Read all about it!

AUTUMN 2024

# Senior Moments

## A Message from Adssi

Welcome to the Autumn 2024 edition of Senior Moments, your go-to source for insights, updates, and stories from Adssi In-home Support. As the leaves turn and the air grows crisp, we're here to ensure you're well-informed, supported, and connected.

In this issue, we delve into the empowering concept of the Dignity of Risk, emphasising your right to live life on your terms, even if it means embracing certain risks. Our commitment to your autonomy and well-being shines through as we outline how we'll support you in understanding and managing these risks, always respecting your decisions.

We have also introduced changes to our support workers' responsibilities, including the new shift note protocol, ensuring transparency and continuity in the care we provide. Plus, don't miss our note about the updated cleaning agent and equipment list, designed with your safety and comfort in mind.

Our Clinical Corner offers updates on COVID-19, including booster recommendations and the latest on antiviral medicines. We also spotlight the importance of staying active for a healthy mind and body, alongside practical tips for mosquito protection during warmer months.

Join us in celebrating community and connection with our social support activities and respite camps, promising fun, friendship, and unforgettable memories.

Here's to living your best life this autumn!

Tez Wrathall
Site Manager

Adssi® In-home support
Live your best life

### IN THIS ISSUE


DIGNITY OF RISK

CHANGE TO SUPPORT WORKERS RESPONSIBILITIES

UPDATED CLEANING AGENT & EQUIPMENT LIST

CLINICAL CORNER

SOCIAL SUPPORT ACTIVITIES

EASTER WORD SEARCH


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Adssi News

AUTUMN | 2024

## Dignity of Risk

### What is Dignity of Risk?

Dignity of risk is another way of saying you have the right to live the life you choose, even if your choices involve some risk. As a provider, Adssi In-home Support will support you to understand the risks and manage them, respecting your wishes and preferences.

**Adssi will:**

- Make sure you understand the risks to you and others
- Work with you to manage those risks
- Respect your decisions

**Dignity of risk is a big part of person-centred care.**

This means you have the right to make decisions about your care and services.

Dignity of risk is included in the Aged Care Quality Standards. These Standards require us as a provider to recognise and respect your unique identity, culture, social connections, well-being and needs. This will help you to maintain independence, and support you to take risks, so you can live your best life.

**For more information, visit: agedcareequality.gov.au or call 1800 951 855**

## Changes to Support Worker Responsibilities

From Monday, 5 February, you may have noticed a change in the way our support workers work. They are now required to write a 'shift note' at the end of every client service.

**What will they write?**

A factual account of:

- What they were there to do
- What they did
- If you tell them anything important that needs noting
- If they observe anything different or important

**Why do they have to write shift notes?**

- Shift notes act as proof of service delivery
- Shift notes are a legal record
- A requirement of the Aged Care Commission
- Shift notes are a way of communicating and sharing information

**What will this mean to me?**

Your service will still be the same length, but the support worker will need to use the last 5 minutes to make a shift note on their phone. They may do this in your home or sit in the car outside your home.

## The Domestic Assistance Services and Agreed Cleaning Agent & Equipment List has been updated!

- In line with our Work Health and Safety obligations to our workforce, ADSSI Support Workers must only use cleaning products that are clearly labelled and still in the package in which the product was originally purchased.

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- To view the updated **Domestic Assistance and Agreed Cleaning Agent & Equipment List**, go to the Adssi App's social feed and click on the link in the post dated 15/2/24.

# Clinical Corner



## COVID-19 Update

NSW Health is reminding the community to keep practising COVID-safe behaviours, as COVID-19 remains at high levels across NSW.

### COVID-19 Booster

Protection provided by COVID-19 vaccination begins to wane over time. An additional (booster) dose of COVID-19 vaccine helps to strengthen your immune system and improve your long-term protection against severe illness from COVID-19 as the virus continues to spread through the community. If you are 65 yrs. or older and your last COVID-19 vaccine dose or confirmed infection (whichever is the most recent) was 6 months ago or more, you may be recommended to receive an additional COVID-19 vaccine booster dose. It does not matter how many doses you have received before. Discuss with your doctor or pharmacist.

### Antiviral Medicine

Should you become unwell, contact your doctor to discuss anti-viral medication. Or make a plan with your doctor at your next regular visit.

## Respiratory Syncytial Virus (RSV)

RSV is a virus that causes respiratory infections. Although RSV is often referred to as a childhood illness, it can cause serious illness in older people who often have a decline in their immunity. Last year, 27,440 people aged 60 and over were reported as having had RSV.

A vaccine to combat the highly infectious respiratory disease has been approved in Australia.

The Therapeutic Goods Administration (TGA) has approved a drug called Arexvy to be used as a Respiratory Syncytial Virus Vaccine for Australians aged 60 and over. Your Doctor or Pharmacist will be able to give you advice.

## Central Coast Council's Seniors Festival Expo

Adssi In-home Support is looking forward to participating in Central Coast Council's Seniors Festival Expo on Thursday 21 March from 9.30 am to 12.30 pm at Wyong Racecourse. Drop by our stall and say hi!

## Stay Safe from Mosquitoes

NSW Health is reminding people to protect themselves from mosquitoes when they are out and about during the summer. People are encouraged to take actions to prevent mosquito bites and reduce the risk of acquiring a mosquito-borne virus by:

- Applying repellent to exposed skin. Use repellents that contain DEET, picaridin, or oil of lemon eucalyptus. Check the label for reapplication times.
- Re-applying repellent regularly, particularly after swimming. Be sure to apply sunscreen first and then apply repellent.
- Wearing light, loose-fitting, long-sleeve shirts, long pants, and covered footwear and socks.
- Avoiding going outdoors during peak mosquito times, especially at dawn and dusk.
- Using insecticide sprays, vapour dispensing units and mosquito coils to repel mosquitoes (mosquito coils should only be used outdoors in well-ventilated areas)
- Covering windows and doors with insect screens and checking that there are no gaps.
- Removing items that may collect water such as old tyres and empty pots from around your home to reduce the places where mosquitoes can breed.
- While camping, use a tent with fly screens to prevent mosquitoes from entering or sleeping under a mosquito net.

**Remember, Spray Up – Cover Up – Screen Up to protect yourself from a mosquito bites.**

## Healthy Mind

### Brain changes with ageing

It is normal for changes to happen to the brain as a person gets older. The brain that gets smaller and lighter with age can still function just as well as a younger brain. For example, exercising an older brain can create new connections between neurons. Mental abilities may be 'shared' by various parts of the brain, so as some neurons die, their roles are taken up by others.

### Physical activity is important for a healthy mind

Some conditions that can affect the brain's ability to function, such as stroke, are associated with diet, obesity and sedentary lifestyle choices. Keeping an active body is crucial if you want an active mind. **Regular exercise** may improve your brain's memory, reasoning abilities and reaction times.

Some things that may help include:

- Getting at least 30 minutes of moderate exercise every day gives your brain an oxygen boost. This means increasing your heart rate to a level where you can talk but not sing; You don't have to do your 30 minutes of exercise all at once, as exercising in three 10-minute blocks gives significant health benefits.
- Avoiding smoking and drinking too much alcohol.

# Social Support News

**Adssi In-home Support proudly hosts regular social group activities and 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 social support activities, contact our Activities Coordinator on **1300 578 478** or speak to your Care Manager.

## Respite Camps

Our clients are so happy that the Adssi's Respite camps are back at Camp Breakaway. Check out the Adssi App's Social Feed for a link to a short video of the fun activities clients, staff and volunteers enjoyed.

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

- 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.**

## Upcoming activities

- **Seniors bus trip to Camp Breakaway** (CHSP clients only): Thursdays 2/5, 23/5, 13/6 & 4/7/24
- **Stepping On @ Umina**: 7 weeks commencing 6/3/24. See below for details.

## Expressions of Interest

- **Introduction to Information Technology for Seniors** (10 x 2 hour weekly sessions).
- **Stepping On** program in locations on the Central Coast including Tuggerah.
- **Cooking Classes for Seniors**
- **Shopping Trips**

If you are interested in any of these programs, let our Activities Coordinator know and we will contact you when the programs are finalised.

# Adssi News



## How to get the most out of your CHSP funding

Being more active around the house has many benefits. If you can work to manage light housework or other activities around the home (like gardening), you will see the benefits physically and mentally and could put your funding towards other services, such as transport or social support.

## The Adssi App's Social Feed

Keep up to date with what is happening 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 more.

If you have any questions about the Adssi App, speak to your care manager or support worker.

## My Medic Watch App

**Adssi In-home Support**, in partnership with **My Medic Watch**, is offering a free 12-month subscription to the *My Medic Watch* app. *My Medic Watch* is a life-changing app that helps coordinate immediate assistance when you experience a fall or a seizure by automatically alerting caregivers and loved ones. If you have a smartwatch and a smartphone, the *My Medic Watch* may give you and your loved ones peace of mind.

**For more information, please contact your care manager for a flyer.**

**Alternatively, go to: mymedicwatch.com**

## 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**

## Adssi In-home Support is closed on the Easter and Anzac Day Public Holidays

Only essential services* will occur on **Friday, 29 March, Monday, 1 April and Thursday 25 April.** If you have other services 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**

# 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.**

Adssi clients can access this service. Linen is collected, washed, and delivered up to twice a week throughout the Central Coast.

**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**

# ADSSI'S CONSUMER ADVISORY BODY SEEKS NEW MEMBERS

**ADSSI Limited's Consumer Advisory Body is looking for additional members and is calling for Expressions of Interest from interested community members.**

The Advisory Body 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

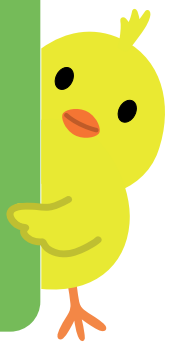
WE WANT YOUR FEEDBACK

**Ideas? Compliments? Feedback?**

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

# Easter Word Search

BASKET
BUNNY
CANDY
CARROT
CHICKS
CHOCOLATE
DAFFODIL
DECORATE
EASTER
EGGS
FLOWER
HUNT
JELLYBEANS
PARADE
SPRING
SUNDAY



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*Source: www.puzzles-to-print.com*

## Important contact details

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| • 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.