

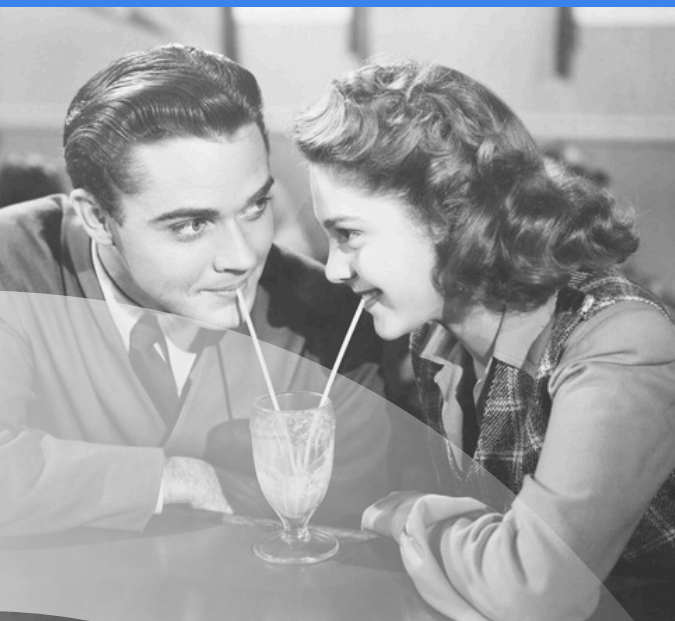


The District Nurses

Newsletter HOME CARE



75 YEAR STUDY ON HAPPINESS



WHAT'S INSIDE

- PLAYLISTS FOR LIFE
- SOCIAL CONNECTIONS
- PRODUCT SPOTLIGHT
- MANAGING MEDICATION SAFELY AT HOME
- TECHNOLOGY MENTORING

Lessons from the 75-year Harvard study on happiness

The Harvard Study of Adult Development, one of the most comprehensive longitudinal studies of its kind, sought to answer what factors would predict happiness and good health in later life.

Beginning in the late 1930s, [this fascinating study](#) involved two distinct groups of 724 men.

268 Harvard graduates, and 456 men who grew up in some of the most troubled, disadvantaged and poorest neighbourhoods in inner-city Boston. Then they followed them as they grew up and all the way into old age.

They obtained medical records, drew blood, scanned brains, took DNA and did elaborate interviews which included talking to their wives and kids.

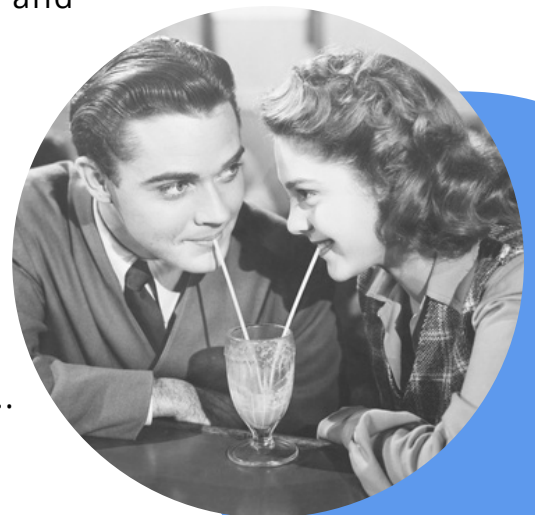
Current Director of the study, Dr Robert Waldinger, notes how rare this type of research is because most longitudinal studies end after a few years due to so many people dropping out or the funding drying up.

Subjects went into all walks of life, including factory workers, doctors and even one future US president - John F Kennedy. While some climbed to the top of the social ladder, some developed schizophrenia and some became alcoholics.

Once they followed the men all the way to 80 years of age, they wanted to see if they could predict who is going to be happy and healthy in their 80s and who isn't.

So they looked back at everything they knew about them in mid-life and discovered it wasn't their cholesterol levels at age 50 that predicted who was going to age well.

Nor was it their social class, IQ, or even their genes...



It turns out, what mattered most was how satisfied they were with their relationships! Those who were the most satisfied were the happiest and healthiest 30 years later.

What they learned from over 80 years of data was both surprising and obvious.

They found that people who saw more people in their lives each week, the people who had more connections in the world, stayed healthier through middle age. When some people were developing arthritis, heart disease or diabetes, people with the happiest relationships were less likely to develop those physical illnesses.

In addition, those with the happiest relationships were less likely to experience early cognitive decline as they got older. And it wasn't just the number of social connections that kept them happy, it was the *quality* of their connections.

As for those couples who seemed to bicker all day long? Well, interestingly, arguments were fine, as long as they each believed the other person was someone they could count on when times were tough.

And increasing social connections in later life has many benefits too

As Patricia Thomas, Ph.D., who conducted a study involving over 1,600 adults over the age of 60 years points out:

“Even if older adults weren’t socially active when they were younger, when they increase social activity later in life, it can still reduce physical and cognitive health issues.”

Trajectories of Social Engagement and Limitations in Late Life

With so many different options available nowadays for maintaining social connections and activities, we can see that it's never too late to make a positive change in that direction.

If you would like to explore some options to meet and spend time with others, please contact us for a chat about what would make you feel happier, better connected and more engaged.



Product Spotlight: Big Purple Phone

BigPurplePhone is a hassle-free, swipe-free smartphone, that's been specially designed for seniors who find busy screens overwhelming.

It has big buttons and big text, making it ideal for people who've previously struggled with using a mobile phone. Plus, it has an emergency SOS button for extra peace of mind.

One of the other big highlights, is the option to upgrade your phone plan to the secure Family & Friends network, which only allows trusted contacts to be able to call you. So you can say goodbye to scammers and robocalls for good!

And if you need a little extra help using one of the features, there's no need to wait for friends or family to pop over. Instead of calling Telstra with any troubleshooting, the BigPurplePhone team help you directly. Your BigPurplePhone has a Help button on the home screen which connects directly to their friendly customer care team.

Some of the features include:

- Arrives all set up, ready to use, including phone number and SIM
- A help button which connects directly to their call centre if you're stuck
- Depending on the plan you choose, optional family & friends app
- Ideal for anyone with vision or cognitive impairment

You can watch a demonstration of all of the different features here: bigpurplephone.com.au/pages/videos

If you have difficulty using or communicating with others using a standard mobile phone, please speak to your care manager about the BigPurplePhone.

Ph: (02) 9188 6998

<https://bigpurplephone.com.au/>



Managing your medications safely at home

Managing multiple medications can be complex and overwhelming, with potential negative impacts on your health if not managed correctly. Some of our consumers prefer to take their tablets from the original medication packaging, but many others need some help to take their medications correctly and in accordance with the doctor's prescription.

There are a number of different dose administration aids on the market - the most common is Webster-Pak. A Webster-Pak contains individual 'blisters' which identify the correct dose, day and time of day to take each tablet.

We sometimes recommend that consumers consider getting their medications packed by their pharmacist because it adds a layer of security by eliminating medication mishaps and mistakes. However, if you wish to self-manage your medication, we will work with you to make sure the right supports can be put in place and that all the options are being considered.



Our aim is to ensure:

- You use the safest method to meet your medication needs,
- You take your medication correctly, every time, every day,
- Optimal convenience for you, your family and your Support Workers,
- The most efficient use of your package funds to meet your health goals.

If you, or others who support you, are having any difficulties managing or keeping track of your medications, please let your Care Manager know and we can help you to get set up with a safe and reliable dose administration aide, such as Webster-Pak.

You can also chat to your pharmacy or call Webster-Pak on 1800 244 358. Alternatively, you can download (or ask us to print) this handy guide to using a Webster-Pak, **which is available in over 20 Community languages:**

https://www.webstercare.com.au/wp-content/uploads/2019/11/Webstercare_Guide-to-Your-Webster-pak_Custom_Fields-.pdf

Can Support Workers administer medications?

Many of our consumers have medication prescribed by their doctor or specialists. We have policies and procedures that relate to how we work with consumers who need assistance to take their medications, so if you need some help, we will talk to you about how we can best support your needs.

For us to assist you to take your medication safely, we must ensure that we have the following in place:

- A detailed assessment of your medical and personal care needs;
- A Care Plan which details the issue, the risks, how we will minimise the risks, and who will be responsible for assisting you;
- Tablets must be packed into a Dose Administration Aid, i.e. Webster-Pak;
- If a Support Worker is involved, they must hold the required certification/training to meet our organisation's policy on Medication Administration, and follow the procedures we put in place;
- If a Nurse is involved, we must liaise with them regularly about your care.

Different options for providing medication support may include:

1. Prompting/Reminders: for people who manage their medication independently or with a Webster-Pak, but need a prompt or reminder from a Support Worker at certain times of the day.

2. Medication Locked Box: for a variety of reasons, sometimes it is not safe for medication to be accessible to a particular consumer. That's when a locked medication box is needed so that only people with the code can open the box.

3. Administration: Sometimes it is necessary for a qualified nurse to take responsibility for giving you your medication, especially where there are more complex medical conditions which need careful monitoring and oversight.

Whatever your situation, we are here to help make sure you are able to safely and reliably take your medication, so please call us to discuss your needs. 😊



Handy quick-fixes to make life at home easier and safer

Many of our home care clients tell us it's 'the little things' that can have the biggest impact on their day-to-day life at home. There are many ways that you can adapt your current home fittings and fixtures to assist you to manage more independently.

Some of the quick fix ideas include:

- Replace cupboard door knobs with pull handles
- Replace round door handles with the lever style handles
- Replace round taps with lever taps
- Elevate the toilet seat
- Lower the level of the bed; the bed should only be as high as necessary
- Install a hand-held shower
- Increase bulb wattage to light up dark areas
- Install light strips in cupboards
- Install night-lights and sensor lights, especially hallway and stairs.
- Add safety treads for stairs inside and outside
- Use magnetic door stops to hold open doors in place
- Apply non-slip safety tape in showers, bathrooms, outdoor steps and under rugs

Many of these quick-fixes are very low cost and easy to install. Depending on your personal care needs and risk situation, your package might be able to contribute to the cost.

We'll need to make sure your assessment and care plan reflect how these minor adjustments can positively impact on your health, safety and wellbeing, so give us a call to discuss your ideas on what might work best for you.



Product Spotlight: One Touch Range

The One Touch range is designed for anyone who needs a little assistance to safely open jars or cans at home, without the pain of twisting or pulling. Especially if your strength or grip isn't what it used to be.

Speak to your care manager to make sure you get the right products for your needs, and whether these products can be purchased from your home care package funding.



Automatic can opener

This innovative can opener automatically lifts the lid off safely with no sharp edges. It's extremely easy to use and switches itself off automatically when it's finished. Fits most can sizes between 53mm to 153mm in diameter.

ilsau.com.au/product/one-touch-can-opener/

Automatic jar opener

This nifty jar opener opens stubborn jar lids at the touch of a button. It's battery operated and with just one touch, the strengthened jaws will twist off the lid.

ilsau.com.au/product/one-touch-jar-opener/



Introducing Playlist For Life 🎵 for people living with dementia

Playlist for Life is a charity who specialises in harnessing the power of music to help people living with dementia and their carers.

Research shows that personalised music can help to reduce agitation, stimulate memories and improve social interaction for people living with dementia. Playlist for Life's aim is for every person living with dementia to have access to a unique, personal playlist, and to make it easier for carers to create one.

While most of us are aware that personalised music favourites can help people feel better, research has shown that music awakens part of the brain not impacted by dementia. So if you've ever wanted to create a playlist but don't know how to get started, Playlist for Life can help.

The resources page on their website is full of free step-by-step videos and resources to help guide you, including:

- What should be included in your playlist
- Conversations starters to help with building your playlist
- Help finding songs that are important to the person you care for
- A handy tool to help you build your playlist
- How to download music and transfer it to an MP3 player



For more information go to:

<https://www.playlistforlife.org.uk/>

If you'd like to see the amazing success an Australian program is having using music therapy to reduce agitation during hospital stays, you can watch it here:

<https://www.youtube.com/watch?v=b89qc434F6w>

Ready Tech Go:

One-on-one technology lessons

Technology seems to move so rapidly, that it can be difficult for anyone to keep up, at any age!

So whether you're wanting to increase your existing technology confidence and skills, or you're just getting started, Ready Tech Go might be for you.

Their patient and supportive trainers will help you set up a remote video conference so you can both see each other, and the lessons are all done from the comfort of your own home.

Whether you're using a phone, a tablet or a computer, your digital coach has you covered! And since every lesson is personalised to your interests, it makes the learning process much more fun.

Topics can include things like:

- Ordering groceries
- Sending and receiving emails
- Video chatting with friends and family
- Enrolling in online courses
- Setting up TV streaming services, like Netflix or ABC iView



Plus, they write everything down, so you can go back through the notes if you need a little refresher down the track.

Chat with your care manager to ensure your care plan is updated to reflect your interest in connecting with others in a meaningful way.

Ph: (03) 9434 2020

<https://www.readytechgo.com.au/>

*Hourly fees apply

Home Care Packages Manual for Consumers

Home Care Packages are a large part of the Australian Government's Aged Care sector spending every year.

Did you know there are:

- over 274,000 people receiving a home care package
- over 815,000 people receiving Commonwealth Home Support Program (CHSP) services

That's well over a million older people who are receiving varying levels and types of supports to live more independently in their home.

Home Care is a highly regulated and complex system, so it's good to know that there is a Manual containing guidelines to help consumers and families understand all there is to know about receiving services and supports at home. The consumer manual covers everything including:

- understanding Consumer Directed Care
- how to access, and manage, a home care package
- individual budgets and other costs involved
- what's included in a home care package (spending guidelines)
- rights, responsibilities, and quality of care expectations
- other help available for you or your carer

The manual can be very helpful if you want to understand how and why home care providers operate the way we do 😊

You can read the manual by clicking this link:

<https://www.myagedcare.gov.au/sites/default/files/2023-01/operational-manual-for-home-care-package-consumers.pdf>

Please reach out to family or friends if you need some assistance to view the manual, or call us and let us know how we can help.



**Home Care
Packages Manual**

Follow your passions and make new social connections with U3A

If you haven't heard of University of the Third Age, you're in for a treat! U3A is a volunteer-based, not-for-profit organisation where 'Over 50s' can learn new hobbies, share skills and knowledge and socialise with other like-minded people.

Their dedication to providing 'life long learning' opportunities has resulted in hundreds of cognitively stimulating courses and presentations, as well as a fantastic range of engaging social activities.

So whether you're looking to learn just for fun (minus the exams!), or make new friends, U3A provides opportunities in a warm, friendly environment, regardless of ability or disability.

Courses range from academic to artistic and include music, art, literature, languages and philosophy, just to name a few. And depending on the U3A closest to you, social activities include things like:

- Morning teas, coffees and lunches
- Creative writing groups
- Walking tours and bike rides
- Art groups and gallery tours
- Tai chi and yoga

For more information, please visit the following links:

[NSW](#) ~ [VIC](#) ~ [QLD](#) ~ [WA](#) ~ [SA](#) ~ [ACT](#) ~ [TAS](#) ~ [NT](#)

Although we've listed examples of metropolitan U3As, they're also available in regional and rural areas throughout Australia. Simply visit the following link:

<https://www.u3aonline.org.au/find-a-u3a>

Your wellbeing is our priority, so please get in touch to discuss your options for a wide range of meaningful activities to keep you connected to your community.



Social Support Programs: Groups or One-to-one

We often talk about the value and benefits of being socially active and engaged due to the positive physical and mental health outcomes. We are all different, so it's important to know that whatever your personality and circumstances, there is something that's right for everyone.

In addition to mainstream community activities, groups and associations, there are also some more structured activities and groups that suit people who have personal care needs, chronic illness, physical limitations, cognitive impairments and so on.

The Australian Government subsidises a range of Social Support options to help people maintain or make new connections, with the added security of having professional and caring staff to support any particular care needs a person may have.

Social Support Groups:

These group-based activities are held in a centre which is often purpose-built to provide structured and planned activities, lunch & morning/afternoon tea, transport to and from the centre if required, and professional staff support and supervision.

Individual Social Support or In-home Respite:

Support Workers can come to your home and spend time doing activities that you enjoy, or they can assist you to get involved in activities in your community.

In either of the programs, each person is supported to set goals to increase their participation and to build on their skills or abilities. Family carers can also receive a well-deserved break, knowing their loved one is having a good time in a supported and enriching environment.

Depending on your circumstances, you may be eligible to use one or both of these social support programs. Call us to have a chat about your interest in exploring these or other social options that would work for you.



Animated dementia prevention videos for CALD communities

The team who first introduced the innovative multi media project Moving Pictures, have now released a multi-lingual animation about Dementia Prevention.

Developed in response to research showing up to 40% of dementia diagnoses can be prevented by addressing health and lifestyle factors, the National Ageing Research Institute (NARI) has co-designed a short animation about dementia prevention based on the most current evidence available.

Their new animation shows the simple choices you can make to help prevent the onset of dementia and is available in 9 languages to give CALD communities access to the knowledge and support they need:

Arabic, Cantonese, Mandarin, Hindi, Tamil, Greek, Vietnamese, Spanish, Italian as well as English.

By changing the way we live, 4 in 10 dementia cases could be prevented. And this new video gives an overview of the 12 things that effect your risk of dementia - including: physical inactivity, social isolation and depression.

Watch the free videos here: <https://www.movingpictures.org.au>

We are committed to supporting our consumers, families and carers in both preventative and active management of all stages of dementia.

Please get in touch with your care manager about any concerns you have about memory and cognition.

There are lots of services, products and supports we can assist you to explore that can have a positive impact on your life.



Non-Response to a Scheduled Home Visit

From time to time, our Support Workers arrive at a client's house at the scheduled time and there is no answer at the door. In situations like this, it's good to know that we have a very clear process that the Support Worker will follow.

When we first meet all our clients, we ask a series of questions to build a Non-Response Plan that is specific to your needs and preferences. We will ask you to choose from a range of options for us to follow. Based on your circumstances and your own assessment of risk, you can choose the options that best describe what actions you want us to follow in case you don't answer the door.

- Knock loudly and ring the doorbell numerous times
- Check the back door and back garden
- Call my home phone and/or mobile phone
- Use the Key Safe and enter the house with a spare key
- Check with my neighbour/s
- Call my emergency contacts
- Ask the Support Worker to wait in their car in case I return home within the specified shift timeframe

First and foremost, the actions we take will follow the instructions you have given us. The Support Worker will call the office for assistance to phone you (or your emergency contacts) or to get the code for your key safe if you have one.

We will keep trying to contact you even once the Support Worker has left your premises, and we may need to contact emergency services if we have significant concerns about your wellbeing.

Your safety and wellbeing really matter to us, and we'll follow your instructions to make sure we respect your wishes for how you want us to respond. Please let us know if you want to confirm or change the instructions we have listed on your Non-Response Plan. 😊



Word Search:

bathroom assistive products

R	D	P	S	N	G	N	A	J	X	R	X	G	I
S	Q	F	R	H	R	L	Z	G	O	P	K	Y	K
L	L	O	G	E	O	C	T	S	J	W	U	E	E
O	H	A	X	E	V	W	N	H	N	C	L	L	E
A	E	I	J	Y	I	E	E	Z	Q	B	Y	G	D
D	M	N	W	U	S	G	N	R	A	I	L	S	H
A	L	W	G	B	N	V	U	T	D	U	O	B	P
P	E	W	B	O	A	F	S	U	I	Q	L	C	C
T	G	X	P	V	K	U	W	R	I	O	C	N	S
I	M	S	E	M	J	I	Z	N	S	I	N	M	S
V	W	D	M	D	C	Y	D	E	D	M	R	C	F
E	A	O	A	F	M	U	O	R	A	X	D	F	D
Y	Q	T	T	U	L	H	K	X	A	V	N	F	K
G	Z	R	G	X	S	M	W	U	X	D	J	I	I

Find the 12 hidden words by searching for only the words in bold

- Hand held **adjustable** shower head • Lever **mixer** taps • shoe **horn** • grab **rails**
- **sensor** light • tap **turner** • non-slip **mat** • **shower** chair • **adaptive** clothing
- long handle bath **sponge** • slip-on **shoes** • falls **prevention** socks

Explore more products: <https://askned.com.au/>

