



# St Anna's Home Care

## *Newsletter*

January 2025

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## St Anna's Home Care Information

Office phone: ( 08 ) 7078 6382

Email: [homecare@cubs.org.au](mailto:homecare@cubs.org.au)

Address: 471 Regency Road, Prospect SA 5082

### 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 October,  
we hope you enjoy your special day.*

Guglielmina - 1 January

Zora - 10 January

John - 14 January

Taras - 22 January

Georgina - 23 January

Rhonda - 24 January

Mario - 25 January

Nick - 27 January

Kristina - 21 January

Rose - 25 January

Fran - 25 January



## St Anna's Home Care - Clients



Carer Yvette and Barb enjoying morning tea at The Dutch Pantry.



Our client Eleanor enjoys playing Christmas songs for family and friends



Effie looking beautiful to go to Christmas Lunch for Platea



Eleanor busy decorating gingerbread biscuits

## Surplus Funds

At St. Anna's Home Care, we are committed to helping you maximize your Home Care Package (HCP) budget to enhance your wellbeing and achieve your personal goals. Our aim is to support you in continuing to live independently in your own home with the right services and equipment tailored to your needs.

### Understanding Your HCP Surplus

If you find yourself with a *surplus* or *unspent funds* in your HCP budget, this means there are available funds that could be used to further support your wellbeing through additional services or equipment.

**Surplus funds refer to the total amount of unused HCP subsidies, supplements, and fees that have accumulated over time.**

**Any eligible aged care service or item purchased through your HCP is required to be directly related to your care needs and goals.**

Request for equipment purchases must be approved by management to ensure it aligns with program scope and legislation, and an assessment by a health professional may be required prior to approval.

### Excluded Items

Certain items and services are not covered by the Home Care Package program, including:

- Major renovations or upgrades to your home that are not directly related to safety improvements.
- Any items or services not directly related to your assessed care needs and goals.
- Items that fall under general income purchases that all Australians are expected to pay throughout their life regardless of age.

For further information regarding Surplus Funds please contact the Home Care office and speak to your coordinator.

## Hot Weather Policy

Staff are not to work outside if the temperature is **35°C or greater** or if there have been **consecutive days of temperatures exceeding 34°C**.

Care workers and clients are not to stay outside for more than 15 minutes at a time when **the temperature exceeds 30°C** or when the **UV risk factor is moderate or above**. Care-workers to avoid doing outside tasks such as gardening, watering the lawn or the garden beds.

Care workers are encouraged to use sunscreen (at least factor 15+ and preferably factor 30+) when outside, wearing appropriate clothing (long sleeve, hats, etc.) and eye protection (sunglasses).

Care workers to encourage our clients to apply sunscreen when the temperature exceeds 18°C to all exposed skin and wear a broad brimmed hat and eye protection (sunglasses).

If the temperature is greater than 34°C and the client requires to go shopping, suggest going earlier in the day or later in the afternoon to avoid the hottest part of the day or arrange alternative

Gardening services will be rescheduled during hot weather



## Recipe of the Month

### French Toast



#### Ingredients:

- 1 egg
- ¼ cup milk
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 1 slice bread crust on, crust off - depends on you

#### Method:

1. In a bowl whisk the egg, milk, cinnamon and nutmeg.
2. Then lay the slice of bread in the mix, soaking up the egg mix for 2 minutes.
3. Flip and soak again for 1 minute.
4. Remove, allow excess to drip away, then pop onto a sheet of baking paper and in fry pan.
5. Cook one side and then turn to cook the other.
6. Serve with any of the following, fresh fruit, yoghurt or maple syrup



## *Ancestry DNA tests: discover your family history*

Have you ever wanted to research your family history but aren't sure where to start?

This is where the fascinating world of DNA testing can help...

What was once an arduous task of searching through census records, immigration lists and microfiche film, can now be solved via a simple DNA test and the extensive databases these companies have to offer. All you need is a DNA kit (which can be ordered online) and a small sample of saliva which you pop into a tube and post back to the company's lab for analysis. Tips on how to do that can be found here:

<https://www.youtube.com/watch?v=UzlufIM37HM>

From just a tiny sample, companies such as AncestryDNA analyse over 700,000 genetic markers in your DNA and compare it with their global database to find matches with relatives (known or unknown!). The whole process takes around 6 - 8 weeks and they keep you updated via notifications every step of the way.

If you're lucky and your results produced some welcome surprises, the chat feature will allow you to reach out and connect with the matches you've found.

If you're ready to find out what surprises your DNA holds, visit the link below:

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

\*Although DNA testing can be an exciting journey, it may also produce some unexpected results. So it's important to consider the implications for both yourself and others and make sure you're comfortable with and prepared for receiving any potential surprises.



## *Security of Tenure explained*

As a person receiving a home care package, you have certain rights and responsibilities that protect you and ensure you have ongoing access to the care and services you need. Your rights are very important and are detailed in the Charter of Aged Care Rights, which every person is asked to sign when they join an Approved Provider.

The Home Care Packages Manual also describes consumer responsibilities. In short, these include you being asked to:

- . Share and update relevant information about yourself and your care needs so we can make sure we deliver safe, quality, culturally appropriate care best suited to you
- . Pay your home care fees on time as agreed in your home care agreement
- . Treat others with respect and maintain a safe place for home care staff to work.

It is important to know that consumers are protected by law and providers are bound by Security of Tenure. However, in rare situations, there may be an unfortunate breakdown in the consumer/provider relationship and it becomes necessary for the home care agreement to end.

Consumers are entitled to end their agreement with a provider without giving a specific reason and by giving reasonable notice.

On the contrary, a provider can only end their agreement with a consumer if the person:

- . Can no longer be cared for with the resources available, or
- . Move out of the area where the provider operates, or
- . Is assessed by ACAT as needing more appropriate care services, or
- . Has intentionally caused serious injury (or infringed the rights) of a staff member, or
- . Has not paid their specified home care fees (e.g. income-tested care fees).

We will always attempt to resolve any issues with you, and ending our agreement with you is the last resort. We are happy to discuss any concerns you may have, so please get in touch if you need to.



## *Could you benefit from an electric lift recliner?*

While everyone faces the risk of falling, particularly from tripping, older adults often struggle with safely and independently transitioning from a seated position to standing (sometimes referred to as sit-to-stand transfers).

Frequently, falls happen as a person rises from their seat, making an electric lift recliner beneficial as it offers a slow and safe method to transition between sitting and standing positions.

**As well as reducing the risk of injuries and falls, some of the other benefits include:**

- . Easily lifts you to a standing position at the push of a button without undue muscle strain
- . Assists in recovery from injuries and surgery by reducing further strain
- . The ability to elevate legs reduces fluid retention and promotes circulation



Electric lift recliners are commonly recommended by OTs and physios to assist with mobility challenges.

Following an assessment, you can explore the range of electric recliners to suit your lifestyle and mobility needs.

For more information visit the website below: <https://ilsau.com.au/lift-chairs/elderly> and contact the Home Care office for assistance.

## *Purchasing an electric lift recliner with package funds*

Many older people appreciate the comfort, relaxation and positive health benefits of an electric lift recliner. We are frequently asked whether a person's home care package funds can be used to purchase this type of item, so here is our latest advice on the matter.

Typically, household furniture cannot be purchased using your package funds. However, if you have mobility or movement issues, are at-risk of falls, or have a medical condition that can be eased by elevating your legs, a relevant professional may recommend an electric lift recliner for you.

The recliner must be directly related to an assessed care need, included in your care plan and budget, and meet an age-related need. Sometimes, people living with dementia may have difficulty safely operating the chair, so this needs to be taken into account when deciding on the most appropriate way to meet the person's needs.

### **There are some exclusions relating to purchasing recliners:**

It is important to note that extra features like massage and heat options, or fullbody massage chairs, are unlikely to be approved for purchase. This is due to a lack of scientific evidence to determine the effectiveness of massage chairs, as well as the high cost and ineffective nature of the treatments they provide.

If you need to install a power outlet near your new electric recliner, you'll need to pay for the installation privately. Professional home maintenance services like this are not covered by package funds because they are not directly related to ageing or functional decline. Removal of old furniture or upgrading to a recliner sofa is also excluded.

If you think you could benefit from an electric lift recliner, please let us know and we can arrange an assessment for you.



## *Living with glaucoma*

Did you know that the optic nerve is made up of approximately 1 million nerve fibres which connect the back of the eye to the brain? Eye diseases like glaucoma can cause long-term and irreversible damage to these nerve fibres, so regular eye checks are important for everyone as we age.

It is easy to take our vision and eye health for granted until things start to go wrong. When it comes to glaucoma, once we notice or discover that there's a problem, much of the damage has already occurred and cannot be cured.

If you are living with glaucoma, you'll already know how important your ongoing treatment is to maintaining your vision. According to Glaucoma Australia, by age 80, 1 in 8 people will have developed glaucoma and alarmingly, 50% of people don't even know they have it!

Glaucoma is treated using eye drops, oral medications, laser treatments, revolutionary surgical treatments or conventional surgery.

### **Who is at risk?**

People who are aged over 50; have a family history of glaucoma; experience obstructive sleep apnoea; are of African or Asian descent; have diabetes; are short or long-sighted; have been on a prolonged course of cortisone (steroid) medication; experience migraines; have high eye pressure or had an eye operation or eye injury; or have a history of high or low blood pressure.

You can use your home care package to pay for transport to attend your appointments, assistance to instil eye drops and to purchase handy eye drop dispensers.

Please let us know if you need any assistance to manage your eye health and to access necessary treatments and support.

You can also call Glaucoma Australia's free support line on 1800 500 880 or visit their website:

<https://glaucoma.org.au/>



**Living With  
Glaucoma**

## *Older Adults Mental Health services*

In Australia, there are government-funded mental health services specifically designed for older adults. These professionals are specially trained to understand and respond to the needs of older individuals with long-standing mental health challenges and the unique issues that impact their lives. They also provide support to older adults with psychiatric or severe behavioural difficulties related to organic disorders such as dementia.

These services are accessible 24 hours a day to cater to acute mental health episodes that may occur at any time. They offer support in a range of settings such as in-home, community-based, and inpatient (hospital or residential) to meet the different needs and circumstances of the individuals in their care.

Older adults in the community receive mental health services from teams of specialists. These services include medical assessment, treatment and therapies, as well as assessments for psychological, behavioural, social, and functional needs. The focus of care is on the individual, and the goal is recovery in partnership with consumers and their family and carers.

It's important to note that these services are not meant to replace mainstream psychology or psychiatry services, but they may be helpful if you or someone you care for are experiencing an urgent or acute mental health issue.

To find your local Older Adults Mental Health service, you can speak to your GP or mental health professional. Alternatively, you (or someone you trust) can search for "Older Adults Mental Health service" along with the State or Territory in which you reside using your computer or mobile phone. All the services will be displayed, and you can call the one closest to you for information and assistance.

We encourage you to talk to us about your mental health concerns so we can ensure your care goals and package funds are directed towards the most suitable care and services for you.



## *Additional funding for urgent equipment*

Sometimes, personal circumstances can change quickly and you may need urgent access to some specialised Goods, Equipment or Assistive Technology (GEAT). If so, an Aged Care Assessment Team (ACAT) may determine that you are eligible for an additional government funding program of up to \$2500, even if you already have a home care package.

Urgent circumstances are when the person's immediate health and safety may be at risk if they do not receive the necessary assistive equipment. Urgent circumstances may apply if a person is on a waiting list for a package or package level upgrade, but requires urgent GEAT; has insufficient funding in their package to purchase urgent GEAT following an injury; or is ineligible for a package upgrade but requires urgent GEAT.

### **What types of GEAT are included?**

This will depend on a person's circumstances and care needs and may include items to assist with mobility, eating & drinking, getting on or off a chair, bed or toilet, safe access to the shower, or addressing other risks that have the potential for serious injury or hospitalisation.

### **Additional information:**

If the cost of the urgent item/s exceeds \$2,500, the consumer will need to pay the gap amount with their private funds. Unspent HCP unspent funds cannot be used towards the cost of the urgent GEAT item. If you cannot pay the gap, we can help look at other ways to source equipment such as hire, lease to buy, or second-hand purchases.

For more information, please call us, or visit:

<https://www.health.gov.au/resources/publications/home-care-packages-access-to-2500-for-urgent-goods-equipment-and-assistive-technology>

## *Can my package pay for: Personal grooming services*

Everyone wants to look and feel their best and this is certainly no different for older people receiving care in their home. We often think of personal care in terms of hygiene such as showering, toileting and dressing. But can personal care like shaving, hair care, nail care and beauty therapy also be included under your home care package funding?

### **Hair Care:**

If you need help to wash your hair, a support worker can assist with washing, brushing and drying your hair, and beard/moustache trimming. Maybe consider purchasing a hair washing tray to make hair washing more comfortable and safe. However, your package cannot be used to pay for salon-based hair washing, colouring, perming, cutting, beard trimming, etc. Home visiting hairdressing services are also excluded.

### **Nail Care:**

Your package can be used to pay for podiatry services to take care of your feet and toenails. Support workers may be permitted to help with cutting your fingernails if it is deemed to be appropriate by a clinical professional. There are helpful nail-trimming tools you can purchase to minimise the chance of cutting nails too short. Support workers can also give hand massages with suitable hand creams, as well as painting your nails if you like.

### **Beauty Therapies:**

Beauty services such as facials, hair removal, waxing, manicures, pedicures, tattoo removal, and so forth are excluded services.

All of the excluded services listed above, are considered to be general household expenses, which all Australians are expected to pay for out of their general income throughout their lives and are not related to ageing.

Please get in touch with us if you would like to discuss how support workers and some handy independent living gadgets can help you to look and feel your best everyday.





## *Free online events for carers!*



### **January 23rd - Future planning: Beyond a dementia diagnosis**

This program runs over 5 sessions, and provides guidance for people living with dementia and their family members and carers to plan for the future once they have come to terms with a diagnosis. We'll also cover information on the symptoms and impacts of dementia.

### **January 23rd - How to navigate My Aged Care**

My Aged Care includes a wide range of services that are 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 us to find out what's available.

### **January 29th - The impact of dementia on driving safely**

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

### **February 10th - What's available through Carer Gateway?**

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

### **Simply Mindful - Guided meditations and mindfulness - (on demand)**

In partnership with Carers Australia, Simply Mindful have created a series of on demand mindfulness sessions for carers.

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

<https://goodthingsaustralia.org/learn/>

## Cultural Events

*There are many cultural events in the community, these are just a few in January.*

14 Jan	Thai Pongal	Thai Pongal is a multi-day Hindu harvest festival celebrated by Tamils in India and Sri Lanka. It is observed at the start of the month Thai in the Tamil solar calendar, and is dedicated to the Hindu sun god Surya.
19 Jan	Epiphany (Orthodox)	Epiphany commemorates the manifestation of God in human form as Jesus Christ.
19 Jan	World Religion Day	World Religion Day is observed in over 80 countries. It aims to foster interfaith understanding and harmony by emphasising the common elements to all religions.
26 Jan	Australia Day	Australia Day provides an opportunity for all Australians to reflect, respect and celebrate. It is about acknowledging the contribution every Australian makes to our diverse nation, from Aboriginal and Torres Strait Islander peoples who have been here for more than 65,000 years, to those whose families have come through the waves of migration over more recent centuries.
27 Jan	International Holocaust Remembrance Day	Holocaust Remembrance Day is a memorial for the six million Jews killed by the Nazis between 1933 and 1945. Many people of Jewish and other faiths observe this day. It was designated by a United Nations General Assembly resolution on 1 November 2005. Many countries have instituted their own Holocaust Memorial Days. Other Holocaust memorial days, such as Israel's Yom HaShoah, are observed at other times of the year.

29 Jan	Lunar New Year	Various East and Southeast Asian cultures and traditions celebrate Lunar New Year. Family gatherings are common features across cultures. People travel from near and far to be with loved ones in time to welcome the new year.
29 Jan	Chinese Lunar New Year (Year of the Snake)	For Chinese communities across the world, the Lunar New Year is one of the most important holidays of the year. It is celebrated through a range of traditional customs. These include ancestor worship, family gatherings, special foods and gift exchanges.
29 Jan	Tet (Vietnamese Lunar New Year – Year of the Wood Snake)	Tet is considered the first day of Vietnam’s spring, a time marked by new beginnings. Tet includes ancestor worship, family gatherings, special foods and gift exchanges.
29 Jan	Seollal (Korean Lunar New Year – Year of the Snake)	Known in the Koreas as Seollal, Lunar New Year typically lasts three days (the day before and after the New Year). Centred on <i>charye</i> – paying respect to elders – the new year is a time to remember a shared heritage and look forward to the future.



## Sudoku

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



## Sudoku Answers:

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

“I love a sunburnt country, a  
land of sweeping plains, of  
ragged mountain ranges, of  
droughts and flooding rains. I  
love her far horizons, I love  
her jewel-sea, Her beauty and  
her terror – The wide brown  
land for me!” – Dorothea  
Mackellar

# Code Puzzles

## Apple Secret Code 1

Name \_\_\_\_\_

$3+3= \underline{\quad} M$

$1+2= \underline{\quad} A$

$6+3= \underline{\quad} P$

$4+4= \underline{\quad} Y$

$2+5= \underline{\quad} R$

$6+6= \underline{\quad} F$

$3+2= \underline{\quad} T$

$10+5= \underline{\quad} H$

$1+1= \underline{\quad} O$

$5+5= \underline{\quad} E$

$8+3= \underline{\quad} U$

$8+8= \underline{\quad} L$

$\underline{\quad}$   $\underline{\quad}$   $\underline{\quad}$        $\underline{\quad}$   $\underline{\quad}$   $\underline{\quad}$        $\underline{\quad}$   $\underline{\quad}$   $\underline{\quad}$   
8 2 11      3 7 10      5 15 10

$\underline{\quad}$   $\underline{\quad}$   $\underline{\quad}$   $\underline{\quad}$   $\underline{\quad}$        $\underline{\quad}$   $\underline{\quad}$   
3 9 9 16 10      2 12



$\underline{\quad}$   $\underline{\quad}$        $\underline{\quad}$   $\underline{\quad}$   $\underline{\quad}$  !  
6 8      10 8 10



Happy to help your kids.com

## *This Month in History*

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

*January 11 - 2005 Nine people are killed in bushfires in South Australia, making them the worst fires seen in Australia since Ash Wednesday*

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

*January 26 1788 - The First Fleet landed in Sydney Cove*



## Find a Word

### Colors Word Search

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



BLACK  
BLUE  
BROWN  
GREEN  
ORANGE

PINK  
PURPLE  
RED  
WHITE  
YELLOW



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