



AT YOUR SERVICETM
HOME CARE
HOME CARE DONE RIGHT



BLUE ZONES & HEALTHY AGEING

WHAT'S INSIDE

- HOME SAFETY ASSESSMENTS
- ADAPTIVE CLOTHING
- FREE EVENTS FOR CARERS
- DEMENTIA RESOURCES
- INTERIM HOME CARE PACKAGES



Product spotlight: The Shapes United range

If you haven't heard of adaptive clothing before, it's a range of specialised clothing that's been specifically designed for people with disabilities, including older people, that looks like stylish every day clothing.

If you've ever tried to get dressed while seated, or do up zips or buttons one handed, adaptive clothing can help with these challenges by making dressing easier and prolonging independence.

Fiddly buttons are replaced with magnetic buttons and velcro closures. Flat seams and the absence of irritating tags allow for more comfort on your skin. And the reduction of chunky metal zippers and binding waistbands, can make activities of daily living less stressful and painful.

Adaptive clothing can make life easier for anyone managing health conditions such as, dementia, arthritis, oedema, or hospital recovery.

Additional benefits of The Shapes United range include:

- Open sides or backs - feature overlapping fabric panels in strategic areas that offer modesty, while still providing easy dressing as well as access to catheters and other medical devices
- Super-soft 100% cotton jersey to reduce aggravation for people with sensitive skin, eczema or sensory issues

If you could benefit from adaptive clothing, speak to your care manager about how it can be directly linked to your identified care needs to improve your ability to independently maintain activities of daily living.

Ph: 1300 893 826

<https://www.theshapesunited.com/pages/aged-care-health-care-packages>



Home Safety Assessments

What is it? The Aged Care Quality Standards require all providers to understand the environment you live in, and to help identify any potential risks or hazards to your safety and the safety of people working in your home.

What happens? During our first assessment with you, we'll conduct a Home Safety Review which might include us checking out some or all of these items:

- Your home location and general surroundings & neighbourhood;
- Bushfire or flood risks;
- Security – spare keys, key safe &/or medication locked-box location & codes, outdoor lighting, etc;
- Access & parking, pets, gates, pathways, steps, etc;
- Trip hazards in the house – power cords, carpet/rugs, furniture placement, slippery tiles, etc;
- Safety & functionality of your everyday appliances for you or support workers to use – including vacuum cleaner, microwave, fridge, kettle, washing machine/dryer, etc;
- Lighting throughout the house and functioning smoke detectors;
- Adequate space in the bathroom, and safety of fixtures such as shower, toilet and grab-rails;
- Height of chairs and bed to be suitable for safe sitting & standing;
- Specialised aids and equipment in place, or required for safety and health;
- Other risk factors such as smoking, excessive clutter, pests, secured weapons, etc.

If there are any concerns, we can work with you to find solutions that will work for you and your situation. Sometimes your home care package may assist with funding the solution, and other times, you may need to cover the costs personally. Either way, we're here to help you address safety concerns in and around your home.

Any risks or concerns will be included in your care plan so that we can work in partnership with you to improve the safety and functionality of your home and environment.



Home safety and equipment considerations

Safety and security are important to us all, and this is no different as we age.

We encourage all our consumers to regularly review their own home situation and to be mindful of health and mobility changes that might have an impact on personal safety.

We'll work with you to assess this more formally, but there's a lot you can do to be proactive and plan ahead to avoid potential problems in the future. We're here to help you work through the challenges of accepting help with your health, independence or mobility, so that you can adapt and find new ways to stay in control as much as possible.

Sometimes, these changes may also impact on others, such as family carers or paid support workers. We actively encourage people involved in your care to let you know if they've noticed something, and also advise your care manager so they can work with you to address the issue.

The Department of Health & Aged Care produce a list of items and services that are approved under a home care package. Safety for you and your care team is a priority for package funds, but it's important to note that not all items or supports automatically qualify.

The process for safety equipment and items may require some assessment from a qualified professional, such as an Occupational Therapist, Physio, Speech Pathologist, GP, nurse, and so forth - depending on the nature of the issue.

If recommendations are made, we'll work with you to decide how the equipment, product or service can be paid for.



Blue Zones: The world's best places to have been born

If you've never heard of Blue Zones, the term was coined by scientists and longevity researchers who set out to identify pockets around the world where people lived longer and healthier lives - than average.

After discovering 5 areas around the world that met the criteria for being certified as a blue zone, researchers found that not only did these populations live longer, but they live with only a fraction of the chronic diseases that we struggle with.

Scattered in different corners of the world, it turns out these are perhaps the 5 best places to have been brought up in:

Nicoya in Costa Rica; Sardinia in Italy; Ikaria in Greece; Okinawa in Japan and Loma Linda in the USA.



So what are the secrets some of the oldest and healthiest people share?

If you thought it was due to the genetic lottery or positive thinking, think again!

Here's a brief look at what they have in common:

Their diets consist of mostly plant-based, unprocessed food that flows from the land. Their homes, communities and workplaces present them with ways to move naturally throughout each day. They prioritise family across generations and make time to hang out with friends. They are always surrounded and never left to live isolated lives, giving them a sense of belonging.

And importantly, they never really 'retire' as the rest of us know it. Older generations flow into meaningful new roles, that provide self esteem and give them a reason to wake up each day.

These lifestyles characteristics shared by residents of the blue zones have become known as the Power 9.

What can we learn from the Blue Zones power 9?

When National Geographic Fellow, Dan Buettner and his team set out to study the habits of people living in the 5 locations around the world known as blue zones, they discovered the same things coming up over and over again.

Although geographically isolated from one another, it turns out the world's longest and healthiest living people share many of the same lifestyle habits.

Here are the 9 things residents of the Blue Zones have in common:

1. They move naturally

Their homes and communities are set up so they're constantly moving naturally throughout each day. They take care of daily chores and walk and garden and cook. They focus on activities they love and rarely use cars.

2. They know their purpose

In Okinawa they call it *ikigai* and in Nicoya they call it *plan de vida*, which basically translates to 'why I get up in the morning'. People who have a clear sense of purpose are [healthier](#) and happier.

3. They take a break from stress

People living in blue zones have stress-reducing rituals built into their daily lives.

Activities such as prayer, remembering their ancestors, taking a nap and even happy hour all help to reduce the inflammation associated with stress.



4. 80% Rule

In Okinawa, they follow the 80% rule, known as *hara hachi bu*, which basically translates to eat until you're 80% full. In all five blue zones, people eat a large breakfast and a smaller lunch, with dinner being the smallest meal of the day.

5. Plant slant

People in the blue zones eat a largely plant-based diet packed with disease-fighting nutrients. The cornerstone of their diets is lots of fresh fruits, vegetables, whole grains, legumes and nuts. And in the areas that do eat meat, it's only consumed a few times a month on special occasions.

6. Wine in moderation

Except for the Adventists, they drink a moderate amount of alcohol (with food or friends) on a regular basis. In Sardinia, they drink a wine called Cannonau, which has 2 - 3 times the level of [heart-friendly flavonoids](#) as other wines.

7. They have a sense of belonging

These centenarians are invested in their community and almost all of them have a strong faith base, as well as strong, healthy social networks.



8. They put loved ones first

They invest time in their loved ones, who tend to remain geographically close. It's often considered an honour to look after their elders, with younger generations valuing and helping to care for older ones.

9. They hang out with the right tribe

They actively participate in their communities and surround themselves with the right people. Some have groups of lifelong friends, which offers the support and security of knowing someone will always be there for them.

So, now we know that the secrets of the world's healthiest and longest-living people are not so secret after all. Separately, each of the Power 9 are just one part of the picture. But together, it's this pattern of little things that add up.

How to prepare for an Occupational Therapist home visit

Occupational Therapists are an important and highly regarded Allied Health professional in the lives of many of our consumers. OTs are regularly called upon to conduct in-home assessments and to make professional recommendations for aids, equipment, modifications and other solutions to issues and risks in the home.

Your home care package will pay for the cost of the Occupational Therapist Home Assessment, and may cover, or contribute to, the cost of their recommended solutions.

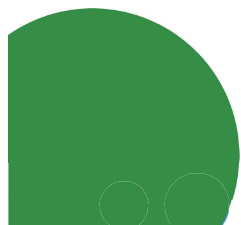
We will generally require the following information from the OT:

- Photos, measurements and diagrams of areas of concern,
- Options for hiring of some items or equipment, if applicable,
- Suggestions for lower-cost and creative solutions to mitigate any risks (these may be temporary solutions while funding is being arranged, or alternative solutions to enable more efficient use of funds in general).

The OT report doesn't guarantee that your home care package can or will fund all the recommendations made by the OT. There are a number of factors that must be considered, and we'll work with you to make the most appropriate decisions for your care and support.

Any approved spending needs to relate to your assessed care needs and be documented in your care plan, so we will update your care plan if required.

If you have any concerns about your safety at home or the suitability of your environment, please contact your care manager and we'll be happy to help arrange an assessment.



'Interim' Home Care Packages

Most consumers are aware that there are four levels of home care packages. Each of these levels attracts a prescribed amount of funding, designed to meet the care needs of the person. However, there are times when a consumer may be approved for a particular package level, but My Aged Care is only able to assign them a lower-level package in the interim.

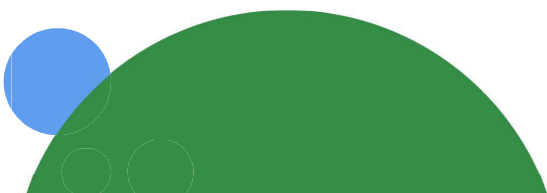
This can be difficult for the person who may be trying to manage their high-care needs on a low-care package. We are conscious that people waiting for a package upgrade are particularly vulnerable to risks whilst their needs are not being met by the package funds. We will help you to prioritise your care needs so your available package funds are being directed where they are most needed.

Wherever possible, we will refer you for additional supports and services to supplement your package income. You may also like to contribute personally, if you have the financial means to do so. Once the higher-level package is assigned to you, these supplementary services and your personal contributions may be no longer needed.

My Aged Care will automatically upgrade you to the higher-level package when one is available and they will notify you, and us, as your provider, when this occurs. As soon as we are notified, we will arrange to review your care plan and package budget with you.

If you're on the waiting list for a higher level package but your current package level is meeting your needs, and/or you have unspent funds, you are advised to remain on your current package level. You can opt-out of the priority waitlist temporarily, and if your needs increase, you will go to the top of the list to receive your package upgrade.

Please let us know if you are struggling to have your needs met with your current package funds - we will support you to apply for a higher-level package or find alternative supports in the meantime.



The Dementia friendly home app

With 70 per cent of people with dementia living in the community, the Dementia Friendly Home app provides carers and family members with ideas to make a home more accessible for people living with dementia.

Making the home more dementia-friendly can allow the person to stay in their own home, enjoy their regular lifestyle activities and remain engaged with their community for longer.

Using interactive 3D game technology, the app places you in a 'virtual home' where you can discover how to make a home more suitable for people living with dementia.

You can then explore each room at your own pace and interact with objects, which allows you to immediately discover the impact a simple modification may have on improving the quality of the home environment.

One of the most popular features of the app is when you tap on a question mark, the pop-up tells you what you can do in that area of the home to make it dementia friendly.

Many of the app suggestions are small, inexpensive ideas that are easy to implement, such as labelling cupboard doors with pictures. As well as more significant changes, ranging from motion sensors to floor and wall coverings.

Based on the [10 Dementia Enabling Environment Principles](#), the app shows how a well-designed care environment can enable people living with dementia to make the best of everyday life.

Available for tablets and mobile phones, you can download the app via the link below:

<https://www.dementia.org.au/get-support/technology/dementia-friendly-home-app>



Free online events for carers!



November 13th - 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. [Learn more >](#)

November 13th - Navigating My Aged Care

My Aged Care includes a wide range of services and supports 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 this 90 min session to find out what's available. [Learn more >](#)

November 20th - A national conversation: The importance of brain health

The Parliamentary Friends of Dementia and Dementia Australia invite you to join the livestream of a national conversation on the importance of brain health in reducing the number of people impacted by dementia. [Learn more >](#)

Live stream link > <https://www.streamout.live/da> 10am AEDT.

November 21st - Carer Gateway services and supports

An overview of the supports available to carers including; counselling, in person peer support, planned and emergency respite and access to carer directed packages. [Learn more >](#)

December 3rd - 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. [Learn more >](#)

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

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

Word Search:

Scams awareness week

Y C J C E L E B R I T I E S
G R U Y W W V C W M G Z J S
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Q I I E A E X T O R T I O N
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Find the 12 hidden words by searching for only the words in bold

- Fake **celebrities** scam
- criminals**
- investment** scams
- money **stolen**
- text** message
- friends or family **impersonation**
- romance** scams
- bank** imitation
- steal** personal information
- warning** signs
- credit** card
- extortion** scam

Explore the topic: <https://www.scamwatch.gov.au/types-of-scams>