvard Medical School, a best-selling author and sought-after motivational speaker, who is often referred to as a 'happiness guru'.

In an episode of The Bucket Podcast (at [thebucket.com](http://thebucket.com)) broadcast on 10 October 2019, Dr Chopra spoke about his book, *The Two Most Important Days: How to Find Your Purpose and Live a Happy and Healthy Life*.

This KCV podcast draws on the contents of his book and that podcast to present evidence on how happiness can be a choice in our lives.

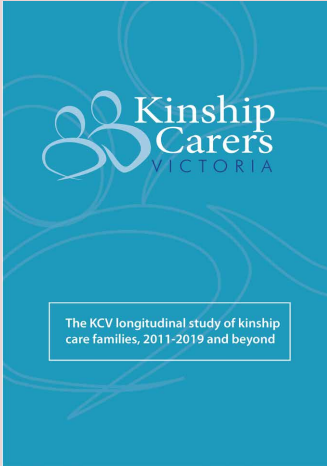
Dr Chopra contends that there are four things that have been scientifically shown to be associated with happiness: friends, forgiveness, giving and gratitude.

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## Podcast #11 – KCV longitudinal study report (Jul 2019)



In 2019 Kinship Carers Victoria released the eighth report on its longitudinal study of kinship carer families, begun in 2011 (and which was eventually concluded in 2020).

In this podcast, Director of KCV Anne McLeish discusses why the study was established, as well as providing an analysis of the latest report findings, which show that, for the most part, kinship care arrangements for the families in the study continue to be stable.

If you wish to read the 10th and final report of the study, it is available via this link: <https://kinshipcarersvictoria.org/longitudinal-study/>

and can be downloaded here: <https://kinshipcarersvictoria.org/wp-content/uploads/2020/11/KCV-Longitudinal-Study-of-Kinship-Care-Families-2020.pdf>



## Podcast #4 – Kinship carer wellbeing (Jul 2018)

This podcast again addresses the issue of carer wellbeing.

Director of Kinship Carers Victoria (KCV) Anne McLeish talks about how KCV works to better protect and promote carer wellbeing and about the various projects KCV employs to do so.

We visit one of KCV's artist-in-residence sessions and talk to participants and coordinators about the value of the experience.



## Podcast #2 – The importance of kinship carer wellbeing (May 2018)

This podcast, the second in an initial series of 12, addresses the issue of carer wellbeing. Director of Kinship Carers Victoria (KCV) Anne McLeish talks about why the physical and emotional health of kinship carers and their access to support services is so important and how KCV works to better protect and promote carer wellbeing.



Two kinship carers also speak about their personal and professional perspectives on this key element of kinship care.

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## Podcast #9 – The roles that grandparents play survey report (Apr 2019)



In 2019 Grandparents Victoria released a report of a survey titled 'The Roles That Grandparents Play'.

Director of GPV, Anne McLeish, speaks about the reason for conducting the survey and about the findings, which highlight the varying roles grandparents play within Victorian families and the community.

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# Wellbeing Magazines



## Wellbeing Magazine #7

### Articles

- What are 'Blue Zones' and where are they?
- Common features of a healthy life in three of the Blue Zones
- Blue Zone dietary elements
- Blue Zone lifestyle/activities
- How to nap like the longest living people in the world
- Four morning habits of the longest living people in the world
- Blue Zones food guidelines
- Strength training can protect the brain from degeneration in those at risk of Alzheimer's disease
- Eight suggestions for brain-boosting exercises
- How social connections keep seniors healthy
- How long can Australians live?



## Wellbeing Magazine #6

### Articles

- Kinship carers' self-care survey
- Crucial conversations – Ten tips for handling difficult conversations with family
- Ten ways that singing benefits your health
- Processed food 'may be driving us mad'
- Treat your food as if it's your medicine
- Nine ways to boost your body's natural immunity defences





## Wellbeing Magazine #5 Articles

- Self-care for kinship carers
  - Developing a self-care plan
  - COVID-19 survival strategies favoured by kinship carers
  - Building a personalised self-care plan
  - Relationships – the secret to health and happiness
  - Ten rules for maintaining relationships
  - Ten tips for getting a good sleep
- 
- Seven more stress relievers
  - Five benefits of walking
  - The KCV self-care planners
  - Feedback about this magazine
  - Seven nutrients to eat for stress relief
  - The science behind hobbies improving mental health
  - Four breathing exercises
  - The KCV self-care community
  - Some self-affirming thoughts to consider
  - Pick-me-up ideas

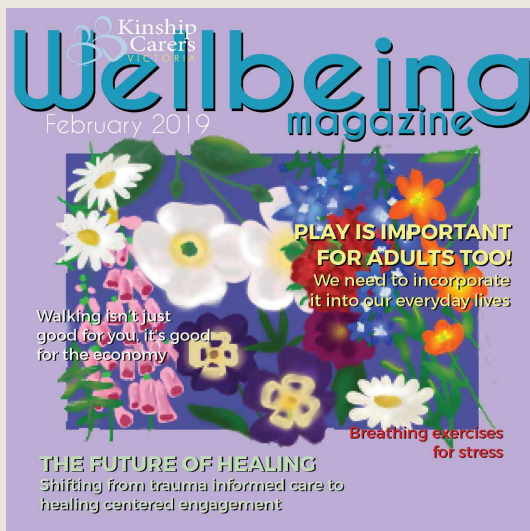
## Wellbeing Magazine #4 Articles

- Pearls of wisdom about happiness from Dr Sanjiv Chopra
- Ten keys to happiness
- Nutritional strategies to ease anxiety
- Self-care for Kinship carers
- Preventing burnout
- Developing a self-care plan
- There are five different types of self-care
- Some quick pick me up ideas
- The amazing health benefits of ginger
- Looking after yourself as a carer
- Get up and walk your way to greater health and happiness
- The Pursuit of Happiness
- Some health benefits of coffee
- Beetroots have some amazing benefits for you
- When in need – call a friend



## Wellbeing Magazine #3 Articles

- Building stronger relationships
- Crossword – Strong relationships
- Podcasts to support and inform kinship carers
- Take a colouring break
- The amazing health benefits of lemons
- Building stronger bodies
- Crossword – Strong bodies
- Word search – Animals •
- Colouring break two • Hints from yesteryear
- Brainteasers • Who do I contact? – Useful numbers



- Stress ball exercises • Crossword – stress balls • Breathing exercises for stress • The health benefits of vinegar • Hints from yesteryear
- Brainteasers • Who do I contact? - Useful numbers

## Wellbeing Magazine #2 Articles

- The future of healing
- Play is important for adults too!
- Crossword – let's play
- Seven benefits of colouring for adults
- Ten wellbeing uses for lavender
- Word search – flowers
- Walking isn't just good for you, it's good for the economy
- How stress balls can help you



## Wellbeing Magazine #1 Articles

- The secret to health and happiness
- Crossword – Happiness
- Seven scientifically proven benefits of gratitude
- A gratitude journal
- The importance of sleep
- Ten tips for getting a good night's sleep
- Crossword – Sleep
- Eating for Stress Relief

- Crossword – Stress busting foods
- Ten wellbeing uses for eucalyptus
- Ten tips to reduce stress
- My wellbeing journal
- Walking has more benefits than you think
- Take a deep breath
- Stop, Lock, Affirm
- Find the healthy foods
- A brainteaser
- When in need, call a friend



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