



St Anna's Home Care

Newsletter

April 2024

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St Anna's Home Care Information

Office phone: (08) 7078 6382

Email: homecare@cubs.org.au

Feedback

St Anna's Home Care is committed to providing safe, quality care and services to our clients. We value your feedback.

Feedback can be provided by the following ways:

- . Feedback Form in you Welcome Pack
- . Contacting the Home Care office
- . On the St Anna's Website
- . Speaking to your carer who can provide a feedback form
- . QR Code



Consumer Advisory Body

A Consumer Advisory Body collects feedback from clients and shares it with those in charge of your care. It gives the opportunity for clients to voice their opinions. If you would like to become involved please contact the home care office.



The Aged Rights Advocacy Service (ARAS) can provide confidential advocacy, information, education and support. They are a statewide service which has been supporting older people since 1990. Phone 1800 232 007



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

Palma Tassone - 2nd April
Angela Orsulic - 14th April
Barb Carlsen - 14 April
Martin Wilke - 29 April

Mary - 2nd April



Recipe of the Month

Simple White Cake



Ingredients:

- 1 cup white sugar
- ½ cup unsalted butter
- 2 large eggs
- 2 teaspoons vanilla extract
- 1 ½ cups all purpose flour
- 1 ¾ teaspoons baking powder
- ½ cup milk

Method:

1. Preheat oven to 350 degrees F, 175 degrees C. Grease and flour a 9 inch square cake pan.
2. Cream sugar and butter together in a mixing bowl. Add eggs, one at a time, beating briefly after each addition. Mix in vanilla.
3. Combine flour and baking powder in a separate bowl. Add to the wet ingredients and mix well. Add milk and stir until smooth.
4. Pour batter into the prepared cake pan.
5. Bake in the preheated oven until the top springs back when lightly touched, 30 to 40 minutes.
6. Remove from the oven and cool completely. Enjoy



FLU VACCINE FACTS

What is flu?

Influenza or 'flu' is a highly contagious infection caused by the influenza virus. The virus is spread when an infected person talks, coughs or sneezes small droplets into the air, where they may be breathed in by people nearby. Infection may also be spread by contact with contaminated hands, tissues and other infected articles.

Flu infection can cause serious illness and complications, especially in young children, pregnant women and older people. Infection can be more severe when people have other existing medical conditions, such as diabetes, breathing or heart problems. Flu infection causes hospital stays and deaths every year.

After the vaccination, it is still possible to get flu but it will usually be much milder.

Why have the flu vaccine?

The flu vaccine helps your body to develop immunity without you getting the flu. The flu vaccine contains several inactivated strains to protect against the most commonly circulating flu viruses each year.

You cannot get the flu from the flu vaccine because it does not contain any live flu virus.

Who should receive the flu vaccine?

The seasonal flu vaccine is recommended for anyone aged six months and over to reduce the likelihood of getting flu.

It is especially important for people at increased risk of complications from flu.

People eligible for free vaccine include:

- all children from six months to less than five years of age
- Aboriginal and Torres Strait Islanders people aged six months and over
- pregnant people in any trimester
- those aged 65 years and over
- those with chronic medical conditions (check with your doctor or nurse)
- people experiencing homelessness.

How often should I receive the flu vaccine?

As the flu virus changes frequently, the vaccine must be given each year to offer the best protection.

Children under nine years of age, and those with a lowered immune system, should have two doses of the vaccine at least one month apart when getting the flu vaccine for the first time.

FLU VACCINE FACTS

When should I be vaccinated?

The best time to vaccinate is autumn, but flu vaccine can be given at any time during the year while vaccine is available. It usually takes up to two weeks for the flu vaccine to provide protection.

Talk to your doctor, pharmacist or immunisation provider about the best time for you to have the vaccine.

Are flu vaccines safe?

The Therapeutic Goods Administration (TGA) evaluates and registers all vaccines in Australia to ensure they are safe and effective.

Where can I get vaccinated?

If you are eligible for a free vaccine, contact your immunisation provider to make an appointment. The vaccine is free but some providers may charge a fee for their service. Ask about fees when making an appointment.

If you are not eligible for a free vaccine, check whether your doctor, local immunisation clinic or pharmacy has the flu vaccine available for purchase.

Can I have the flu vaccine if I am allergic to eggs?

It is safe for people with an egg allergy to have flu vaccine even if the allergy is severe. You do not have to be vaccinated in a hospital.

Talk to your doctor, pharmacist or immunisation provider about any allergies you have before having the flu vaccine.

Are there any side effects?

Most side effects are minor, last a short time and resolve without any treatment. Generally, common reactions such as fever, headache, muscle aches and soreness at the injection site begin within a few hours as the immune system starts to respond to the vaccine and last for 1 to 2 days.

Remember, you cannot get the flu from the vaccine because it does not contain any live flu virus.

More serious reactions are rare. All unexpected side effects should be reported to your doctor, immunisation provider or the Immunisation Section, SA Health.

For more information

Immunisation Section,
Communicable Disease Control Branch,
SA Health
T: 1300 232 272
sahealth.sa.gov.au/immunisation

References

Australian Technical Advisory Group on Immunisation (ATAGI). Australian Immunisation Handbook, Australian Government Department of Health, Canberra, 2024:
immunisationhandbook.health.gov.au
National Centre for Immunisation Research and Surveillance ncirs.edu.au

ASK ABOUT YOUR FREE FLU SHOT TODAY



<https://creativecommons.org/licenses>



Government
of South Australia

SA Health

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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: 15th 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.

Cabcharge

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



Being Shingle Minded !

You may have seen the TV campaign to alert people to the risk of developing Shingles, but did you know that people over 60 years of age are up to 10 times more likely to get Shingles than younger people?

Anyone who has ever had chicken pox already carries the inactive virus that can activate at any time to cause Shingles, which means almost all of our consumers are potentially at risk of developing this very painful condition.

Most commonly appearing on the chest and abdomen, it can also develop on the torso, arms, thighs, or head (including in the eyes or ears).

Common symptoms of Shingles may include:

- . Localised pain; a burning, tingling, or itching sensation
- . Fever, chills, headache and fatigue
- . A stabbing sensation; sensitivity to touch
- . Followed by a painful rash that may develop into blisters lasting for 10-15 days.

Shingles can be very debilitating and can interfere with everyday activities like getting dressed, walking, and sleeping for a significant period of time, not to mention the continual nerve pain around the rash site.

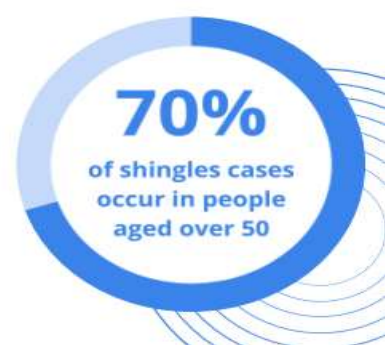
While there is no cure for Shingles, there are anti-viral medications which can be prescribed at the first sign of a Shingles rash - so acting quickly if you experience any of these symptoms may help reduce the severity of the virus.

We encourage you to speak to your GP about your Shingles risk and preventative vaccines to potentially avoid having to experience the pain and discomfort of the virus.

You can use your package funds to help you get to and from your medical appointments, so don't hesitate to give us a call to arrange some assistance if you need it.

Learn more at:

<https://www.knowshingles.com.au/>



Did you know that after-hours home visiting doctors can be bulked billed?

If you ever need urgent, non life-threatening medical care in the wee hours of the night, or a weekend or public holiday when your normal GP is closed, it's helpful to know there are options available.

While your regular GP or family doctor should always be your first port of call, sometimes things can't wait until your regular clinic opens.

Not only are after-hours home visiting doctors a convenient alternative to the lengthy wait times at hospital emergency wards, they also provide a much less stressful experience for people living with dementia.

Most doctors also carry small amounts of common medications, so in many cases you can start treatment immediately while waiting for an appointment with your usual GP.

While home visiting doctors offer a convenient service from the comfort of your own home, it's important to know that depending on their patient schedule and travel time, it could still take several hours before they arrive.

Although we don't endorse any specific service, here are a couple of examples of organisations that offer after-hours, bulk billing, home visiting services:

<https://13sick.com.au/>



Emergency medical ID products

When an emergency medical situation occurs, being able to communicate the details of any pre-existing medical conditions, including allergies and medications is vital.

While providing this information to first responders can enable them to speed up life-saving treatment, the nature of an emergency may not always make it possible to be able to communicate clearly.

This is where a medical ID can help.

A medical ID can take the guesswork out and speak for you in situations where a sudden injury, illness or traumatic situation may prevent you from being able to communicate.

Available in a range of products, here are just some of the options:

- . Wrist bands and watch bands
- . Necklaces, bracelets, charms and key-rings
- . Wallet cards, stickers and mobile phone pockets

All orders come with complimentary engraving and also include a free online MyID profile.

MyID is a comprehensive medical ID solution that provides an easy way to store your medical history, including any doctors and specialist details and the contact details of anyone you'd like to be notified in an emergency. These products come with a scannable QR code and PIN number that is unique to you and can be accessed by medical staff 24/7.

<https://www.emergencyid.com.au/product-category/myid/>

Seniors card holders receive a 20% discount by using this code: **SENIORSCARD**



Managing your unspent funds

Every person who receives a home care package is allocated a specified subsidy for every day that they occupy their package. Each month, we provide you with a financial statement so you can keep track of what was spent on your care and services, and to see what is left over.

If the amount of the government subsidy exceeds the amount that is spent, this becomes known as Unspent Funds (or sometimes called 'available funds'). Any unspent funds amount carries over from month to month, and from year to year, for as long as you continue to receive a package.

It can be reassuring to know that if something happens, there are some funds available straight away to support your care. For some of our consumers, it can also sometimes be frustrating that there is funding building up in this account but it cannot be accessed directly by them, or spent on certain services or items that don't easily fit the government spending criteria.

Sometimes a person's needs or circumstances have changed since they were first assessed for a package, which means they may not require as much government funding to provide all the care they need.

Sometimes they might prefer not to accept some service types even if they are recommended, or sometimes a consumer might be saving for a particular item or a 'rainy day'.

Whatever the reason, or the total amount available, if you have unspent funds accumulating in your home care account, we will continue to work with you identify any unmet care needs and look at creative ways to direct your package funds where they are most needed.

We respect that you can make informed choices about your own care, so we'll make sure your decisions are noted in your care plan, and will re-visit them with you from time to time.



Getting a good night's sleep



A good night's sleep is something most of us strive for every time we close our eyes at the end of the day, but the reality for most older people is that sleep is often interrupted and unpredictable, which can interfere with their daily activities and reduce quality of life.

Our internal body clock is sensitive to changes in our body, so hormonal changes and the onset of some medical conditions can make it harder to regulate and control our sleep. Common mental and physical health conditions such as depression, anxiety, diabetes, conditions causing pain (i.e. arthritis), and certain medications can contribute to poor sleep outcomes for many older people. Check out these facts from the Sleep Health Foundation below:

- . Up to 70% of older people have chronic sleep issues
- . Most people over the age of 80 nap for more than one hour each day
- . Most wake frequently and spend less time in deep, refreshing sleep
- . 25% of older people have sleep apnoea or limb movement disorders, which also disturb their partner

Creating healthy habits and a safe sleep environment are important ways to improve sleep and reduce the risk of trips and falls overnight.

Creating everyday habits	Creating a safe sleep environment
Spend time outdoors in the daylight every day	Remove trip hazards and create a clear path from your bed to the door
Take a walk or get some light exercise	Keep a phone by your bed
Create a sleep routine and avoid long naps late in the day	Use a wearable personal alarm device
Avoid (or manage your intake of) substances that may affect sleep, i.e. alcohol, caffeine, tobacco, long-term use of sleeping tablets	Install motion sensor lights in the hall or bathroom

If you are having difficulty with sleeping or need help to create a safe overnight environment, please get in touch with us so we can help to arrange relevant assessments, products or services to assist you.

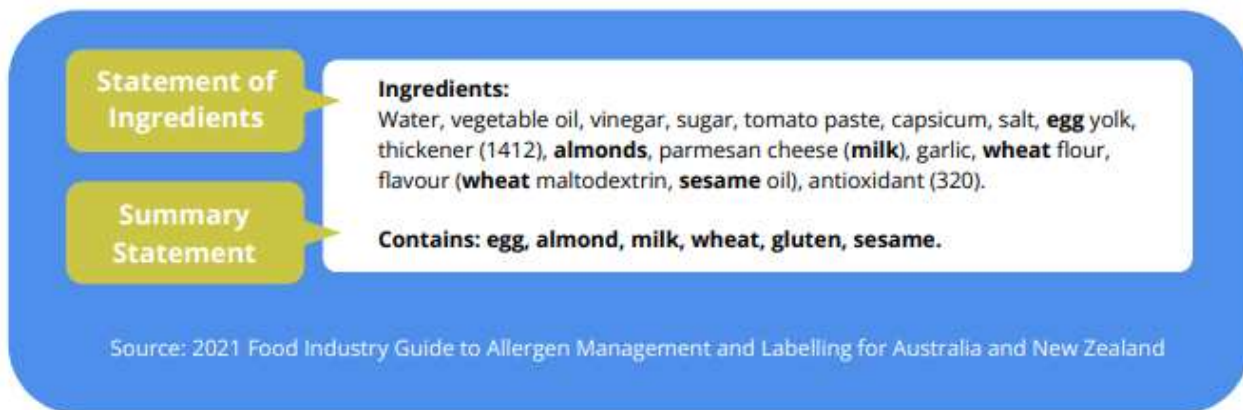
Ref: <https://www.sleephealthfoundation.org.au/>

Food allergies & safe labelling

Food allergies and food intolerances can have a significant impact on a person's life, as they need to be constantly mindful of what they eat or drink. There are new food labelling laws in Australia called Plain English Allergen Labelling (PEAL), requiring food producers to use plain and simple language to describe each ingredient and ensure all allergens can be easily identified.

In Australia, by law under the Food Standards Code, food packaging must display these most common food allergens: Peanut; tree nuts - almonds, cashews; egg; cow's milk (this includes all dairy foods); fish; crustacea (e.g. prawns, lobster); sesame seeds; soy/soybeans; cereals containing gluten and their products, namely, wheat, rye, barley, oats, spelt and their hybridised strains (e.g. triticale); and lupin.

All food suppliers must show food allergen information on food labels using this format:



If you order home-delivered meals, it's important to communicate your food allergies and food intolerances clearly, to ensure they prepare your food safely.

Allergy & Anaphylaxis Australia have created Food Allergen Reference Cards that can be printed and shared with your support workers, especially if we're helping to shop for groceries or prepare meals for you in your home. Just let us know how we can help.

You can check out the cards here:

<https://allergyfacts.org.au/allergy-anaphylaxis/food-allergens>



Free online events for carers!



April 24th – Health and Wellbeing for Carers

While caring for and supporting a family member or friend is often rewarding, at times stress may cause carers to feel physically and emotionally overwhelmed, making it difficult to cope. This event will provide an opportunity to develop a self-care plan, to address your health and wellbeing.

May 7th – 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.

April 14th – 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

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

Sudoku Answers:

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



This Month in History

April 4 1923 - The **Country Womens Association** holds its first annual conference..

April 6 1895 - **Waltzing Matilda** is first performed at the North Gregory Hotel, Winton, Queensland.

April 8 1802 - Explorer **Matthew Flinders** meets the French explorer Nicolas Baudin at Encounter Bay.

April 13 1829 - Melbourne's first **post office** opens.

April 17 1935 - Australia's national airline, **Qantas**, operates its first overseas passenger flight, from Brisbane to Singapore. .

April 19 1984 - **Advance Australia Fair** is proclaimed as Australia's national anthem, and green and gold are proclaimed as Australia's national colours.

April 25 1927 - **Anzac Day** is uniformly observed in all Australian states for the first time.



Find a Word



April Word Search

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

RAINBOWS

EGGS

RABBIT

EARTH DAY

CLOUDS

CHICKS

APRIL FOOLS

GRASS

SPRING

TULPIS

JACKET

PUDDLES

*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.*

