



Helping Hand
new aged care

Health & Wellbeing Services



1300 653 600

helpinghand.org.au




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Helping Hand is one of South Australia's most trusted aged care providers servicing the community since 1953 providing home care, independent living and residential aged care services to more than 7000 people across the state.






Helping Hand's allied health, social groups, individual support and exercise options give you the chance to get the most out of every day and live a healthy, independent and connected life.

Helping Hand embraces a model of care which gives you choices around managing and prioritising your health and wellbeing. We can support you on a Wellbeing, Restorative or Reablement pathway. A self-assessment tool in this booklet will help you work out which pathway best suits you and your lifestyle.

Helping Hand is a unique organisation as we can support you at every step of your ageing journey – from Home Care to the Care Home. We support you with self-care, home care, nursing, allied health, social groups, in-home and community respite, overnight respite, exercise groups, equipment, supplies, residential respite and residential care.

This booklet provides you with information on the Aims and Benefits of our allied health and social support programs. At whichever point you enter services with Helping Hand, you will partner with our healthcare professionals on a health and wellbeing journey. This starts with a holistic assessment to determine your needs, the development of an individualised program of care and regular support and adaption if required along the way.

We look forward to sharing your health and wellbeing journey with you.



Individual and
group sessions
available





Exercise Physiology

Age Well Fitness class

Aim

/ To maintain or improve strength, balance, flexibility and joint mobility for people aged 65 and over

Benefits

/ Enhances physical independence
/ Improves movement
/ Reduces risk of falls

Strength for Life class

Aim

/ Strength training for people aged 50 and over

Benefits

/ Improves strength, flexibility, posture, walking endurance and body composition
/ Reduces body fat and increases muscle mass

Qigong class

Aim

/ Dynamic meditative exercises that consist of gentle movement synchronised with deep breathing in seated position

Benefits

/ Enhances mental alertness, sense of peace, muscular relaxation, flexibility and potentially pain perception



Exercise physiology counsels and coaches on movement, physical activity and lifestyle to maximise quality of life and wellbeing. It prescribes appropriate exercises across the spectrum from preventative approaches to managing chronic medical conditions.





Nursing Services

Aim

/ Community health nurses work in partnerships with individuals and families to promote optimal health and wellbeing

Benefits

- / Assess and advise to help identify opportunities to improve health and wellbeing
- / Safe medication administration
- / Support with healthy skin strategies and wound care
- / Promote continence and help select aids



Nutrition and Dietetics

Aim

/ To promote overall nutrition wellbeing for older adults through food focused groups on health and wellbeing led by Dietitians

Benefits

- / Learn to assess your own nutrition risk and gain insight into what is most nutritionally important as you get older
- / Discover how nutrition plays an imperative role in your recovery and rehabilitation from illness or hospitalisation utilising practical ideas and strategies including discussing the use of meal service providers, nutrition supplements, convenient and nutritious supermarket products and demonstrations for easy cooking at home
- / Tips and ideas for preparing tasty and nutritious meals for diabetes management
- / Easy-to-do strategies to prevent constipation and optimise bowel health
- / Maximise your enjoyment and variety of food and drinks for swallowing difficulties or dysphagia
- / Enhance your knowledge of high risk foods associated with food borne illness or food poisoning, safe food handling practises and strategies to keep food safe without being wasteful



Self Assessment Tool Quiz

1. I eat well

Never Sometimes Always

2. I regularly go for walks – rain, hail or shine!

Hardly ever Not as much as I used to I'm always outdoors

3. I get my medications muddled up or forget to take them

Never Sometimes Always

4. In the past year, how many times have you been admitted to hospital?

None Once or twice More than twice

5. I can get out and about socially when I want to

Never Sometimes Always

6. I've lost weight recently without trying to – my clothes are looser

No Just a little Yes

7. It's hard to get out of bed in the morning

Never Sometimes Always

8. I have someone I can rely on when I need a hand

Never Sometimes Always

9. I feel flat and have no energy

Never Sometimes Always

10. I find it hard to keep on top of the housework

Never Sometimes Always



Self Assessment Tool Results

Add up how many of each colour answer you have. This will provide an indication of which pathway you could benefit from: Wellbeing, Restorative or Reablement. This is general advice only and designed as a guide.

Green: Strengthen Your Foundation (Wellbeing)

You are suited to our Strengthen Your Foundation program.

Based on your answers, it sounds like you already have a good range of strengths and capabilities, well done! We can assist in building on this base with regular health screenings, fitness and exercise groups, health coaching support and social support. We also offer information and education sessions to give you the knowledge to keep healthy and active for as long as possible.

Orange: Restore and Adapt (Restorative)

You are suited to our Restore and Adapt program.

Based on your answers, it looks like you may have had a recent injury or setback in your health, or you're finding you're not as independent as you once were. We can assist in restoring your physical and mental wellness through frequent and regular support. This can include therapeutic fitness and health groups, supportive assistance in your home, or even transitional care from hospital to home.

Blue: Adjust and Grow (Reablement)

You are suited to our Adjust and Grow program.

Based on your answers, it's likely your life circumstances have changed, and you are facing the challenge of adapting to a different lifestyle. We can assist in making this transition a positive one, ensuring you are able to live a confident life to the best of your ability. This is achieved through a detailed plan of support, which includes modifying your home to allow you to live independently, supportive assistance in your home, therapeutic health groups and carer support.

For a more detailed health and wellbeing assessment and to find out more about these programs, contact the Helping Hand allied health services team on 1300 653 600.



Occupational Therapy

Aim

/ To assist people to overcome functional limitations in daily living (e.g. showering, dressing, cooking etc) caused by illness, injury, psychological or emotional difficulties or the effects of ageing

Benefits

- / Improve independence with daily living skills e.g. showering, cooking, dressing
- / Reduce risk of falls by completing home safety assessments and provision of home modifications e.g. grab rails, ramps
- / Provide appropriate equipment to assist independence. Examples include toilet seat raisers, toe wipers and sock aids
- / Provide customised exercise program to improve strength and coordination of hands as a result of arthritis or stroke
- / Provide electric wheelchair and scooter evaluation and training
- / Provide group exercise program to improve balance, strength and reduce risk of falls

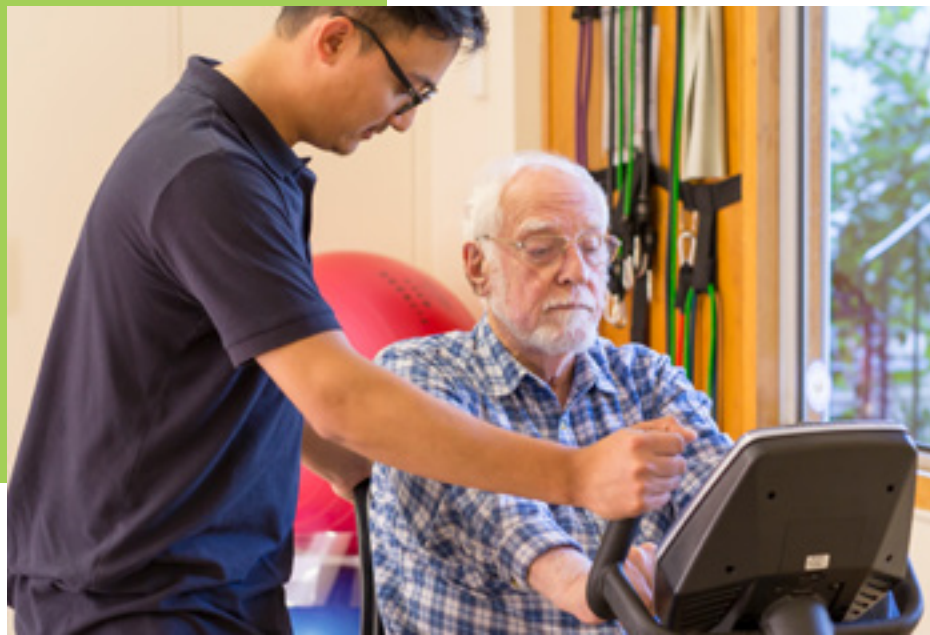




Physiotherapy

We deliver

- / Individual and comprehensive Physio Assessments
- / Effective pain management therapy and treatment plans
- / Exercises to improve balance, daily living activities, mobility and falls prevention strategies
- / Supply of equipment and aids
- / Assistance to improve, maintain range of motion of joints and increase muscle strength
- / Hydrotherapy to improve muscle strength, joint flexibility and reduce muscular and joint pain



Aim

- / We are passionate about enhancing our client's quality of life
- / We aim to promote and maintain mobility and dexterity so our clients can achieve optimal physical independence with activities of daily living

Benefits

- / Improving general physical well-being through receiving comprehensive physiotherapy assessment and treatment plans addressing pain minimisation, joint functional range of movement, improved muscle strength
- / Improved balance, mobility and functional ability to perform daily activities through specialised exercise classes and addressing falls prevention





Podiatry

Aim

/ To ensure people maintain good foot health and improve mobility

Benefits

- / Maintaining optimal lower limb and foot function
- / Optimise mobility
- / Promote confidence
- / Promote independence

Podiatry

services provide

- / Prescription orthotics
- / Nail care, removal of callus and corns
- / Wart treatment
- / Padding and pressure relief devices
- / Footwear modifications
- / Diabetic foot health assessment



Social support groups

Aim

- / Helping Hand social groups aim to help keep people active and maintain social connections
- / Assist you to link into, and participate in local community activities
- / Allow you to meet new people, have fun and enjoy life

Benefits

- / Provides people with happiness, support and a sense of purpose and belonging
- / Social connections can also improve physical health, mental health and wellbeing





Social Work

Aim

/ To promote positive emotional and mental health while empowering clients to take control of their own lives

Benefit

/ Enhanced sense of wellbeing and increased skills and ability to use your own resources for future problem solving and challenges



Speech Pathology

Aim

/ To assess and manage communication (language, speech and voice), cognition, and swallowing difficulties through individual or group sessions

Benefits

/ Improve your communication/ swallowing difficulties through a range of exercises and activities and to help people participate in activities they enjoy
/ Provide strategies and equipment to manage communication/swallowing issues
/ Improve cognition





Are you thinking about accessing Aged Care Services?

Call My Aged Care on **1800 200 422** or visit their website www.myagedcare.gov.au and arrange for an Aged Care assessment. You will need your Medicare number and concession card.

Advise My Aged Care that your preferred provider is Helping Hand Aged Care. Following the assessment, My Aged Care will let you know the care you are eligible to receive and will give you a referral code (or an allocation code if approved for a Home Care Package).

Contact Helping Hand on **1300 653 600** for more information, to discuss the costs and to start accessing your services.

The next step

If you have any questions at all, please give us a call today so we can talk about what you need and how best we can give you a helping hand.

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info@helpinghand.org.au

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