



Helping Hand
AGED CARE

HELPINGHAND

The Helping Hand Aged Care Newsletter **Winter 2011**



Growing services within the Community

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> From the CEO

Once again Helping Hand is involved in a period of significant development. A \$2.5 million extension to our Mawson Lakes care facility was completed, and new residents welcomed, in April 2011.

Construction has begun on our new 110-place care facility at Northgate, with completion due in October, 2012, and we have also begun a \$4.5 million redevelopment of Belalie Lodge at Jamestown.

The Melva Brock special care unit at Ingle Farm received a significant upgrade over the past three months, and redevelopment works at Parafield Gardens will commence in the second half of this year. In partnership with the Accessible Housing Association we have begun construction of 20 homes for older people who are wheelchair dependent and, in collaboration with Housing SA, we have accepted responsibility for the management of a new village of 18 homes at Melrose Park.

In a significant extension to our geographic coverage, Helping Hand's in-home services are being established on the Eyre Peninsula, with 20 care packages being administered from a new office at Port Lincoln.

All these developments, and others in hand, are part of Helping Hand's vision to ensure the availability of high quality residential and community services to as many South Australians as possible.

As mentioned in this newsletter, we welcome Dr Alexandre Kalache, the new Thinker in Residence, and one of the most highly regarded international figures in global ageing.

As a partner in the Thinker in Residence Program, we are directly involved in refining the objectives of Dr Kalache's work in SA, and in planning how he spends his time during his three visits over the next 12 months. Dr Kalache has already spent some time with us and our Board allowing us to draw on his expertise in planning for our future.

Helping Hand continues to have a strong commitment to supporting the education of students who may find their professional future in aged care.

This year we arrange vocational placements in our residential and community services for several hundred students from tertiary institutions, vocational training providers and secondary schools in metropolitan Adelaide and the mid-north of South Australia, and we have also arranged placements for students from interstate and overseas.

Disciplines include nursing, occupational therapy, physiotherapy, podiatry, pharmacy, exercise physiology, dietetics and speech pathology.

In early 2010 the Federal Government asked the Productivity Commission to develop detailed options for the future of Australia's aged care system.

This Inquiry is likely to lead to the biggest changes (improvements, we hope!) in the structure and funding of aged care in at least a generation, so it is a very significant process which is under way at the moment.

During 2010 public submissions were sought, and the Commission released a draft report in January this year. Helping Hand made a submission to the Inquiry, and I'm pleased to say that we are quoted several times in the draft report.

Consumer choice, economic sustainability and workforce are the key foundations of the Commission's recommendations.

Following an opportunity for public comment on the draft, the final report is due to go to the federal government this month. While yet to be finalised, the Commission has presented a set of recommendations which, if implemented, add up to an enormously positive future for aged care consumers and providers. We all – consumers and care providers alike – look to a positive response from government.

Ian Hardy AM Chief Executive

Helping Hand Aged Care Partners with Adelaide Thinkers in Residence

> Cover Story

Growing Services within the Community



Dr Alexandre Kalache



Government of South Australia

Helping Hand have commenced trialing the Consumer Directed Care (CDC) model after successfully receiving 10 commonwealth funded pilot packages for the Mid North, Lower North, Yorke and Barossa Valley regions.

The Consumer Directed Care model involves handing over choice and control to the client around what services they wish to receive and who they wish to receive them from.

Traditionally, our role has been to advise clients and manage financial details. The program allows for greater transparency around how money is being spent within care services.

We are also pleased to announce that we have been successful in receiving funding for 12 Community Aged Care Packages (CACP) in the Lower North, Yorke and Barossa region, as well as 20 new CACP packages in the Eyre Peninsula.

This is an exciting expansion of services and allows us to continue to enhance choice and quality of service for our regional clients and the communities that they are part of.

Helping Hand has recently become a partner in the Adelaide Thinkers in Residence program.

Dr Alexandre Kalache, a world leading authority on ageing will be exploring what makes an age-friendly city during his twelve week residency in Adelaide over the next twelve months.

Dr Kalache pioneered the concept of “active ageing” and developed the Global Movement on Age Friendly Cities at the World Health Organization as head of the Ageing and Life Course Programme from 1995 to 2007.

He now leads the International Centre for Policies on Ageing, Brazil and is a Special Adviser for Global Ageing to the New York Academy of Medicine and a member of the Advisory Board of the World Demographic and Ageing Forum.

We are very pleased that Megan Corlis, Director of Research and Development

at Helping Hand Aged Care has been appointed by the Premier’s Department to the role of ‘catalyst’ for Dr Kalache’s visit. This purpose of this role is to provide assistance, advice and support to Dr Kalache from a non-government perspective.

Dr Alexandre Kalache has almost completed his first four-week visit in South Australia, and will return on two more occasions between now and next April, bringing ideas on how to create an age-friendly city.

This involves challenging negative perceptions about the consequences of an ageing population, raising awareness of positive contributions made by older people and developing opportunities for them to live richer, fuller lives

You can find out more about Dr Kalache’s visit by visiting the Helping Hand website or the Thinker in Residence website at www.thinkers.sa.gov.au/thinkers/kalache

Melrose Park Village



Expression of Interest

Helping Hand's Health and Wellbeing program are looking for women aged 65+ or women aged 60+ with an age related illness who aspire to discover the power within.

We are planning an eight week group (meets weekly on a Thursday) in which participants will take a fun journey of self discovery through the engaging of the five senses (sight, sound, touch, smell, taste) together with the wonderful imagery and experiences our world has to offer.

Engage in a variety of activities such as; yoga, meditation/ relaxation, cultural visits to museums, art galleries, music performances, nature appreciation and other tactile experiences.

Take the time to discover your true self, your personality, your values, strengths, passions and goals and above all, have fun.

To register or gain more information please contact Cheryl Edwards on 8209 6952 or 0424 064 253.

Helping Hand Housing Inc was established in 2010 to provide affordable rental housing solutions for older people.

It recently commenced operations welcoming the first residents into its new independent living units at Melrose Park Village.

Did you know?

➤ We offer therapy services, for example: physiotherapy, occupational therapy, podiatry and hydrotherapy at our Salisbury site.

No government assessment is required for these services.

For more information please call 8209 6999.

Eighteen energy efficient units are being allocated to older homeless people who have lived through more life challenges than most of us can imagine. The property was built as part of the Commonwealth Government's national building stimulus plan and is owned by Helping Hand Housing.

The units are innovative, contemporary and are highly energy efficient. Equipped with solar hot water, rainwater tanks for the toilets, large windows to capture the winter sun and double glazed windows.

The grounds are beautifully landscaped with low maintenance gardens.

If you are interested in finding out more about Melrose Park Village, or would like a guided tour, please don't hesitate to contact Kathie Fruin, Housing Coordinator on 8230 1785.

Recovery Quilt Launch

One in five people will experience mental illness at sometime during their life.

Our Mental Health Program set out to reinforce that recovery is possible by inviting its clients to participate in a recovery quilt project.

The recovery quilt was created by 38 clients plus volunteers and staff. Participants were asked to contribute their artistic flair and thoughts to produce a quilt 2.5 metres high and 2 metres wide, including 42 squares that express hope and growth.

The squares were completed over six months by clients in their own home and within a monthly group, where they shared lunch and reflected on stories of hope, resilience and strength. Each section of

the recovery quilt depicts a 'snapshot in time' that illustrates a personal symbol of recovery and life after being diagnosed with a mental illness. It is a symbol of recovery and resilience to reinforce that individuals are not defined by their illness.

A private showing for participants and their family members was held on the 27th of June at the Mawson Lakes Conference Centre.

The launch was hosted by Mark Aiston from Channel 10, who is an advocate for mental health awareness.

After the official launch the recovery quilt will embark on a road show to Helping Hand community and residential sites to empower and increase awareness of the importance of mental health and wellbeing.



Jamestown Redevelopment and Memory Farm

Helping Hand began work on a multi-million dollar redevelopment of its residential site, Belalie Lodge, in Jamestown on the 4th of April this year.

The project demonstrates the strong commitment of Helping Hand to the community and builds on the foundations provided by the local community before Helping Hand took over the facility in 2004.

As part of the redevelopment, Helping Hand will extend the bathrooms at Belalie Lodge and create a flexible special care unit.

The building work will also see an upgrade of the facility's security systems and a new hot water supply, along with extensions to

the dining room, lounge areas and therapy rooms. In addition, Jamestown was successful in receiving a Commonwealth dementia grant to fund a memory project.

The project has been titled the Memory Farm and has been developed to enable residents to reminisce as they explore historical items such as documents, photographs, items of furniture, crockery and books since the establishment of Belalie Lodge by the Jamestown community in 1978.

The Memory Farm team consists of a project officer, community members, residents and staff who have been working with the editor of the Jamestown Journal

and the Jamestown History Group to identify articles of history associated with Belalie Lodge.

More than 50 stories and memorabilia items have been gathered for inclusion in the Memory Farm.

This exciting project will be available to view after the completion of the redevelopment expected in May 2012.





Grandparents as Parents

Could you imagine having to raise your grandchildren? For many grandparents around Australia this is becoming a reality.

A family crisis, such as the death of one or both parents can be a catalyst for this major change in a grandparents life.

In Australia alone we currently have 35,000 children being cared for by their grandparents. For grandparents the thought of having to raise their grandchildren can be a frightening one.

The mental and physical strain, combined with feelings of confusion and isolation as they try to understand today's schooling system, or the technological advances that have taken place in recent years can be daunting.

The Grandparents as Parents Program has been successfully supporting grandparents

for over five years. During this time many grandparents have taken the opportunity to enrich their lives through this program by meeting with other grandparents, receiving information and participating in learning sessions.

For example learning about counseling and relationship skills, being provided assistance to links with other support services to reduce isolation and receiving support for childhood learning and behavior management.

Helping Hand is facilitating a full-day forum for grandparents. The forum is an opportunity for grandparents and service providers to come together and increase their knowledge and understanding about the issues associated with becoming a full time carer of grandchildren.

The forum will include topics such as research and trends, relationships, dealing with trauma and planning for the future.

Where:

Playford Function Centre,
10 Playford Boulevard, Elizabeth

When:

8:30am - 4:30pm Wednesday,
31st August 2011

Cost:

Grandparents who are primary carers of their grandchildren can attend free of charge.

*The cost for service providers is \$90 + GST

Registration:

[www.helpinghand.org.au/
grandparentsasparents](http://www.helpinghand.org.au/grandparentsasparents)

Registrations close Friday 19th August.

Enquiries:

Jenny Brozel on 08 8209 6949
or jbrozel@helpinghand.org.au



Social Isolation

John and his wife decided to relocate from Victoria to Adelaide to be closer to their son and his family.

Upon arriving they came to realise that their son had a busy life with work, young children and his own home to maintain, and that he did not have a lot of spare time to spend with them. John and his wife found that their new neighbours were nice; however they were a lot younger and did not interact often.

Soon John's wife began having memory lapses and doing some funny things. Upon investigation it was found that she had early dementia and John took on the role of her carer.

John and his wife enjoyed and looked forward to sharing a pub meal once a week, however his wife began to display behaviours that he found embarrassing in public so they stopped going out.

John became restless when he was no longer able to leave the house to interact with others and found the weeks began to drag. John wished there was somewhere they could go for lunch without being treated strangely.

At this time John was referred to Helping Hands Towards Community Inclusion program. John and his wife were welcomed into the group and John was relieved to find that there were people who understood his situation. John's wife now regularly attends the group allowing him time to go out to lunch once a week.

The Towards Community Inclusion program has brought the life back into their relationship. John and his wife have made new friends, learnt about dementia and the found people who can support him in his caring role.

Social isolation is identified as having a low level of involvement with others and community life. This generally induces feelings of loneliness, depression, stress, life dissatisfaction and a sense of emptiness or being cut off from the world. For people from different cultural groups, social isolation can be experienced as a sense of dislocation from homelands and a lack of connection with one's cultural history.

Research clearly indicates that there are links between our physical and mental health; and that community participation is a crucial factor to an individual's wellbeing.

Being part of a social or community group significantly reduces the rate of early mortality. Helping Hands 'Towards Community Inclusion' program is overcoming some of the barriers of social isolation through a range of enriching groups addressing social wellness and assists clients to develop new interests, meet new people and become more involved in the community.

For more information please contact

John Leicester on 8209 6947

Lyn Bennett on 8209 6946



Carinya Murals

The Clare residential site Carinya, has completed a 'back yard blitz' within their main courtyard.

The upgrade included new paving, shade cloths, pots and plants and the provision of two beautiful outdoor settings for residents and families to enjoy.

As part of the project Harry Sherwin, Julianna Pulford and Gerald Moore generously donated their time to create three beautiful wall murals which are a feature that family, residents and visitors can enjoy when they visit the courtyard area.

On the 25th of March the murals were unveiled as part of the official opening of the renovated courtyard.

Residents, family and staff members recognise the hard work of the Carinya Auxiliary, the local artists and the Wilsdon family who all worked together on fundraising and creating this beautiful space at Carinya.

Did you know?

> You can 'top up' your current services with our fee for service program.

For more information please call 8209 6999



NGAGE - Clinical System

Over the last 6 months Helping Hand has begun implementing a new computerised clinical system.

Helping Hand is moving towards a system that maintains files electronically through a computer program called PeoplePOINT Clinical Care.

This new clinical system will assist Helping Hand in maintaining high quality client care and provide us with improved reporting and monitoring transfers.

The benefits associated with an electronic clinical system includes improved access to all relevant information, the ability to search and read information easily, to be able to keep more comprehensive information of our care, provide our staff with better information regarding required care and enables the sharing of information between Helping Hand staff easier supporting a team based care environment.

Each record is password protected to ensure the security and safety of our client's records.

To ensure we are utilizing technology in the workplace, nurse stations have been equipped with mini laptops and as part of the upgrade and each client will have their care plan reviewed and re-assessed.

The new clinical system is currently being implemented at our Parafield Gardens site and over the next eighteen months all Helping Hand staff will be up-skilled to use the new clinical system.

Preparation is currently underway at our Ingle Farm site for roll out of the clinical system.

Did you know?



> Helping Hand together with UniSA are providing clinical services through a mobile clinical bus to those in regional areas of South Australia.

For more information please call 1300 600 653.

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:

Email: info@helpinghand.org.au

Phone: 1300 653 600

Post: PO Box 66 North Adelaide, SA 5006

Chief Executive: Ian K. Hardy AM

Editor: Kelly Kissock

www.helpinghand.org.au



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