



Helping Hand
AGED CARE

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The Helping Hand Aged Care Newsletter **Winter 2009**



Helping Baby Boomers Move Ahead with their Health

Full story on page 3

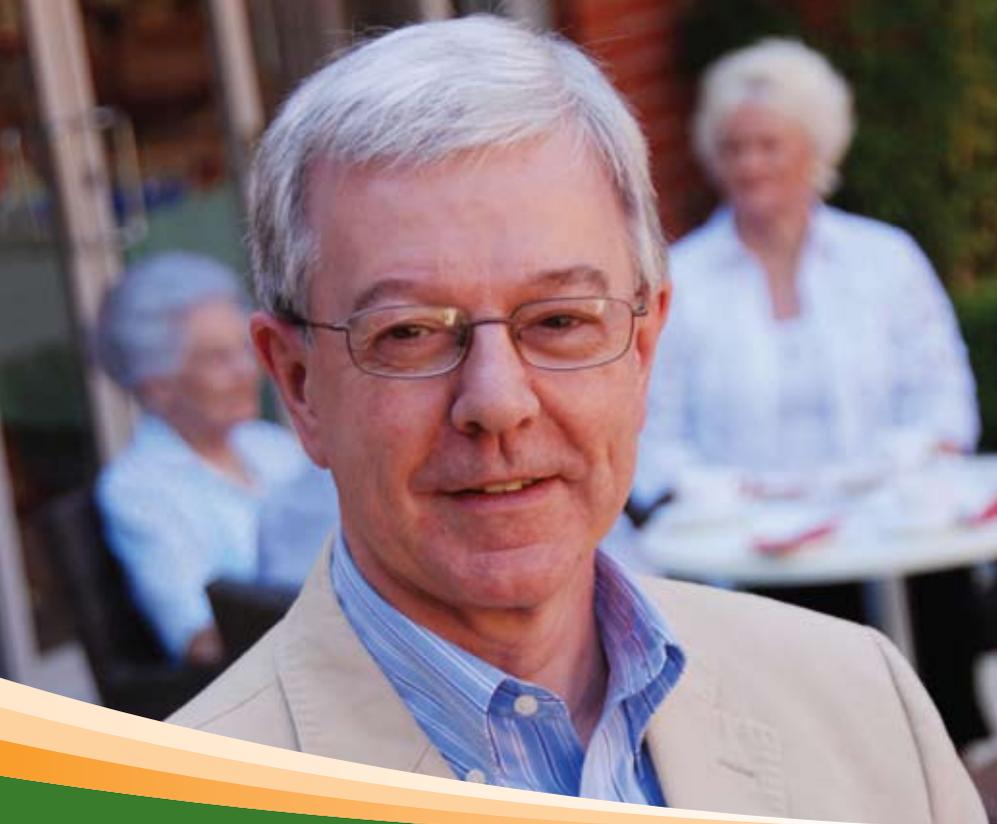


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> From the CEO

I'm often asked "where is aged care going?"

Diversity of services and care settings, vastly increased consumer choice and more "user pays" are our aged care future.

Truly flexible respite and rehabilitation options, chronic disease management, age-specific mental health support, alternatives to hospitalisation, better social support, and the availability of more complex care at home, will all grow in significance, to sit alongside more traditional forms of residential care and home support.

Consumer demand for greater choice will see big changes in the way Australia presently manages the billions of dollars spent annually on aged services.

Many other countries now give that money - as cash, or an entitlement - to the individual, who can then "go shopping" for their support services. In Germany, a voucher is given which can be used to fund care in a nursing home, care at home by family members (who are paid) or care at home by professional agencies. In the UK, some older people now receive a cash payment each month to allow them to employ the services they choose.

There are, of course, issues to be considered, such as the availability of good information to help people make wise choices about their assistance, and how to ensure safety and quality. But this is no different from what many of us do now at a younger age, if we can afford it - having someone mow our lawns, clean the house, deliver groceries - even walk the dog. And it will certainly introduce competition into the aged services marketplace!

Ian Hardy AM Chief Executive

Glenelg House



Feature wall, Glenelg House

You may recall the article in our Spring 2008 Edition about Glenelg House, where Lifelinks and Apex generously donated the beautifully landscaped courtyard area.

The completion of this project provided a platform for a partnership with St. Mary's Memorial school to undertake a feature wall on the premises.

Debbie and Barbara Newell, two staff members, started the initiative to involve the local school St. Mary's Memorial with the creation of a mosaic wall. St Mary's was happy to create the mosaic wall as part of their class project.

Children from class 3C were excited to make their own individual mosaic and present it to Glenelg House. Debbie Newell, staff and friends of Glenelg House always strive to improve the quality and lifestyles of the residents.

Overall the project was a positive experience for both the residents and school children - everyone enjoyed meeting each other and appreciated the final outcome. The school was so pleased with this opportunity they asked to establish a regular connection to do a project each year.

A special thanks must also go to Tony Fantasia from Affordable Tiles on Brighton Road, who helped with the mounting as well as donation of tiles.

Helping Baby Boomers Move Ahead with their health

Helping Hand Aged Care launched its new Moving Ahead With Your Health program in Adelaide in March 2009.

The program aims to help Baby Boomers live a healthier lifestyle.

This new initiative aims to facilitate long-term behavioural and lifestyle changes using a Health Coaching Model for 60 people identified as at risk for poor health outcomes due to weight management issues.

The program specifically targets people within the Northern and Western Metropolitan areas of Adelaide and has had a great uptake to date.

With the support of the Department of Health and Ageing this innovative program delivers significant benefits to participants. These include reducing the impact of ageing, support strategies for improving health and wellbeing, and facilitating positive ageing experiences.



Enjoy a healthier lifestyle

Participants will benefit significantly from being in touch with likeminded peers both socially and emotionally, and participants are given individual coaching with a trained health professional.

This approach is self driven and supports a commitment to self-management of care and includes a focus on solutions, goal setting, addressing barriers and supporting motivation to change.

If you would like to find out more about this program and what benefits it could offer, please contact: Jen Slack on 08 8241 9010.

Omega Three Study

Helping Hand is currently supporting an initiative driven by the Nutritional Physiology Research Centre, based at the University of South Australia.

The Research Centre is researching the effectiveness of omega three fatty acids on improving individual memory for older persons.

The study aims to investigate whether the additive benefits of omega three and exercise is beneficial for individual memory with ageing. The research team are currently looking for volunteers to participate in the scheme.

Helping Hand is supporting this research through disseminating this information to those residents and clients who may be interesting in participating.

If you are over 65 years, have been experiencing memory loss in the last six months and would like to volunteer for this research please contact: Dr. Natalie Sinn on 8302 1757.



Re-start your life!

Successful Ageing

Funded by the Commonwealth Department of Health & Ageing

**Changing Lanes -
Step into your new life today**

Sometimes it can be hard to re-start your life once someone you love is no longer in your care.

If you live in the northern suburbs, your care-giving role has ceased or you would like to build friendships and have fun, changing lanes could help.

Changing Lanes aims to provide people with support and information through forums and speakers. It creates a social environment where friendship, fun and understanding bring people together. Changing Lanes meets on the second Wednesday of each month.

For more information please call Jeanette on 8241 9060 or 0410 422 073.

ESSINGTON Mews

Retirement Village

Essington Rd, Clare



Come along on Sunday the 31st of May for free Devonshire Tea and Coffee enjoyed in a relaxed atmosphere and have a personal tour of our brand new Retirement Living Units.

Essington Mews Retirement Village at Clare aims to provide you with a great start to your retirement.

Stage one is now complete and available for sale.

Boasting contemporary independent living units, Essington Mews offers a great lifestyle. With great incentives like Stamp Duty free purchasing, these modern units are too good to resist with prices starting from the mid \$200,000s.

What is unique about Essington Mews Retirement Village?

Our boutique village allows you to embrace the time to pursue lifestyle changes and new friendships with like minded residents, whilst we take the worry out of your day to day life.

Essington Mews also gives you the independence to travel while giving you the piece of mind that your home is being looked after.

The major benefits of living at Essington Mews Retirement Village:

- Your home is 'ageing friendly' in design and maintenance.
- You get to move to a new, fresh home, leaving the maintenance of the family home behind.
- Fixed weekly service fees help you to better manage your living expenses.
- You achieve companionship with other people your age, who will also keep an eye out for you.

For more information, or to arrange an inspection, please contact Kym Stone on (08) 8842 3824 or 0423 308 010

**From mid
\$200,000's**
(no stamp duty)
**Open for inspection
every Sunday
2-3pm**

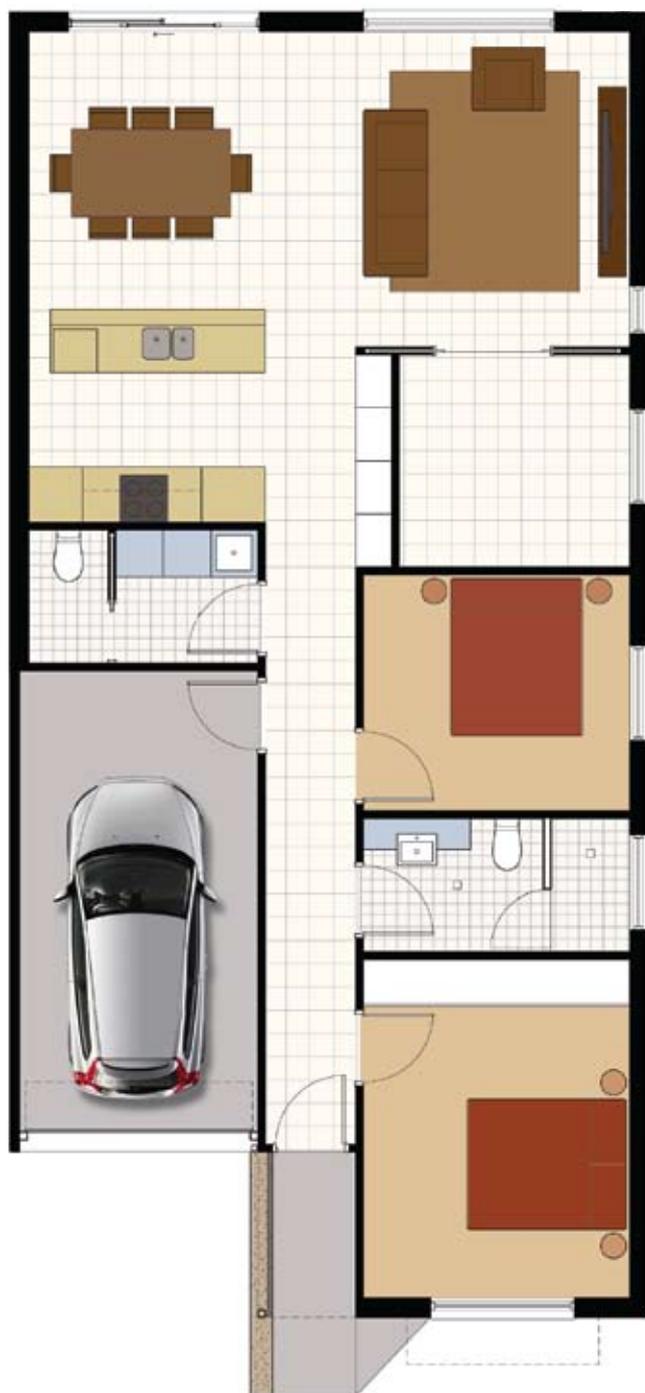
Each house has been designed with your needs in mind. Our independent living units are configured to offer you flexibility in an open plan environment.

The Essington Mews Villa includes:

- Full kitchen with quality modern fixtures and fittings
- Living and dining areas
- 2 Bedroom plus study
- External courtyard area
- Automatic secure garage with internal access
- Energy efficient solutions
- Community Hall on site
- Ample storage space

Weekly maintenance fee covers:

- Cleaning of all areas except in your home
- Gardens and grounds maintenance (excluding private garden area)
- Building repairs and maintenance
- Administration of the village
- Insurance - of the buildings, common areas and public liability
- Payment of Council Rates and water expenses
- Provision of a sinking fund for big irregular expenses



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Susan Emerson, Director Care Environments & Service Strategy

Congratulations!

Congratulations to Susan Emerson and Alison Ballantyne who both were finalists at the 2009 South Australian Nursing and Midwifery Excellent Awards, presented on the 8th May 2009 at the Adelaide Convention Centre.

Susan was nominated under the Nursing Leader category and Alison for Excellence in Research category. Given the large number of nominations in both categories, Helping Hand was proud to have two staff members shortlisted as finalists.

The Awards recognise and acknowledge the significant contribution that nurses and midwives make to the community and their professions through their practice.

Susan was also recently named Salisbury Citizen of the Year, at the annual Australia Day ceremony in January 2009.

The award recognized her contribution to the City of Salisbury over more than a decade, in developing new and expanding services for the elderly, including the commissioning of several new residential care facilities.

At the Australia Day Award Ceremony the judges acknowledged particularly her ability to challenge stereotypes between old and young to create unique learning opportunities.

Support Services for mental health

The lives of those dealing with mental health issues can be significantly improved through the provision of support and care services.

The assistance provided can be as simple as meal preparation, cleaning, shopping, transportation to an appointment or a friendly conversation over a cup of coffee.

Mental Health support services have been provided by Helping Hand Aged Care to people aged over 65 since 2005, in partnership with State Government Mental Health services.

When people are coping well and their mental health needs are stabilized, our carers can provide support in the transition towards longer term community care services.

The success of this program is evident in the remarkable change made to the everyday lives of families and individuals affected by mental health issues.

If you or someone you know require any Mental Health Support Services please contact Helping Hand on 8241 9021.

Aged Care Services made easier in the Mid North



Melissa Harslett

Helping Hand Aged Care offers a range of residential and community service programs to meet the needs of older people in the northern area of South Australia.

With the expansion of services in the last two years, Helping Hand has employed a dedicated Admissions Coordinator, Melissa Harslett, for the Country Division.

Melissa has a history in aged care and has worked as a carer in both Carinya (Clare) and Belalie Lodge (Jamestown), prior to taking up the role of Admissions Coordinator for Helping Hand Country Division. Melissa, a resident of Gladstone, understands the special needs of the community of country SA.

"The challenges facing families as their loved ones get older are magnified in the Country. The long distances and tight knit communities in the country make for strong bonds" Melissa said.

"Helping Hand Aged Care offers you the choice of staying home and receiving support services through its Community Aged Care Packages or provides a caring, home environment at its residential sites in Port Pirie, Jamestown and Clare"

My job is to help older persons and their families make the transition as easy as possible while working with them through the whole process" Melissa said.

If you would like to find out more about Helping Hand's Country services please contact us.

Country Admissions

Phone (08) 8633 3233

Northern Areas Community Care

Port Pirie Phone (08) 8633 0773

Jamestown Phone (08) 8664 0446

Social Networking Pilot Project

In collaboration with the University of South Australia, Griffith University and a number of other aged care providers, Helping Hand is involved in a research project called 'Alone in a Crowd: Supporting Older Australians Managing Loneliness'.

Funded by the Australian Research Council, the project identifies how loneliness is understood by older persons and then solutions are put in place to attempt to alleviate loneliness.

One such strategy is the potential to alleviate loneliness using technology. More specifically, the potential of social networking sites to connect older persons with other older persons in the community.

Helping Hand is about to launch a three month project. Six older persons have agreed to volunteer in a pilot project where they will use an age specific social networking site called About My Age.

During this time the participants will be interviewed pre and post project by Helping Hand in order to gauge if this social networking site alleviated loneliness.

The project is a unique opportunity to assess the potential of the internet to help connect people in the community and evaluate what practical challenges may arise along the way.

If you would like to find out more please contact Luke Trenwith on 8267 0817.



Helping Hand bids farewell...

After many years of service and support Mary Ryan and Meg Klecko, both members of the Executive Team, bid farewell to Helping Hand Aged Care as they take on new challenges in their retirement.

Both Meg and Mary have been influential staff members at Helping Hand Aged Care over the past few years.

Mary Ryan started work with Helping Hand as Manager of Lealhome, Port Pirie in 1995.

As Helping Hand grew in the mid north Mary was appointed General Manager, Country Division.

Her understanding and advocacy for the needs of older people in the country was instrumental in the establishment and growth of the community services program in the country, later known as Northern Areas Community Care (NACC).

Meg Klecko, Director of Care Governance has worked within Helping Hand since 2003.

With over 20 years experience in both acute and the aged care sector Meg has shared her expertise with us in a number of key roles since her commencement with Helping Hand as Operations Manager for Community Services in 2003. Since then Meg has also worked as the General Manager Residential Aged Care Services, and General Manager Metro North Division.

These important roles within the organisation have been appointed and Helping Hand welcomes Syd Farrell to the role of General Manager, Country Division and Meg Phythian into the role of Director Care Governance.

Both Syd and Meg come to Helping Hand with significant experience within health and aged care and support the values of our organisation.



Purchase your 2009/10 Entertainment Book from Helping Hand!

The NEW Entertainment Books for are now on sale!

At still only \$65, they represent over \$15,000 in discounts and offers, valid from right now until 1st June 2010.

Don't forget to fill out your order form enclosed in the newsletter. Some of the great deals include discounted dining at a range of Adelaide cafes and restaurants, ranging from venues such as Nando's or Montezuma's, to the award-winning Jolleys Boathouse. And it doesn't stop at eating out! Arts, sport, entertainment, retail and travel are also included in the book.

\$13 from the sale of every book sold goes directly to Helping Hand, making this not only a great purchase for your entertainment in the year to come, but also benefiting our organisation by assisting in raising funds for improving our services and facilities.

Don't delay - order yours today! Contact Robyn Sykes on 8366 5463 to place an order, or fill in the enclosed order form.



Lending a Helping Hand

Helping Hand Aged Care is supported by both State and Commonwealth Government for the provision of a range of core services and facilities.

So why do we fundraise? It gives us an opportunity to add value to people's lives by offering additional services, opportunities and experiences. This may be in the form of new equipment, excursions, education to our clients and their carers or research into new services and care.

There are many ways that you can support Helping Hand Aged Care deliver the services and care it provides.

> This includes:

- Volunteer your time to one of our many programs
- Participating in an Auxiliary
- Making a donation
- Considering us with an In Memorium
- Bequests, your small contributions help us make a big difference.

If you would like to find out more please contact Olivia on 8366 5419.

Helping Hand Auxiliary, Clare

Helping Hand Carinya Auxiliary, located in Clare, has a dedicated group of people who raise funds to help improve the facilities for residents and staff.

Activities held in the past year have included concerts, chocolate sales, street stalls, raffles, Christmas tree displays, badge days, catering and quiz night.

Special mention should be made of two members of the auxiliary in particular, Neil and Evon Jones who are retired bakers. Both work tirelessly for the group and Neil's pasties are recognised as some of the best ever produced and his scones are just as delicious. Together with their helpers at various Devonshire teas in recent years they have raised \$2,651.

Several donations have been received through service clubs and individuals which is a great help to the Auxiliary. Since July 2005 the Auxiliary has been able to donate \$33,000 to Helping Hand Carinya.

Helping Hand Winter Appeal

Helping Hand Aged Care is a not-for-profit organization that provides an innovative and broad range of residential and community based services for older people.

Generous donations to Helping Hand's recent appeals have enabled the purchase of vital equipment which is making a real difference to the lifestyle of residents and clients of our community programs.



Committed to aged care

Your contribution to our Winter Appeal will enable us to continue our commitment to aged care services in South Australia through research, facility development, and assistance to aged people who wish to be supported at home.

> We offer several ways of making donations:

- By returning the donation form in the reply envelope enclosed with this newsletter or
- By phoning 8366 5419.
- Donations may also be made at any of our sites and services.

All donations over \$2 to Helping Hand are tax deductible. By donating to Helping Hand Aged Care you can be sure that your donation is going directly to improving the quality of life of older South Australians.

Newsletter for the Residents, Staff, Volunteers and Friends of Helping Hand Aged Care. We trust that you have enjoyed reading this newsletter. If you no longer wish to receive it, please notify us by mail, fax or email at info@helpinghand.org.au

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