



Canberra Region Kidney Support Group

# Kidney News

The views expressed in this newsletter are not necessarily those of the CRKSG

## Support for Home Dialysis

**On 26 July 2010, ACT Minister for Health, Katy Gallagher MLA, announced concessions for excess water usage for people wishing to undertake kidney dialysis at home. This new concession supplements an existing concession for electricity use by these patients.**

“For some patients home dialysis is a viable alternative to hospital or community based dialysis, which can provide improved health outcomes, a higher quality of life and a more flexible treatment regime,” Ms Gallagher said.

“Home dialysis patients wishing to dialyse at home have previously had to personally incur the additional costs of water related to this life saving treatment.

This could be a barrier to people who would otherwise choose to have dialysis at home, and so we've agreed with representatives from Kidney Health Australia to remove these barriers.

On average home dialysis costs the patient \$1,200 to \$1,500 a year in excess water and electricity charges.

Home haemodialysis for suitable patients is a mode of service delivery that is gaining in popularity and acceptance by patients and clinicians.

It benefits patients and their family, while allowing the health system to free up acute and sub-acute dialysis places for those most in need.

The inclusion of electricity and excess water usage concessions supports this model of care and removes the issue of ability to pay when making clinical decisions about dialysis treatment,” the Health Minister said.

The ACT Kidney Health Australia Consumer Committee has been a keen advocate of these changes and the government acknowledges their efforts to improve services for those living with kidney disease.



ACT Minister for Health,  
Katy Gallagher MLA

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### 2010 Annual General Meeting

14th August 2010

2:00pm

Pearce Community Centre, Building 1, Collett Place, Pearce

## Renal Carers

### Who is a Carer?

A carer is a person who provides unpaid care and support for someone with an illness or a disability. Some care will be full time, some will be part time and could be as much as 24 hours a day every day to just an hour or two from time to time.

A very large number of Australians provide care for family members or friends. These number in the region of 2.7 million. The ACT alone has some 43,000 carers. This equates to around 14% of the population who are providing unpaid support to others that require some type of care.

In the usual course of life, most people will provide care to other people and receive care themselves. Sometimes people need care that is unusually high or intense, continues over a long period of time or has a significant impact on themselves and others. Often it is families, friends and neighbours who respond to these needs. Policy has been developed (see below) to provide better recognition and support to people who provide care to others, while also recognising the rights of those receiving care.

Any one of you can become a carer. For example, this can occur with little or no warning if a family member suddenly falls ill or is the victim of an accident.

There are various carers organisations in the ACT. A couple of examples are Carers ACT and Catholic Care. Both organisations provide counselling services for carers.

Respite care might also be available through organisations such as these. If you are a carer and haven't already done so, it might be in your interests to join Carers ACT. A host of information about Carers ACT may be found on their website at <http://www.carers.asn.au/>. A membership application form is also available on the their site. Membership is free.

If you don't have internet access Carers ACT can also be contacted by telephone on 02 6292 9900, at their postal address, Carers ACT, 80 Beaurepaire Crescent, HOLT ACT 2615 or by visiting their offices at this address.

Catholic Care also has a website providing much information about their services. This can be accessed at <http://www.catholiccare.cg.org.au/>.

Much of the information in this article comes from Carers ACT, Catholic Care websites and from the ACT Government's "Caring for Carers Policy". For full details of the policy see [Department of Disability, Housing and Community Services](#) website.

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## Organ Donor Registration

If you are viewing this newsletter on-line, click on the link below to register as an organ donor. Organ donor registration is completely voluntary. If you register you will receive a donor card similar to the one shown here.

<https://www2.medicareaustralia.gov.au/pext/registerAodr/Pages/DonorRegistration.jsp>

Alternatively register by calling: 1800 777 203.



## Phone Company Launches 'Working Families' and Home Business Phone Plan Slashing Line Rental Cost by 50%

**Working Families across Australia facing massive rises in the cost of water and energy prices can now slash approximately on average \$240 off their annual phone bills with a 50% cut in line rental through a phone company which raises funds to support kidney patients.**

Derek Finch, Manager of KHA Comms, a fully owned subsidiary of Kidney Health Australia, said the upfront savings for the first twelve months complements low pricing and a unique tax refund of 5% which provides users with ongoing savings for those switching over their home phones and mobiles to KHA Comms.

“The average phone rental rate for line rental is \$40 and we have cut that by half to \$20. Working families, especially those with children, face the issue of managing the cost of the home phone and children's mobiles. The phone plan can attract a tax refund through the unique arrangement of KHA Comms where all profits go to helping kidney patients through Kidney Health Australia.”

Mr Finch said the new plan is also aimed at providing home businesses, which often combine the use of the home phone, with a major cost saving strategy.

“In the case of home businesses and small businesses, we find through our low overheads, operating costs and commercial arrangements, we are able on average to save small business between 20% to 30% off their phone bills.”

“KHA Comms customers are serviced by the Kidney Health Australia on shore Call Centre Solution K, which last week took out the ‘Best Small Call Centre Award’ in South Australia at the annual Australian Teleservice Association Awards.”

Mr Finch said in the tightening economy with the cost of living rising and interest rates on the way up, every dollar counts for working families and small home businesses.

Further details may be obtained via the Kidney Health Australia website at <http://www.kidney.org.au/> and select the KHA Comms link, by telephone on 1800 454 3639 or by email at [khacomms@kidney.org.au](mailto:khacomms@kidney.org.au).

### Calendar of Events

In an endeavour to encourage more renal community participation, meetings for 2010 will be held on Saturdays at 2:00pm at the Pearce Community Centre, Building 1, Collett Place, Pearce on the dates indicated. Each meeting should only take around 15 or 20 minutes unless there is something of significance to discuss, so come along and put in your two cents worth and perhaps have a tea or coffee along with a biscuit and discuss any concerns you might have.

You never know, you might have some good ideas about what the Group should be doing! Don't forget this Group was set up to support the renal community and we need to know what needs to be done to provide that support.

Meeting dates for 2010 are as follows:

16th January 2010,

17th April 2010,

14th August 2010, and

11th December 2010.

**Please note, the meeting on 14th August will be the AGM. All welcome**

## Recipe — Beef Steaks with Spanish Onion Sauce

### INGREDIENTS - Serves 4

- 4 small potatoes, mashed
- 2 tsp salt reduced margarine
- 4 pieces of steak 2-3cm thick
- 1 tbsp salt reduced margarine
- 1 medium Spanish onion, cut into wedges
- 2 Tbsp sherry
- 1 tsp fresh thyme, chopped
- 1 MAGGI Brown Onion Gravy Mix
- boiling water
- freshly ground black pepper
- 1 tsp balsamic vinegar (optional)
- 4 medium zucchinis, steamed



### METHOD

1. Heat 2 tsp salt reduced margarine in a heavy-based frying pan. Add the steaks.
2. Cook over a moderately high heat for about 2-3 minutes per side for medium-rare steaks.
3. Remove from the pan and keep warm.
4. Add 1 Tbs salt reduced margarine to the pan.
5. Add the Spanish onion and cook, stirring occasionally, for 4-5 minutes.
6. Add the sherry and thyme.
7. Cook for a further 1 minute.
8. Place the gravy mix in a measuring jug. Make up to 1 cup with boiling water, whisk until smooth, then add to the pan.
9. Bring to the boil, stirring constantly, then simmer over a low heat for 2 minutes.
10. Season with black pepper and stir in the balsamic vinegar if desired. Spoon the sauce over the steaks.
11. Serve with mashed potato and steamed zucchini.

**Tip:** Fillet, sirloin, scotch fillet or rump steaks are all suitable.

*(Recipe taken from Renal Recipe Bank CD by Janssen-Cilag)*

NUTRITION	
Nutrient	Per Serve
Energy (KJ)	1820
Protein (g)	46
Fat—total (g)	19
Carbohydrate—Total (g)	18
Sodium (mg)	339
Potassium (mg)	1080
Phosphorus (mg)	426

Recipe supplied by Nestlé Australia

## Brabham and Repco Together Again for Kidney Kar Rally 13-21 August 2010

**Swan Hill, Pinnaroo, Murray Bridge, Wilpena Pound, Broken Hill, Quilpie, Charleville, Injune, Taroom, Chinchilla, Dalby, Stanthorpe and Glen Innes.**

The memories of the foundation of Australian Motor Sport are set to be rekindled when the names of Brabham and Repco come together in support of the 22nd Kidney Kar Rally, which starts on Friday 13 August 2010 at Swan Hill.

Sir Jack Brabham OBE, a dialysis patient, and Lady Margaret Brabham, Patrons of Kidney Health Australia, today welcomed the news that Repco has become a major sponsor of the event. Matthew Brabham, Sir Jack's grandson, 16 years of age and an up and coming racing car driver is a Youth Ambassador for Kidney Health Australia.



Sir Jack and Lady Margaret Brabham with the BT19 racing car.

Sir Jack Brabham, a triple world champion, is the only Formula One driver to have won a world title in a car bearing his own name - the BT19 -powered by a Repco engine which he drove to victory in 1966.

Sir Jack and Lady Margaret praised the efforts of the teams in the charity Kidney Kar Rally, which over its 21 years has raised millions of dollars to assist Kidney Health Australia carry out its important work supporting thousands of people with kidney disease and staging special Kidney Kids Camps to provide children with kidney disease a special holiday with their peer group.

With the slogan 'Performance-testing your kidneys will help keep your kidneys in top gear' this year the Kidney Kar Rally will commence at the Swan Hill Pioneer Village travelling through Victoria, South Australia, Queensland and New South Wales, with a field of forty seven vehicles over nine days, covering some 4,800 kilometres.

Cars involved in the Kidney Kar Rally will stage a street parade through Swan Hill on Friday 13 August at 3.30pm culminating in a community barbeque at Repco's Swan Hill store.

Anne Wilson, CEO and Managing Director of Kidney Health Australia said the annual Kidney Kar Rally provides a unique opportunity to 'Make A Noise About The Silent Killer' by urging all people in the high risk areas such as those over 50, those who are obese, smokers, people with diabetes, those with high blood pressure or from an indigenous background to have their kidneys checked.

Ms Wilson said the support of Repco is a major boost to the Kidney Kar Rally and will assist us spread the message on the prevention on Chronic Kidney Disease through regional and country Australia.

If Undelivered Please Return To:

CRKSG  
PO Box 5051  
Garran ACT 2605

Phone: 02 6290 1984  
E-mail: crksg@shout.org.au  
Web: http://www.crksg.org.au



**MEMBERSHIP APPLICATION/RENEWAL**

Canberra Region Kidney Support Group Inc  
PO Box 5051 GARRAN ACT 2605.  
ABN: 77 396 063 641

**Last Name:** ..... **First Name:** .....

**Address:**.....

**Email:** .....

**Phone No:** .....

I would like to make a voluntary donation to CRKSG for the amount of: \$..... Membership is free.  
All donations \$2 or more are tax deductible. Cheque/Money Order payable to CRKSG Inc. Please accept  
this application for membership of the Canberra Region Kidney Support Group Inc.

**Signature:** ..... **Date:**.....

Post Form to:

The Treasurer  
Canberra Region Kidney Support Group Inc  
PO Box 5051  
GARRAN ACT 2605.

NOTE: This form may also be used to notify a change of address/contact details.