



Newsletter

February 2025

Issue 10

AT YOUR SERVICE
HOME CARE
HOME CARE DONE RIGHT



CELEBRATING CENTENARIANS



WHAT'S INSIDE

- THE 100 PROJECT
- CHOOSING YOUR OWN CONTRACTORS
- COMMUNITY GARDENS
- PRODUCT SPOTLIGHT ON SOS PENDANTS
- WHAT'S ON FOR CARERS

The 100 Project: Make a timeless keepsake for your family

Everyone has a story to tell, and an estimated 6000 centenarians in Australia have 100 years worth of them to share!

The 100 Project (guided by the filmmakers behind Rabbit Proof Fence and [Everybody's Oma](#)) is inviting centenarians and families to create a video keepsake for your family and future generations as well as contribute to the Australian story.

Becoming part of The 100 Project is easy, all you need is a smartphone and a little help from their team.

You simply film an interview of a 100-year-old, and their professional filmmakers will edit it for free.

Their website includes tutorials with top tips on how to film on a smartphone, how to interview a 100-year-old and how to scan old photographs.

Plus, they also have a list of questions you can use as a starting point for your interview. Then once you send in your video and photos, they'll professionally edit the film for you.

When the film is finished, you'll receive a link so your family and friends can enjoy the 100-year-old's story on The 100 Project's website, YouTube Channel and Facebook page. And it might even become a part of a TV series, feature film or a museum video installation!

If you'd like to make a timeless keepsake for your family and become a part of Australia's history, visit their website to find out more:

<https://www.the100project.com/how-it-works/>



info@the100project.com
Ph: 0466 873 923



Choosing your own contractors

From time to time, one of our clients will ask whether they can use a service provider or contractor of their choice to deliver certain services. To answer this question, we need to look at four main things:

1. What does the Legislation say?

Under the aged care legislation, contractors who perform work under our instruction and are paid by the government subsidy are considered to be 'staff members'. We are expected to make sure all of our workforce (including contractors) meets the relevant legislative & quality requirements.

2. What do the Quality Standards require?

We must ensure that all contractors involved in your care help us to comply with the Aged Care Quality Standards. We must assess and monitor contractors' quality, suitability, and performance in the same way we do for our own workforce. Compliance with Quality Standards and effective contractor management are essential.

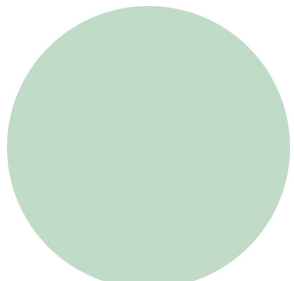
3. What does the HCP Consumer Manual say?

You have a say in the types of care and services delivered to you as part of your Home Care Package and who delivers those services. You can chat with us about your preferences and learn about the steps we need to take to ensure your preferred contractor can meet these requirements.

4. What does our own policy say?

Our policies define the way we work. We require all contractors who fit our contractor definition (except one-off independent contractors, e.g. tradespeople) to enter into an Agreement with us and provide a police check, relevant insurance, and certificates to show they can competently perform their work. The same requirements exist even if you pay for the service yourself and seek reimbursement from your package funds.

Please give us a call if you'd like to know more about choosing who provides some of your care and services.



Product spotlight: Live Life Alarms SOS pendant

With 1 in 3 people over 65 experiencing a fall each year, this month's spotlight is on the Live Life Mobile Alarm pendant.

Lightweight and showerproof, this SOS alarm pendant works using the same cellular phone technology as a mobile phone, but without the complicated features.

When help is needed, the wearer presses the SOS button for one second. The device will then text and sequentially call up to 6 emergency contacts. Your contacts receive help messages via text, with a link to Google Maps showing the pendant user's location to approximately 2 metres.

When one of the emergency contacts answers, the wearer is able to talk hands free through the pendant.

Here's a quick overview of some of the additional features:

- Works anywhere in Australia where there's mobile coverage
- Program up to 6 emergency landline or mobile numbers - including 000
- 2-way voice communication, with high quality, clear, easy to hear audio
- Your alarm "talks" to you, guiding you through an emergency
- Inbuilt fall detection. Texts & calls 6 numbers if a fall is detected
- Automatically answers calls in speakerphone mode

So if you're looking for the peace of mind Live Life Alarms has to offer, speak to your care manager about how the pendant can be directly linked to your identified care needs to improve or maintain safety, both at home and out and about.

Ph: 1800 936 774

<https://livelifealarms.com.au/>



Diabetes and your wellbeing

According to Diabetes Australia, there are approximately 1.5 million people living with diabetes in Australia today, with an additional 120,000 people being diagnosed every year.

A healthy balanced diet, moderate exercise and preventative health measures can benefit everyone, but people who have diabetes know all too well about the ways they have to modify their life and lifestyle, to manage their condition and live a healthy and enjoyable life.

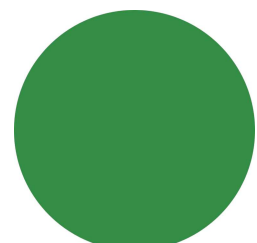
As part of our care management responsibilities, we will partner with you to best understand how diabetes impacts you and your health. This may occur in a variety of ways, including:

1. **Assessment:** identifying key areas of concern, e.g. diabetes management, foot care, exercise, meal planning & eating, eye care, skin care, weight management, and physical activity.
2. **Setting goals:** a care plan of services, equipment, modifications, activities and other items to meet your needs in relation to diabetes.
3. **Referral:** ensuring relevant specialists are involved, e.g. podiatrist, GP, nurse, diabetes educator, pharmacist, and so forth.
4. **Sharing with others:** ensuring those involved in your care know what to do, and what to look out for, regarding your day-to-day diabetic requirements.
5. **Directing funds:** ensuring your home care funds are prioritised and spent where they are most needed to meet your diabetic needs.
6. **Monitoring & responding to changes:** adjusting your services if and when required.
7. **Review and reassessment:** periodic reviews to ensure all of your care needs are identified and addressed in your care plan.

Your GP, other health professionals, or Diabetes Australia are a great source of information.

Ph: 1800 177 055

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



Men's sheds: Community and mateship at its best

Since the 1990's Men's Sheds have played an important role in providing men with a place to go and a community to belong to, where they can simply enjoy an atmosphere of old-fashioned mateship.

With over 1000 vibrant and diverse sheds around Australia, they've become a place to both learn and pass on skills, without any pressure.

And while no two sheds are the same, many make important contributions to their local communities, providing 'shedders' (shed participants) with an important sense of belonging.

A peek behind the scenes of a local shed and you might see shedders:

- Enjoying a BBQ breakfast
- Working on local [charity projects](#)
- Restoring bicycles for a local school
- Making [handy boot jacks for RM Williams](#)
- Or simply having a yarn and a cuppa if that's all they're looking for

Although sheds provide a safe and busy environment for shedders who like being productive, there's really no pressure to 'do' anything.

So if an old-fashioned atmosphere of connection, community and mateship sounds like your cup of tea, call 1300 550 009 or click the link below to find a shed near you:

<https://mensshed.org/find-a-shed/>

Let us know if you'd like assistance to attend Men's Shed. We can update your care plan and allocate some package funds to support this important social activity.

Fun fact: With [John Paul Young](#) being presented with an Honorary Life Membership for his ongoing contributions to Men's Sheds, so you never know who you might run into!



Driving & staying independent: A decision aid for older drivers

Aged Dementia Health Education and Research at the University of Wollongong, together with Transport for NSW have released a new resource aimed at helping older drivers make informed decisions when it comes to driving.

Driving brings a sense of independence, freedom and convenience for most people and can provide a way to get to social and leisure activities, volunteer work, or travel.

And while most older adults are experienced, cautious and responsible drivers, you can expect your driving skills will change as you age. So even if you feel confident driving, it's important to look out for changes to your driving skills.

The resource provides guidance and support and will help you consider:

- How you can keep driving safely for longer
- How you can maintain your lifestyle if you're required to drive less or retire from driving
- How to prepare for other ways to get around.

The resource is available as an interactive tool that can be done online, or a version that can be printed at home.

To find out more visit:

<https://www.uow.edu.au/science-medicine-health/research/older-drivers-resource/>

Although the guide provides resources such as the NSW taxi subsidy scheme, the discount taxi program is available in every State and Territory.

Please get in touch with us if you'd like assistance with applying for any of the resources mentioned in the decision aid.



How we respond to changes in your care needs

As part of our commitment to improving your health and well-being, we are here to support you if your health takes a turn for the worse. Most of our clients are under the care of a doctor, nursing service, specialist, or other health professionals, so we will usually refer to the professionals to help guide any changes to your care and services.

Working together with you, these are some of the steps we might take to respond to any changes in your health:

- Request you visit your GP or other health professional to prescribe any immediate treatment options if required, e.g. antibiotics, wound care, etc;
- Chat with you, your family (if appropriate) and support workers to understand any impacts that the health changes have had on your day-to-day independence and care needs;
- Review your current services and supports, and make any necessary changes to ensure your needs are being met within your allocated budget;
- Refer you to My Aged Care if you would benefit from an upgrade to your home care package;
- Communicate and share any changes with those involved in your care.

The sooner we know that there has been a change in your care needs, the better the outcome is likely to be.

We rely on getting regular feedback from your care workers, your family, and you, to make sure we can respond quickly and prioritise how your package can best support you to live safely and independently at home.



Free 'Talk To Me' medical translation App

Being in a hospital or healthcare setting can be stressful and confusing, but for those for whom English is not their preferred language, it can be an even more distressing experience.

St Vincent's Hospital, Melbourne, have launched the **Talk To Me** app to assist patients and health professionals all over Australia to communicate using brief sentences on a range of basic topics in 12 community languages.

What are some of the features?

- It's FREE
- iPad/iPhone/Android compatible
- Frequently Asked Questions
- Suitable for health professionals and patients
- 20+ topics, 400+ sentences (written and audio)
- Easy yes/no options, calendar & appointment capability
- Cultural information on ethnic communities
- 12 community languages: Arabic, Cantonese, Croatian, Hakka, Greek, Italian, Macedonian, Mandarin, Serbian, Spanish, Turkish, Vietnamese



'Talk To Me' does not replace the vital role of an interpreter who should be engaged to communicate the important topics related to ongoing medical and patient care.

We encourage you to try it out by scanning the QR code above, or you can visit the website:

<https://talktome.svhm.org.au/>

Families may also find this helpful if they cannot always be present in the hospital or healthcare setting.



Community Gardens Australia

While gardening has often been thought of as an enjoyable form of relaxation, a regular dose of gardening has also been associated with a wide range of health benefits.

In fact, [studies](#) suggest that daily contact with nature has a significant and long-lasting impact on health, including: depression and anxiety, diabetes, obesity, heart disease and cognitive function.

But since not everyone has access to their own little plot of land, that's where community gardens come in.

Community Gardens Australia is a volunteer-run organisation linking people interested in city farming and community gardening.

The gardens are found across Australia in big cities and country towns and are places where people from all walks of life and ages come together to grow fresh food, learn, relax and enjoy good company.

As well as being places where people with little of their own garden space can grow fresh food, they have fast become lively hubs for a range of community events, celebrations and creative activities.

At the heart of community gardening, is transforming an unused/unloved plot of land close to where you live, into a beautiful urban environment everyone can enjoy.

And with 'footpath garden' projects popping up in neighbourhoods everywhere, it's a great way to connect with neighbours and other locals.

If you'd like to get involved in adding some 'nature' to your neighbourhood, a local community gardening group might be for you.

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

Gardening safety tips and considerations can be found [here >](#)



Invitation to participate in the Ageing Wisely online program

Have you lost interest in the things you used to enjoy? Or do you often feel anxious, worried or concerned?

If so, the Ageing Wisely program may be able to help you.

Developed by the team at Macquarie University, the original face-to-face program has more than 10 years of research showing its effectiveness for reducing depression and anxiety in older adults.

In order to allow older adults to be able to access evidence-based treatment from home, their team has now adapted the original face-to-face program into **Ageing Wisely Online**.

Using cognitive behavioural therapy (which is the gold standard intervention for anxiety and/or low mood), the program has been specifically designed for older adults 65+ and includes:

- 10 engaging modules with instructional videos
- Interactive activities and examples of how to apply the skills
- A brief weekly phone check-in with a trained psychologist

There is no cost to participate and you'll also be rewarded with a \$100 gift voucher for your time.

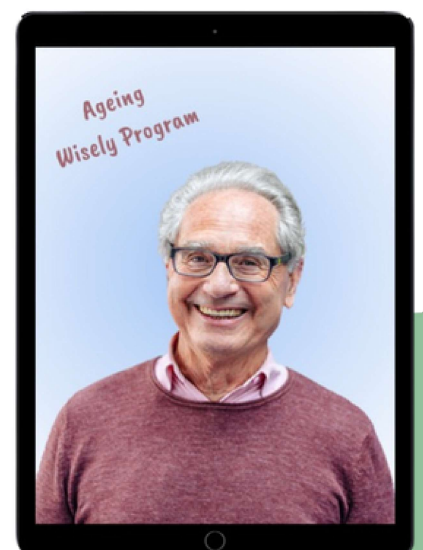
For more information please contact the Emotional Health Clinic:

Ph: 02 9850 8715

AgeingWisely@mq.edu.au

<https://ageingwisely.org.au/site/about>

*Depending on which group you're allocated to, there may be a wait time before you can participate.



Free online events for carers!



February 25th - What will the new Aged Care Act mean for consumers and their families?

With the new Aged Care Act coming into effect on 1 July 2025, OPAN's panel of experts will be providing information and insight into the changes, and how they will effect older people and their families. [Learn more >](#)

February 25th - 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. [Learn more >](#)



Feb 27th - Caring through crisis: disaster planning

This workshop provides carers with an opportunity to plan ahead for future emergencies, especially when caring for someone with complex needs. You'll receive a free copy of the Caring through crisis: Disaster planning handbook, and a template to create your own emergency care plan. [Learn more >](#)

February 28th - National Gallery Australia - Art and dementia online

This is a social and creative program for people living with dementia and their carers from across the country, that engages participants with the National Gallery's collection through discussion and art making. [Learn more >](#)

March 17th - The importance of planning ahead for the future

Planning for the future can be challenging for carers, many of whom avoid thinking about future needs for themselves and the person they care for, until they are in crisis. This session provides an overview of the legal, medical, financial and other practical considerations in planning for the future as well as a free handbook with tools and resources. [Learn more >](#)

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

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

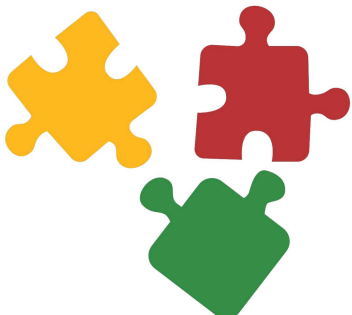
Word Search:

Ageism Awareness Day

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

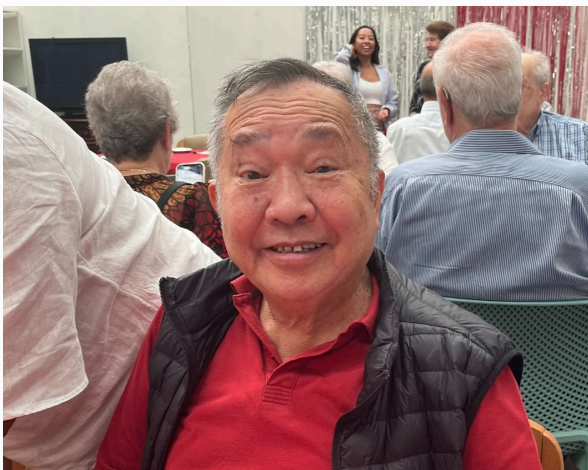
Find the 12 hidden words by searching for only the words in bold

• **Ageism** awareness day • **discrimination** • **attitudes** • older **people** • **valued**
• **connected** • **respected** • **contributions** • **acknowledged** • **equal terms**
• human **rights** • **every** age counts



Take the pledge: <https://www.everyagecounts.org.au/>

VALENTINE'S DAY



VALENTINE'S DAY

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AT YOUR SERVICETM
HOME CARE
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SOCIAL EVENTS CALENDAR



Labour Day Paint and Sip

Sip some tea/coffee with fun crafts and painting activities

MARCH
10



Easter Monday Luncheon

Celebrate this easter with a hot cross bun or two paired with morning tea or coffee

APRIL
21



Mothers Day High Tea

Whether you're a couple or wanting to celebrate this special day solo you're invited to celebrate with activities and morning tea

MAY
9

More event details to be released
closer to the event date

RSVP TO 1300 952 860