Read all about it!

SUMMER 2023

Senior Moments

A Message from our CEO

I want to extend our warmest greetings to our amazing community of clients.

Thank you for selecting Adssi In-home Support to provide you with services again this year - and to those new to Adssi, welcome!

What a big year we've had. It's hard to believe that Christmas is just around the corner. I hope you all enjoy spending cherished time with loved ones.

While this year saw our services get back on track after a tough few years of COVID-19 restrictions, it's still our priority to keep you and our staff safe. On behalf of the hard-working customer service team (and the wider ADSSI group), I sincerely thank you for your ongoing patience and understanding as we continue working to get back to our full roster of services.

We have a jam-packed newsletter for you this summer, with valuable details about vaccinations, what you do if you or a loved one suffers heatstroke, some exciting news about our social support services, and the opportunity to have your say on our Consumer Advisory Committee.

I hope you enjoy reading this newsletter. May you and those close to you have a joyful Christmas and a prosperous 2023. Our team is already excited to support you in the coming year.

Live your best life,

Jenni Allan

Chief Executive Officer

Adssi® in-home support
Live your best life

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BE PREPARED FOR SUMMER

SOCIAL SUPPORT ACTIVITIES

VACCINATION UPDATE

XMAS WORD SEARCH

Find us on Facebook
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Scan to subscribe to our email newsletter

Adssi News

SUMMER | 2023

Empathy in Every Step: Our approach to Voluntary Assisted Dying (VAD) in New South Wales

The Voluntary Assisted Dying Act 2022 (VAD Act) was recently passed in New South Wales, Australia, legalising VAD in the state. This act affects end-of-life care and client choice, and home care providers like ADSSI play a crucial role in supporting individuals who choose to access VAD services at home. ADSSI remains committed to providing compassionate and professional client care to its clients without judgment and will support clients' clinical and home care needs throughout their journey to the end of life, regardless of the pathway chosen by the client.

ADSSI staff will receive training, information, and resources on the VAD pathway, and staff with personal beliefs or circumstances challenged by VAD can opt out of providing care to clients who have chosen this pathway.

To read our full statement, visit www.adssi.com.au/empathyineverystep or scan the QR code.

The Adssi App's Social Feed

Keep up to date with what is going on at Adssi, by checking out the Social Feed in the **Adssi App**. We post links to our latest blogs, promote social activities, introduce new support workers, and much more. If you have any questions about the Adssi App, speak to your support worker.

The Adssi App

Your care is now in your hands.

Scan the QR code and download the **Adssi** app today!

Download on the App Store

GET IT ON Google Play

1300 578 478

www.adssi.com.au/app

3a Pioneer Avenue
Tuggerah NSW 2259

Adssi In-home Support is closed on Christmas & New Year Public Holidays

Only essential services* will take place on **Monday 25 December, Tuesday 26 December** and **Monday 1 January.** 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

Reminder re Domestic Assistance

This is just a friendly reminder that our **Domestic Assistance** service provides assistance with cleaning essential areas in the home that you regularly use. It includes tasks such as:

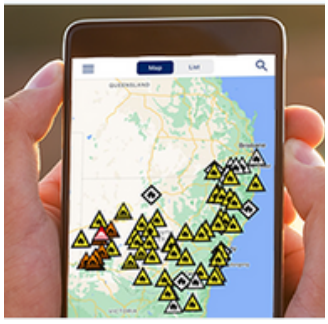
- General house cleaning (vacuuming, sweeping and mopping of floors)
- Cleaning your shower, toilet, bath and hand basin;
- Emptying kitchen/bathroom bins, dishwashing, wiping down kitchen benches, stove and sink;
- Doing your laundry, including hanging out and bringing in and ironing if needed;
- Change sheets, making the bed, wiping tops of bedside/dressing tables;
- Ensuring your wheeling bin is in or out, checking the mail box;
- We can provide a linen service twice weekly which can include sheets, towels and bed protectors.

Please note: This service **does not** include cleaning areas or tasks associated with other family members, residents or visitors in your home.

The services **does not** include heavy tasks such as cleaning blinds and windows, scrubbing floors, cleaning swimming pools or moving furniture.

Be Prepared for Summer

Get local emergency info on your phone



The **Hazards Near Me NSW** app is your official source of emergency information for bushfires, floods and tsunamis in NSW. Download the app from the Apple App Store or Google Play.

Use it to set a local Watch Zone so you receive notifications of any planned hazard reduction burns and new incidents close to where you live.

For more information, go to:
www.nsw.gov.au/emergency/hazards-near-me-app

Know the bushfire warning signs

The **Fire Danger Ratings** explain the current risk of a fire starting and how best to respond. There are 4 levels of risk:

- Moderate – plan and prepare
- High – be ready to act
- Extreme – take action now to protect your life and property
- Catastrophic – for your survival, leave bushfire risk areas.

Make sure you know the Fire Danger Ratings and what you need to do to stay safe.

Go to the NSW Rural Fire Service website for more information on preparing and staying safe during a bush fire: www.rfs.nsw.gov.au

For more summer safety hints, go to pages 5-6.

Social Support News

Adssi In-home Support proudly hosts regular social group activities as well as individual social support for our Commonwealth Home Support Programme (CHSP) and Home Care Package (HCP) clients. With plenty of events, we are here to help you stay socially connected.

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

Respite Camps are back!

In October, 16 CHSP and HCP clients enjoyed the return of our 4-day respite camp at Camp Breakaway.

Our clients enjoyed many activities, including trivia, entertainment, a walk around the Garden of Tranquility, movie night, card games, bingo, and much more.

We have scheduled more camps for **2024**.
The dates for the first half of the year are:

- Tuesday 30 January to Friday 2 February
- Tuesday 12 March to Thursday 14 March
- Tuesday 2 April to Friday 5 April
- Tuesday 14 May to Friday 17 May
- Tuesday 18 June to Friday 21 June

Life is too short to stay at home!
For more information and to book, contact our Activities Coordinator on 1300 578 478.

Adssi In-home support
Live your best life

SWAG

New Program!

Social, Wellbeing and Activity Group

Would you like to keep your mind active, enjoy a social lunch and keep physically active? If so, join us for a weekly 3-hour session including social and wellbeing activities.

When:	**Tuesdays from 11 am to 2 pm**
Where:	**The Gathering Hub, Meals on Wheels, 7/10 Pioneer Avenue, Tuggerah**
Who can attend:	**Home Care Package and Commonwealth Home Support Programme clients**

For more information, prices and bookings, contact our Activities Coordinator on 1300 578 478

1300 578 478

Get on the Bus with Us!

Adssi In-home support
Live your best life

New Program!

Seniors Shopping @ Westfield!

Adssi-in Home is offering shopping trips to Westfield Tuggerah.

Adssi will pick up our North* clients and South* clients on alternate weeks and drop you off at Westfield for approximately 3 hours.

When:

- Pickup from your home between 9 am - 10 am
- Shopping at Westfield approximately 10 am to 1 pm
- Drop off home between 1 pm - 2 pm

Requirements: Passengers must be mobile, but you can take a walker or walking stick.

Bookings essential:
For expressions of interest, bookings and trip prices, contact our Activities Coordinator on **1300 578 478**.

** Clients north and south of Tuggerah*

Aged Care News

SUMMER | 2023

Vaccinations – keeping us safe and well.

COVID-19 Booster

COVID-19 is spreading in the community, with more outbreaks in NSW. People 75 years or older should get an extra COVID-19 vaccine dose in 2023, six months after their last dose. If you are 65-74 years old or have a weak immune system and are 18-64, talk to your healthcare provider about getting an extra COVID-19 vaccine dose six months after your last dose. This is important if you have a medical condition that increases your risk of getting very sick from COVID-19 and have not had COVID-19 before.

Speak to your GP regarding access to anti-virals if you do get COVID-19.

Shingles

Shingles is a painful rash caused by the varicella-zoster virus, which also causes chickenpox. The Shingrix vaccine is available for eligible Australians. It's recommended as a two-dose schedule, two to four months apart, and provides the best protection when both doses are received.

Preventing and Treating Heat Stroke and Exhaustion

Heat can affect health in many ways. Some people are at higher risk, like older people, those with existing medical conditions, or those who live or work in hot areas. Heat illnesses can happen to anyone. The body sweats to cool but can have problems regulating temperature or replacing fluids. This puts pressure on the heart.

Heat exhaustion can develop into a severe illness. Seek medical care if symptoms persist. Call 1800 022 222 for advice. If symptoms worsen and you're concerned about heat stroke, call triple zero (000) immediately. Heat stroke is life-threatening.

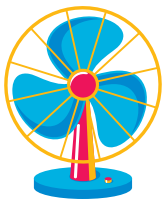
To treat heat stroke:

- Cool down by moving to a cooler place with elevated feet.
- Use cool water spray, a damp cloth, wet clothes, a cool shower, or ice packs on the neck, groin, and armpits.
- Drink small sips of water if thirsty.
- Avoid taking medication without consulting a doctor.

Keep Cool and Stay Hydrated in Summer

Staying cool and hydrated in Summer is crucial!

Here are some hints to help you beat the heat:



- close blinds and curtains
- use a fan over dampened skin
- limit the use of stoves, ovens and clothes dryers
- when it does cool down outside, open windows and doors to cool your home
- spend time in the coolest area of your house (often on the ground floor on the south side).

Here are some helpful hints to stay hydrated:

- Drink 8 cups of water a day. Try 1 or 2 with every meal, and when you brush your teeth
- Drink herbal teas
- Eat more foods with a high water content, such as watermelon, rockmelon, strawberries, peaches, oranges, zucchini, lettuce, celery, and cucumber.
- If you prefer something savoury, drink some soup.
- Flavour your water with cucumber, strawberries or slices of lemon

For more tips, visit:
www.health.nsw.gov.au/environment/beattheheat

Don't forget to keep your pets hydrated too.

During the warmer months, please turn your fan or airconditioner on while our staff are in your home.

WE WANT YOUR FEEDBACK

Ideas? Compliments? Feedback?

Scan the QR code and let us know. We'd love to hear from you.

ADVISORY COUNCIL

ADSSI's Advisory Council is looking for additional members and is calling for Expressions of Interest from interested community members.

The Council aims to engage with clients, carers, and stakeholders in a group setting to identify areas of improvement for Adssi's service delivery, policies, and procedures. We currently meet three times a year.

For more information or to submit an Expression of Interest, contact Alexandra Andrews, on 1300 578 478 Ext 021 or via email at alexandra.andrews@adssilimited.com.au

✓ **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

Aussie Christmas *Word Search*

SUMMER
BEACH
SEAFOOD
TURKEY
HAM
ANGEL
HOT
TOYS
PRESENT
SANTA
FAMILY
FRIENDS
CHURCH
AUSSIE
CAROLS
POOL
SHORTS
BARBEQUE
CRICKET

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

Source: www.teachthis.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**	

ADSSI Limited T/A Adssi In-home Support®
3A Pioneer Ave, Tuggerah NSW 2259
E info@adssi.com.au **W** adssi.com.au **P** 1300 578 478

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.