Read all about it!

SPRING 2023

Senior Moments

A Message from Adssi

Hello to our fabulous Adssi client community, and welcome to the Spring edition of 'Senior Moments'.

Can you believe that we are now past the halfway point of 2023? The year is flying by!

What a big few months we've had. We retained the Ashes cricket test series against England, saw our mighty Matildas make it through to the semi-final in the Women's World Cup (the furthest an Australian senior national team has ever achieved), and closer to home, our hard-working support workers received a much-deserved industry pay rise.

In this issue, we share some helpful information on what to do next if you're approved for a Home Care Package; we'll give you a balanced look at the upcoming Voice referendum, an exciting update about our social activities and a friendly reminder about heavy lifting restrictions with support workers.

Please enjoy and take care.

Kind regards,

Tez Wrathall

Site Manager
Adssi In-home Support

Adssi® In-home support
Live your best life

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Adssi News

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Have you been assigned a Home Care Package? Here is what to do next.

When you get word from My Aged Care that an allocation letter has been issued to you or a loved one, you will have 56 days (from the date of the letter) to select a provider and enter into your Home Care Agreement.

Adssi can help.

When you get a Home Care Package, you'll need to select a provider for your Home Care Package. Adssi is one of the Central Coast's biggest and most reliable home care providers.

The government will send you a Home Care Package allocation letter to inform you that a package has been assigned to you and its level (1 - 4). You'll also receive a reference number.

When you get your HCP allocation letter...

- Write the reference number down somewhere safe and put it on the fridge. You'll need it down the track.
- Work on selecting a provider. Remember, you have 56 days from your allocation letter's date to choose a provider and sign a Home Care Agreement.

When making a big decision like this, Adssi can help. We can visit you at home to discuss the services you need.

If you're already a client and have received notification about your Home Care Package approval, or if your Home Care Package is changing, get in touch with us; we'll make the process as simple. Contact your Care Coordinator or call our office on 1300 578 478.

Equity, Equality & The Voice

Here at Adssi, we aim to help people live at home and in their communities with independence and positive wellness. We proudly deliver quality and safe home care to support clients and their loved ones – regardless of race, religious beliefs, or sexual and gender identity. Adssi respects Aboriginal and Torres Strait Islander people's right to self-determination, inclusivity, and the right to be heard. However, our organisation also respects the democratic process and would not tell our staff, volunteers, or client community how to vote. Our role is to provide home care (free from political and religious influence) to help our clients live their best lives.

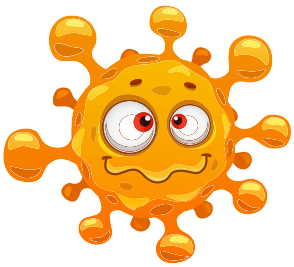
We've compiled balanced information that gives an overview of the Voice, plus arguments for the 'Yes' and 'No' votes. **Visit www.adssi.com.au/thevoice**

Aged Care News

SPRING | 2023

Staying Well

Acute Respiratory Infections (ARI)



COVID-19, influenza and respiratory syncytial virus (RSV) are still circulating in the community.

The clinical team regularly reviews the NSW and local statistics so they can make a risk assessment and recommend procedures to protect our clients and staff. These procedures include testing, screening, hand hygiene, social distancing and use of protective equipment such as masks.

Looking after your bladder and bowel

Over 5 million Australians - 1 in 4 people aged 15 years or over - experience bladder or bowel incontinence.

Incontinence is not just a woman's or an older person's issue, nor is it an inevitable part of aging.

Incontinence is a common condition that can often be treated and proactively managed. Seeking advice from a health professional is the first step.

To find out more and access free resources, including podcasts, webinars, fact sheets, videos and the online magazine *Bridge*, visit **www.continence.org.au/world-continence-week**

Did you know??

Engaging in puzzles and brain games can be beneficial for older people in maintaining cognitive function and overall brain health.

Just like physical exercise helps maintain physical health, mental exercise helps maintain cognitive function.

Doing puzzles challenges various cognitive skills, including memory, attention, problem-solving, and reasoning. By regularly engaging in these activities, older adults can help keep their minds sharp and active.

To help you, we have included a word search puzzle on the back page of this newsletter.

Note: It's advisable to consult with a healthcare professional if you have concerns about cognitive health or seek personalised recommendations for brain-boosting activities.

Social Support Activities

Photo: Recently some of our Social Support Group clients enjoyed Yulefest at Diggers at the Entrance.

Adssi In-home Support proudly hosts regular social activities for our Commonwealth Home Support Programme and Home Care Package clients. With plenty of events, we are here to help you stay socially connected.

If you are interested in any social support activities, contact our Activities Coordinator on **1300 578 478** or speak to your Case Manager.

Coming soon...

Respite Camps at Camp Breakaway in 2024.

Stay tuned for more details.

New activity groups coming soon

Adssi In-home Support is introducing **Social and Wellness Activity Groups** (SWAGS).

Groups will be run weekly for 3 hours.

More details will be announced soon...

If you are interested in any social support activities, contact our Activities Coordinator or speak to your Case Manager on 1300 578 478.

FIRE DANGER RATINGS HAVE CHANGED

Fire danger ratings have changed as part of the new Australian Fire Danger Rating System. Fire danger ratings are now more straightforward and give you clear actions to take.

Fire danger ratings and total fire bans are determined each afternoon for the following day.

To help you plan activities and travel, go to: **www.rfs.nsw.gov.au/fire-information/fdr-and-tobans**

Sourced from www.rfs.nsw.gov.au

Adssi In-home Support is closed for the October long weekend

Only essential services* will take place on **Monday, 2 October**. If you have other services on these days, you will be contacted to reschedule or cancel.

*Essential services include personal care, medication assistance and half-hour welfare checks.

In an emergency, call 000 or use your personal alarm

Daylight Savings Time

Daylight Savings Time starts at 3:00 am on **Sunday, 1 October**.

Remember to turn forward your clocks one hour before you go to bed.

HEAVY LIFTING

Now that we have your attention:

For the safety of our workers and volunteers, we are not allowed to lift anything over 10 kg.

This includes heavy grocery items such as multi-pack cans of soft drinks.

For more information, contact your Case Manager or Support Advisor or call 1300 578 478.

Did you know that 1 x 24 pack of soft drink cans weighs 9 kg?

✓ **Meet** new people

✓ **Learn** new skills

VOLUNTEER

with Adssi In-home Support

- Office Administration
- Phone Call Reachout
- Transport Driver
- Social Support Assistance

1300 578 478

✓ **Help** a community

The Adssi Linen Service

Would you like someone to provide clean towels, sheets, pillowcases and bed pads, pick it up, wash it, and return it to you nice and as fresh as a daisy?

If so, consider Adssi's coast-wide linen service.

Linen is collected, washed, dried and delivered across the Central Coast up to twice a week; this service is available to Adssi clients.

What it covers:

- Towels
- Sheets
- Pillowcases
- Bed pads

What it doesn't cover:

- Items for non-clients

Call 1300 578 478 or speak to your Care Manager

In the Kitchen

Breakfast Toast Toppers

Colourful and nutritious, these great toast toppers are perfect for a quick breakfast for all ages.

Avocado & feta smash - Place ripe avocado on toast, then gently mash with a fork. Sprinkle with crumbled feta cheese and serve.

Banana, peanut butter & honey – Spread toast with crunchy peanut butter and top with sliced ripe banana. Drizzle with honey and serve.

Strawberries, blueberries & cream cheese – Spread toast with reduced-fat cream cheese and top with halved strawberries and blueberries. Sprinkle with toasted coconut flakes and serve.

Tomato, egg & spinach – Spread toast with butter or margarine. Top toast with baby spinach, sliced tomato and a soft-boiled egg and serve.

Sourced from sydneymarkets.com.au

For more recipes and information on fuit and vegetables in season, scan here →

Fresh fruit and vegetables in season

SEPTEMBER		OCTOBER		NOVEMBER	
FRUIT	VEGGIES	FRUIT	VEGGIES	FRUIT	VEGGIES
• Apples: Lady Williams • Berries: Strawberries • Grapefruit • Lemons • Mandarins: Honey Murcot • Mangoes • Oranges: Blood • Papaya • Papaw • Pineapples • Pomelo • Tangelos	• Asian greens • Asparagus • Beans: Broad • Beans: Green • Beetroot • Broccoli • Carrots • Cauliflower • Chillies • Fennel • Garlic, fresh • Globe Artichokes • Kale • Lettuce • Mushrooms • Onions: Spring • Onions: Green (Shallots) • Peas: Green • Potatoes • Silverbeet • Spinach	• Avocados • Banana • Blueberries • Strawberries • Grapefruit • Mangoes • Melons • Oranges: Valencia • Papaya • Papaw • Passionfruit • Pineapples • Pomelo • Tangelos	• Asian greens • Asparagus • Beans: Broad • Beans: Green • Beetroot • Cabbage • Chillies • Cucumber • Fennel • Garlic, fresh • Artichokes: Globe • Kale • Lettuce • Mushrooms • Onions: Spring • Onions: Green (Shallots) • Peas • Potatoes • Silverbeet • Spinach • Watercress • Zucchini	• Avocados • Bananas • Blueberries • Mulberries • Youngberries • Cherries • Grapefruit • Loquats • Mangoes • Melons • Oranges: Valencia • Papaya • Papaw • Passionfruit • Pineapples	• Asian greens • Asparagus • Beans: Green • Cabbage • Chillies • Cucumber • Artichokes: Globe • Lettuce • Onions: Spring • Onions: Green (Shallots) • Peas • Potatoes • Silverbeet • Spinach • Sweetcorn • Tomatoes • Watercress • Zucchini • Zucchini flowers

Sourced from sydneymarkets.com.au

Spring Word Search

APRIL
BEES
BIRDS
BLOSSOM
BUNNY
BUTTERFLY
CHICK
EGGS
FLOWERS
GARDEN
GREEN
KITES
MARCH
MAY
NEST
PICNIC
RAINBOW
SEASON
SEEDS
SPRING
SUNSHINE
TULIP
WARM

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

Source: www.pinterest.com.au

Important contact details

• **My Aged Care**	**1800 200 422**	**myagedcare.gov.au**
• **Carer Gateway**	**1800 422 737**	**carergateway.gov.au**
• **The Older Persons Advocacy Network**	**1800 700 600**	**opan.org.au**
• **Seniors Rights Service**	**1800 424 079**	**seniorsrightsservice.org.au**
• **Beyond Blue**	**1300 224 636**	**beyondblue.org.au**
• **Lifeline**	**13 11 14**	**lifeline.org.au**
• **Mental Health Line**	**1800 011 511**	**health.nsw.gov.au/mentalhealth**
• **Older Persons Covid-19 Support Line**	**1800 171 866**	

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We are situated on Darkinjung, Wonnarua, Awabakal and Gringai lands and acknowledge the Traditional Custodians of these lands. We pay our respects to the Elders, past, present and future, and recognise their continuing connection and contribution to this land.

We affirm the right to equality, respect and fairness for the LGBTIQ community and all community members.