

Port Macquarie Express newspaper feature

Great carer support facilities

A day service like the one ACES offers, provides carers with a much needed break and some respite from what can be a grueling agenda.

ACES takes its commitment to support carers very seriously. In return, carers know the ACES team and trust them to provide the care their loved ones deserve.

"We have some older parent carers who have been involved in the development of schools and services for children with special needs for years and years," Dawn Davies explains.

"These families have seen a lot of changes - some of them are the reason we have the services we do in the

Hastings," she adds.

Barbara Patton's daughter Melissa is relatively new to ACES. 40 year old Melissa is blind and has other health issues. She goes to ACES from Monday to Thursday each week, where she joins in craft and cooking lessons.

"She takes her Braille machine, which she shows to others and she's been learning to answer the phone at the centre too," Barbara says.

Barbara is pleased Melissa gets access to so many activities she normally wouldn't have at home and says Melissa feels really important when she answers the phone.

"She just wants to do

something worthwhile and to feel special, she's made so many friends since she started and she always comes home tired and happy."

Barbara says. Chief executive, John Faithfull says carers appreciate how ACES are able to take care of all the administrative side of things, so their loved ones can just show up and get on with their day. The ACES carers group meets at the ACES Sport and Recreation Club on Hastings River Drive on 2nd Thursday of the month, from 10.00am.

"Caring is a long-term commitment for many people, so respite, consideration and understanding are important," John says.

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For more stories about carers and the Port Macquarie Carers Group go to the Carer Support page.