



# St Anna's Home Care

## *Newsletter*

March 2024

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

Dragica Bicanski - 1 March  
Franciska Horvat - 6 March  
Carmela Collufio - 9 March  
Jozo Golemac - 13 March  
Luce Juraga - 15 March  
Grazia Parrella - 19 March  
George Horvat - 25 March

Debbie - 23 March  
Janet - 24 March



## *Recipe of the Month*

### *Healthy-ish tuna veggie casserole*



#### Ingredients:

- 1 bag whole wheat egg noodles
- 2 cans tuna, drained
- 2 cans cream of mushroom soup
- 2 cups frozen veggies, like peas, broccoli, carrots or a combination
- ½ cup milk
- 1 cup shredded cheddar cheese
- 8 buttery crackers, like Ritz

#### Method:

1. Preheat oven to 350 F and grease a casserole dish 13 by 9 inches
2. Cook whole wheat noodles according to package directions, drain.
3. Mix the warm cooked noodles with tuna, soup, veggies, milk and cheese.
4. Season with salt and pepper as desired, spoon into prepared pan.
5. Crush up your crackers into small chunks and spread over the top.
6. Add additional shredded cheese on top if required.
7. Bake for 20 minutes until golden, bubbly and beginning to brown.
8. Serve warm.

## *New Staff*

Welcome to our new staff who have joined St Anna's Home Care,  
Belinda and Fran who are both Registered Nurses.



*Belinda*



*Fran*

## Care Plan Reviews

Care plan reviews are having an update.

In future we will be completing care plan reviews for those on Levels 1 and 2 every 12 months and those clients who are on level 3 and 4 every 6 months.

These reviews will be completed by Home Care coordinators and nursing staff. You will be contacted by the coordinator by phone or email and asked general questions, you will then be given a day and time convenient for you for the nursing staff to visit your home for a review.

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

## *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.

## Can My Package pay for: Transport costs?

From time to time you may need some assistance to travel to and from appointments or other activities. The rules around whether your package funds can be used to pay for transport can be complex, so here's a brief guide to explain under what circumstances transport costs may be covered. Home Care Packages can only fund transport and personal assistance to help you to shop, visit health practitioners or attend social activities. The transport service must always be aligned to your assessed care needs, be written into your care plan and you'll need sufficient funds in your package budget before it can be included.

Transport Type	Notes	Package pays?
Support Worker vehicle		Yes
Privately owned vehicle costs (i.e. registration, repairs, insurance & fuel)	There may be some exceptions for fuel only **	No
Taxi	First, check eligibility for State-based taxi card schemes	Yes
Uber or other rideshare		No
Public transport (bus, ferry, or train fares)		No
Hospital / patient transport Schemes	You may be able to access these programs	No
Volunteer driver programs (e.g. Red Cross)	You may be able to access these programs	No
Community Transport - Commonwealth Home Support Program	You may be able to access these user-pay programs depending on your package level and care requirements	No

We can provide you with a Cabcharge card. Please contact the Home Care office if you would like us to order one.





## *Asthma and Ageing*

It might be surprising to know that, according to Asthma Australia, up to 1 in 7 people over the age of 65 are living with asthma and that it can develop for the first time, at any age. They want all older people to be aware that feeling breathless is not necessarily a normal part of ageing, and ask that you take a moment to consider these possible screening questions below.

Do you ever:

- . Get breathless, wheezy or hear a whistle sound when you breathe?
- . Wake up coughing or wheezing?
- . Feel tight in the chest?
- . Struggle to keep up with your normal activity levels? Or have stopped some or all of your usual activities?

If you answered yes to any of these questions, it's very important to see your doctor, even if you've never been diagnosed with asthma in the past. Tell your doctor which symptoms you have, how often you have them, if they stop you doing the things you enjoy, and what makes the symptoms go away. Your GP can ensure you get the right diagnosis and treatment for your particular needs and develop a written Asthma Action Plan.

We ask that you provide us with a copy of your Asthma Action Plan so we can ensure asthma is listed in your assessment of care, and we'll share it with your care workers and others involved in your day-to-day services. We will also partner with you and support you to achieve good control of your symptoms and live well with asthma.

For more information, visit the Asthma Australia website:

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

Let us know if you need assistance to download this resource for older people living with asthma.



**Asthma  
Action Plan**

# *Sensory stimulation products for people living with dementia*

While sensory stimulation plays an important part in our ability to make sense of the world around us, for people living with advanced dementia the impact on the brain's ability to process the 5 senses (sight, smell, taste, hearing and touch) can lead to confusion and anxiety.

This is where creating the right sensory experience through the use of different textured objects such as fidget blankets and activity aprons, can help reduce agitation and improve the wellbeing of people with dementia.

While hand muffs and blankets provide warmth and reassurance, the addition of different tactile objects such as zips, buttons and ribbons have been designed to be keep restless hands busy and can also help to maintain hand-eye coordination.

From soft and comforting, to tactile and brain stimulating, here are just some of the sensory products available:

- . Fidget blankets
- . Sensory aprons
- . Fidget cushions
- . Hand muffs
- . Fiddle bags
- . Twiddle pets

An important part of assessment and care planning relates to ways that package funds can be used to achieve the greatest impact for each consumer. If you think products such as these might help stimulate and/or settle your loved one, please get in touch with your care manager to explore your options.

<https://dementiashop.com.au/collections/sensory>





## *Are you eligible for a free hearing aid?*

Did you know there's a direct link between hearing health and brain health?

Not only does hearing loss impact a person's quality of life, according to the Australian Dementia Network, it's one of the largest modifiable risk factors for dementia. In fact, a study of over 100,000 people published in 2021 found that hearing aid use was associated with a 13% reduction in the risk of dementia.

So if you're one of the 1 in 6 people in Australia living with hearing loss, it's important to know you may be eligible for a fully subsidised hearing device through the Australian Government Hearing Services Program.

You are eligible for the scheme if you're an Australian citizen or permanent resident or live on Norfolk Island, are aged 21 years or older, and are:

- . A pensioner concession card holder
- . A Department of Veterans' Affairs (DVA) Gold Card Holder or their spouse
- . A DVA White Card holder (hearing specific conditions) or their spouse

If you've been having difficulty hearing, your first step is to get in touch with Hearing Services Australia who will provide you with information on how to receive your free hearing assessment:

<https://www.health.gov.au/our-work/hearing-services-program>

Ph: 1800 500 726 or National Relay Service (NRS) 1800 555 727

If you're not eligible for the subsidised hearing device scheme and you're struggling with the costs of a hearing device, the hearing aid banks on the page below may be able to assist you:



<https://www.health.gov.au/our-work/hearing-services-program/accessing/eligibility#other-hearing-support-options>

## *Guiding your conversations*

Feedback from consumers and families indicates they'd like to be more prepared for conversations with their Care Manager. Many consumers want to use the time spent with their Care Manager to discuss certain important issues, but the conversation is often guided by the care manager and the chance to cover some topics may be missed.

It's important to know that you can set the agenda for what the two of you talk about, so we've created this handy list to help prompt some ideas for what you might like to talk about during the next home visit or phone call.

This can help you make the most of your time spent with your care manager, to ensure that each phone call or home visit is purposeful, productive and enables you to have choice and control over the direction your conversations take.

### **So, what's on your mind?**

- . Family or cultural matters
- . My health and wellbeing
- . My plans for the future
- . My moods and feelings
- . My safety, fears or security issues
- . My current or future living arrangements
- . General issues or concerns
- . My support workers
- . My home and environment
- . My aids and equipment
- . My care plan
- . My care goals
- . My budget & how my package funds are spent



You can use this list and make some notes for yourself so you always have key issues top of mind. You might like to keep the notes in a handy place so you can refer to it next time you're talking to your care manager.



## *Dance for Parkinsons!*

Most of us have felt a connection to music, movement or dance at some stage in our lives, and the benefits of these artistic endeavours can continue regardless of our age, physical health or cognitive wellbeing.

A wonderful program called Dance for Parkinsons integrates a range of movements from modern, ballet, tap, folk and social dancing to address the key impacts of Parkinson's Disease such as balance, flexibility, coordination, gait, social isolation and depression.

You don't have to have any previous experience in dance, just a willingness to be engaged in an enjoyable social environment that is purposely designed for people living with Parkinson's Disease. And the best news is that caregivers, family members and friends are more than welcome to join in, making it a truly unique and bonding experience.

To ensure the program is based on the best practices in research and knowledge, Dance for Parkinson's have developed partnerships and connections across the arts, health and medical sectors, as well as with key research institutions, Parkinson's organisations and philanthropic organisations. So if you are interested in getting involved, ensure you speak to a qualified medical professional who can advise whether this type of program is right for you.

There are face-to-face classes held in various locations all over Australia, but if there aren't any available in your area, you might like to check out the prerecorded and guided video classes - but make sure you speak to your doctor before you start.

Please get in touch with your Care Manager so we can include this type of activity in your care plan, and direct your package funds into supporting your participation if possible.

Information about the program and classes available by calling 07 3040 1930 or you can visit their website to learn more.

<https://www.danceforparkinsonsaustralia.org>



## *Ageism: Every age matters*

“Ageism – particularly against older adults – is so deeply ingrained in our societal norms and values that it can be difficult to recognise within ourselves and our surroundings”. These are the words from the Australian Human Rights Commission to describe the prevalence of ageism in our society.

The Commission have undertaken this research to get a greater understanding of how negative perceptions of ageing and older adults may be shifted. More specifically, the Commission set out to create and evaluate the effectiveness of a brief, one-off educational workshop in reducing ageist attitudes among workers in aged care and community settings.

Their report called: **Changing Perspectives: Testing an Ageism Intervention (2023)** shows how a targeted training workshop had a measurable, positive and ongoing impact on the aged care workers who took part.

Participants reported positive changes since their participation in the workshops, including: .

- . Avoiding making assumptions about people based on age
- . Changing the language they use – e.g., not using elderspeak, not making unnecessary references to someone’s age
- . Being more collaborative in their interactions with older clients.
- . Respecting clients’ autonomy and independence
- . Seeing and treating each older person as an individual, focusing on people’s capabilities, rather than their limitations

We hope to hear more from the Australian Human Rights Commission about this training workshop and how it might be rolled out as part of a sector wide transformation to reduce ageism and improve our aged care sector for all involved.

You can read the full report here:

<https://humanrights.gov.au/changingperspectives>

If you’d like to support the campaign to end ageism, visit:

<https://www.everyagecounts.org.au/>



## *Free online events for carers!*



### **March 22<sup>nd</sup> – National Gallery Australia – Art and dementia online**

This is a social and creative program for people living with dementia and their care

Partners from across the country, that engages participants with the National Gallery's collection through discussion and art making.

### **March 25<sup>th</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.

### **March 27<sup>th</sup> – 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. Join this 90 min session to find out what's available.

### **March 28<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.

### **April 17<sup>th</sup> - Dementia Australia – Exploring respite services**

This session is about the process of considering respite services. It includes information about types of respite, how to access services, and strategies for preparing for respite.

\*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*

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



## *Sudoku Answers:*

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



## *This Month in History*

**March 1 1975** - Television is broadcast in colour for the first time in Australia.

**March 8 1828** - Australian postage stamps are issues for the first time.

**March 14 1831** - The Surprise, the first paddle steamer built in Australia was launched in Sydney.

**March 19 1932** - The Sydney Harbour Bridge is opened to traffic.

**March 25 1936** - Tasmania is connected to mainland Australia by telephone for the first time.

**March 26 1984** - The \$100 note was put into circulation, Douglas Mawson and John Tebbutt were illustrated on the note.

**March 31 1928** - The first Australian Grand Prix motor race was held at Phillip Island.



## Find a Word

### Easter Word Search

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



BASKET  
BUNNY  
CARROT  
CELEBRATION  
CHICK  
CHOCOLATE  
DECORATED

DUCKLINGS  
EASTER  
EGGS  
FLOWERS  
GRASS  
HOP  
HUNT

JELLYBEANS  
PARADE  
RABBIT  
SPRING  
SUNDAY  
TULIP



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