



# St Anna's Home Care

## *Newsletter*

February 2024

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

Mervyn Robinson - 1 February  
Zora Ruzic - 16 February  
Lesia Neuage - 17 February  
Hao Nguyen - 20 February



## *Recipe of the Month*

### *Banana Bread*



#### Ingredients:

- 1 cup (150g) plain flour
- ½ cup (75g) self raising flour
- 1 cup brown sugar
- 1 tsp coles cinnamon ground
- 125g butter, melted, cooled
- 2 eggs, whisked
- 3 ripe bananas, mashed

#### Method:

Preheat oven to 180C. Grease and line the base and side of an 11 x 21 cm x 6cm deep (base) loaf pan.

Combine flours, sugar and cinnamon in a large bowl. Whisk butter and eggs together. Stir in banana. Spoon into prepared pan. Smooth the surface.

Bake for 45-50 mins or until a skewer inserted into the centre comes out clean. Set aside in the pan for 10 minutes before turning out onto a wire rack.

Serve spread with butter.

## *New Staff*

Welcome to our new staff who have joined St Anna's Home Care



*Ann*



*GraceMarie*



*Janet*



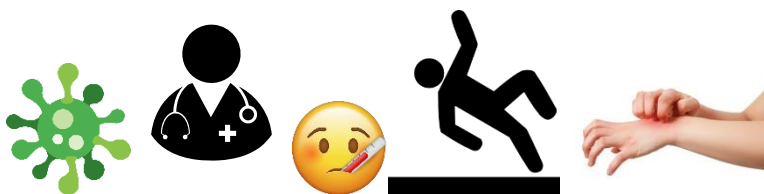
*Joanne*

## *What to do if something happens??*

St Anna's Home Care would like to encourage clients, family and friends to let us know about any changes that may impact on your health and wellbeing or support needs. Incidents and injuries such as falls, skin tears or bruises, hospitalisations and infections can be reported to your Home Care Coordinator or care worker. Changes in your medications or health should also be communicated.

Your Home Care Coordinator records these incidents to help us monitor for trends which may indicate a need to review your care and services to ensure it remains appropriate for you.

Your Home Care Coordinator can talk to you about the incident in order to discuss how we can help stop it happening again in order to ensure you receive the best care possible for you.



## *Dates to remember*

### ***Consumer Advisory Meeting***

**When:** 15<sup>th</sup> April 2024

**Time:** 2.00pm

**Where:** St Anna's Residential, 41 Burley Griffen Blvd, Brompton

St Anna's Home Care warmly invites you to consider participating in our Home Care Consumer Advisory Body.

The purpose of the consumer Advisory Body is to provide St Anna's governing body and leadership with feedback about the quality of care and services.

We invite you to share ideas, opinions and suggestions. Issues of concern and areas for improvement.

Please let the Home Care office know if you will be attending as morning tea will be

provided.

## *The surprising benefits of birdsong*

With more than half the world's population (56%) living in urban areas, it's become more and more difficult to access the same daily contact with nature that many of us grew up with.

And while research has shown that access to outdoor green spaces can lower blood pressure and stress levels, it's not always possible to get out into nature.

This is where the surprising benefits of birdsong comes in...

Just listening to the sound of nature can offer a host of benefits too!

In fact, a recent meta-analysis showed that water sounds alone can increase feelings of joy and positivity, and that bird sounds had the largest effect on lowering stress levels.

### **So why do we find birdsong so relaxing and reassuring?**

According to sound consultant, Julian Treasure, "Over thousands of years, we've learned that when the birds are singing, things are safe. It's when they stop that you need to be worried."

And it turns out that not only is birdsong good for our mental health, but it may also help with our cognition.

Feeling stuck with that crossword? There may be a birdsong for that! Numerous studies have also shown that listening to birdsong increases focus and restores attention.

And luckily for us there's now an online radio station that's playing the joyful sounds of birdsong 24/7:

<https://soundcloud.com/letnaturesing/birdsong-radio>





## *What is medical grade footwear?*

Most of us spend hours on our feet each day, so having appropriate footwear is very important for our safety and comfort. The Department of Health has added Medical Grade Footwear to the list of examples of included items to improve mobility and dexterity, so it helps to understand that there are differences between everyday orthopaedic comfort shoes and Medical Grade Footwear.

**Medical Grade Footwear** describes footwear recommended and prescribed by a qualified professional when suitable shoes cannot fit or be modified because of a deformity or abnormality of either (or both) the foot or the ankle.

Medical Grade Footwear includes:

- . Ready-made extra depth and/or width footwear
- . Custom-made footwear manufactured by a contracted supplier to fit a person's individual foot and/or ankle structure

Medical Grade Footwear does not include everyday footwear that can be purchased from a retail shop (i.e. sneakers or casual shoes); inappropriate styles of shoes (i.e. slippers, slip-on, open-toed, high-heeled or orthotic shoes); and shoes designed to accommodate orthoses.

A podiatrist or relevant medical specialist (e.g. orthopaedic surgeon or rehabilitation specialist) can prescribe Medical Grade Footwear to reduce the risk of trips or falls due to abnormal gait. This may be caused as a result of injury, disease, illness, diabetes, pain, stroke or surgery.

If you're living with any of these risk factors, we will work with you to ensure relevant professional assessments and ongoing supports are included in your care plan to give you the best possible outcomes for your safety and comfort. Please contact us for a chat about Medical Grade Footwear and we will assist you to see if you're eligible to use your package funds in this way.



# *Could you benefit from medical – grade sheepskin products?*

If you've been experiencing pain or discomfort from long periods of sitting or lying down, medical-grade sheepskin products may be a solution. By distributing weight more evenly, they can help reduce pressure on certain areas of the body that are associated with a lack of movement or reduced mobility. These wonderful products also draw moisture away from the skin and can help protect and maintain delicate skin integrity.

## **The range of sheepskin products includes:**

- . Bed overlays
- . Chair covers
- . Wheelchair covers
- . Boots and slippers
- . Seat cushion covers
- . Heel and elbow protectors

Sheepskin products are recognised as an approved product under Goods, Equipment and Assistive Technology (GEAT) to meet specifically assessed needs of consumers. If you're assessed by a qualified allied health professional and they recommend you use sheepskin products to meet your needs, we will update your care plan and budget to reflect this for you :)

Visit the Independent Living Specialist website below for more information:

[https://ilsau.com.au/?s=sheepskin&post\\_type=product](https://ilsau.com.au/?s=sheepskin&post_type=product)





## Payment (EMEP) Scheme

Did you know that there are special programs to help with energy costs to run essential medical equipment, or heating or cooling used for medical needs in your home? The rising cost of living has an impact on all households, but for people who also have to run expensive medical equipment, it's good to know there is some financial relief available.

### Who can use the Essential Medical Equipment Payment Scheme?

You, or the person you provide care for, must meet **all** of the following criteria:

- . You need heating, cooling or certain eligible equipment for medical needs
- . You have a Commonwealth Concession Card
- . You pay for the energy running costs
- . You are in Australia when you claim

The Payment Scheme will pay you \$183 per year for:

1. Heating or cooling used for medical needs
2. Each piece of eligible essential medical equipment

For example, if you have 2 pieces of equipment and need heating for your condition, you'll get 3 payments each year. One payment for each piece of equipment, and one payment for the heating.

Only people using the following types of equipment are eligible to apply:

#### Types of Equipment:

home dialysis machine	nebuliser, used daily
home ventilator	positive airways pressure device e.g. CPAP
home respirator	phototherapy equipment
home parenteral or enteral feeding device	air bed vibrator e.g. alternating air pressure mattress
oxygen concentrator	electric wheelchair
heart pump	insulin pump
suction pump	

## *EMEP Scheme continued*

### **Are there exclusions?**

You can't get this payment for any other equipment. Mobility or electric scooters are not deemed to be essential medical equipment for EMEP, and equipment with non-rechargeable batteries are not eligible.

### **What types of medical conditions or medical needs are eligible for the Heating or Cooling Payment?**

You can get the Essential Medical Equipment Payment (EMEP) of \$183.00 per year for heating or cooling used for medical needs if you experience any of these conditions:

- . A stroke
- . A brain injury
- . A neurodegenerative disorder
- . Muscular dystrophies
- . A spinal cord injury at or above the T7 level
- . Rare sweating disorders
- . Chronic erythrodermas (a serious skin disease)

If you believe you may be eligible, you will need to supply some supporting evidence for your application, including special documentation from your medical practitioner and proof of your current payments for electricity or gas.

Once your application is approved, you will receive the payment every year and you don't have to reapply unless your circumstances change or you change your address.

If you have any of the conditions or existing equipment detailed above, we will work with you to ensure you are able to get the financial assistance you need.

More information is available from Services Australia by calling 132 300, or visit their website:

<https://www.servicesaustralia.gov.au/essential-medical-equipment-payment>



## *Improving Aged Care for First Nations elders*

The Department of Health and Aged Care announced they are reforming the aged care system to ensure First Nations people receive quality, culturally appropriate aged care services, are supported to access advice to make informed decisions about their care and, are treated with cultural sensitivity, dignity and respect.

The reforms include funding for a range of measures that will improve the overall aged care sector's ability to tailor support to the unique requirements of Australia's First Nations communities.

The funding will include:

- More First Nations workers to help people access care and work in aged care services
- New aged care facilities and upgrades to existing facilities
- Support for health and disability services – including Aboriginal Community Controlled Organisations – to expand into aged care
- Better access to translation and interpreting services, and translated information
- Support and scholarships for First Nations nursing, allied health and personal care students.

There are a range of other programs being implemented, some of which have been in operation for some time already, but all aim to support the aged care and home care sector to meet the diverse needs of Aboriginal and Torres Strait Islander people across Australia.

Supporting elders to remain close to their preferred communities and age-in-place is a key objective, as is building a skilled workforce to help First Nations elders, their families and carers, to access aged care services to meet their physical and cultural needs.



## *Can my package pay for: Bed and mattress purchases*

Getting a good night's sleep in a comfortable bed is usually a high priority for most of us, so it's no surprise that we are asked from time to time, whether home care package funds can be used to pay for a new bed, bed frame, and/or a new mattress.

For such a simple question, the answer is not always so easy to give, so we've included some information from the Department of Health and Aged Care to help clarify this topic. Throughout our lives, we are responsible for purchasing or replacing beds and mattresses as our circumstances change or as they wear out after prolonged use.

It is expected that this remains a personal responsibility regardless of our age, and is the basis upon which the Department has formed its view about who should pay for bed and mattress purchases for older people receiving a home care package. General beds and mattresses are classified as general income purchases and are therefore **excluded** under the HCP Program.

There are exceptions where a person's age-related needs or disabling condition require more specialised equipment such as a pressure relieving mattress or an electrical adjustable bed and/or hospital bed.

As with all home care spending, the purchase first must align with a person's assessed care needs and be included in their care plan and home care budget.

We will help to arrange any necessary professional assessments to help determine the most suitable recommendations for your needs.

Additional equipment and products such as mechanical devices for lifting (in/out of bed), bed rails, slide sheets, sheepskins, tri-pillows, and hospital-grade linen may also be purchased with the necessary professional recommendation.



## *'Better Access' to Psychology Services*

A report published by the University of Melbourne (May 2023) showed that people over 65 years are among the section of Australian society that is **least likely** to access psychological services through the Government-subsidised mental health scheme.

It's well known that living with mental ill-health greatly impacts people's lives and can be overwhelming and isolating, so early identification and treatment are important steps toward improving health outcomes.

The Better Access initiative gives Medicare rebates to eligible people, so they can access the mental health services they need. Eligible people can receive up to 10 individual and up to 10 group allied mental health services each year. Better Access helps cover the cost of this support, giving you easier access and more choice, including video consultations for people in rural and remote areas.

For people experiencing severe mental ill health, the Aged Persons Mental Health Service is available, but for most older people, some early psychological treatments and interventions can have very beneficial outcomes and may help to prevent more severe mental illness.

If you are experiencing persistent worries, mood changes, anxiety or any concerns about your mental health, we strongly encourage you to make some time to discuss your eligibility for the Better Access program with your GP.

If you require additional age-related mental health support beyond the Better Access program, this may be funded under your home care package, however, psychiatry is a strict exclusion.

Before any package funds can be allocated, we will work with you to ensure your assessment is up-to-date to reflect your situation and care needs, and add this to your care plan and budget to support your health and wellbeing.

## *Supported Decision - Making*

According to Dementia Australia, making our own decisions about things that affect us is a basic human right and is important for our self-esteem and selfworth. Regardless of the complexity of the decision to be made, health & aged care professionals, as well as family carers & representatives, have an obligation to include and assist consumers to participate in the decision-making process and to maximise their involvement in decisions relating to their lifestyle, care and health.

Having a formal decision-maker appointed on a person's behalf can take away their sense of autonomy and independence, as well as leave them without a voice or a say over even some of the more straightforward decisions in their life. Avoiding the appointment of a formal decision-maker may be possible for a person living with dementia, cognitive impairment or other types of disability. Instead, ensuring the person has guided support to make decisions can mean they can continue to make choices and maintain control wherever possible.

Understanding and navigating the aged care system can be complex, so if you are responsible for helping someone to make decisions about accessing aged care services, interacting with Government bodies, choosing home care or residential care supports, making a complaint, understanding the role of substitute decision-makers, and other key matters, it's good to know there are resources available to guide you.

Two excellent resources to support and guide consumers and those involved in supported decision-making are available at these links:

<https://www.dementia.org.au/planning-ahead/health-professionals/supportingsubstitute-decision-makers>

<https://qai.org.au/wp-content/uploads/2023/06/Supported-Decision-MakingGuide-ADA-and-QAI.pdf>

We are committed to supporting all our consumers to have their voices and preferences heard and respected at all times, and will ensure we discuss and capture this important information in our consumer documentation and assessments.



## *Free online events for carers!*



### **February 14<sup>th</sup> - 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.

### **February 16<sup>th</sup> – Navigating My Aged Care**

My Aged Care included 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. Join this 90 min session to find out what's available.

### **February 22<sup>nd</sup> - Caring through Crisis: disaster planning**

This workshop provides carers with an opportunity to plan ahead for future emergencies, especially when caring for someone with complex needs. Includes a free copy of the Caring through Crisis: Disaster Planning handbook, and a template to create your own emergency care plan.

### **February 23<sup>rd</sup> - National Gallery Australia – Art and Dementia**

This is a social and creative program for people living with dementia and their carers from across the country, that engages participants from the National Gallery's collection through discussion and art making.

### **April 4<sup>th</sup> – Creating a dementia-friendly home**

This event provides information about dementia and the likely impact of the symptoms on a person's perception of, and ability to successfully navigate their home environment.

\*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



Valentine's Day is on February 14 and celebrates love. It is named after Saint Valentine.

## *This Month in History*

### **February 1 - 1981**

Cricketer Trevor Chapell bowls an underarm against New Zealand causing outrage with officials and fans.

### **February 3 2004**

The Ghan arrives in Darwin, completing the first passenger rail journey from Adelaide to Darwin.

### **February 5 – 1869**

A gold nugget named Welcome Stranger is discovered at Moliagul, Victoria, the largest alluvial gold find.

### **February 10 1973**

Australia's first legal casino, the Wrest Point Casino, opens in Hobart, Tasmania.

### **February 14**

Valentines Day

### **February 16 1983**

The Ash Wednesday bushfires in Victoria and South Australia claim the lives of 71 people in Australia's worst ever fires.

### **February 25 2001**

Cricketer Don Bradman dies in Adelaide aged 92.

### **February 29 1964**

Dawn Fraser breaks her 36<sup>th</sup> world record, clocking 58.9 seconds in the 100 meters freestyle.



## Find a Word

### Valentine's Day word search

U Y J E Y J Q M F P C H R L T  
O V P D H J L G Z U Q W N U N  
O S D P R X J P P D F Q P F D  
V E J V A P S C E L C I B V F  
T P R B I H A W C C B R C Z Z  
V P O W X K C X V A A X D N B  
L A I X E J I R U R R P C C Y  
C B L N B L E K O D P V D H D  
R I O E K D R F N X D Q G O N  
Y X D H N Q Q C J Q B T T C A  
V A L E N T I N E S D A Y O C  
L O V E U X I S U D V L M L R  
T R A E H P C N R Y L T K A X  
J W P X A B V D E T W Q D T U  
E V O U N B L Q U W H L I E R

♥ valentine  
♥ chocolate  
♥ candy  
♥ card  
♥ cupcake  
♥ heart

♥ happy  
♥ love  
♥ pink  
♥ red  
♥ teddy  
♥ Valentine's Day

MommaDJane.com

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.



Rose

Homemade  
GIFTS MADE EASY