70 YEARS OF CARE
Carinity celebrates

STUDENTS BLOSSOM
In a broken world

SERVING HOPE
With a side of ambition
Seven decades ago, a small group of Christians had a vision – to establish a home in Brisbane to offer care to the elderly.

What started with three residents living in one home has grown to an organisation with almost 1,400 employees that last year helped more than 16,000 people in 15 communities across Queensland.

Cherishing lives over seven decades of care

Just after World War II the call went out across Queensland to raise funds for a “Christian Home for Aged People”.

Baptist Churches across the State led the public appeal, distributing 5,000 leaflets and 200 moneyboxes – every penny counted. By 1947 a groundswell of people had raised more than 3,500 pounds to purchase Farrington House in Brisbane. On 15 August 1949 the first three residents moved into “Clifford House”, named after the great Baptist campaigner for social reform Dr John Clifford.

Seven decades later what started out as a handful of Christians as the Clifford House Committee is now Carinity – an outreach of Queensland Baptists and an organisation with almost 1,400 employees who last year helped more than 16,000 people in 15 regions across Queensland.

While the organisation’s name has changed many times, CEO Jon Campbell says the core vision of Carinity remains uncompromised.

“Over the past 70 years Carinity has steadfastly followed the example of Jesus Christ, reflecting God’s love to people in need by creating communities where people are loved, accepted and supported. We have achieved success by holding to our Christian values, providing high-quality care that make a positive difference to peoples lives,” he explains.

“As we have identified needs in the community, we have sought to address them and that is how we have grown to be the organisation we are today. From our early beginnings of being a mission to help aged men and women with one nursing home, Carinity now has 11 aged care communities and also provides...”

Carinity, an outreach of Queensland Baptists, turns 70 years old on August 15. The anniversary is an opportunity for all of us to reflect on our own journeys with the organisation and the clients we have helped.

As Carinity has evolved so too has the range of services we provide. We have grown to include 11 residential aged care communities, five retirement villages, in-home care to seniors in eight cities and towns, five schools, chaplains from Townsville to the Gold Coast and services catering to young people, families and those living with disability.

Carinity has seen many changes over 70 years with many more exciting advancements planned for the future. We detail some of our innovative services and the adoption of advanced technology in this edition of the new-look Belong. The magazine has been re-imagined to respond to feedback from readers desiring more in-depth articles about Carinity’s diverse work in the community and the people we serve.

We continue to make significant strides in delivering our mission and vision to create communities where people are loved, accepted and supported to reach their full potential.

After 70 years one thing remains the same: the unwavering care and support provided by everyone at Carinity for the people in our care.

Thank you for being a part of the Carinity story.

JON CAMPBELL
CARINITY CEO
safe and affordable seniors living communities for retirees.

“We have fostered grass-roots responses to local community needs through the Carinity Innovation Grants for churches.”

Former Baptist pastor and now Carinity’s ICT Services Manager Rick Saul says he is overwhelmed by the breadth of Carinity’s work.

“When I look at where we have come from to today, Carinity is embracing technology and our future will see it in every facet of the organisation,” Rick says.

“We’re researching options that integrate technology seamlessly into the lives of the people we care for. From facial recognition and wearable technology to keeping aged care residents safe, to streaming TV and even virtual reality - providing ‘out of room’ experiences for those too frail to venture far. It means they can enjoy a day at the beach, or in the mountains, from the safety and comfort of their suite,” he says.

“Jon has a clear vision for Carinity: “Looking to the future of caring for older Queenslanders, our focus will be on continuing to expand with integrated seniors communities which include retirement living villas, residential aged care and in-home care services. In the medium term we will introduce a ‘supported living’ accommodation option which will enable people to live as independently as possible with assistance with laundry, cleaning and meals,” he says.

Carinity will also grow its disability support services, in line with its Home Care service.

“There’s a growing demand for Carinity’s alternative education model, catering to young people who struggle in traditional schools,” says Jon.

“Chaplaincy continues to be a focus. After welcoming Inside Out Prison Chaplaincy to Carinity in 2016, our goals are to have chaplains in every hospital and prison in Queensland and to provide chaplaincy to people in their homes.

“With families facing the stresses of life, we will continue to see the need for emergency accommodation, family counselling, and trauma counselling for children. This includes stopping the cycle of domestic violence through our world-first ReNew program.”

“Carinity has seen many changes over the last 70 years, with many more exciting changes planned for the future, but one thing remains the same and that’s the unwavering care and support provided by everyone at Carinity for the people in our care.”
The growing need to help young people see and prepare for a brighter future is driving Carinity’s expansion in alternative education.

Traditional mainstream education, with large schools, large class sizes, and a one-size-fits-all approach cannot hope to meet all individual needs.

Ongoing stresses from our modern world are fracturing the traditional family unit, says Christine Hill, Executive Manager of Carinity Education Services.

“Many young people are experiencing trauma they don’t have the ability to cope with and, in cases where families are breaking down, are missing a support network. The only other avenue for them is in the school environment,” Christine says.

“There are also the growing problems of cyber bullying, the wider accessibility of drugs, and an increase in mental health concerns among teenagers. Too many young people are finding themselves suspended, or excluded, from school without the cause of their behaviour being understood or dealt with effectively.

The rise of special education

‘We’re in a fairly broken world and for a lot of young people their hopes and dreams for the future are very cloudy’ – DALE HANSEN, PRINCIPAL, CARINITY EDUCATION GLEN Dyne.

Caring for the whole person

‘The girls blossom at our school. They come to us anxious and sometimes broken, yet their confidence grows, their wings get stronger, and they are able to face the world by the time they leave us.’

– LEANN FAINT, PRINCIPAL, CARINITY EDUCATION SOUTHSIDE

According to Dale Hansen, what makes Carinity Education different is its focus on individualised solutions.

“Our focus is on positive relationships, partnering with students in their learning, and co-creating goals based on the students’ perceptions of what they would like to achieve,” says the Principal of Carinity Education Glendyne at Hervey Bay.

“Another major strength is our focus on community. We give young people the experience of belonging, and show them the opportunities out there are also for them. “It’s about enabling a young person to develop belief,
seize opportunities as they’re presented, and transform their life from where it is at the moment to a more positive and better future.”

The strengths and positive features of Carinity’s schools come from the close connection they have with the communities they serve. The education is the beginning but for young people to succeed they often need far more.

“You can’t learn effectively if you haven’t had enough to eat or if you are cold because you have insufficient clothing. Some of our young people couch-surf or share a bed because they can’t afford their own,” says Leann Faint, Principal of Carinity Education Southside.

“We are non-fee-paying schools but are also classified as Independent Schools. People who make blanket statements about ‘wealthy independent schools receiving government funding’ should remember schools like ours provide for basic human needs, so young people can have opportunities, in learning and in life.”

Carinity Education Southside is unique in that it is for girls only.

The right programs, the right people

“We don’t offer baby-sitting: we are centres of genuine learning and achievement for young people with challenging life experiences.”

- CHRISTINE HILL, EXECUTIVE MANAGER

CARINITY EDUCATION

“I am concerned about the sexualisation of young girls in our society. Girls come to us with low self-esteem, covered in make-up, and desperate for the wrong attention from boys,” Leann says.

“We aim to build their self-worth, not worth based on what others think. We take a multi-tiered approach to supporting the young women in our care. They are supported by their teachers, their youth workers, and a dedicated support team.”

Leann can tell many stories of success and satisfaction.

“I am particularly proud of our young mums. Motherhood is difficult enough in your twenties and thirties, but for teenagers it must be terrifying and exhausting,” Leann says.

“Ariana graduated last year, with her son Levi by her side. It was beautiful. This year she returned to complete a work placement. She is so self-assured.”

“Another of our graduates, a victim of domestic violence, left her partner, overcame a drug addiction, and completed Year 12, relying on her school and her friends for support.”

Hannah, a student at Southside, sees Carinity as an ideal solution.

“All the staff welcomed me and my son with open arms and friendly faces, especially with the creche,” she says.

“There is way more one-on-one time with the teachers and youth workers, and they work with me.

The difference for me is that they make me believe I can graduate, with lots of support and friends around me.”

The girls at Southside are loved and treated like family, explains Leann Faint.

“We have 40% indigenous student population, and they are also supported by a large group of aunties on staff, and elders from the community,” she says.

The academic expectations of young people at SAS are the same as those placed on students in traditional schools.

“They are a far cry from ‘drop-in centres where there are no expectations’,” according to Independent Schools Queensland Acting Executive Director Mark Newham.

“Schools must go through accreditation every five years and fulfill all compliance and legislative requirements, but they have the flexibility to do things a little differently, and provide wraparound supports that not every school can manage.”

Christine Hill agrees. “We don’t offer baby-sitting: we are centres of genuine learning and achievement for young people with challenging life experiences,” she says.

Before working in SAS, teachers have specialised training and a rigorous induction process. It’s not for everyone. “It’s absolutely about getting a right fit – about hiring the right people with the right resilience and relationship skills,” says Mark Newham. “The schools are very discerning when they recruit.”

Carinity Education staff are regularly trained in Therapeutic Crisis Intervention.

“We use programs like the Outcome Star Model, which focuses on managing wellbeing, improving communication, making choices, and understanding consequences.”

The schools are also quick to acknowledge the support the wider community offers them – especially important in regional areas where fewer opportunities might otherwise result in a lifetime of unemployment.

Individual schools form community partnerships, with local businesses, and other service providers, to arrange traineeships, work experience, or volunteering opportunities.

Students regularly go out into the community, to be involved and to “give back” to those who support them. In giving back, they can apply their life learnings and seize opportunities to make a positive contribution.

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CARINITY EDUCATION SOUTHSIDE

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Once clockwise, from top:

Gladstone Principal Jane Greenland and students, Rockhampton students and Southside’s Auntie Dita and student Chloe.

Above: Southside Ginibi Dancers and Glendyne’s climbing wall.
Living with confidence

For residents at Carinity aged care communities, “living with purpose” involves more than just physical health and wellbeing. While emergency assistance is on call 24 hours a day, a range of health care professionals is available to promote mobility and social interaction.

As a faith-based organisation, we’ve been committed to providing the best care to people in need for 70 years. It’s in our DNA. That gives confidence to residents and their families.

Carinity aged care. Living with purpose.

Carinity is at the forefront of using new world-first technology that is helping to identify pain in older people.

Nurses at Carinity’s Hilltop and Wishart Gardens residential aged care communities in Brisbane have been utilising the PainChek device during its pilot program. Hilltop and Wishart Gardens are amongst the first aged care sites in Australia to trial the technology, which uses facial recognition technology to identify and gauge the severity of pain in seniors.

Carinity Aged Care Regional Manager Larissa Gear says the pain assessment medical device, which can be used on smart phones and tablets, “strengthens the assessment process” for alleviating pain suffered by aged care residents.

Larissa says PainChek is particularly useful when treating residents with conditions such as Alzheimer’s who may not be able to verbalise or describe their discomfort.

“Pain can be difficult to assess. PainChek gives a digital analysis of facial expressions, scanning the face for pain indicators,” Larissa says.

“For assisting someone suffering pain who has dementia and may not be able to communicate about that pain, it is a fantastic tool.”

Carinity Hilltop Clinical Nurse Consultant Ramandeep Gill uses the PainChek app to scan resident Margaret Webley’s face.

“We obviously have our other processes but it’s another assessment tool that we can use to gauge if a resident is in pain. Our aim is for no resident to be experiencing unrelieved pain.”

The Federal Government recently announced $5 million in funding to make PainChek available to all aged care sites across Australia for a one-year trial.

New technology assisting residents’ pain relief

Carinity.org.au/agedcare
Café serves up work skills and hope

Shane Haynes once worked at a fast-food restaurant in Brisbane, cleaning tables and bathrooms and emptying bins.

Now he’s at the forefront of the food service food chain, working in a café with a difference in Boonah.

An initiative of the Carinity Fassifern Community Centre, Community Café 11 is a community-run eatery where unemployed young people and people with disability can learn hospitality skills.

The café workers learn barista, cookery and baking skills, customer service, money handling, time management, communication skills, problem solving and food safety.

“We do cooking – we make anything like cakes and pies and other things – and we serve the customers,” Shane says. “Any time a customer comes in we put the food on the plate and take it out to them and get their cup of tea or coffee. We set up everything on the tables – knives and forks and serviettes.”

Fassifern Community Centre Community Development Coordinator Samantha Caves says the eatery provides on-the-job training and opportunities for people with a disability to feel empowered as they achieve their own personal goals.

Café workers, whose ages range from 15 to 44 years, have conditions such as cerebral palsy, autism, Down syndrome, intellectual disabilities and complex mental health issues.

“The results we’ve seen, just in participants’ personal growth, has been fantastic. Some you would have never seen in a crowd of people when we started, let alone talk to people they didn’t know. It’s all about learning skills, not just work skills but life skills as well.”

Fassifern Community Centre 4 Little High Street, Boonah QLD 4310 carinity.org.au carinityfassifern

chat & chill

“We have a young lady whose mother found out about our café program. Nobody in Ipswich would give her a go because of her disability.”

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With an eye to becoming a self-sufficient enterprise – vegetables grown in a garden on site are used as ingredients in café dishes – Community Café 11 also caters for meetings of local community groups.

Workers recently commenced their biggest catering job to date – feeding around 80 tradespeople working on the redevelopment of an aged care site in Boonah.

For the next year they will prepare and serve “smoko”, lunches and coffee to construction workers from a food van located on site.

Above, left to right: Antony, Minai, Nicole, Rachel and Shane.
My Story
Darryl Ellwood

What is one of the fondest memories of your childhood?
When I was 13, the Coca-Cola yo-yo craze came to town. I was very surprised when I won the competition at our school. That allowed me to enter the grand final at Brisbane City Hall. I performed the set of eight tricks without fault, as did one other boy. We had a playoff of “loop the loop” and I gained the highest score, winning a 21-inch Admiral black and white television. It was some months before we could watch anything - the Channel 9 tower was still being built.

Christian faith is important to you. Did any meetings with religious leaders influence you?
Travelling to London in 1970 to study medical photography I was able to attend Pastor Richard Wurmbrand’s first world conference in Switzerland enroute. I had read his book Tortured for Christ in which he described his 14 years of imprisonment as a Romanian pastor during the Soviet era. One Sunday after attending a church service, he drew up beside the Medical Photography Department where I took a portrait of her. It was a surreal few minutes in the studio where, apart from a Sister from her Order acting as chaperone, I alone had an interesting conversation with that wonderful lady.

You keep yourself busy living at the Carinity Wishart Gardens retirement community. How do you spend your days?
We’ve been at Wishart Gardens almost two years now - and love it. Maybe it was because I was the youngest of our residents at the time, but within a year I was propelled into becoming the President of the Resident’s Committee. I am one of three golf buggy drivers, transporting some of our residents to the pavilion for different events.

In 2013, Anglican clergyman Rev. Muhammed Ibrahim of Kaduna, Nigeria, visited Brisbane and stayed with us for a few days. Soon after, I began producing an online newsletter to promote his ministry to Muslims called “Passion for Converts.”

Distance no hitch for celebration

For Beverley Young, seeing her great-nephew get married in Melbourne was something she didn’t think possible.
But by using her new Mobi tablet from Carinity Home Care, she was able to share in the family’s celebrations from the comfort of her armchair in Rockhampton.

After reading about it in her Carinity Home Care newsletter, Beverley requested a trial of Mobi powered by Breezie - a personalised digital tablet device with a simplified, user-friendly format that cuts through the complexities of technology.

“I needed a little help with getting started on Mobi. My carer helped me for a couple of hours to learn how to use Skype. The more I use it, the easier it’s getting,” Beverley says.
At the end of the two-week trial Beverley had signed up for her own device which she was able to fund through her Carinity Home Care package of care and services.

“I thought it would be a good way to stay in touch with my family and see my great-nephew get married."
Beverley said.

“We've been at Wishart Gardens for different events.

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Carinity Home Care also helps Beverley with house work, getting her out and about in the community, and taking her to doctors’ appointments and to do her weekly shopping.

“It all worked out well. My nephew Philip said to me to turn on my Mobi at 1.30pm, and he’d turn on his phone and Skype me. I was able to watch the whole wedding, and I could even hear the vows of the bridal party.

“I did think it was very funny when Philip told me that I couldn’t speak at home or they’d hear me at the wedding!”
In addition to staying connected with family via Skype, the 86-year-old enjoys playing Solitaire on her Mobi. Carinity Home Care also helps Beverley with house work, getting her out and about in the community, and taking her to doctors’ appointments and to do her weekly shopping.

Mobi powered by Breezie is available through Carinity Home Care. For more information call 1300 109 109 or visit CarinityHomeCare.org.au.
Carinity’s retirement communities offer that indefinable sense of belonging and connectedness – a place where you feel at home, while keeping everything you love about your independence and personal space.

Far and away the most common remark I receive from new residents is: “We wish we’d made the move to retirement living sooner!”

Making the decision to move into a retirement community can be daunting, particularly for people leaving the family home of many years. Sometimes just the thought of downsizing deters people from making the move to a more relaxed lifestyle. Over the years, I’ve been able to assist many people make the transition. Like any major change, the stress of downsizing can be minimised with good planning and research. These are my top tips.

1. Plan Ahead
Preparing for the move to retirement living can start well ahead of your actual relocation. De-cluttering will clarify what you’re really looking for in your retirement home. Give yourself plenty of time to go through your present home and belongings. It is also a great opportunity to involve your family. Having them on board will help with research and the important, and sometimes difficult, decisions around selling the family home before the big move.

2. Understand villages
New legislation provides village residents with greater certainty and transparency. Every village has a Village Comparison Document (Form3) that provides ample information so you can make informed, “apples with apples” comparisons.

Moving to a retirement community is a lifestyle choice, not a property investment decision. Retirement communities have many unique benefits, such as a supportive and like-minded neighbours, homes purposely designed for senior living and no ongoing maintenance. Some villages even offer co-located higher care which is important when a loved one may need extra support.

3. Do your research
As with any big decision, getting the right advice is critical. Before entering into any contracts you should consider seeking independent legal advice. There are also a list of important points listed on the front of every Village Comparison Document to help you make your decision.

4. Know what you want
It pays to visit a few villages to make sure you’ve found the right fit. Prepare a list of the things you want in a village and ask questions. Retirement living can offer a wonderful community spirit for many people. Don’t leave it too late to consider the benefits.

Are you ready for retirement?

Call us today on 1300 109 109 or email retirement@carinity.org.au
Visit carinity.org.au

P H I L L I P S E L L W O O D
MANAGER RETIREMENT VILLAGES
Carinity chaplains support more than 10,000 people every year in hospitals, prisons and aged care communities across Queensland. To meet a growing need, we are expanding our assistance to bring chaplaincy directly to seniors in their homes, particularly those facing troubling times and experiencing social isolation.

**CHAPLAINS APPEAL**

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Walton’s discoveries parallel the wisdom of the ages found in the Bible which commends “belonging”, famously likening the church to a body – whose parts all belong together. Carinity’s founders took the Bible seriously following Jesus’ teaching to care for others, help people find peace with God and live in the unity of the Holy Spirit. We still do today. Carinity’s Vision is “Creating communities where people are loved, accepted and supported to reach their full potential” which echoes the exhortation in the Bible, “… let us consider how we may spur one another on towards love and good deeds. Let’s not give up meeting together … but let’s encourage one another …” (Letter to the Hebrews ch 10, ver 24, 25)

Welcome! You belong!

**DON MCPHERSON**
MANAGER - CHAPLAINCY & MISSION SERVICES

We believe lives are for living

Carinity Home Care helps seniors across Queensland live full and independent lives in the comfort of their own homes and local communities, every day. We offer a full range of services from basic support to keep you healthy and safe at home, assisting with personal and nursing care, and getting you out and about.

Our locally-based teams make it a priority to really listen and understand your individual needs and interests, and work with you to develop a tailored solution. Whatever you want to get out of life, we’ll work with you to make it happen.

Call us today on 1300 109 109 or email homecare@carinity.org.au Visit CarinityHomeCare.org.au

An outreach of Queensland Baptists

Your gift can be made online at carinity.org.au/donations or by calling 07 3550 3737.

**LIVE THE LIFE YOU LOVE IN THE HOME YOU’VE ALWAYS LOVED**
At Carinity we believe in building communities where you feel at home, a place where you are included, heard and valued.

For 70 years we have been making a real difference to the lives of people in need. We’re here for you.