Read all about it!

WINTER 2024

Senior Moments

A Message from Adssi

Welcome to the Winter 2024 edition of "Senior Moments"! As the Site Manager of Adssi, I am thrilled to present this newsletter, which is filled with valuable information and updates to keep you informed and engaged.

In this edition, we have included essential updates regarding the Adssi App, the changes to cancellation fees for CHSP clients and the impact of the closure of the 3G network on older mobile phones and personal alarms. We also delve into the importance of winter wellness, offering tips on staying healthy during the colder months and the benefits of incorporating dairy into your diet for healthy aging.

Furthermore, we highlight the significance of easy living equipment for older individuals, providing a comprehensive list of items that can enhance safety and independence at home. Additionally, we celebrate the dedication of our volunteers and share insights from the Central Coast Council's Seniors Festival Expo.

We hope you find this edition both informative and enjoyable. As always, your feedback and suggestions are invaluable to us, so please feel free to reach out and share your thoughts.

Thank you for being part of the Adssi community. We look forward to keeping you informed and inspired in the upcoming editions.

Live your best life.

Tez Wrathall
Site Manager

Adssi® In-home support
Live your best life

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Adssi News

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Easy Living Equipment

Easy living equipment provides numerous benefits for older people living at home. It enhances safety and independence by minimising the risks of accidents and falls through features like grab bars, non-slip surfaces, and adjustable furnishings. This equipment also simplifies daily tasks, encouraging seniors to manage household tasks more comfortably. By setting up a home environment that caters to individual needs, easy living equipment fosters a sense of autonomy and well-being, allowing older people to maintain their quality of life and age in place with confidence.

Here is a handy list of items that could help around the house that are often prescribed by our Allied Health Team:

- Shower chairs/stools
- Toilet transfer aids
- Uccello kettle
- Reachers
- Adapted cutlery
- Automatic can/jar/bottle openers
- Walking aids
- Bed rails
- Pressure cushions
- Long-handled sponges/ dressing sticks/sock aids
- Vehicle handybar.

For more information, talk to your Care Manager.

Cancellation Fees (CHSP Clients)

As of 1 July 2024, same-day cancellation fees will apply for Commonwealth Home Support Programme clients.

Cancelling on the scheduled day will now cost the full-service fee. If your worker leaves early at your request, you will still be charged for the entire service.

Thank you for your understanding.

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 regularly post links to our latest blogs, promote social activities, and more.

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

The Adssi App

Your care is now in your hands.

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

www.adssi.com.au/app

Closure of the 3G Network

Major telecommunication providers are switching off their 3G networds from July 2024. If you have an older mobile phone, please speak to your mobile phone provider. This could also impact older personal alarms so if you are not sure if your alarm is 3G or 4G, please speak to your care manager or personal alarm provider.

National Volunteer Week

Adssi In-home Support celebrated **National Volunteer Week** (20-26 May) with a morning tea at our Tuggerah office. We also celebrated ten years of service by Tammy and Dennis.

We have an amazing team of volunteers, including drivers who drive the minibus and volunteers who assist with social outings. Others call clients who are part of the Reach Out program and provide administration support, including compiling the new client packs and putting these newsletters into envelopes to be mailed to you.

Our volunteers' selfless dedication has touched countless lives in our community. We thank them for their generosity. They make a difference every day.

We are always looking for new volunteers so if you know anyone who would be interested, ask them to call us on **1300 578 478**.

Here are a few photos taken at the morning tea.

Code of Conduct for Aged Care

When providing care ADSSI staff will always behave within the Aged Care Code of Conduct.

They will always:

- **Respect your rights** to express yourself and make your own decisions about how you want to live
- **Treat you with dignity and respect** and value your diversity
- **Respect your privacy**
- **Provide high quality care** in a safe and competent manner
- **Act with integrity**, honesty and transparency
- **Take action promptly** about matters that may impact safety and quality of your care
- **Provide safe care** free from all forms of violence and abuse
- **Prevent and respond** to all forms of violence and abuse

For more information, go to the Aged Care Quality and Safety Commission website agedcarequality.gov.au; Phone 1800 951 822.

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 and we have received some fabulous feedback.

The dates for the remainder of 2024 are:

- Tuesday, 18 June to Friday, 21 June
- Tuesday, 23 July to Friday, 26 July
- Tuesday, 20 August to Friday, 23 August
- Tuesday, 17 September to Friday, 20 September
- Wednesday, 23 October to Friday, 25 October
- Tuesday, 26 November to Friday, 29 November
- Tuesday, 10 December to Friday ,13 December

For more information and to book, contact Merilyn, our Camp Breakaway Activities Coordinator on 1300 578 478.

Image: We celebrated Alma's 104th birthday at a recent respite camp. Alma continues to live her best life and regularly attends our camps.

Upcoming activities

We have some fabulous social activities for our CHSP and HCP clients.

Information flyers are being prepared. Also check out Adssi App's social feed for more information on upcoming events including:

- **Stepping On:** We will be running this program at various locations on the Central Coast. The next one is at Peninsula Anglican Parish's Church Hall, Woy Woy from Wednesday 24 July to Wednesday 7 September (10 am to 12.30 pm).
- **Nourish & Thrive: Your Path with a Dietitian:** A 10-week program for our CHSP clients led by a dietician at Woodbury Park Community Centre.

  Dates:
  - Program 1: 3 June - 5 August (Monday 10 am)
  - Program 2: 14 August - 16 October (Wednesday 2 pm)
  - Program 3: 7 October - 9 December (Monday 10 am)

- **Yulefest:** Wednesday 10 July from 11 am to 1.30 pm at Diggers at The Entrance

If you are interested in any of these programs, give our Activities Coordinator a call on **1300 578 478 (ext 283)** and we will contact you when the programs are finalised.

Clinical Corner

Winter Wellness

As we move towards winter, we can prepare our bodies to stay well and avoid sniffles and illness.

Clean hands

The best way to stop the spread of germs is to wash your hands. We know to wash our hands after using the toilet and before meals, but washing every few hours, and after touching doors and rails can help.

Get vaccinated for influenza

The seasonal flu shot will provide you cover against the major strains of flu and is bulk billed if you are over 65, or have a chronic illness. See your Doctor or Pharmacist.

Get a Covid booster vaccination

Regular COVID-19 vaccinations (also known as boosters) are the best way to maintain your protection against severe illness from COVID-19.

Stay fit

Intentionally taking part in activities that you enjoy reduces negative thinking and promotes positive emotions and well-being.

Eat well – Vitamins, Minerals and Protein

Maintaining a healthy diet rich in fruits, vegetables, and whole grains can ensure that your body receives the essential vitamins and nutrients, to support your immune system through winter. Look for dark, leafy greens and red and yellow vegetables, which are all high in antioxidants. Sufficient iron, zinc and vitamin C is also key to a healthy immune system.

Sleep well

Making sure you get regular sleep is vital to staying healthy. When you are run down and aren't well-rested you are more likely to get sick.

Drink up

Staying hydrated with at least eight glasses of water each day. Try boiled water with a slice of lemon, the moisture will also help make mucous membranes, including those in your sinuses, more resistant to bacteria.

Quit

There are many benefits to quitting smoking, but smokers are more susceptible to upper respiratory infections that tend to strike in winter. See your GP or contact the NSW Quitline 13 7848 (13 QUIT).

Clean environment

Mould can trigger nasal congestion, sneezing, coughing, wheezing, respiratory infections and worsen asthma and allergic conditions.

Look after your skin

Cold air, wind and heating will dry out your skin, so keep your face and body well moisturised.

Get Healthy Services NSW

The **Get Healthy Service** offers free phone and online health coaching to help you make lifestyle changes to improve your health. Delivered by NSW Health, the service is available to people over 16 years of age living in NSW.

When you join, you'll receive 6 or more confidential coaching calls with a university qualified health coach.

Their coaches can support you to:

- set and achieve your health goals
- eat well and keep active
- reduce the amount of alcohol you drink
- reach and stay at a healthy weight
- stay active during and after cancer treatment

1300 806 258
www.healthyliving.nsw.gov.au/
www.facebook.com/HealthyEatingActiveLivingNSW
www.instagram.com/HealthyEatingActiveLivingNSW

Winter Fire Safety

Are you winter safe?

Every winter, there are more than 1100 home fires, from which around 100 fire-related injuries occur. Nearly 50% of house fire fatalities are aged 65 years and over. A fire can take hold in three minutes, yet it only takes seconds to prevent one.

Fire and Rescue NSW recommends this simple safety checklist to help keep seniors fire safe this winter:

- Have an adequate number of appropriate smoke alarms installed that are tested regularly.
- Don't fight the fire - get out and stay out and dial '000' immediately.
- Know two safe and clear ways out of every room in your home.
- Make sure all keys to all locked doors are readily accessible.
- Have an escape plan in case of fire and practice it regularly.
- Never ever leave cooking unattended.
- Never ever smoke in bed.
- Place screens in front of open fires.
- Be careful of loose-fitting garments near heaters and cooking appliances.
- Make sure heaters and their cords are not a trip hazard.
- Consider using wall-mounted heaters or oil-filled column heaters.
- Keep portable heaters away from curtains, tablecloths and bedding.
- Place drying clothing at least 1 metre from heaters or fireplaces and never leave unattended.
- If you use a clothes dryer clean the lint filter each and every time you use it.
- Don't overload power points and switch off when not in use.
- Always handle candles or any other open flame with care.

Fire Safety Tips

- To test an electric blanket lay it flat on top of the bed, then switch it on for five minutes before putting it on the bed for use to confirm that it is okay.
- Use only authorised installers of fixed heating appliances.
- Oil, gas or wood heating units may require a yearly maintenance check.
- Only use fuses of recommended rating and install an electrical safety switch.
- If possible, in the kitchen keep a fire extinguisher and fire blanket placed near the exit.
- Never leave burning candles or any open flame unattended.

Winter Fire Safety Checklist

As the colder days set in, it's important to think about how you'll stay safe this winter while using heaters, wheat bags, electric blankets or a fireplace to keep warm.

Be safe, not sorry. The *Fire and Rescue NSW Winter Fire Safety Checklist* will help prepare you, your family and your home for a safe winter.

Scan the QR code to download the ***Winter Fire Safety Checklist***

In an Emergency Call Triple Zero (000)

The ***Seniors Winter Fire Safety Factsheet*** *is a collaboration of the Fire and Rescue NSW, NSW Rural Fire Service, ACT Fire Brigade and ACT Rural Fire Service: https://www.fire.nsw.gov.au/page.php?id=321*

Nutrition

Healthy Ageing with Dairy

As we age, maintaining our health and independence becomes increasingly important. One of the simplest yet most effective ways to support our well-being is through our diet. Recent insights from *Dairy Australia* have highlighted a crucial area where many older adults may be missing out - dairy consumption. With 97% of older individuals not getting enough dairy, it's time to shine a light on the power of dairy products in promoting healthy ageing right at home.

The Critical Role of Dairy in Your Diet

Dairy isn't just about calcium; it's a powerhouse of essential nutrients that are key to preserving muscle mass, bone density, and overall vitality. Groundbreaking research has shown that consuming at least 3.5 serves of dairy daily can lead to an 11% lower risk of falls, a 33% lower risk of fractures, and a staggering 46% lower risk of hip fractures. These benefits are particularly crucial for maintaining independence and preventing common age-related health issues.

How to Boost Your Dairy Intake Easily

Incorporating more dairy into your daily routine can be both simple and enjoyable. Here are some practical tips to enhance your diet with dairy:

Enhance Your Favorite Dishes: Add a sprinkle of cheese to your mashed potatoes, a dollop of ricotta to your morning eggs, or a splash of milk to your smoothies. These small additions can make a big difference.

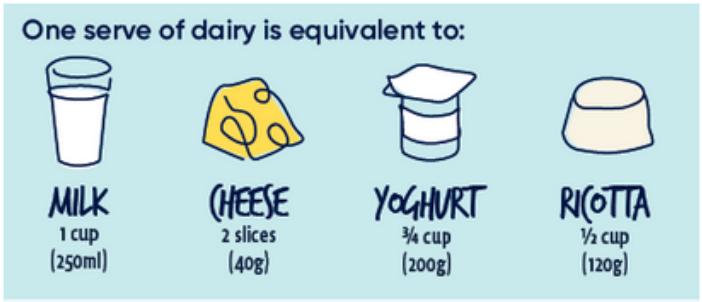
- **Snack Smart:** Opt for yoghurt with fruit for a refreshing morning snack or cheese and crackers for a satisfying afternoon break
- **Discover New Recipes:** Visit Dairy Australia's website for a collection of dairy-rich recipes, including some delightful creations from renowned chef Maggie Beer, to inspire your next meal.

Making Dairy a Staple in Your Home Care

Living at home offers the flexibility to tailor your diet to your specific needs and preferences. If you're unsure about how to incorporate more dairy into your meals or need some inspiration, don't hesitate to reach out to your support worker during a meal prep or shopping service.

For more information on dairy's benefits and to explore Dairy Australia's resources, including meal planners and delicious recipes, please scan the QR code or visit dairy.com.au/health/healthy-ageing-with-dairy.

Let's take this opportunity to embrace the benefits of dairy and enjoy a healthier, more independent life at home.



To be involved in our Educational Program run by a qualified Dietician, please contact Adssi's Activities Coordinator on **1300 578 478.**

Source: Dairy Australia's "Healthy Ageing with Dairy" Factsheet

Winter Clothes Word Search

Find the words listed below and circle them.

- SOCKS
- GLOVES
- BEANIE
- RAINCOAT
- SCARF
- TROUSERS
- SWEATSHIRT
- JACKET
- SWEATER
- MITTENS
- VEST
- BOOTS

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

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.