

Helping Hand

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Helping Hand
new aged care

From the CEO

We are very pleased to announce that Helping Hand is a key partner in a ground-breaking initiative to better understand and improve the management of dementia in the Australian community.

Under the umbrella of the National Health and Medical Research Council (NHMRC), we are joining with counterpart provider organisations in NSW and Western Australia, and Alzheimer's Australia, to fund and manager a five-year, \$25 million research program which will look at all aspects of care and support of people living with dementia and their families. This NHMRC "Partnership Centre" will operate across five states and utilise nine universities and 13 professions as it strives to build understanding and management of the care and social aspects of the disease.

The Centre was formally launched in Perth on 9th April by the Federal Minister for Mental Health and Ageing, the Hon. Mark Butler.



On another note, you will notice in this newsletter that several of our significant capital works programs have come to a successful conclusion over the past few months. Jamestown's Belalie Lodge has completed its \$4.5 million refurbishment and the new special care unit courtyard at our North Adelaide residential site has been completed.

We also welcome our new Northgate residents and their families – we are delighted that you have chosen Helping Hand Northgate as your new home.

Ian Hardy AM
Chief Executive Officer

Richmond Courtyard – North Adelaide

Gardens are an important attribute in all residential care homes as they have physical, mental and therapeutic benefits for residents. In November 2012 Helping Hand officially opened the Richmond Courtyard located in the North Adelaide Residential Care Home. Named after Mr Richmond, a philanthropic supporter of Helping Hand, the courtyard was officially opened by CEO Ian Hardy at a morning tea shared with Mr Richmond's friends and family and local residents and staff.

The courtyard was developed to maximise both physical and visual access to residents living in the Frome Wing of North Adelaide. The courtyard is filled with succulents and seasonal trees that residents can view and enjoy from their windows and balconies as the seasons change.

This courtyard redevelopment is part of a three stage garden access upgrade for residents in the southern side of Northgate and is part of a larger multi million dollar upgrade to the Doreen Bond wing.

Mr Ronald Richmond and CEO Ian Hardy



Introducing Northgate Residential Care Home

Everyone can remember visiting an aunty/uncle or grandma/pop in a nursing home – it's not something you forget. But what many people don't realise is that aged care isn't the same today as it was ten years ago. Things have changed – for the better.

Aged care homes are now purpose-built to accommodate positive ageing and lifestyle choices as well as clinical care and safety.

Helping Hand has stepped it up even further with its new state of the art residential facility in the Lightsvue precinct at Northgate. The Northgate residential care home was designed by leading Australian architects, Walter Brooke and Associates. The home caters for those looking to maintain an active lifestyle, with the security of knowing as their needs change the services will be there to support them.

The Northgate development is a testament to Helping Hand's almost sixty years experience in providing aged care services. You can see that choice is at the core of everything we do through the detail in the home. Hundreds of families and members of the community were welcomed to the site on the Community Open Day held on Sunday 2 December 2012.

Visitors were pleasantly surprised to see that the multi-million dollar site offers a putt-putt course, men's shed, private dining spaces and outdoor barbecue areas for entertaining. It is close to cafes, a shopping centre, playgrounds and public transport – all within walking distance. Those who are tech-savvy have not been forgotten either, with an internet cafe and wi-fi also on offer.



Each room is built to maximise natural light and take advantage of the beautifully designed landscapes in the grounds and the views to the Hills.

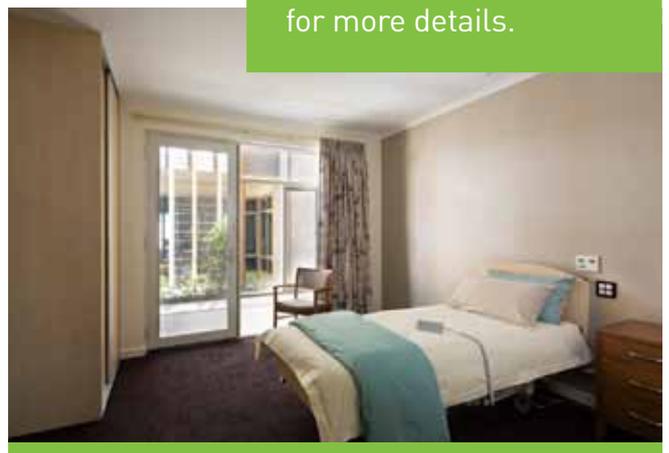
The care model, an innovation in the aged care sector, focuses firmly on lifestyle as well as clinical care. Safety and care is the foundation of successful ageing, but we understand that it is not enough. We speak with our clients and residents and understand that happiness and joy comes with genuine choice, flexibility and services that support an individual's preferred lifestyle.

Services throughout the site are also designed to support people as their needs change, with 24 hour care, therapeutic services, room cleaning and laundry services.

Applications for residency at Helping Hand's Northgate residential care home are now open for low care clients. If you would like to find out more contact Helping Hand on 1300 653 600 or visit helpinghand.org.au

Did you know?

We offer a range of one-on-one or group based therapy services to older people who are still living in their own homes, or who are in low-level residential care. Call 1300 653 600 for more details.



Building better oral health communities

We are pleased to announce Helping Hand and SA Dental Service are working together to improve the oral health of older people living in the community, with a project called Building Better Oral Health Communities.

Good oral health is essential for healthy ageing

Good oral health is important because older people need to be able to eat and talk comfortably, smile, be happy with their appearance, be free of dental pain and enjoy life. Poor oral health affects wellbeing and may affect other conditions such as heart disease, stroke, pneumonia and diabetes.

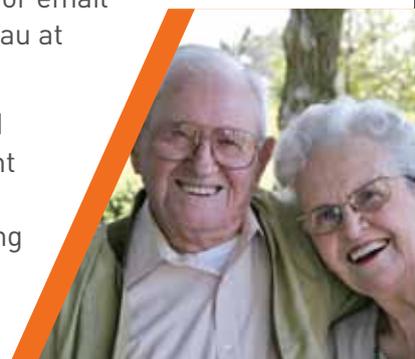
Something to smile about

There are some very easy steps older people can take to look after their mouths. One of the best ways is to have a check up. Coordinators from Helping

Hand will be asking clients (holders of a pension or health care card) some simple questions about their mouth, teeth or dentures. If there are any problems the coordinators will help them to see a dentist. Coordinators will also give clients some everyday oral health tips about what they can do at home.

For more information, contact Wendy Rushton 8209 6900 or email wrushton@helpinghand.org.au or Kathy Milhinch 8633 0773 or email kmilhinch@helpinghand.org.au at Helping Hand.

This project has been funded by the Australian Government Department of Health and Ageing under the Encouraging Better Practice in Aged Care (EBPAC) Initiative.



Donation appeal

Helping Hand is a not-for-profit organisation providing accommodation and services to nearly 7,000 elderly people in South Australia. We are committed to research, innovation and the enhancement of services in aged care.

Fundraising plays a significant role in enabling Helping Hand add value to people's lives by offering additional services, facilities, opportunities and experiences.

State and Commonwealth funding is provided for beds and approved community programs, however these funds only meet the basic care needs of an individual. By giving to Helping Hand you help us make a difference in the quality of life for older South Australians.

Donations of \$2 or more are tax deductible.

Turn up your voice

Consumers – people who are potential, current, or previous users of Helping Hand services – and carers – people who support older people – are vital to our organisation. Listening to them, and responding to what they have to say, is an important way of developing our services and decisions.

Helping Hand has invited carers, consumers and family members to join a discussion group. The group will help develop, plan and improve our services so that we can continue to meet the needs of our clients.

The group met at the end of May for the first time. The twelve people, drawn from across Helping Hand services, are looking forward to the conversations they will have as they start their work.

If you would like to learn more about the Consumer and Carer Reference Group please contact Bianca for more information.

Bianca Silvestri
Research and Development Unit

Phone 08 8267 0875

Email bsilvestri@helpinghand.org.au

Did you know?

Helping Hand can provide intensive support that focuses on helping you regain independence, while you stay living at home. Call 1300 653 600 for more information.

Belalie Lodge Open Day welcomes crowds

Helping Hand was delighted to welcome more than one hundred guests on Sunday 24 February 2013 to celebrate the redevelopment of Belalie Lodge at Jamestown. Despite the mercury reaching the mid-thirties, crowds of invited guests and members of the local community gathered at Belalie Lodge to inspect the site and enjoy the celebrations of the day.

Tours by site manager Shirley Waldhuter led visitors through the redeveloped site, including the new men's shed and memory room. The room which features historical items, thanks to generous donations from the community, is used to encourage reminiscence with residents.

The formal proceedings of the day commenced with a speech from Helping Hand's CEO, Ian Hardy, who outlined to guests that Helping Hand's \$4.8m million investment to the redevelopment reinforces the organisations commitment to the local community.

Special thanks were made on the day to the auxiliary, which continues to raise funds and provide hands-on support. Helping Hand also recognized the generous bequest donation made in May 2008 by the Estate of the late Edna Eileen Axford in memory of her parents William Henry Axford and Lydia Lena Axford.

The importance of aged care services to the community was highlighted by Mayor of the Northern Areas Council, Denis Clark, who was followed by original Board Member of Belalie Lodge, Robert Stacey. Each guest was proud to share their special relationship with Belalie Lodge – including families of residents both past and present, original and current Board members and staff and volunteers who have worked at Belalie Lodge since its opening 35 years ago.

Amidst the setting of Belalie Lodge's new kiosk, guests finished the day enjoying afternoon which was catered for by the local auxiliary.

Jamestown is a town rich in history, with strong community roots and Helping Hand is proud to be a part of the Belalie Lodge story.



Volunteering brings many rewards

Volunteers play a vital role within Helping Hand. They assist us to deliver services, through many and varied tasks including transporting people to groups and activities, assisting with group facilitation, administration and more.

Everyone that becomes involved as a volunteer finds that it is a process of exchange. By donating your time to volunteer you may benefit by learning new skills, increasing your confidence, meeting new people, or enjoying the satisfaction of helping someone. Helping Hand supports volunteers to become the best they can be, including reimbursement for some out of pocket expenses.

Helping Hand's Health and Wellbeing program provides social and emotional support to older people living in metropolitan areas of Adelaide. We provide individual and group opportunities for older people, who are often socially isolated, to reconnect to and participate in their communities.

We are currently welcoming volunteers to join the team – you might be a student, retired, or simply in a position to spare a few hours to a good cause. We particularly need volunteer drivers use their own vehicles to help socially isolated people to connect with their local communities and activities.

If you are interested in becoming a volunteer with the Health and Wellbeing team, please contact Lorraine Morris on 8209 6969 or lmorris@helpinghand.org.au



2013/2014 Entertainment Book

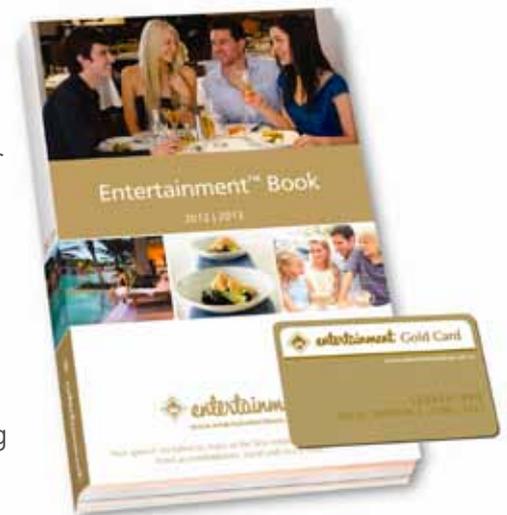
The 2013/2014 Entertainment™ Book is available for purchase through Helping Hand. There are great savings on dining, retail, travel and accommodation, sport and leisure, art and attractions. Virtually all of the offers in the Entertainment™ Book are restriction free and can be used whenever you like.

For only \$65 you will receive over \$15,000 worth of valuable offers, including hundreds of up to 50% off and 2-for-1 offers

from the finest restaurants, cafés, attractions, theatres and accommodation.

Check out the great deals or order at www.entertainmentbook.com.au/orderbooks/160h185

To order your book, contact Robyn Sykes on 8366 5463 or rsykes@helpinghand.org.au with your order details. Part proceeds of every book sold support Helping Hand's fundraising efforts.



Romeo's support gives our residents a helping hand

In March 2012 Helping Hand was pleased to announce that Romeo's Retail Group had generously selected Helping Hand as its sole charity for their 25th Anniversary Gala dinner. Romeo's Retail Group is an award winning, family owned, independent retailer that is well recognised across South Australia.

In June 2012 the Gala event was held and Romeo's Retail raised over \$55,000 for Helping Hand. This was supported by their local store activity and donations customers made through Romeo's stores across Adelaide. The funds raised were used to purchase a Toyota HiAce people mover that could be used to transport residents and clients around Adelaide.

While a trip to the supermarket can sometimes be seen as a chore or burden, for many of our community clients it contributes significantly to their quality of life and feeling of independence. Factors such as poor mobility and health, or a need for additional support, can sometimes restrict people from enjoying this routine part of life. Access to transport provides an opportunity to overcome some of these issues and enjoy those activities we take for granted, like shopping locally, meeting friends and enjoying social events.

This donation from Romeo's and their network is a great example of local business and not for profit working together to achieve social outcomes for the local community. On Australia Day 2013 Anthony and Elizabeth Romeo, were recognised with the Order of Australia for 'services to the community as a supporter of a range of local organisations'. We thank Romeos for their generous contribution and continued support and congratulate them for the work their family has done within the South Australian Community.



Student placements bring outstanding results

Helping Hand regularly provides vocational placement and work experience opportunities in our residential care homes and home care programs. Our aim is to assist students in enhancing their understanding of ageing, along with the challenges and rewards it presents.

Recently, a fourth year Speech Pathology student, Alice Rohde, was on placement at our Mawson Lakes residential care home. One of the residents she was working with, 75 year old David Dye, had significant communication difficulties as the result of a progressive neurological condition. Alice and David were able to work together to implement a number of aids to help him communicate, such as personalised flash cards and an alphabet word board. As a result, he is now successfully able to convey his needs and wants, as well as being able to answer questions. Staff members are discovering David's sense of humour, and he is able to take part in conversations more effectively.

Our ultimate goal at Helping Hand is to give our residents and clients the best possible quality of life. By collaborating with students, we are able to remain at the forefront of learning and development, and stories like David's are made possible.

To find out more about student opportunities, contact Jan Van Emden on 8267 0839 or jvanemden@helpinghand.org.au

Did you know?

Assistance can be given with preparation and cooking a meal in your home. We can also provide

advice on nutrition, storage or food preparation. Call 1300 653 600 for more information.

A Taste of Harmony

A Taste of Harmony celebrates cultural diversity in the workplace by encouraging colleagues to share food and stories from different cultural backgrounds. An initiative of the Scanlon Foundation, the week-long event is a way to get together with workmates and share a meal and stories celebrating the cultural diversity in the workplace. Emily Sherpa, Project Officer in the CEO Division, is a Taste of Harmony Ambassador for 2013, representing Helping Hand. Emily's mum was Australian Irish and her Dad is Greek and came to Australia when he was five. She grew up with a strong influence on the Greek side of the family with lots of family lunches and dinners all revolving around food.

The Scanlon Foundation is a philanthropic organisation established in June 2001.

Its mission is to support the creation of a cohesive Australian society. The Foundation supports a number of social cohesion research projects and makes grants for charitable purposes in Australia, particularly in the areas of cultural diversity and social cohesion.

Celebrations were held around the country during the week of 18-24 March 2013, to coincide

with National Harmony Day. For more information about A Taste of Harmony, visit the website www.tasteofharmony.org.au



A Taste of Harmony



Writer in Residence project concludes successfully

The Writer in Residence project, a Helping Hand and SA Writer's Centre collaboration, was based at our Parafield Gardens residential care home throughout 2012. The aim of the project was to assist older people tell their stories.

The writer in residence, Patrick Allington, was able to hear and record a wide variety of stories throughout the year, including surviving a plane crash, the trials and joys of emigrating to Australia, a childhood on Port McLeay Aboriginal Mission and the vexing challenges of ageing.

Temple Christian College students were able to meet with older participants several times throughout the year, and demonstrated a respectful and penetrating insight into their lives.

The culmination of the project was a Writer's Showcase event, held at Helping Hand Parafield Gardens. The event displayed works from the seniors who had been involved in the project, and formed part of 2012's Every Generation Festival.

Mrs Laurane Snow, resident of Parafield Gardens and participant in the program, was able to celebrate publishing her autobiography in June 2013.

This project was an invaluable way of not only recording the unique stories of our seniors, but also of showing the importance of collaboration between young and old.

Writer in Residence
Patrick Allington



Retirement living vacancies

Essington Mews, Clare

Three spacious bedrooms, large open plan lounge/dining, reverse cycle air conditioning in lounge, small courtyard garden, garage with internal access. Small pet may be considered.

Contact Kathie on 8230 1785 or kfruin@helpinghand.org.au for more information



Contact details

For further information on any of the articles, or to be removed from the mailing list, please contact us.

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