



# St Anna's Home Care

## *Newsletter*

January 2024

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*Find a word*

*Colouring*





*To our clients and staff who are celebrating birthdays in January,  
we hope you enjoy your special day.*

Toni Anello - 1 January  
Zora Ilicic - 10 January  
Lora Baldacchino - 17 January  
Dragan Bicanski - 18 January  
Taras Kiryk - 22 January  
Frank Ilicic - 23 January  
Maria Zynderman - 23 January  
Rhonda Gurtins - 24 January  
Mario Parrella - 25 January  
Nick Brovcenko - 27 January

Bishnu - 1 January  
Rose - 25 January



# St Anna's 30<sup>th</sup> Birthday is being Celebrated on the 31<sup>st</sup> of January 2024



## Feedback

St Anna's Home Care would like to remind you that we appreciate all of your feedback and encourage you to discuss any concerns or complaints with us to ensure we can resolve them promptly.

Feedback can be provided in the following ways:

In person to your coordinator

By phoning the Home Care office and speaking to your coordinator – 08 7078 6382

By email – [homecare@cubs.org.au](mailto:homecare@cubs.org.au)

On a feedback form – please reach out if you require additional forms.

Through our website: <https://stannasagedcare.com.au/contact-us/>

Or using the following QR code to our online feedback form:



St Anna's Home Care are using a preferred third party provider when needing additional services of Carers and Nurses.

The provider is Homage and they are a provider who have trained care professionals to manage and provide on-demand holistic home and community-based caregiving to seniors.

St Anna's have 15 wonderful care staff, EN and RN but will use Homage if required. Of course we will notify you if your carer or nurse is not a St Anna's employee.

If you have any questions please do not hesitate to contact the Home Care office.

## *Recipe of the Month*

### *Impossible Quiche*



#### Ingredients:

125 g ham chopped  
1 small onion, finely chopped  
1 ½ cups (180g) grated tasty cheese  
1/3 cup (50g) white self raising flour  
Salt and freshly ground peper to season  
4 eggs  
1 ½ cups (375 ml) milk

#### Method:

Preheat oven to 200 C. Great a 5 cup capacity pie dish.

Combine ham, onion, cheese, flour, salt and peper in a medium bowl. Scatter overe base of dish.

Whisk eggs and milk together in a large jug and pour over ham mixture.

Cook for 40 minutes or until puffed and golden. Cool slightly. Serve warm or cold.



## *Craft Morning at St Anna's Residential*

St Anna's Residential will be running a mosaic making class, led by a professional teacher. The cost of the tuition for the class will be covered by St Anna's but there will be a modest fee of \$25 for materials.

If you would be interested please contact St Anna's residential for more details.

Phone: 8346 0955



## *Lookout App*

The 'Lookout App' is a way to stay in touch, keep up to date and be involved in your family members care and support. The Lookout Way, is a friendly app that you and your loved ones can access to see:

- . Real time schedule views
- . Statements and invoices
- . Communication
- . Care Plans

Some families have been using the app already.

Getting started is simple. Download the Lookout app from your phone app store.



## *Are you maximising the benefits of your Seniors Card?*

While Seniors Cards offer a host of benefits, there are always new incentives being offered every year. For example, in South Australia, free off-peak metro travel is now free anytime travel! Plus, there are even some reciprocal arrangements for using your card when visiting other States. Although the benefits and discounts vary from State to State, here's a quick snapshot of just some of the benefits that may be available in your State:

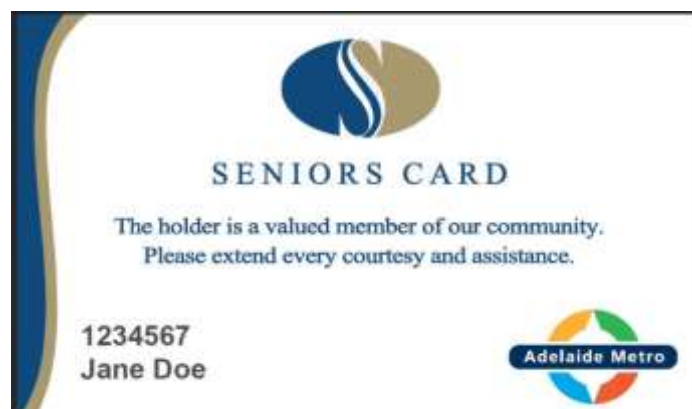
- . Free art classes
- . Discounts on gift cards
- . Competitions and events
- . Free health education sessions
- . Discounted entry to parks and gardens
- . Health and wellbeing research projects
- . Discounts on hundreds of products and services.

If it's been some time since you took a peek at all that the Seniors Card has to offer, it's worthwhile making sure your contact details are up to date so you can receive the latest news.

While some States such as NSW and SA allow you to subscribe to updates online, others send their newsletters in the mail.

So If you'd like to be kept up to date with the latest community news for older Aussies, including lifestyle, arts and culture, competitions and events, visit

<https://www.seniorcard.sa.gov.au>



## *The benefits of speech pathology*

Speech pathologists are allied health professionals who work with people who may be experiencing difficulties with communication or swallowing.

For example, someone with Parkinson's Disease may find they cannot talk as loudly or clearly as they used to, or that they are coughing more when eating or drinking. This may result in needing changes to the type and/or texture of food they can eat.

Similarly, someone living with dementia may also find they are experiencing more frequent coughing when eating or drinking. And may need to take longer during meal times.

They may also find they frequently lose their train of thought and experience difficulties finding the right words, as well as having trouble following what others are saying.

If you are experiencing difficulties like these, we can assist you with a referral to a speech pathologist.

For communication difficulties, speech pathologists can work with you to rebuild and improve your skills in this area. And they can also work with families and support workers to help them learn strategies for supporting the person with communication.

For swallowing difficulties, speech pathologists can make recommendations about diet modifications and assist with strategies to support you to eat and drink comfortably and safely.

For more information, visit the Speech Pathology Australia website:

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



**Wellbeing  
Communication  
Social participation**



## *Living with Parkinson's Disease*

Parkinson's Disease is a progressive neurological condition that affects approximately 1 in 100 people over the age of 60. There is no known cause for the disease and no specific diagnostic tests, so early detection, and ongoing treatment and support will lead to the best possible outcomes for the person.

To best support our consumers who may be at risk of developing Parkinson's Disease, as well as those already living with it, we need to capture important information about your health and other risk factors as part of our ongoing assessment process. This may occur in a variety of ways, including:

**Assessment:** identifying key areas of concern, e.g. falls history, swallowing and speech assessments, medication management, and Allied Health assessments.

**Identifying risk factors:** e.g. tremors, body stiffness, changes in posture, swallowing and speech problems, apathy, sleep disturbances, depression, loss of sense of smell, and falls.

**Setting goals:** working with you and others to develop a care plan of services, equipment, activities and other items to meet your needs in relation to managing your condition, and reducing physical and environmental risk factors.

**Referral:** ensuring relevant specialists are involved, e.g. GP, Neurologist, Falls & Balance Clinic, Speech Therapist, Occupational Therapist, Physiotherapist, nursing service, and so forth.

**Directing funds:** ensuring your home care funds are prioritised and spent where they are most needed to reduce risks and meet your physical, environmental, and psychological care needs, including your carer's needs.

**Monitoring, reviewing & responding to changes:** given the progressive nature of Parkinson's Disease, we will respond quickly to any issues and changes, and adjust your care plan and services, if and when required.

Good management of Parkinson's Disease requires us all to be proactive in identifying physical and environmental risks. We will work closely with you and others involved in your care, such as family, support workers, medical, and allied health professionals to ensure your package is used to safely and effectively meet your needs.

## *Konnekt Video Phone*

While phone calls have always been a great way to keep in touch, video calls make communication so much easier. Especially for anyone living with cognitive impairment or hearing loss.

And while Facetime, Zoom and Skype have fast become the new norm for safely communicating during periods of isolation, they can be tricky to download and set up.

**This is where the award winning Konnekt Video Phone can help.**

With no logins or passwords needed, and the ability to make calls with the touch of just one button, it's incredibly simple to use.

For example, to make a video call, you simply tap the person's name on the screen, and unlike talking to someone on a small tablet or phone, the large 15- inch screen means the video calls are practically life-sized. Plus, the call buttons can be sized to be as large as your hand.

Everything from the volume to the button and text size can be customised by the Konnekt team, so when the video phone arrives it's set up and ready to use.

One of the other great features is the auto-answer option. Konnekt can be set up so that it auto-answers after 30 seconds if someone doesn't answer due to ill health or a fall. Access to this feature is only available to a trusted circle of contacts that you choose, giving you complete control over your privacy and extra peace of mind.

If you have difficulty using or communicating with others using a standard phone, please speak to your care manager about the Konnekt Video Phone.



## *Planning ahead and advance care directives*

There never seems to be the 'right time' to have difficult conversations with others about what we want, in the event that we cannot speak for ourselves. The truth is, it can be difficult enough to ask and answer these questions of ourselves in the first place, let alone have a conversation with others!

In recent years, there has been more encouragement to normalise conversations about medical care, aged care, death, and dying, primarily because we are living longer and we have expectations about remaining in control over how we want to live, be cared for, and ultimately, how we may want to die.

Family members, representatives, doctors, and aged care professionals also describe how important it is for them to refer to the information and instructions contained in an Advance Care Directive, knowing they are honouring and respecting a person's choices and preferences.

There are people who can support you through the process at a pace and in a style that best suits you and it's important to know that you can change, cancel or revoke your advance care directive at any time. The government's Digital Health website provides instructions about how to add your Advance Care Directive to your My Health Record so it can be easily accessible if it is ever required.

<https://www.digitalhealth.gov.au/ACP>

### **Advance Care Planning Australia**

This government-funded program supports people through the process of creating their individualised Advance Care Plan. They recommend three things you need to do to start advance care planning:

1. **Be open** – start thinking about your health, values and preferences
2. **Be ready** – talk with family members or those closest to you
3. **Be heard** – share your preferences to be ready for the future

Free resources in 18 languages, including forms and telephone assistance.

Call 1300 208 582 or visit: <https://www.advancecareplanning.org.au/>

We are here to support you and create an Advanced Care Plan, so you can get on with living a happy, connected and purposeful life, on your own terms.

## *Helping people with dementia and their loved ones enjoy their visits together*

For family carers struggling with a loved one's changes in communication, knowing how to speak to someone as dementia progresses can be hard.

In fact, Dementia Australia's research shows that more than 60 percent of people say they don't know what to say to someone with dementia. Especially when the family member no longer recognises them.

To minimise this awkwardness, Dementia Australia has created an app to help families have 'A Better Visit.'

Designed to make every visit fun, the app consists of eight simple two-player games that prompt conversations, reminiscing and laughter. Tailored specifically for people with cognitive impairment, the games include activities like bowling, colouring, fishing, and tic tac toe.

Although the app was initially developed for residential care, it's since been downloaded more than 12,000 times and is bringing joy to people with dementia and their families in a variety of settings.

With 70 percent of people with dementia living in the community, the app provides carers and family members with an opportunity for more meaningful engagement, which results in a better visit for everyone.

Available for free for iPads on App Store and for Tablets on Google Play, you can download the App via the link below:

<https://www.dementia.org.au/information/resources/technology/abettervisit>



# *Domestic Assistance is #1 for home care spending*

According to the government's home care data for 2023, Domestic Assistance is the most commonly used service in Australia's home care programs. This reflects the changes in day-to-day functioning that people often experience as they age, which might prevent them from safely doing household jobs for themselves.

The current guidance from the Department of Health & Aged Care reinforces that home care package funds can be used for basic cleaning to keep a consumer's home safe and liveable. Generally, the types of cleaning services covered under a home care package include help with activities like dusting, vacuuming, mopping, cleaning bathrooms, making beds, ironing, and laundry.

The assessments and reviews we conduct with you, help us to understand the types of daily domestic activities you have difficulty doing independently, and this becomes part of your ongoing care plan and budget.

However, sometimes we are asked whether a home care package can cover other types of cleaning, including Spring cleaning, upholstery or carpet cleaning, window cleaning, and other specialised cleaning services.

These types of specialised cleaning services fall into what is often called the 'grey area' of home care package inclusions and exclusions, so we have to apply a different decision-making framework in order to make the correct decision.

Overall the most important determination as to whether a service is included or excluded is the presence of an assessed care need that relates specifically to the requested Service type.





## *Can my package cover: Specialised Cleaning*

The current guidance from the government states that 'specialised cleaning' is an exclusion. This is because, before a person commenced receiving government-subsidised services, they would usually have engaged a specialised cleaning service or other licensed professionals to do specialised tasks for them. Therefore, people are expected to cover specialised cleaning out of their own general household income.

### **Carpet Cleaning**

Generally, this is an exclusion. However, there may be exceptions if you have a care needs assessment that shows you have a health condition, such as an allergy, chronic asthma, or permanent incontinence, which requires your carpets to be regularly professionally cleaned. This should then be added to your care plan and costed to your individual home care package budget.

### **Spring Cleaning**

Cleaning maintenance activities that the care recipient previously did themselves, or tasks that are required to keep the home in a safe and liveable condition, such as cleaning of windows & gutters, are program inclusions. Occasional tasks such as cleaning ovens & fridges, in and above kitchen cupboards, under or behind furniture, etc, are also inclusions of the program.

Some consumers experiencing hoarding in their home can access specialised decluttering and cleaning to ensure a safe environment for themselves, their support workers and others involved in their care.

We will partner with you to identify your care needs and support you to achieve your goals with targeted and appropriate service delivery.

Please get in touch if you would like more Information about the latest HCP guidance on specialized cleaning from the Department of Health & Aged Care.



## *Free online events for carers!*



### **January 17 - Navigating My Aged Care**

My Aged Care includes a wide range of services and supports available to support older people to stay at home longer, including respite. However, many carers find the aged care system to be confusing and difficult to navigate.

### **January 19 - Immersive medication for carers**

This medication is designed to help you slow down, as we transport you to beautiful natural landscapes, together with relaxing music that will help you enter into a state of relaxation.

### **January 30 - Dementia and driving**

This session provides information about the impact of dementia on driving. It offers tips for caregivers to recognize when dementia is impacting on someone's ability to drive safely, and strategies for talking about changes with the person with dementia.

### **February 6 - National Gallery Australia – Art for carers**

Held monthly, this is a social and creative online program for carers around Australia to learn about and discuss artworks from the National Gallery collection

### **February 14 - Carer Gateway services and supports**

An overview of the supports available to carers including: counselling, in person peer support, planned and emergency respite and access to carer directed packages.

\*Events are open to all carers Australia wide no matter where you live.

\*\*Need help getting online? The Good Things Foundation can help:

<https://www.goodthingsfoundation.org.au/learn/>

## *Sudoku*

					1	7		
6	5	7	2		4		3	
				7			4	
7		6	9		8	3	5	4
1								2
3	4	5	7		2	9		8
	9			2				
	6		4		9	2	8	7
		4	5					



## *Sudoku Answers:*

4	3	8	6	5	1	7	2	9
6	5	7	2	9	4	8	3	1
9	1	2	8	7	3	5	4	6
7	2	6	9	1	8	3	5	4
1	8	9	3	4	5	6	7	2
3	4	5	7	6	2	9	1	8
8	9	3	1	2	7	4	6	5
5	6	1	4	3	9	2	8	7
2	7	4	5	8	6	1	9	3



## *This Month in History*

**January 1** - New Years Day



**January 3 1900** - Electric lighting is installed on Adelaide streets.



**January 5 1891** - The 1891 Australian Shearers strike begins, which leads to the formation of the Australian Labor Party.

**January 6 1930** - Don Bradman scores a record 452 not out in one cricket innings.



**January 8 1878** - The telephone is used for the first time in Australia in Melbourne.



**January 16 1796** - Australia's first theatre opens in Sydney.

**January 18 1878** - Construction of The Ghan railway line starts in Port Augusta, South Australia.

**January 26** - Australia Day. It marks the 1788 landing of the first Fleet and raising of the Union Flag by Arthur Phillip at Sydney Cove in New South Wales.





## Find a Word

# AUSTRALIA

## Word Search Puzzle



ABORIGINAL  
BARRIER REEF  
BOOMERANG  
CANBERRA  
COMMONWEALTH  
CONTINENT  
DINGO  
DOWN UNDER

EUCALYPTUS  
JAMES COOK  
KANGAROO  
KOALA  
OUTBACK  
PACIFIC RIM  
PERTH  
PLATYPUS

QUEENSLAND  
SYDNEY  
TASMANIA  
VICTORIA  
WALKABOUT  
WALLABY  
WILLIAM DAMPIER  
WOMBAT

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Colouring is a healthy way to relieve stress. **It calms the brain and helps your body relax.** This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. Please enjoy our colouring activity.

