



Helping Hand
AGED CARE

HELPINGHAND

The Helping Hand Aged Care Newsletter **Spring 2010**



Excellence in Mental Health Awards

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From the CEO

With the outcome of the Federal Election now known, it is pleasing to see South Australian MP Mark Butler appointed as the Minister responsible for Ageing.

We congratulate him and look forward to working with him on the critical aged care policy and funding issues which confront us.

And the issues are too important to be ignored by yet another government - aged care under current policies is not financially sustainable for the longer term, and consumer choice is less flexible than in most developed countries.

The new government will be assisted in its thinking by a current Productivity Commission Inquiry - entitled Caring for Older Australians - which is due to provide an interim report in December and a final report in April next year.

This Inquiry, instituted by the former Rudd government, has attracted more public submissions than any other in the history of the Commission. It is being led by an experienced and knowledgeable Commissioner, Mike Woods, who understands aged care very well indeed, and the resulting report should provide a well-founded set of recommendations which will assist the government to improve access, choice and sustainability.

Helping Hand made a formal submission to the Inquiry, and some of the key points we made included the following:

- Individuals to have an entitlement and access to care based on their needs, rather than on the availability of a vacant bed or home-care package;
- Government regulation should be less time consuming of staff time and should promote quality, rather than simply enforce compliance;
- Family and other carers providing support to older people should be better acknowledged and supported;
- To the extent possible, older Australians living in rural and remote locations should have access to equitable levels of support;
- Connections between the health system and aged care should be much better integrated; and
- Future aged care workforce challenges need to be understood and planned for.

The Gillard government has committed itself to addressing aged care as a priority. It has a critical task as it honours that commitment, because decisions taken now will lay the groundwork for the quality and adequacy of our aged care services for generations to come.

Ian Hardy AM Chief Executive



Port Pirie gardens go green

Greener Gardens in the Country

Caring for the environment and reducing the impact on the planet is becoming a priority for many people.

Helping Hand is doing its part to ensure that our projects are environmentally sustainable and that our social and corporate responsibilities are met. Our four rural residential sites, located at Port Pirie, Clare and Jamestown, are making a move to a greener solution. Until now, garden waste – weeds, lawn clippings and tree prunings – have been recycled off site or ended up in landfill.

Zero Waste SA has given Helping Hand a \$10,000 grant to help us turn our garden and organic waste into garden mulch. Our sites will now be able to buy mulchers, so there will be a ready supply of compost and mulch for the gardens surrounding our residential homes.

The kitchens at the sites will also be contributing by composting organic material such as vegetable peelings, and by using colour coded recycling bins.

Not only will this initiative help create a healthier garden, it will reduce the amount of waste sent to landfill. This project is one way that Helping Hand is working towards becoming a more environmentally friendly organisation.

COVER STORY >

Helping Hand achieves excellence in Mental Health Awards

Helping Hand Aged Care has been awarded the Dr Margaret Tobin Award for Excellence in Mental Health at the opening of Mental Health Week in Adelaide on Monday 11th October.

The award, which was presented by the Minister for Health John Hill recognises the hard work from Helping Hand's Mental Health Team and their commitment to supporting change in the sector.

For over a decade Helping Hand has been focussed on raising the profile of older people with mental health issues in our community. Social isolation and loss are

often experienced by older people and can have a significant impact on their health and wellbeing. Mental illness affects one in four adults across Australia each year. The impacts are also felt across the broader community - family, friends and carers are all affected by the effects of mental illness.

It is important to maintain optimal mental and physical health for older people in our community, so being able to deliver a range of services which are designed specifically for older people reflects Helping Hand's holistic approach to care.

We offer a variety of services which include access to allied health services, social



Jane Anderson, Tracey Klose, Helen McMullan and Darren Young

support to help people reconnect with their community, and assistance with independent living skills such as cleaning, shopping and cooking.

We are dedicated to supporting the independence of older people in our community and those with mental health issues are no exception.

The Award, which was established in 2004, is in recognition of the contribution the late Dr Tobin made to Mental Health reform in South Australia.

Understanding Your Culture

Helping Hand Aged Care has recently reviewed its Cultural Diversity Position Statement which forms the foundation for how we respond to cultural diversity in our community. The review was undertaken to ensure that our approach reflects current community need.

Helping Hand serves a broad cross-section of the community and because Australia is culturally diverse we place great emphasis on meeting the varied cultural needs of our clients. In Australia we have people from more than 200 countries, speaking more than 200 languages, following a diverse range of religions and faiths which are part of Australian society.



The 2006 Census shows that approximately 25% of Australians were born overseas and a further 20% had at least one overseas-born parent.

Helping Hand sites and services bring together a diverse range of cultures and backgrounds, including Vietnamese, Cambodian, Spanish and Filipino to name a few.

To ensure our services are relevant we regularly consult with our residents, the community and other organisations to determine how we can improve our services. We make an effort to learn more about our clients and tailor our services accordingly.

Our staff training includes various learning days throughout the year that focus on different international cultures. We are participants in the Chinese Community Aged Network, which seeks to assist with the cultural needs of Chinese residents. We also sponsor health tips on ethnic radio 5EBI in a variety of languages.

At Helping Hand we offer services based on the principles of access and equity that are respectful of the needs of people across our community. We believe everyone deserves to be treated fairly and gain information to help make choices which assist in maintaining health, wellbeing and independence.

Telling My Story

Helping Hand, along with ECH Inc and the Media Resource Centre, is excited to be part of a unique project called Telling My Story. It recognises the knowledge and life experiences of our older population, and offers a way for older people to share this with us.

Older people with short term memory loss and the early stages of dementia are being brought together, along with their carers and seven young filmmakers, to create a series of short films about their lives. The films will be screened at the Mercury Cinema in Adelaide in March 2011.

Telling My Story is supported and funded under an Australian Government Initiative, by Australian Government Department of Health and Ageing, Dementia Support Grants - Round Three.

If you would like to learn more about this project, or are interested in being a participant in coming workshops, please contact Project Officer Fiona Dunt at Helping Hand on 0458 080 038.



Mavis Hooper, North Adelaide

About My Age



Bob



Beryl

Helping Hand is pleased to announce that we are now principal supporters of About My Age, a national online social networking community for over 50s.

The website www.aboutmyage.com.au was developed to connect a generation of people who have grown up with a strong sense of community.

This site offers part of the jigsaw puzzle that was missing from the Community Aged Care sector. The ability to provide social support and interaction ensures that care services provided to the community meet both the social needs of an individual as well as their physical care needs.

The website's founders, known online as Bob and Beryl, saw the need to revolutionise the expectations and perceptions of ageing. "People are living longer and healthier and want more out of life."

"We can remember communities as they used to be, people caring for other people. In our day we didn't have many forms of communication. Only the lucky people had a phone, so we would more often than not simply arrive at someone's



Your Chance to Help

Helping Hand Aged Care's Health and Wellbeing Program holds regular social groups which aim to reduce the isolation of older people in the community.

The program is in great need of volunteer drivers, to help older people without transport attend these fun community groups.

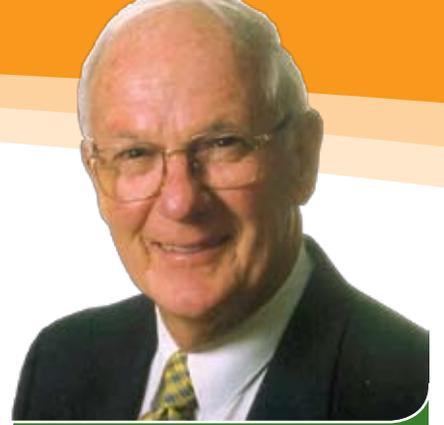
If you have a current drivers licence, can spare some time each week and enjoy meeting new people, Health and Wellbeing would love to hear from you. Travel reimbursement is offered.

To find out more, please call Cassandra on 8209 6950.

place and they would welcome us with a cuppa and some cake. We would talk, laugh, and share each other's stories, then more than likely walk home. That is exactly what we have tried to recreate on the website. Simply drop in, meet new people or find old friends, have a chat, share your news, and voice your opinion."

There are a diverse range of online groups as well as groups that meet face to face across Australia. About My Age is free to join and use, and is a fantastic way for people in their 50s, 60s, 70s and beyond to embrace new technology in a safe and fun environment.





Jim Giles AM

Remembering Jim Giles

Helping Hand is mourning the loss of a great advocate of older people in Australia, Jim Giles AM, who passed away in July 2010, aged 78. Mr Giles was President of Council on The Ageing, the peak national organisation run for and by older people, since 2001.

Mr Giles was appointed a Member of the Order of Australia for services to education, multiculturalism and the arts, and was the inaugural chairman of the Come Out Youth Festival of Arts. Following his retirement he was determined to use the skills he had developed over a lifetime of work - mainly

as a teacher, and in arts, multicultural and community areas - to help serve others.

Helping Hand's Rotary House redevelopment in North Adelaide was officially opened by Jim Giles in 2007, a historic day that celebrated the transformation of a 1970s building to a leading edge aged care centre. Mr Giles also wrote the prologue to the book 'Helping Hand Aged Care 1953-2003: A History', written by Dr Pauline Payne, one of our previous Board members.

Mr Giles' view was that older people need to contribute to society by associating themselves with significant causes, as

well as through volunteer work. He joined Council on The Ageing after his retirement because he saw it as the ideal organisation to provide activities and recreation for older people. He was also effective in developing skills and encouraging people to speak up and speak out for their rights and to influence governments.

We recognise his significant contributions and generosity of spirit, and send our sympathy and best wishes to his family.

Budding Artists at Glenelg

Recently, Jenni Reynolds from Lifelinks at the City of Holdfast Bay Council invited two art therapy students from training organisation IKON Institute to Helping Hand's Supported Residential Facility Glenelg House to assist residents in an art class.

The IKON Institute provides hands-on preparation for people working towards a career as therapists. Art Therapy is a popular, innovative therapy which involves using painting, drawing, drama, dance and music. These creative processes help improve and enhance physical, mental and emotional wellbeing, by helping people to use imagination and creativity.

Many benefits of art therapy have been identified, including being able to cope with stress, deal with traumatic experiences, improve relationships with family and friends, or just enjoying the creative process.

The residents and staff of Glenelg House who participated in the art class showed enthusiasm and talent, and their finished paintings are on display in the dining room of Glenelg House. Helping Hand is pleased to have been involved in this innovative new therapy and looks forward to future opportunities to improve the wellbeing of residents and clients.

Glenelg House provides safe, homelike accommodation and care services to older people and people with disabilities. Our aim is to give residents at Glenelg House independence and freedom of choice by treating them with dignity and respect.



Stephen's artwork, Glenelg House



Painting by staff at Glenelg House

Staff Appreciation

For over 15 years Helping Hand Aged Care has held annual staff appreciation lunches across our sites and services. They give Helping Hand as an organisation the opportunity to say thank you to all staff members for their service and commitment to the organisation and to our clients. During the lunch a brief presentation is held for staff members who have achieved 10, 20 or 30 years service.

This year, the number of people reaching milestones in their employment equalled 300 years of dedicated service and commitment from 25 staff members at different sites.

Patricia Boulton from Jamestown, Shona Hartmann from Parafield Gardens, Michael Laidin and Maria Frangiosa from North Adelaide, and Ian Hardy himself, all reached the 20 year milestone in 2010.

The lunches also give everyone a great opportunity to catch up with each other and to hear what Helping Hand will be doing in the aged care sector in the year to come.

Thank you to all who made the lunches a success, and congratulations to all who achieved the milestones in their employment this year.



Bernie and Anni at Ingle Farm



Joyce Mansell and Ian Hardy at North Adelaide



Danielle Walter, Darren Young and Fran McGinlay at Parafield Gardens



Marie Maynard and Barry Light reach 10 years at Helping Hand Clare



Katryna Amey, Ian Hardy, Pat Boulton at Jamestown

Essington Mews Welcomes New Village Coordinator

Helping Hand Aged Care's newest retirement village at Clare, Essington Mews, welcomes new Village Coordinator Carol Thomson.

Before retiring and moving to Leasingham, Carol worked in customer service for the RAA for 24 years. She has always been an active volunteer, including helping out on a weekly community bus that assisted older people in remaining active by taking them on shopping trips.

"My husband Chris and I are enjoying the change from a courtyard home in Adelaide to a 2 1/2 acre property in the country," said Carol.

Carol's role at Essington Mews involves developing and hosting activities for Essington Mews residents and building awareness of the village in the district. Carol also takes care of the day-to-day requests and tasks of Essington Mews residents.



Carol Thomson

"Working at Essington Mews gives me the opportunity to become involved in the community. I am looking forward to meeting the locals and being a part of the growth of this retirement village."

If you would like to arrange an inspection of Essington Mews, call Mark on 0419 820 096 and get your retirement off to a great start.

Purchase your Christmas cards from Helping Hand

Before you know it, Christmas will be here. By buying your Christmas cards directly from Helping Hand Aged Care this year, you will not only be getting top quality, beautiful cards, you will also be benefiting Helping Hand as all proceeds will go to assisting our various programs and projects.



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Helping Hand Aged Care Christmas cards can be purchased from Charity Connections, (located downstairs in Southern Cross Arcade, King William Street, Adelaide), your nearest Helping Hand Aged Care site or online at www.helpinghand.org.au.

Order Form

Name

Address

..... Postcode

Phone (Home) (Work)

I enclose my Cheque/Money Order for \$ or charge my Visa Mastercard

Please note: No Credit Card transactions less than \$10.00

Signature Expiry Date /

Quantity	Price
A 80c ea	\$
B 80c ea	\$
C 80c ea	\$
D 80c ea	\$
E 80c ea	\$
Pack of 10	\$5.00
Total	\$
+ Postage & Handling	\$ 4.50
Total Price	\$
<small>(Price includes GST)</small>	



Donation Appeal

At the centre of all we do at Helping Hand Aged Care are the people we care for.

We respect the valuable contribution they make to society; they deserve the best care we can give them.

They are our motivation.

- We provide over 4 million hours of care every year.
- We provide over 1 million home visits to people every year.
- We provide over 250,000 days of residential care every year.
- We can't provide it without you.

Your donation will help us greatly to continue to deliver excellent care services for older people in South Australia.

Please fill out the enclosed donation slip and return it, or go to www.helpinghand.org.au to make an online gift.

Considering a Career in Aged Care?



Australia has an ageing population, and we want to play a role in making ageing a very positive process. To play our part, Helping Hand and the University of South Australia are working together to encourage students to consider a career in aged care. Students who are studying nursing, pharmacy, physiotherapy, podiatry and other allied health subjects will be offered high quality training and the chance to work at one of seven new health clinics at Helping Hand.

These clinics are being established throughout our residential sites, as well as community based clinics and one mobile clinic. They will be staffed by university students who will be supported by qualified health professionals. The clinics will also have hi-tech video conferencing facilities so that students can speak to their supervisors.

The mobile clinic will travel to rural locations on a regular basis as part of campaigns such as Arthritis Awareness Week and National Stroke Week. This mobile clinic will give students the chance to gain hands on experience, and will provide the aged care community with vital services.

To find out more, contact Jan Van Emden, Project Manager on 8267 0839.

Thank You

Recently BankSA had their annual Spring for Charity event and chose to raise money for Helping Hand Aged Care.

BankSA staff members as well as the local communities across South Australia got involved in the

fundraising event with fantastic decorations to branch offices, and tasty treats for people dropping in. As a result of the fundraising day, BankSA presented Helping Hand with a donation of over \$9000.

We would like to thank all BankSA employees and members of the local community who gave so generously and showed their support of Helping Hand Aged Care.



Virginia and Christine at BankSA Jamestown

Newsletter for the Residents, Staff, Volunteers and Friends of Helping Hand Aged Care. For further information on any of the articles, or to be removed from the mailing list, please contact us:

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