



City of
DAREBIN

Newsletter

HOME CARE HQ



Let's celebrate Spring together!



WHAT'S INSIDE

- SENIORS FESTIVAL LAUNCH AT THE PRESTON MARKET
- HOME MEDICINES REVIEW
- THE NEW AGED CARE ACT
- HOME MEDICINES REVIEW
- HALF PRICE TAXI FARES

Wishing You a Safe and Joyful Festive Season - Plus Exciting updates Inside!

Dear valued Clients,

As the festive season and summer approach, I want to send my warmest wishes to you and your loved ones. I hope you enjoy this special time with family and friends, and remember to take care of yourself in the heat—stay cool, hydrated, and safe.

In this month's newsletter, we've included some helpful articles:

- **Health & Loneliness:** How to stay connected and improve your wellbeing.
- **Dementia Care Innovations:** The latest advancements in care.
- **Summer Safety Tips:** Ways to beat the heat and stay comfortable.
- **Aged Care Reforms:** What the federal changes mean for you.
- **Plus More:** Interesting reads to keep you informed and engaged.

If you need support or have any questions, we're always here for you.

As always, if you ever need support or have any questions, we are here for you. Let's stay connected, look out for one another, and make this season one of joy, safety, and wellbeing.

Wishing you a safe, joyful holiday season!!

Warm regards,



Jeanne Poustie

Manager, Supported and Connected Living



Give us your
feedback on
8470 8828!

Come along and celebrate the start of Seniors Festival with us!

Come down to Preston Market and enjoy live music and entertainment.

Have a chat with the friendly people from your local community hubs or clubs. Over 20 clubs and organisations will present their program and/or services to the community. Find out what is on offer for you. And pick up Council's Springtime events brochure which is packed with Seniors Festival activities in the community.

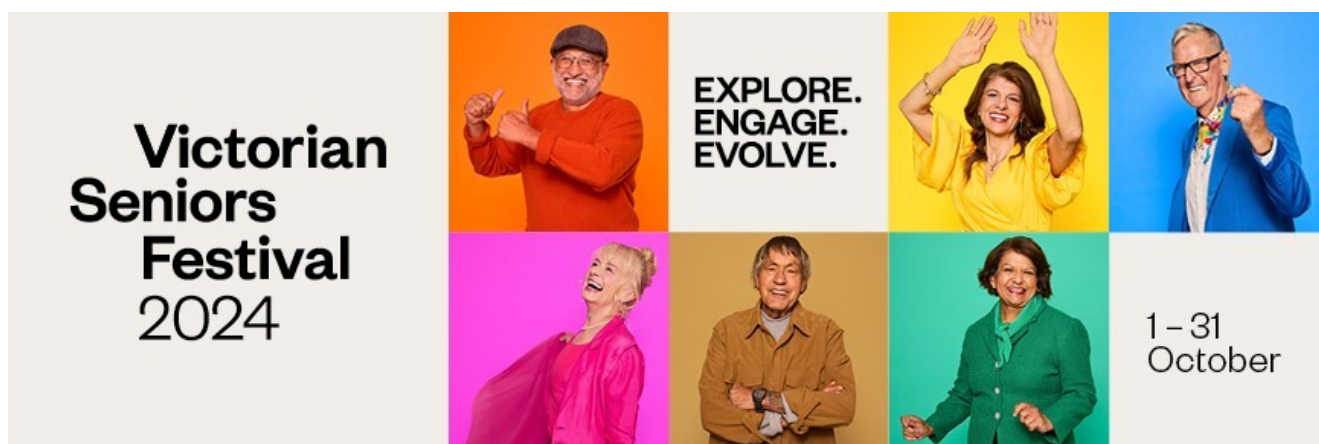
Thursday, 26 September, 11am - 1pm at the Preston Market

Do you need support to get there? Would you like your worker to come along with you? Please call us on **8470 8828** to discuss your options with a Council officer.

This year's line-up:

- The Preston Garden Club
- Reservoir Leisure Centre
- Clublinks with Darebin sports venues
- Friends of Darebin Creek
- Darebin Information, Volunteer & Resource Service (DIVRS)
- Yanada House Social Support Groups
- Span Community House
- Islamic Museum
- Jika Jika Community Centre
- Bowls Club
- Darebin's Seniors Clubs

.... and many more!



Event Highlight during Seniors Month

Free Digital Empowerment Workshops in October

Tuesdays, 10.30-12pm, Preston Library, 266 Gower Street, Preston

Learn new skills and increase your confidence in the digital world.

Topics include:

- Identifying and avoiding scams
- Online security- Social media apps
- Introduction to artificial intelligence (AI)

Don't miss out and book your free spot on

1300 655 355.



Did you know that Darebin Community Support Workers can support you to use your mobile phone or tablet? You book a session with your worker that can help you to navigate the digital world.

Or you can visit a community learning session together with your worker.

Call us on **8740 8828** and we can discuss your options with you.

The benefits of a home medicines review

Did you know you can have your medications reviewed by a qualified pharmacist, right in the comfort of your own home?

The home medicines review program is designed to help people get the best from their medicines and help you reduce your chance of any mishaps. For example, some medicines can have serious interactions with other medicines.

During the review, the pharmacist will look at everything you're taking, including your prescription medicines, over the counter medicines such as pain relief tablets, and also any vitamins or supplements.

As well as advising which medicines are OK to take together, they can also give you advice on what to do if you miss a dose.

A home medicines review can also be helpful if:

- You have concerns about your medicines
- You're being cared for by more than one doctor
- You'd like to know how to correctly store your medicines
- You're concerned about side effects
- You're taking multiple medicines
- You've recently been in hospital and started taking new medicines



To book a home medicines review, you'll need a referral from your GP to arrange a visit from your local pharmacist. After reviewing your medicines and answering any questions you have, your pharmacist will then send a report back to your GP, who will provide you with a Medication Management Plan, which can be shared with your entire healthcare team.

Home Medicines Reviews are fully funded by the Australian Government and are available in all states and territories.

Source: <https://www.healthdirect.gov.au/home-medicines-review>

What is Person Centred Care?

Everyone receiving home care supports has the right to be safe, treated with dignity and respect, and receive high quality care and services. Person-centred care supports you to be an active partner in your care and to shape the services and supports around you as an individual.

You can help us to ensure your care is tailored and personalised by telling us about your goals and which relationships and activities are important to you – so you can live the life you choose.

To provide person-centred care, home care providers are expected to:

Talk with you about your preferences

Person-centred care involves lots of conversations about you and your preferences. We will assist you to be as independent as possible, support your wishes and keep your connections to people and community.

Support you to take risks

Dignity of risk is a big part of person-centred care. This means you have choices and should be supported to take risks. If something you want to do involves risks, we will help you to understand the risk and work with you to manage the risk.

Work with you and your representatives or family

You may like to have others, such as a family member, friend, or representative involved in discussions and assessments which inform your care plan and services. Understanding and respecting each person's individuality, diversity, culture and preferences is paramount to creating a care plan that truly meets your care needs.

The Quality & Safety Commission have created this short video to help explain Person Centred Care in more detail:

<https://www.youtube.com/watch?v=9icUIM-vM3k&t=1s>



Image source: CDCS - Culturally Directed Care Solutions

The New Aged Care Act

The Australian Government is working on a new Aged Care Act to improve the aged care system.

This new Act will:

- **Replace Existing Laws:** It will replace the Aged Care Act 1997, the Aged Care (Transitional Provisions) Act 1997, and the Aged Care Quality and Safety Commission Act 2018.
- **Focus on Older People:** The Act will prioritize the rights and needs of older Australians, aiming to ensure they receive respectful treatment and a high quality of life.
- **Streamline Services:** It will improve how aged care services are delivered in homes, community settings, and residential aged care homes.
- **Define Rights and Access:** The Act will clearly outline the rights of older people seeking aged care services and establish a single entry point with clear eligibility criteria.
- **Implement Fair Assessment:** It will introduce a fair and culturally safe assessment framework.
- **Enhance Oversight and Accountability:** The Act will set up new oversight mechanisms, increase provider accountability with a new regulatory model, and strengthen the role of the aged care regulator.



Additionally, the Aged Care Quality Standards, which ensure the safety and quality of aged care services, will be updated and included in the new Act.

The new Aged Care Act is expected to take effect on July 1, 2025, pending parliamentary approval.

Are you eligible for a discounted taxi card?

Did you know most States and Territories offer a discounted taxi program for eligible residents?

These taxi programs offer up to 50% discount on your fare for people who need extra help to get around in their community due to issues with mobility. The State Government pays for half your fare through the system, and you pay the remaining half to the driver.

Although eligibility varies from State to State, most require you to obtain a medical certificate as proof that you have a severe or permanent disability, such as:

- Mobility or functional disability
- Epilepsy
- Visual impairment
- Cognitive impairment
- Speech or hearing impairment



For more information on taxi vouchers and subsidies, please visit the following link:

<https://www.carergateway.gov.au/transport-travel>

Aged Care Quality Standards: Taking risks and living the life you choose

Standard 1 ensures you have the support to make decisions about your life, even if there are some risks involved. Here's how it works:

Respecting Your Choices: As your home care provider, we are committed to delivering services that keep you safe from foreseeable harm. We also respect your right to choose how you want to live your life, even if it involves certain risks.

Assessing and Communicating Risks: We regularly assess risks and explain their potential consequences, helping you understand and decide whether to accept them.

Dignity of Risk Form: You may be asked to complete a Dignity of Risk form. This involves discussing and recording the risks, their benefits, and potential outcomes. If a risk only affects you, you can make the decision yourself.

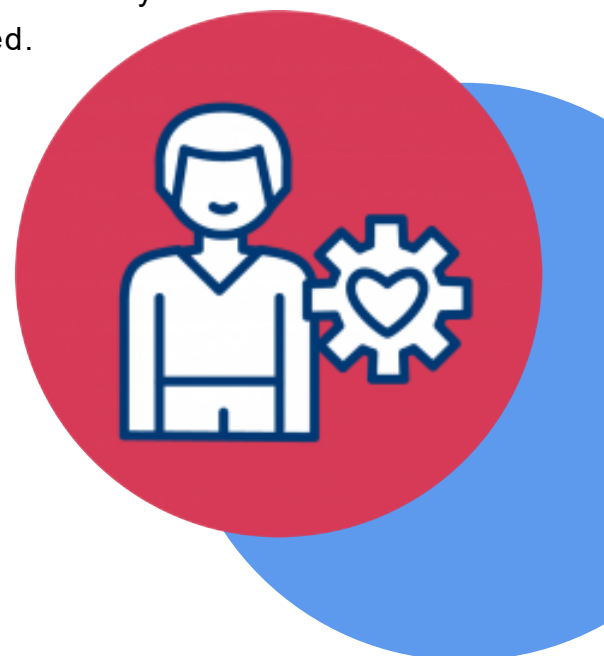
Risk Impact on Others: If a risk impacts others or creates an unsafe working environment, we may not be able to proceed with that particular service or task.

Finding Alternatives: If a risk prevents us from providing a service, we will help find alternatives and keep you and everyone involved informed.

Working Together: We aim to find solutions that work for everyone. You can seek help from family or an advocate if needed.

We are dedicated to offering person-centered care, training our staff effectively, and respecting your right to make informed decisions about risks. Our goal is to meet your individual needs while ensuring safety and quality in the services we provide.

If you would like a copy of our Dignity of Risk policy, please contact Robbie Leslie, Quality Officer on 8470 8888.



Word Search: Senior Australian of the year awards 2024



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

- **Ebenezer** Banful • **John** Ward • **Senior** • **Yalmay** Yunupingu • **Awards**
- Reverend **Robyn** and Reverend Dr Lindsay **Burch** • **Sister** Meredith **Evans**
- **Australian** • Reverend James **Colville** • Glenys **Oogjes** • Charlie **Bass**

Source: <https://australianoftheyear.org.au/>

