

Read all about it!

Senior Moments

AUTUMN 2025



A Message from Adssi

Welcome to the Autumn 2025 edition of Senior Moments.

As the season changes, we're bringing you important updates about Support at Home, the Government's new approach to funding in-home care. We've outlined the key changes to help you understand what's ahead and how they may affect your care.

Rest assured, we're here to support you every step of the way so you can continue to:
live your best life with care at home.

You will also find information on our upcoming social outings — a great way to stay active, meet new people, and enjoy the cooler weather. Whether it's a peaceful nature walk or a fun group activity, there's something for everyone.

Inside this edition, you'll also find details on accessing your My Aged Care Online Account, updates to our services over public holidays, and helpful health tips from our April Falls and Autumn clinical articles to keep you safe and comfortable at home.

Your feedback is always welcome, and we love hearing your experience and thoughts.

Thank you for being part of the Adssi community.

Crystal Sammons

Home Care Package Team Leader
Adssi In-home Support

Adssi
In-home support

Live your best life with care at home

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**Want to keep up to date with
our news & services via
email?**



adssi.com.au/email



Let's celebrate the incredible volunteers who strengthen our communities! This year's Volunteer Week theme, Connecting Communities, highlights their vital role in bringing people together and making a real difference.

As a not-for-profit, we are supported by many volunteers who help with administration, driving, social visits, and events. Their generosity and dedication help enhance the services we provide, ensuring you receive the best possible care and support.

In fact, our clients are welcomed with a pack prepared by our dedicated volunteer, Toni.

We are very grateful for Toni's time and commitment!



Volunteering is a meaningful way to share your skills and give back to the community. Even small gestures, like making a friendly call to check in on someone can have a lasting impact.

If this sounds like you, our Volunteer Coordinator, Sarah, would love to hear from you on 0474 000 802.

Growing Our Team to Support You

We're actively recruiting new staff to improve service availability and reduce cancellations. Our growing team means more support, and fewer disruptions to your care.

We appreciate your trust, and can't wait to return to offering all our services soon.

Say Hello to Our New Support Workers!



Celebrating Women



International Women's Day (March 8) recognises the contribution of women, raises awareness of gender equality, and promotes women's rights.

Women make up around 80% of the caregiving workforce. They perform a vital role in supporting others, often while also caring for their own families. Their dedication and hard work are at the heart of the industry, ensuring people receive the care they need every day.

As we celebrate their invaluable work, let's keep marching forward, striving for a more equal and inclusive future for women, ensuring their efforts are recognised and supported.

An Update on Support at Home

From 1 July 2025, **Support at Home** will replace **Home Care Packages** and **Short-Term Restorative Care** funding.

Here's what's changing:

- ✓ **More support for equipment and home modifications:** Get up to \$15,000 for things like walking aids, ramps, and safety rails, without using your Home Care Package budget.
- ✓ **No cost for clinical services:** The government will fully cover nursing and allied health. You'll only pay for non-clinical services.
- ✓ **Fairer pricing:** Service prices will have limits, and there won't be separate admin or management fees.
- ✓ **More funding for higher care needs:** The highest level of funding (Level 4) will increase to \$78,000 per year.
- ✓ **Faster access:** Waiting times will reduce, aiming for an average wait of three months by July 2027.

If you:

- Have a Home Care Package,
- are on the National Priority System, or
- are approved for a package on 30 June 2025,

You will receive a Support at Home budget that matches your current or approved package level.

Good news! If you have unspent Home Care Package funds, you will keep them under the new system.

There will be temporary contribution rules for:

- Home care recipients
- People on the National Priority System
- Anyone approved for a package before 12 September 2024.

A "no worse off" rule means you **won't pay more** than under the Home Care Packages Program.

Commonwealth Home Support will stay the same until July 2027.

Want to know more?

Call us on 1300 578 478, or visit: health.gov.au/our-work/support-at-home/

Accessing My Aged Care Online

When you register with **My Aged Care**, a personal record is created with your consent.

Your Online Account lets you:

- Update your personal information.
- See if you've been approved for services.
- Print out referrals to services.
- See waiting times if you've been approved for a Home Care Package (soon to be Support at Home).
- Upload documents to appoint representatives.

You can access this record through your My Aged Care Online Account via myGov.

For more information:

[myagedcare.gov.au/
how-use-your
-online-account](https://myagedcare.gov.au/how-use-your-online-account)

SCAN ME!



Public Holidays Our office will be closed, with only essential services taking place.



Friday
18 April
Good Friday

Saturday
19 April
Easter Saturday

Sunday
20 April
Easter Sunday



Monday
21 April
Easter Monday

Friday
25 April
Anzac Day



In an emergency, please call 000.

April Falls: Staying Safe This 'Fall'



There are better ways to prevent falls!

'April Falls' is a reminder to prioritise safety and reduce the risk of preventable falls. With simple precautions, we can make our homes safer to lower the chances of accidents, including:

- **Remove trip hazards:** Keep floors clear of clutter, loose rugs, and uneven flooring.
- **Improve lighting:** Ensure hallways and stairways are well-lit, and consider night lights in key areas.
- **Install grab rails:** Place grab rails in bathrooms and along stairs.
- **Wear good shoes:** Avoid slippery soles and opt for sturdy, well-fitting footwear.

Exercise is another key factor in fall prevention. Regular physical activity helps improve strength, balance, and flexibility, making it easier to maintain stability and prevent falls.

To build confidence and improve your strength, balance, and coordination, you might consider joining a program like Stepping On.

Speak to our team to find out more.

Social Events

History & Heroes Lunch 7 March

Visit The Entrance/Long Jetty Military Museum to explore military history, then enjoy lunch at Diggers The Entrance.

Scenic Mail Run 12 March

Cruise the Hawkesbury on the famous Riverboat Postman, taking in stunning scenery with a light lunch. Limited tickets. Transport available within a set radius.

Show Spectacular 28 March

Budgewoi Soccer Club presents a cabaret show with a two-course meal, bingo, and raffle tickets.

Morning Melodies: RAN 9 April

Laycock Theatre presents the Australian Navy Sydney Wind Band in the 2025 Morning Melodies series. Enjoy a powerful, dynamic performance. Limited tickets. Transport available within a set radius.

Daybreak Session 11 April

Join us at Blue Haven Community Centre for trivia, games, and new friendships. Stay for a light lunch and great company.

Stepping On

Tuesdays, 10:30 am - 12:30 pm
29 April - 10 June
Peninsula Anglican Parish, Woy Woy

Join our program designed to boost confidence and independence.

Learn practical tips to stay active, improve balance, and reduce the risk of falls.

Introducing Naomi, your new Social Support Coordinator



We are excited to introduce Naomi, who has worked to produce an exciting calendar of social outings and events to support you.



Lighthouse & Lunch 30 April

Take a scenic drive to Norah Head Lighthouse and Soldiers Beach. Explore its history, then enjoy a classic Aussie BBQ at Norah Head.

Daybreak Session 8 May



Join us at Blue Haven Community Centre for trivia, games, and new friendships. Stay for a light lunch and good company.

Lunch with a View 15 May



Enjoy a scenic drive to Marie Byles Lookout for stunning views of Broken Bay. Then, relax over a two-course meal at Davistown RSL. Transport available within a set radius.

Cabaret at Canton 29 May



Canton Beach Sports Club presents the Canton Cabaret Show! Enjoy a two-course meal, bingo, raffle tickets, and a spectacular cabaret performance.

Ready to join in the fun?



For bookings or information, call us on 1300 578 478.

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Could You Benefit From Respite?

Our recent respite program at Camp Breakaway was a wonderful success, giving participants the chance to relax, socialise, and enjoy new experiences, including an informative presentation by Tim from Girri Girra Aboriginal Experiences.



Our Cottage Respite offers a welcoming space to connect with others while carers take a well-earned break.

Call us to book your next getaway at Camp Breakaway!

Autumn Respite at Camp Breakaway

Enjoy 3-day, 2-nights of respite at Camp Breakaway, San Remo.

Relax in beautiful surrounds with accessible accommodation, great activities, hearty meals, and new friendships.

18 - 20 March

15 - 17 April

20 - 22 May

Your feedback matters to us

We want to hear from you! Your comments help us improve and provide better care and support. Whether it's a compliment, suggestion, or concern, we're here to listen.

Here's how you can share your thoughts:

- **Call us:** 1300 578 478
- **Email us:** info@adssi.com.au
- **Submit feedback online:** adssi.com.au
- **Contact the Aged Care Quality and Safety Commission:** 1800 951 822 or agedcarequality.gov.au/contact-us

Staying Well in the Cooler Months

As the cooler months arrive, it's essential to take proactive steps to maintain your health and well-being. Respiratory viruses, such as the flu, COVID-19, and respiratory syncytial virus (RSV), become more prevalent during this time.

1

Stay Up to Date with Vaccinations:

Ensure you have all recommended vaccinations, including the annual flu shot and COVID-19 boosters. Vaccinations are a crucial defence against severe illness.

2

Practice Good Hand Hygiene:

Regularly wash your hands with soap and water for at least 20 seconds, especially after coughing, sneezing, or touching your face. If soap and water aren't available, use an alcohol-based hand sanitiser.



3

Consider a Face Mask in Crowded Places:

A face mask provides extra protection against viral illnesses and is recommended in crowded places.

4

Maintain Respiratory Hygiene:

When coughing or sneezing, cover your mouth and nose with a tissue, or use your elbow if a tissue isn't available. Dispose of used tissues and perform hand hygiene afterwards.

5

Avoid Sharing Personal Items:

Avoid sharing cups, glasses, and cutlery with sick people. Regularly wash or wipe down utensils and surfaces with a household cleaner that contains soap or detergent.



6

Stay Home if Unwell:

If you're feeling unwell, stay at home (when possible) to prevent spreading illness to others. If you need to go out, consider wearing a mask.

7

Avoid Crowded Spaces and Ensure Good Ventilation:

Avoid crowded spaces. Organise get togethers in well-ventilated areas to reduce the risk of respiratory infections.

8

Plan with Your Doctor if at Higher Risk:


If you're at higher risk of severe illness, make a plan with your doctor to manage your health during the cooler months.

Source: health.nsw.gov.au

Following these steps can help protect yourself and those around you from respiratory illnesses during the cooler months. Stay healthy and take care!

The Adssi Linen Service



Would you like someone to pick up your sheets, pillowcases, and bed pads, wash them, and return them fresh? 

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

We provide clean towels, sheets, pillowcases and bed pads, delivered across the Central Coast up to twice a week.

What it covers:

- Towels
- Sheets
- Pillowcases
- Bed pads



Call 1300 578 478 or speak to your Care Manager

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 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.



adssi.com.au/app

✓ **Meet** new people ✓ **Learn** new skills

VOLUNTEER

with Adssi In-home Support

Office Administration

Phone Call Reachout

Mini Bus Driver

Social Support Assistance



 **1300 578 478**



**Ideas? Compliments?
Feedback?**

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



Easter Crossword



ACROSS

1. The Easter bunny hides me!

4. Dark, milk, white.

7. In this mountainous European country, a cuckoo delivers Easter eggs instead of a bunny.

9. Easter ____ Parade

DOWN

2. The Easter bunny has its origins in this European country.

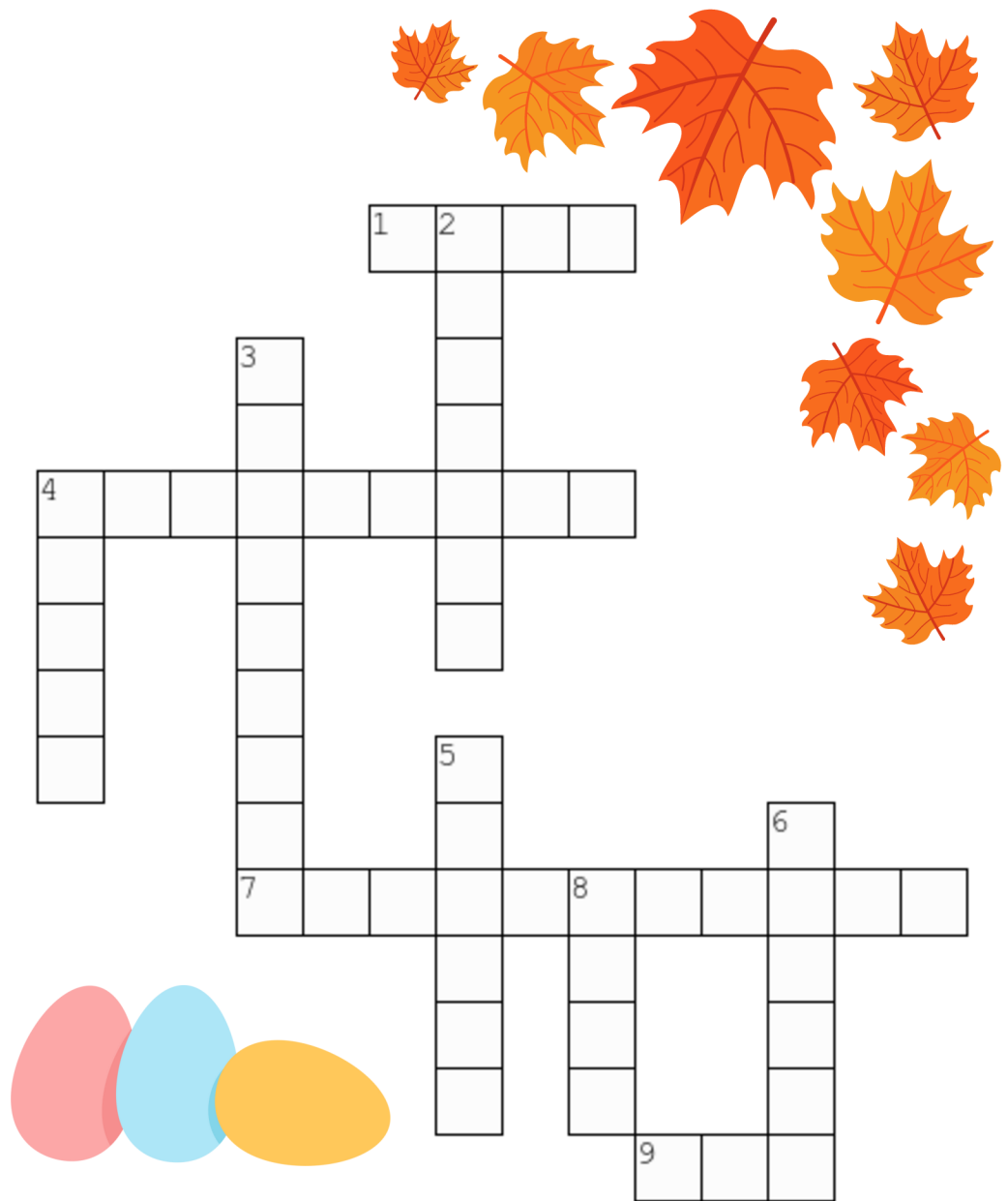
3. Trees that drop leaves in Autumn.

4. Baby chicken.

5. The season after Summer.

6. You put the eggs that you find into me!

8. Most people eat this part of a chocolate Easter bunny first.



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 |
| • NSW Ageing & Disability Abuse Helpline | 1800 628 221 | |
| • 1800 ELDERHelp (Elder Abuse) | 1800 353 374 | |
| • 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 |

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 equity, respect and fairness for all people.

