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St. Anna's  
Home Care

## *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

## *A Message from the Manager - St Anna's Home Care*

### Preparing for Support at Home Reforms

Dear Clients, Families, and Friends,

As you are aware, the Australian Government is introducing major changes to in-home aged care. The new **Support at Home program** will replace the current Home Care Packages program from **1 November 2025**.

This reform brings significant updates to how aged care is funded and delivered, with the goal of making care **simpler, fairer, and more personalised** for older Australians.

#### Upcoming Pricing Review

In preparation for the transition, **St Anna's Home Care will be reviewing our service pricing and fees**. We are committed to transparency and fairness, and we want to ensure our prices reflect the upcoming changes under the Support at Home model. We will soon provide you with an **updated pricing consent form and detailed information**—well ahead of the transition date.

#### Information Pack

Shortly – you will receive an information pack from St Anna's that outlines these changes and **information** from the Department of Health and Aged Care to help you better understand the upcoming reforms. These include:

- **A New Rights-Based Aged Care Act**  
Learn how the new legislation will protect your rights and dignity.
- **A New Registered Supporter Role**  
Details on how a trusted person can be formally recognised to help you navigate aged care services.
- **Support at Home Program Overview**  
Including information on:
  - **Contributions** and how much you may pay
  - The **Service List**: what's included and excluded
  - **Quarterly Budgets** and how they work
  - **Classification Levels** and how your support needs are assessed
  -

- **Changes to Support at Home Pricing Arrangements**  
Explains how the new model replaces supplements and daily fees with a simpler structure.
- **Consumer Protections for Support at Home Prices**  
Know your rights around pricing, transparency, and dispute resolution.
- **Statement of Rights for Aged Care**  
A new clear and accessible statement of your rights when receiving aged care services.

We encourage all clients and families to take the time to review this information. If you have any questions or would like help understanding the materials, please don't hesitate to reach out to our team.

### We're Here to Support You

As always, **we are committed to supporting you every step of the way.** The changes ahead may feel complex, but please be assured that **our goal is to make this transition as smooth and empowering as possible** for you.

We'll continue to keep you informed and will offer individual support and guidance as more details are released.

Thank you, as always, for your trust in St Anna's Home Care.

Rebecca Foster  
Home Care Manager





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

Mira - 5 July  
Lyn - 8 July  
Eva - 9 July  
Anka - 10 July  
Nadia - 12 July  
Helen - 20 July  
Anna - 21 July  
Ruza - 27 July  
Joaquim - 29 July  
Salvatore - 30 July  
Andjelika - 31 July

Ariel - 23 July



## *Our Clients*



Eleanor enjoying her new recliner.



Ljerka making coffee for herself and her husband.



## *Our Clients*



Angela with some of the items she has made



Madalenna and Giacomo enjoying a lovely winters day at home

## *Recipe of the Month*

### *Vegetable soup*



#### Ingredients:

200g chopped vegetables, such as onions, celery and carrots  
300g potatoes  
1 tbsp oil  
700ml stock  
Crème fraiche

#### Method:

Fry the vegetables and potatoes in a pan with the oil for a few minutes until beginning to soften.

Cover with the stock and simmer for 10 – 15 minutes until the veg is tender.

Blend until smooth, then season.

Serve with a dollop of crème fraiche and some fresh herbs.

Will freeze for up to one month.



## *'A place with Heart' - Employee recognition*

Each month we will be giving an award for a Home Care employee who goes out of their way for our clients.



Our **July** Home Care employee is **Hollie**. Hollie is a new carer and is supporting our clients with a positive attitude and eagerness to assist our clients.

## *New Staff*



Please welcome our new Enrolled Nurse / Coordinator **Natalie**. Natalie comes to us with vast nursing knowledge and willingness to assist our clients.

## *Delayed commencement to the Support at Home program*

Most people will have heard that the new Support at Home program has been deferred to 1 November 2025. This delay will give the government, providers and consumers more time to understand and prepare for the changes.

Importantly, for existing home care package (HCP) consumers, the delay will not affect you. You will continue to receive care and services as outlined in your Home Care Agreement, budget, and care plan, including the ongoing accumulation and rollover of any unspent HCP funds.

We will continue to charge the same package management and care management fees against your monthly budget. Additionally, we will continue to work with you to use your package flexibly to meet your assessed care needs.

The delay in the Support at Home program provides a valuable opportunity for you to prepare for some of the upcoming changes.

Here are a few steps you can take:

- . Ask us for help with understanding what it means if you are a Grandfathered or Hybrid participant in the new Support at Home program.
- . Call My Aged Care on 1800 200 422 to check who is currently listed as your Representative, and familiarise yourself with the proposed new Registered Supporter roles and responsibilities.
- . If your income exceeds the full Age Pension, contact Services Australia to ensure they have accurate and up-to-date financial information for you.
- . Schedule a time to talk to us if your care needs or circumstances have changed, so we can review and update your care plan, arrange additional support or refer you for a home care package upgrade.

We are committed to using this delay in a way that benefits all our consumers, so please don't hesitate to reach out if you have any questions or need assistance to prepare yourself for the coming changes.



**Support at  
Home Program  
Delayed**

## Standard 3 - Care and Services

### Intent of Standard 3:

Standard 3 focuses on how care and services are planned and delivered in ways that are tailored to each older person. It highlights the importance of understanding the whole person—not just their clinical needs—so that care can support their independence, wellbeing, and dignity. This standard ensures care is responsive to individual goals, preferences, and life experiences. At St. Anna's, this means we work closely with you and your family to provide care that reflects who you are and what matters most to you, while respecting your right to make choices—even when those involve taking risks.

### What Standard 3 Means for You: You can expect:

- Your care to reflect your identity, choices, goals and preferences.
- To be involved in your care planning, monitoring and decision-making.
- A holistic approach that supports your physical, emotional, social and cultural wellbeing.
- Access to care that helps you maintain or regain independence, especially after illness or injury.
- To receive monthly care statements that keep you informed about the services you receive.

### Key Outcomes of Standard 3:

#### 1. Person-Centred, Holistic Care:

We take the time to get to know you—not just your health needs, but your values, interests, and life story—so that your care supports every aspect of your wellbeing.

**2. Active Involvement and Choice:** You're encouraged to take an active role in planning and managing your care. Your right to make choices, including taking risks, is supported with respect and dignity.

#### 3. Skilled, Supportive Staff:

Our team is trained to recognise and respond to changes in your health, preferences, or circumstances. We support staff with the time, tools, and knowledge they need to deliver safe, respectful care.

**4. Continuous Monitoring and Improvement:** Your care plan is reviewed regularly in consultation with you, and we use your feedback to make improvements. We also provide you with regular care summaries so you're always informed.

### Additional Key Concepts in Standard 3:

- **Support for Dementia Care:** We identify and build on the strengths of people living with dementia to promote ability, engagement and comfort.
- **Reablement and Recovery:** We provide support that helps you recover after illness or injury, and regain as much independence as possible.
- **Preventative Health:** Our approach also focuses on preventing issues before they occur, supporting long-term health and wellbeing.
- **Advance Care Planning:** We engage in respectful conversations about your future health care wishes, including who you'd like to be involved in those decisions.

### What This Means for Residents at St. Anna's:

- Your care is designed with you—not for you.
- We respect your right to be heard, to be involved, and to be treated as a whole person.
- Your feedback matters and is used to improve the quality of care and services.
- You'll always be kept informed and involved in decisions that affect you.

Standard 3 helps ensure that your experience of aged care is one where you are supported, valued and empowered.



## *Creating a dementia-friendly home*

Over many years in our home, we build memories, routines and familiarity, so when something happens, such as a dementia diagnosis, we may need to review the suitability of our home as to whether it will continue to meet our changing needs in the future.

Dementia Australia has created an interactive video to show how to make your home safer and more accessible for people living with dementia. Created by experts including occupational therapists and interior designers who understand the experience of people living with dementia and their carers, the video takes you through a typical home, room-by-room.

The viewer can click on a room, such as a living room or bedroom, to reveal tips and ideas on reducing clutter, minimising visual or auditory over-stimulation, and reducing trip hazards.

Thoughtful suggestions are also provided to enhance the overall living experience, including environmental design, furniture selection and placement, and ways to encourage relaxation and meaningful engagement.

Additionally, there are lists of simple and inexpensive improvements you can make to your home, which may be able to be funded by your home care package.

You can view the video by visiting the Dementia Australia website, or let us know if you need assistance to access these helpful and practical resources.

<https://www.dementia.org.au/living-dementia/home-life/dementia-friendly-home>



## *Using your package to explore your creative side*

Many of us can relate to how a specific piece of music or visual art can transport us back to a particular time or place, allowing us to relive those memories. As we age, we have more memories to draw upon, so finding a way to tap into these moments can have a powerful effect on a person's emotional well-being.

The home care packages program supports older people to access various therapeutic programs, including music therapy and art therapy as long as there is a professional recommendation to address an ageing-related care need.

Under the guidance of a registered Music Therapist, music and singing can significantly benefit older adults by enhancing mental health and well-being, reducing anxiety and stress, regulating moods, improving balance, encouraging movement, and even managing pain.

Art therapy is another wonderful way to promote and enhance creative expression and people don't need to have art skills or be 'good at art' to participate. Trained art therapists use art materials to help people express their thoughts, feelings, or experiences, often without the need for words.

Registered music and art therapy programs may be covered under a home care package, however expenses for individual music lessons, instruments, apps or subscriptions, some art classes, and all art supplies are excluded.

If you have a creative side that you would like to explore, we can help you to find programs in your area. Who knows what talent and joy you might unlock!

Additionally, we can arrange for a support worker or volunteer to spend quality social time at home with you, which may include activities like reminiscing and reflecting on different times from your past.





## *Rolling over your unspent funds*

Every person who receives a home care package (HCP) is allocated a daily 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 your government subsidy exceeds the amount that is spent in the month, this becomes known as Unspent Funds. In the home care package program, any unspent HCP amount carries over and accumulates from month to month, 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.

Unspent HCP funds accumulate for different reasons. Sometimes a person's needs or circumstances have changed so they may not require as much funding to provide all the care they need. Sometimes a person might choose not to accept some services even if they are recommended, or, sometimes a consumer might be saving for a particular item or a 'rainy day'.

From 1 November 2025, with the commencement of the new Support at Home program, there will be new limits to saving unspent quarterly budget amounts, and unspent funds will not accumulate in the same way.

The good news is that you will be able to carry forward all your unspent HCP funds to the new program. You will also have the flexibility to draw on these unspent funds in addition to your new quarterly budget.

We are conscious that some consumers might be apprehensive about the changes to unspent funds and may try to save extra unspent funds before the Support at Home program commences.

However, it is important to ensure your 'saving' is not at the expense of you receiving the care and services you need right now.

We will support you to make an informed choice to direct your package spending where it is needed most.



## *Spotlight on Thyroid Health*

The Thyroid gland in your neck helps control many of your body's most important functions, yet it is not something many of us know very much about. The Australian Thyroid Foundation wants all of us to be more aware of the signs of thyroid problems and ways to maintain our thyroid health as we age.

The most common disorder affecting the thyroid is hypothyroidism. This condition occurs when the thyroid gland fails to produce enough thyroid hormone, leading to a range of health issues. The thyroid hormones play a crucial role in regulating various metabolic functions in the body, including heart rate, blood pressure, body temperature, and weight.

In older adults, symptoms of hypothyroidism can be subtle and non-specific, which can complicate the diagnosis. Common symptoms include memory loss, decreased cognitive function, fatigue, sensitivity to cold, muscle pain, headaches, constipation, shorter attention span than usual, low mood, depression, or lack of motivation.

Hypothyroidism may develop over many years and can often be confused with normal ageing processes, so it's important not to overlook any signs if they occur.

A blood test can determine your thyroid function and fortunately, once hypothyroidism is diagnosed, most thyroid problems can be treated effectively.

The most common cause of hypothyroidism in Australia is an autoimmune condition known as Hashimoto's disease. There is a strong hereditary link, so if you are aware of any family history, it's important to be alert to symptoms.

You can find out more about thyroid function and health by contacting the Australian Thyroid Foundation on 0447 834 724

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



**Thyroid  
Health**

## *Introducing the e-Diva virtual assistant for dementia carers*

Caring for someone with dementia can sometimes be overwhelming and isolating, especially when caring responsibilities make it challenging to maintain social connections and reach out for support.

To address this, a new initiative known as e-DiVA has been developed by the National Ageing Research Institute (NARI) and Swinburne University of Technology to both educate and support carers to reduce the burden of care and improve their mental health and well-being.

Co-designed and tested with over 200 informal carers, care workers and clinicians, e-DiVA's virtual assistant provides 24/7 personalised video guidance for managing dementia symptoms from the comfort of your own home.

**Built on the World Health Organisation's evidence-based iSupport program, here are just some of the ways the platform can support carers:**

- . Carer-to-carer messaging functions with the ability to create group chats and connect with others in a similar situation about specific topics
- . Culturally tailored content available in multiple languages (coming soon)
- . Engaging online mini-courses designed to provide practical tips and how-tos to help you manage changes in behaviour
- . An easy to use service locator to help you navigate all of the local resources that are available to you

With carers emphasising their need for relatable information that reflects their everyday realities and is easily accessible, e-DiVA's voice activated features make it easy for people of all digital abilities to navigate.

To learn more and register for a free account, visit the link below:

<https://ediva.org/>



## Cultural Events

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

5-6 Jul	Ashura	For Sunni Muslims, Ashura marks Noah's departure from the ark and the exodus of Moses from Egypt. It is usually marked by a day of non-obligatory fasting. For Shia Muslims, it marks the anniversary of the martyrdom of Prophet Muhammad's grandson Hussein in Karbala, Iraq. It is commemorated with public processions.
6 – 13 Jul	NAIDOC Week	National Aboriginal and Islanders Day Observance Committee (NAIDOC) Week is held annually in early July. It is a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements. It is an opportunity to recognise Indigenous Australians' contributions to our country and society. This year's theme is 'Keep the Fire Burning! Blak, Loud & Proud'.
10 Jul	Asalha Puja (Dhamma Day)	Asalha Puja Day or the Dhamma Day celebrates the first teaching of the Buddha. This Buddhist event commemorates the first sermon delivered by the Buddha after his enlightenment. This event is one of the most important festivals for Theravada Buddhists.
19 – 21 Jul	Karsa (Mandaean New Year)	Karsa marks the beginning of a new year for Mandaeans and is spent and celebrated with family. It begins at dusk and ends 36 hours later.



## *Free online events for carers!*



### **July 11th - Heartspace meditation and mindfulness for busy carers**

Throughout this gentle series, carers will be guided through a nurturing meditation designed to quieten self-judgement and cultivate kindness towards yourself, just as you are.

### **August 5th - National Gallery Australia**

Art for carers online 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.

### **August 6th - 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.

### **August 20th - Dementia Australia - Understanding changes in behavior**

This session provides an introduction to dementia and changes to the brain, effects on behaviour and the impacts of changed behaviour. It will introduce problem solving models, including tips and strategies to minimise and respond to changed behaviour.

### **August 21st - Activities to engage someone living with dementia**

This practical session assists carers looking after someone at home to plan meaningful and engaging activities. It promotes independence and wellbeing by focusing on what the person with dementia can still do.

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

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



## Sudoku

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



## *Sudoku Answers:*

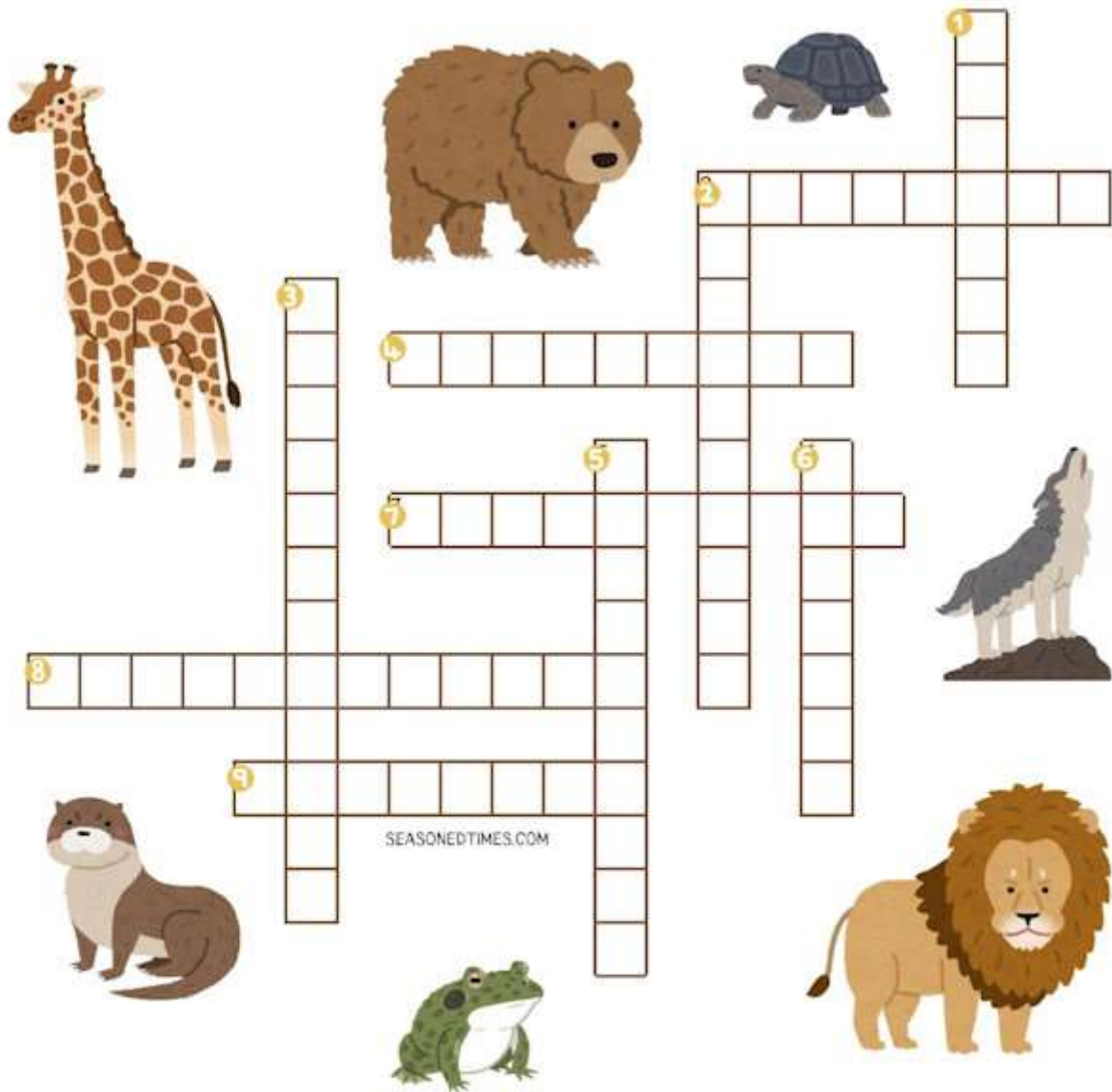
2	5	7	1	3	8	6	4	9
8	3	1	6	4	9	2	5	7
6	4	9	2	5	7	1	3	8
9	6	4	5	7	2	8	1	3
7	2	5	3	8	1	9	6	4
1	8	3	4	9	6	7	2	5
3	1	8	7	2	5	4	9	6
4	9	6	8	1	3	5	7	2
5	7	2	9	6	4	3	8	1



## Crossword

# NATURAL ENVIRONMENT CROSSWORD

LOOKING FOR WORDS ASSOCIATED WITH WILDLIFE AND NATURAL RESOURCES.



### ACROSS

- 2 THE ILLEGAL HUNTING OF WILD ANIMALS
- 4 A COMMUNITY OF PLANTS, ANIMALS, AND THE ENVIRONMENT
- 7 THE PROCESS OF A SPECIES NO LONGER EXISTING
- 8 THE PROTECTION OF NATURE AND ANIMALS
- 9 ANIMALS AND PLANTS THAT LIVE IN NATURE

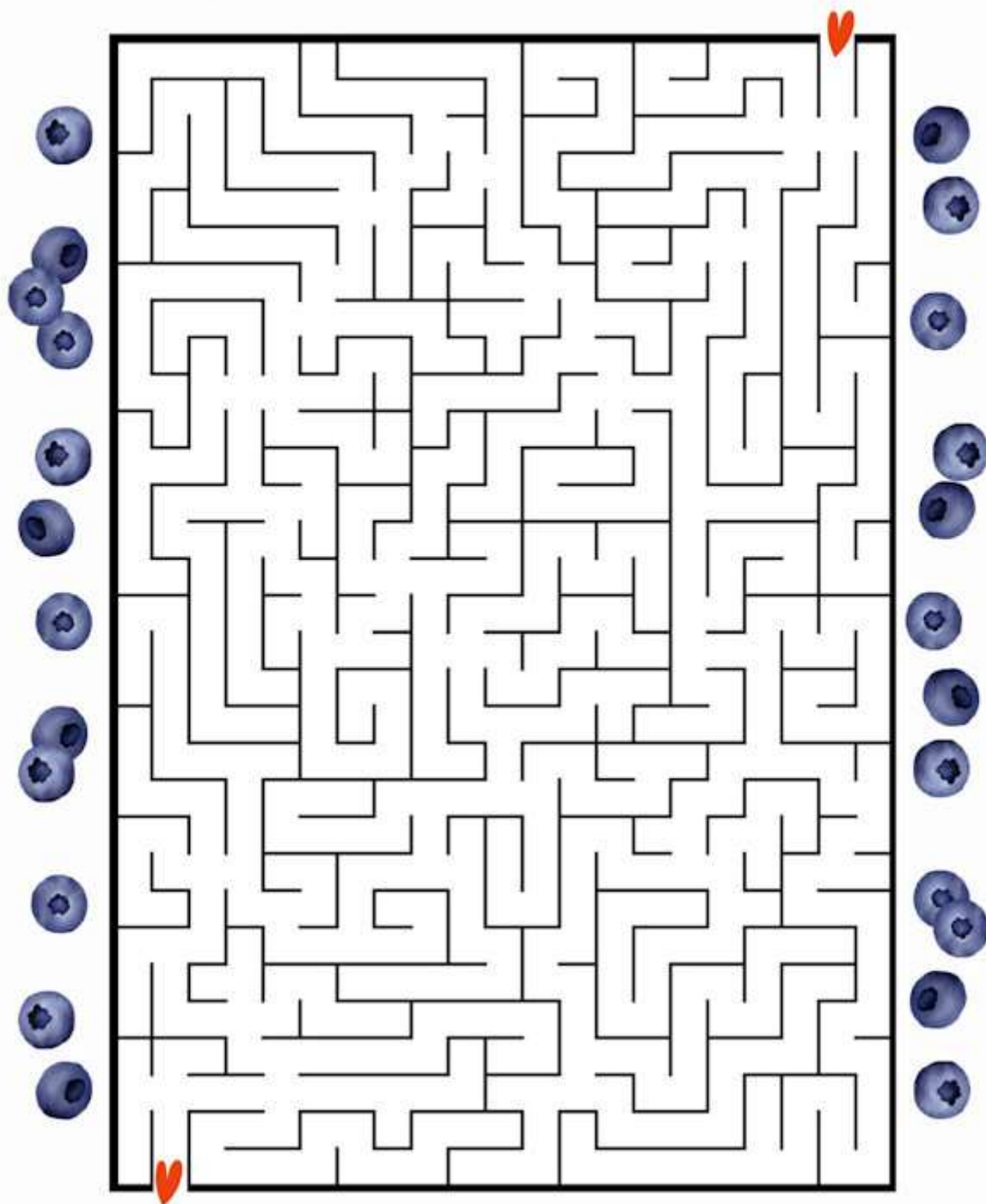
### DOWN

- 1 THE NATURAL HOME OF AN ANIMAL OR PLANT
- 2 KEEPING SOMETHING SAFE FROM HARM
- 3 THE VARIETY OF PLANTS AND ANIMALS IN NATURE
- 5 AT RISK OF DISAPPEARING FOREVER
- 6 LARGE AREAS FILLED WITH TREES AND WILDLIFE

## Maze



# I ♥ BLUEBERRIES MAZE



SEASONEDTIMES.COM

## *This Month in History*

July 8 - The first share offer for the newly privatized Commonwealth Bank

July 17 - 1964 Donald Campbell set a record of 403.10 mph for jet propelled four wheeled vehicles on Lake Eyre

July 18 1914 - Maurice Guilaux lands in Sydney. The first airmail delivery from Melbourne to Sydney is achieved.

July 19 1958 - The last tram service runs in Perth, Western Australia

July 22 1870 - A state flag of South Australia is adopted.

July 31 1858 – The first game of Australian Rules football is played between Melbourne Grammar School and Scotch College.



## Find a Word

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# A Night at the Movies

## Word Search



ADULTS  
AISLE  
BOOTH  
COMEDY  
CREDITS  
CURTAIN  
DARK  
DRAMA  
EXIT  
FEATURE  
HORROR  
LICORICE  
LIGHTS  
LINE  
MARQUEE  
MUSIC  
POPCORN  
PREMIERE  
PREVIEWS  
RATING  
ROMANCE  
ROW  
SCIFI  
SCREEN  
SODA  
SOUND  
TICKET  
USHER  
WESTERN



**DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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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.

