



## Red Magazine

Quarterly magazine with education articles, member stories and CFWA news. To join our mailing list contact [digitalmarketing@cfwa.org.au](mailto:digitalmarketing@cfwa.org.au)



## Red E-News

Fortnightly e-newsletter filled with news, research updates and events. To join our mailing list please contact [digitalmarketing@cfwa.org.au](mailto:digitalmarketing@cfwa.org.au)



## Community Fundraising Events

CFWA supports community fundraising and awareness initiatives to support CF services and research. To join our volunteer team or host your own fundraiser contact [events@cfwa.org.au](mailto:events@cfwa.org.au)

## Our Events

We host a number of fundraising events throughout the year to help support our essential services and fund vital CF research. Our two main events are:

- 65 Roses Day
- Cystic Fibrosis Golf Classic

For more information about our events visit our website.

[www.cfwa.org.au](http://www.cfwa.org.au)



## A Guide to Services for: Families & Children



For more information about services and programs contact [servicesmanager@cfwa.org.au](mailto:servicesmanager@cfwa.org.au) or phone 6457 7333

### Contact us

- [www.cfwa.org.au](http://www.cfwa.org.au)
- [facebook.com/CysticFibrosisWA](https://facebook.com/CysticFibrosisWA)
- [twitter.com/CysticFibrosis1](https://twitter.com/CysticFibrosis1)
- [youtube.com/cysticfibrosiswa](https://youtube.com/cysticfibrosiswa)
- 08 6457 7333
- [info@cfwa.org.au](mailto:info@cfwa.org.au)
- Look for "Cystic Fibrosis WA" under Hospital and Health Care
- The Niche Building, Suite C, 11 Aberdare Road, cnr Hospital Ave Nedlands, WA 6009





## Cystic Fibrosis WA

Cystic Fibrosis WA (CFWA) is a not-for-profit organisation with a mission to contribute to the social, physical and emotional wellbeing of those affected by cystic fibrosis (CF) in WA and to assist in the advancement of research.

We deliver regular and essential services to many individuals living with CF in WA. Our team includes: Services Manager, Social Worker, Physiotherapist, Nurse, Education Officer, Health Promotions Officer and Recreation Officer.

Membership of CFWA is free. You can sign up at our website. [www.cfwaw.org.au](http://www.cfwaw.org.au)

This brochure addresses how CFWA can support children and young people with CF and their families.

## Home Care Worker (HCW) Program: Metro and Bunbury

HCWs provide flexible and supportive in-home care, in line with hospital best practice. These services include:

- Airway clearance support
- Assistance with exercise programs
- Nebuliser support
- Occasional respite for parents



Ruby enjoying her new trampoline provided by a generous grant.



## Subsidies

- Country Patient Travel Subsidy - \$50-\$100 per clinic or hospital visit to assist with fuel, parking and food.
- Patient Support Subsidy - \$200 annual subsidy to assist with the purchase of items such as medical or exercise equipment or sporting activity fees.

All subsidies are subject to availability.  
[www.cfwaw.org.au/what-we-offer/subsidies-equipment](http://www.cfwaw.org.au/what-we-offer/subsidies-equipment)

## Hospital Support

- Hospital in the Home (HiTH) - Airway clearance assistance with HiTH following referral from Perth Children's Hospital (PCH).
- Inpatient visits to offer support and deliver hospital gift bag.

## Education

We can provide education to:

- Extended family
- Day cares
- Schools
- Community groups
- Health professionals

## Regional Support

Trips to regional areas to provide:

- Education
- Social events - Dinners and coffee catch ups with members
- General support to families and individuals

## Equipment

A variety of equipment may be available, dependent on funding.

## Recreation Events

CFWA run a range of annual events for carers:

- Ladies High Tea - A support event for female carers
- Sibling and Of spring Camp - A camp for siblings and children of people with CF, aged 8-16
- Parents' Retreat - Weekend getaway for parents
- Parents' Dinner - Support dinner for parents

[www.cfwaw.org.au/what-we-offer/events](http://www.cfwaw.org.au/what-we-offer/events)

## Newly Diagnosed Program

Our Newly Diagnosed Program offers support to families following the initial diagnosis of CF. This may include;

- Newly Diagnosed Support Pack - Includes information resources and baby items (delivered by PCH)
- Home care worker support
- Information - Cystic Fibrosis: New Diagnosis Information for Parents booklet

## Transition Program

Our Transition Program provides information and resources to assist young adults transitioning from PCH to Sir Charles Gairdner Hospital (SCGH).

[www.cfwaw.org.au/living-with-cf/young-people](http://www.cfwaw.org.au/living-with-cf/young-people)

## Information and Resources

CFWA have developed a range of educational resources including:

### CFSmart

A series of resources for teachers, parents, students and allied health professionals.

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

### CFFact

A range of factsheets on various CF related topics.

[www.cfwaw.org.au/what-we-offer/resources](http://www.cfwaw.org.au/what-we-offer/resources)

### CFFit

A set of exercise resources to assist with exercising at home or in the gym.

[www.cfwaw.org.au/what-we-offer/resources](http://www.cfwaw.org.au/what-we-offer/resources)

### CFFood

A set of nutrition resources to assist with age appropriate dietary information and planning.

[www.cfwaw.org.au/what-we-offer/resources](http://www.cfwaw.org.au/what-we-offer/resources)

### CFCooking

Short films featuring people with CF and dietitian cooking healthy CF food.

[www.cfwaw.org.au/what-we-offer/resources](http://www.cfwaw.org.au/what-we-offer/resources)

## YouTube

For more resources see our YouTube channel.

[www.youtube.com/cysticfibrosiswa](http://www.youtube.com/cysticfibrosiswa)