



St Anna's Home Care

Newsletter

March 2025

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

Dragica - 1 March
Elisa - 3 March
Franciska - 6 March
Carmela - 9 March
Costas - 9 March
Duro - 12 March
Jozo - 13 March
Josip - 15 March
Luce - 15 March
Andjelika - 16 March
George - 25 March

Debbie - 23 March



Recipe of the Month

Easy One Pot Pasta



Ingredients:

- 8 ounces dry pasta
- 8 ounces grape or cherry tomatoes, cut in half
- 2 garlic cloves, minced
- ½ onion, thinly sliced
- 1 small zucchini, chopped and quartered
- 3 oz mushrooms, sliced
- ½ teaspoon red pepper flakes
- ½ teaspoon salt
- 1 ¼ cup pasta sauce of choice
- 2 ½ cups water
- 3 ounces fresh spinach

Method:

Add the uncooked pasta to a large pot. Add the remaining ingredients – except for the spinach, and mix well. Bring the pot to a boil over high heat.

Once boiling, reduce the heat to medium low and cook the pasta for 10-14 minutes, until al-dente. Stir the mixture every 2 minutes to prevent anything sticking to the bottom of the pan.

Turn the heat off and fold the spinach in the pasta. Once the spinach has wilted, divide the pasta into serving bowls. Best served fresh.

Care Plan Reviews

We complete 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 home care 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.



Phone calls - respect

As a workplace that values respect, St Anna's is committed to ensuring a safe and supportive environment for all our consumers and employees.

To enhance our service standards, we are introducing call recording for all incoming and outgoing calls. This initiative serves two key purposes:

1. **Improving Service Quality & Communication** – we will be able to identify areas for improvement, provide constructive feedback, and enhance training opportunities to further develop our communication standards.
2. **Protecting Our Staff** – Call recordings will provide a clear record of interactions, allowing us to take appropriate action where necessary and ensure that our team members are treated respectfully.

Please rest assured that all recordings will be handled in strict compliance with privacy regulations and used solely for quality assurance, staff protection, and training purposes and you will be able to opt-out of this at the time of your call.

Our priority is to maintain a positive and respectful environment for all.

If you have any questions or concerns about this change, please do not hesitate to reach out.

Thank you for your continued commitment to excellent service and respectful communication.



Consumer Advisory Body

HC Consumer Advisory Body – April 2025

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.

Consumer Advisory Body members will be invited to share ideas, opinion and suggestions about

- The quality of St Anna's Home Care services and care
- The way St Anna's engages with our clients.
- How St Anna's communicates with and provides resources to our clients
- Issues of concern and areas for improvement

St Anna's will consider the Consumer Advisory Body feedback to improve its services and will provide feedback on how this information has been used

Our first meeting for the year will be on **Wednesday 30th April at 11:00am at the Home Care Office.**

Please RSVP by 23/04/2025 if you would like to attend.



Wage Increase for nurses

The Fair Work Commission award wage increase for registered and enrolled nurses in aged care

The Australian Government is supporting the Fair Work Commission's final decision in the Aged Care Work Value Case for an increase to award wages for registered and enrolled nurses working in the aged care sector.

To support providers to pass on the award wage increase, the government will increase the Home Care Packages subsidy by 0.10% from 1 March 2025.

Subsidy increase

The subsidy will increase by:

- 0.10% from 1 March 2025.

This table outlines the current daily Home Care Package subsidy rate and the rate to apply from 1 March 2025.

Package level	Daily rate from 1 January 2025	Daily rate from 1 March 2025
Level 1	\$29.28	\$29.31
Level 2	\$51.49	\$51.54
Level 3	\$112.07	\$112.18
Level 4	\$169.90	\$170.07

Please note that you do not have to do anything and that the subsidy increase has already been applied to your HCP.



St Anna's Playgroup!



Find us on the Playgroup SA website!



St Anna's Intergenerational Program has taken a break. The Lifestyle Team have been re-working the program to gain more family attention.

WE WILL BE BACK FORTNIGHTLY ON MONDAY'S!

If you are interested in our Intergenerational Playgroup or would like to know more, please reach out to the Lifestyle team.

lifestyle@cubs.org.au



Our Clients enjoying themselves



This is Mary showing carer Bronwyn the beautiful monarch butterfly and the milk bush it feeds on.

She is very proud of what her small garden produces and the wonderment of how a butterfly is made, we chattered for a while about this .



Our Clients enjoying themselves



Duro washing his car with the assistance of carer Ankica.



Madalenna enjoying being outside in the sunshine and cool breeze with her carer Kylie.



Every Friday Jack and Ariel play chess, He is extremely good at chess. Ariel has not won a game yet, Jack really enjoys playing.



Our Clients enjoying themselves



Eleanor enjoying time at the Tasmore Wading pools with our carer Bronwyn,
a lovely walk in the water and morning tea of cheesecake.



Eleanor cooking Apple Tart with our carer Olha.

Toothbrush Care

We all know we should be brushing our teeth twice per day but how often do you really need to change your toothbrush???

Most oral healthcare providers recommend changing your toothbrush **every three to four months**. This time frame can vary based on your type of toothbrush and your toothbrushing technique.



Recommended Learning Information

Reflective Learnings

St Anna's staff participate in ongoing training for professional development.

This month carers and office staff have completed:

Swallowing, Difficulties and Choking

Work Health and Safety



Introducing Voice Australia's new healthy ageing community

If helping to shape the future of healthy ageing, while connecting with other like-minded people sounds like something you'd like to get involved in, the new Voice™ Australia platform might be just the place!

Recognising that people want to connect and make a meaningful difference, Voice Australia (hosted by the National Centre for Healthy Ageing) is creating a thriving community of older people who would like to contribute to addressing the opportunities and challenges around healthy ageing and longevity.

Based on the successful UK model which recognises the immense wisdom, knowledge and experience that older people who have a lifetime of lived experience could bring to any community, Voice Australia was born.

While still in the very early stages of development, here are just some of the opportunities you might find in this innovative community hub:

- . Opportunities to connect with like-minded people and make new friends by joining community advisory groups
- . A chance to share your lived experience and have your voice heard by participating in healthy ageing focus groups
- . Contributing to the co-design of projects and services to help shape the future of ageing in place

Plus, some opportunities offer the chance to be rewarded with gift cards and prizes!

So if the opportunity to connect with others while sharing what matters to you sounds like something you might like to get involved in, visit the link below:

<https://voiceaustralia.community/why-join-voice>



Can my package pay for Home Security Cameras?

Ensuring personal safety and security is always a top priority for our consumers. We are sometimes asked about using HCP funds to purchase home security cameras to monitor individuals at risk of harm, and to reduce anxiety for the person and/or their family members.

The Department of Health & Aged Care states that HCP funds cannot be used for home modifications unrelated to ageing-related care needs or for household items unrelated to improving ageing-related functional impairment. A home care package is not a general source of income for personal discretion and the purchase and installation of security cameras are an HCP program exclusion.

However, there are many things we can do to help reduce risks, such as:

- . Implement falls prevention strategies, including OT home assessments, falls & balance programs, physical activity programs, etc
- . Purchase of mobility aids & equipment and other assistive technology to help reduce falls or other risks around the home
- . Purchase or install specialised movement monitoring devices that are purpose-designed for fall detection and emergency response calls
- . Fund personal alarm pendants and 24/7 emergency response services
- . Install gas-limiting devices for stoves
- . Increasing support worker or volunteer visits, attendance at social support programs during the day, occasional residential respite care, and so forth

Other related items that are excluded:

Wearables that are not specifically designed for age-related or falls risk management, i.e. generic smart watches, mobile phones with falls detection.

There are many HCP-approved safety products and falls prevention products on the market, and we're happy to discuss solutions and strategies to reduce risks and give you the safety and peace of mind you need.



Second-hand equipment purchases

If you have an assessed care need and a professional recommendation to purchase equipment, we will usually buy the item brand new using your package funds. However, in some cases, it may be more cost-effective to buy the item second-hand, either privately or from a registered seller.

However, buying used items does come with a few downsides, such as unknown user and maintenance history, and potential return, refund or warranty issues.

There are a few things to consider when purchasing equipment with your HCP funds:

- . If you purchase equipment through your HCP, you own the equipment, unless it is being leased
- . Maintenance, insurance, and disposal of items must be agreed upon with you and recorded in your care plan and Home Care Agreement
- . Generally, the responsibility for disposal of equipment rests with the consumer or their estate, unless an alternative agreement has been reached with us
- . HCP funds cannot be used for insurance costs or other expenses typically expected to be paid for over a person's lifetime
- . There must be sufficient funds set aside in your HCP for upkeep
- . Items that have been paid for outright can be taken into residential aged care if you leave your package
- . If the item is no longer required, the item may be disposed of or donated
- . We prefer to be informed of any intention to sell items to ensure the sale is not premature or without consideration for the impact on the consumer
- . Replacing lost equipment is generally possible as long as the care need and professional recommendation still applies

We are required to keep financial records of all purchases made with HCP funds, including second-hand equipment, so the same purchasing requirements and processes will need to occur as for brand new items.

Groc Grip anti-slip products

With falls being the number one cause of accidental injury in older Australians, it's important to be aware of factors that can increase our risk.

While physical and cognitive impairment and sensory changes are contributing factors, environmental factors such as poor footwear, low lighting, loose cords, slippery floors and other household hazards are also important to consider.

When it comes to minimising risks in and around the home, things such as rugs without non-slip backing and curled carpet edges can pose an additional risk. So it's good to know there are simple solutions like the Croc Grip handy rug grippers and carpet treads available. Not to mention they're also great for preventing our elderly pets from slipping too!

<https://crocgrip.com/>

Their range of solutions to reduce the risk of slips, trips and falls caused by household hazards also includes water resistant bathroom tread strips and tape that have been specifically developed for damp areas.

If we can help you explore more solutions related to reducing your risk of falls, please don't hesitate to get in touch. You'll find the Croc Grip range available in most Bunnings stores.



Police checks for people working in aged care

Almost 1.1 million older people use government-subsidised home care services in Australia and there are high expectations that all workers and volunteers are deemed to be suitable to provide that care. All providers must take their obligations very seriously to make sure everyone who is involved in your care meets the mandatory requirements for suitability, including police checks.

What is a police check?

A police check is the process of checking whether a person has a criminal history and a police certificate is a report of a person's criminal history.

Why are they mandatory?

The police check looks into a person's criminal and work misconduct history to make sure they are suitable for work in an aged care setting and protects the safety and well-being of people accessing aged care services. In addition to police checks, all aged care workers must comply with the Aged Care Code of Conduct to guide their behaviour and the way they treat older people.

Who needs a police check?

Anyone looking to work in a paid or volunteer aged care role, including staff members, volunteers, and external contractors, must undergo a screening process and provide a valid police certificate every three years.

We use the Aged Care Worker Screening Guidelines to work out who needs to comply with the mandatory requirements and who does not. To strengthen the quality of our workforce, we have additional induction, orientation and training requirements to ensure our staff fully understand and are prepared for their role supporting our consumers to live as independently as possible.

You can learn more about police check requirements here:

<https://www.health.gov.au/resources/publications/>



New Aged Care Assessment process

From July 1, 2024, there is a new method for evaluating the eligibility of older individuals to access aged care services. This change is in response to feedback received from older people, carers and assessors, who found the previous assessment processes to be confusing, lengthy, and complex.

The Integrated Assessment Tool (IAT) replaces previous aged care assessments and includes validated tools designed to streamline the assessment process regardless of the complexity of the older person being assessed.

The new structure of the IAT and the introduction of new questions are intended to create a more natural flow of conversation, focus on the issues with the greatest impact on the older person's life, and allow them to prioritise the aspects that are most important to them.

The Integrated Assessment Tool Domains include a focus on:

- . The reason for assessment and identifying supports already in place;
- . Carer profile, including supports in place to sustain their caring role;
- . Everyday function, i.e. their ability to prepare meals, eat, do housework, manage medications, go shopping, handle money, manage personal care, get dressed, use the toilet and so forth;
- . Physical health, well-being and personal health profile;
- . Medical and healthcare situation;
- . Psychological care and support needs, including cognitive, social, mood, behaviour and orientation assessments;
- . Home and personal safety, including identifying home and environmental risks and hazards;
- . Vulnerability and risk profile; and
- . General observations from the clinician doing the assessment.

The IAT is expected to provide better matching of an older person's care needs and complexity with recommendations for available services and funding.

<https://www.health.gov.au/our-work/single-assessmentsystem-for-aged-care/assessment-too>



Accidental damage caused by workers

Whilst our staff take care when providing services in our client's homes, occasionally something happens which causes damage to a consumer's belongings or property. This might be during a domestic assistance service where an item is damaged during the cleaning activities.

Hopefully, the damage is minor, easily repairable or low-value. But what happens if something valuable is accidentally damaged by a support worker in your home?

The Aged Care User Rights Principles state that 'providers must take reasonable steps to prevent the provider, or a person employed or otherwise engaged by the provider, from causing damage to a care recipient's home and other property in the course of providing the home care'.

Support Workers who are working under our direction may be covered under our Public Liability Insurance, however, it is not always clear who bears the responsibility when damage occurs.

The obligations and liability may be different if you are dealing directly with independent contractors to provide some of your care services, so we encourage you to check what insurances they have in place.

We are aware that some consumers choose to add Accidental Damage to their Home and Contents Insurance to cover workers but this is entirely your choice and there is no specific requirement for you to do so.

If your belongings or property are damaged during a home care service, we ask that you contact us immediately to report the matter. The worker will also be required to complete a report detailing their version of events. We will work with all parties to try to reach a satisfactory arrangement.



Supporting carers of people with Frontotemporal Dementia

Frontotemporal Dementia (FTD) has been battling an identity crisis. But a new initiative aims to put it, and carer support, in the spotlight.

When most Australians think about 'dementia', it's usually someone over the age of 65 with memory loss, which we associate with Alzheimer's Disease. However, FTD is very different.

As the name suggests, FTD affects the frontal and temporal lobes of the brain. Rather than causing memory loss, it typically leads to either behaviour or language changes. Onset of symptoms may occur between 45 and 65 years of age.

Profound changes in behaviour, personality, and language can have major impacts on relationships and families. Carers may feel isolated, unsure of how to access help, and experience significant levels of stress.

Dementia Support Australia (DSA) and the Australian Frontotemporal Dementia Association (AFTDA) are providing a new level of support through the creation of 'Carer Conversations'.

The aims of the groups are to develop carer skills to build empowerment and confidence in a safe, confidential forum. Carers of a person with FTD can share their experiences, receive peer support and input from facilitators with practical strategies and specialised knowledge of FTD.

"The emotional support that carers receive from others in a FTD support group has far-reaching benefits," says carer Yasmin T. "The practical and professional advice, along with the collective wisdom shared in the support group, is invaluable."

If you are interested in joining a carer conversations group call 1800 699 799 or visit the link below:

<https://www.dementia.com.au/carers-conversations>



Cultural Events

13 – 14 Mar	Purim	Purim commemorates the time when the Jewish people living in the ancient Achaemenid Persian empire were saved from extermination by a courageous young Jewish woman named Esther and her uncle and adviser Mordechai. As with other Jewish holy days, Purim is commemorated from sunset.
14 Mar	Holi (Festival of Colours)	Holi is a Hindu festival celebrated since ancient times to welcome spring and is seen as a new beginning. People cover each other with coloured water and bright powders.
17 Mar	St Patrick's Day	This day is Ireland's National Day. St Patrick is the patron saint of Ireland. He brought Christianity to Ireland in the early days of the faith.
17 – 23 Mar	Harmony Week	Harmony Week celebrates the cohesive and inclusive nature of our diverse nation. Schools, community groups and organisations across Australia host Harmony Week events.
19 -20 Mar	Naw-Ruz	Naw-Ruz is the Baha'i New Year, marking the first day in the Baha'i calendar. The festival is usually observed with meetings for prayer and celebration. It is often combined with a feast at sunset before Naw-Ruz to signal the end of a 19-day fast.
20 Mar	Nowruz New Year	Nowruz means 'new day' in Farsi. It is a traditional festival of spring that has been celebrated for more than 3000 years. The

		ancient celebration of Nowruz is shared by many peoples from Iran, Afghanistan, Iraq, and others in the Black Sea basin, the Balkans, the Caucasus and Western, Central and Southern Asia. This festival has a number of different spellings.
20 Mar	National Close the Gap Day	National Close the Gap Day aims to raise awareness about the health and life expectancy gap between Indigenous and non-Indigenous Australians.
21 Mar	International Day for the Elimination of Racial Discrimination	The International Day for the Elimination of Racial Discrimination is observed on 21 March. On that day in 1960, police opened fire at a peaceful demonstration in Sharpeville, South Africa, against the apartheid pass laws; 69 people were killed, and 180 were injured.
23 Mar	Shaheed Day	Bangladesh holds Shaheed Day each year in memory of the bravery and death of Dhaka University students who fought to keep Bengali as the national language.
30 Mar	Ugadi (Telugu New Year)	Ugadi or Yugadi, also known as Samvatsarādi (meaning 'beginning of the year'), is New Year's Day according to the Hindu calendar. It is celebrated in the states of Andhra Pradesh, Telangana, Karnataka, Tamil Nadu and Goa in India.
30 – 31 Mar	Eid al Fitr	The Islamic month of fasting, Ramadan, ends with the festival of Eid al Fitr. A celebratory meal breaks the fast, and good deeds have special significance during this time. Eid is also a time of forgiveness and making amends. The observance is subject to the sighting of the moon.

Free online events for carers!



March 25th - Support at Home program update for consumers & carers

Join the Department of Health and Aged Care and Older Person's Advocacy Network as they provide an update for older people, families and carers, on the Support at Home program, including information for existing consumers transitioning to Support at Home from 1 July 2025.

March 25th - 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.

April 16th - Common scams and keeping your identity safe

As scams become more sophisticated, protecting your identity can be challenging. This session is designed empower you to be able to spot common scams and the red flags to look out for, as well as information on staying safe online and what to do in the event of identity theft.

May 7th - Supporting people with dementia to stay at home longer

"It takes a village" is an online series designed to empower and upskill carers to support a person living with dementia to remain at home for as long as possible. With a strong focus on wellbeing and self-care, carers will be equipped to navigate some of the complexities and challenges of supporting the person they are caring for.

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

<https://goodthingsaustralia.org/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.

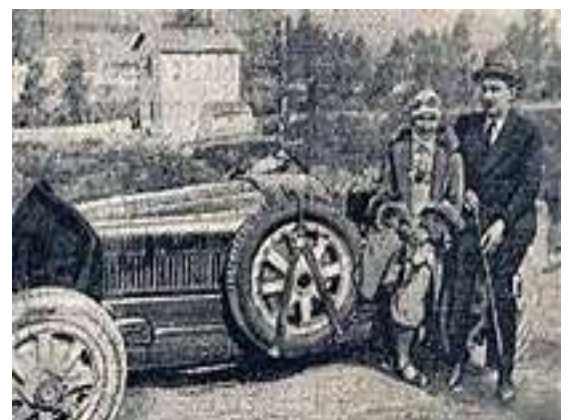
March 14 1831 - The Surprise, the first paddle steamer built in Australia was launched in Sydney.

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

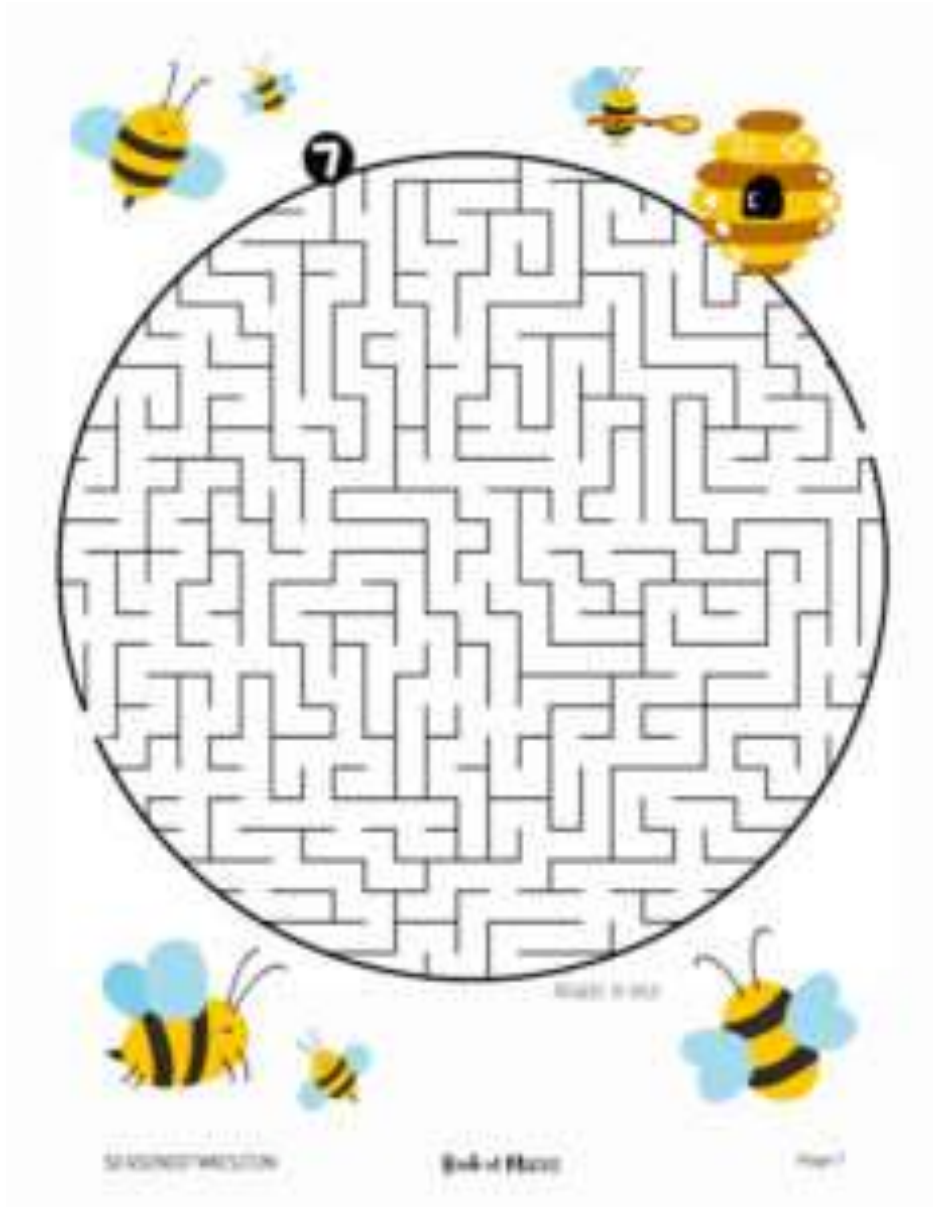
March 25 1936 - Tasmania is connected to mainland Australia by telephone for the first time.

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.



Mazes



Find a Word

Autumn



WORD SEARCH



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



SCARF
TREE
ACORN
HAY

APPLE
FALL
PUMPKIN
SWEATER

BOOTS
RAKE
PIE
LEAF



FIND 8 DIFFERENCES



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.

