

Read all about it!

Senior Moments

SUMMER 2025



A Message from our CEO

As of 1 November, we've entered a new chapter in aged care with the introduction of the Support at Home program.

Those receiving care under a Home Care Package are now supported through the new Support at Home program. Clients receiving services through the Commonwealth Home Support Program (CHSP) will remain on their current arrangements, with a planned transition to Support at Home in July 2027.

We've worked hard to make this change as smooth as possible. Inside this newsletter, you'll find more information about the program and how you can share feedback about your experience. As our industry continues to evolve, it's the perfect time for us to reflect on our progress and how we can further improve the services we deliver. Our door to feedback is always open, we value your voice and the trust you place in us.

Our teams are well-trained, well-prepared, and deeply committed to providing the same compassionate, high-quality local care at home you know and trust - just under a new system. To help us continue meeting your needs, we're also expanding our team by welcoming additional support workers, so we can accommodate your preferred service times.

Thank you for allowing us to be part of your journey and for your patience. We're proud to continue supporting you to live your best life, with care at home.

John Baillie

CEO

Adssi In-home Support, part of ADSSI Limited



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



adssi.com.au/email

Beat the Heat!



Hot weather can cause **serious health problems** and some people in our community are at greater risk than others.

The people most at risk are:

- over the age of 75,
- overweight or obese,
- not very mobile,
- not drinking enough water,
- living by themselves or homeless,
- living with a chronic illness,
- living with an acute illness,
- taking medications that impact how they experience warm weather.

If you fall into one of the categories above, it's important to **speak to your GP** about how you can best be supported in the heat.

You can also **let our team know** - and we'll support you with the best advice.

How to protect your health in hot weather

- ✓ Stay **hydrated**. Refer to the urine colour chart for a guide. Your GP can also provide advice on recommended fluid intake.
- ✓ Wear **light, loose-fitting clothing**.
- ✓ Do household chores or outside activities **in the morning**.
- ✓ Use your pre-prepared **cool packs**, and **sit in the coolest room** of the house doing something **light** like watching TV, knitting or reading.
- ✓ **Avoid cooking** on the stove or oven.

For more information visit:
[health.nsw.gov.au/
 environment/beattheheat](https://health.nsw.gov.au/environment/beattheheat)



A note on prescription medications

Many **prescribed medications** can make the risk of heat-related illness worse. Also, medications can become **less effective** or occasionally more toxic **when stored in the heat**. Discuss with your pharmacist and GP if you're unsure.

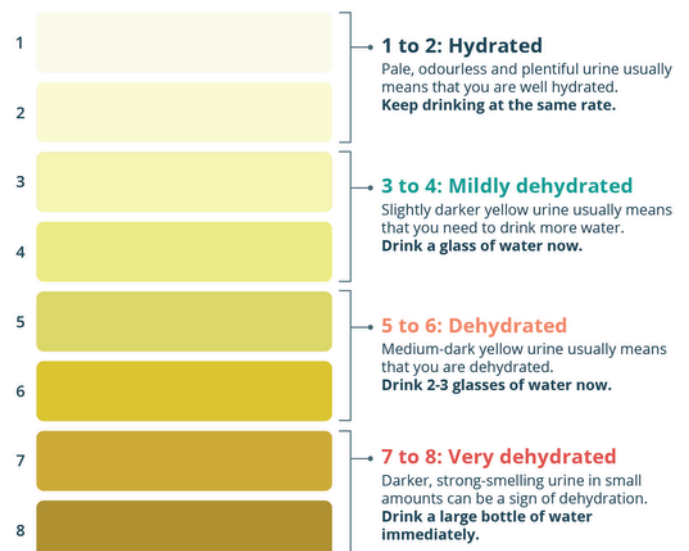
How to prepare for hot weather

- ✓ Check that your **fridge, freezer, fan** and **air-conditioner** work properly and that the air-conditioner is set to cool.
- ✓ Locate the **coolest room** in your home, usually east or south facing.
- ✓ Have a plan to **stock up on food** before the hot weather comes to avoid having to go out.
- ✓ Put **cool packs** in the fridge or freezer.
- ✓ Check your **emergency kit** in case of power failure. This may include a torch, batteries, candles, matches and a battery-operated radio.
- ✓ If you live near bushland, consider your **Bush fire survival plan**. Call the NSW Rural Fire Service on 1800 NSW RFS (1800 679 737) for more information.



Am I drinking enough water?

Use this urine colour chart to check how hydrated you are. It is important to drink plenty of water every day to stay healthy.



A Note on Mops

If you need mopping as part of a domestic service, we're encouraging clients to purchase mops **without a foot pedal** to reduce the risk of **spills, slips, and falls** for both you and our workers.

These examples are suitable and can be purchased at all major supermarkets:



New Logos on Our Cars

As well as providing services to you as Adssi In-home Support our parent company, ADSSI Limited, operates as three other well-known local brands across the Hunter and Central Coast.

Over time, we'll be transitioning the **logos and branding** on our **company cars** to reflect all 4 locations. A single design allows us to use our vehicles across regions, **saving costs** and ensuring our resources are put where they are needed most, into providing **high-quality home care** to you.



There will be **no change** to the services you receive, it is only about the way our vehicles look.

Services on Public Holidays

On public holidays, our office will be closed with only essential services taking place.

These dates are:



Domestic Assistance (DA) services are **not provided** on public holidays. If you would like to reschedule a DA service that falls on a public holiday, please speak with your care team. We'll gladly accommodate your service at a later date.

We'd also appreciate you informing us as soon as possible of any changes to your schedule over the festive period.

Electronic Statements and Billing

We're exploring ways to improve the efficiency of distributing statements and invoices.

If you or a family member has an email address where your statements can be sent, please contact our office, and we can arrange this for you.

If you haven't set up **Direct Debit** and would like your accounts to be automatically deducted when due, please let us know and we'll send you a form.

Thank you for helping us streamline our processes and reduce paper use!

Registered Supporters

A new part of the Act includes a way to choose people you trust to help you make and communicate aged care decisions, these people are known as 'registered supporters'.



Registered Supporters may help you by supporting your daily aged care decisions, and helping you access, understand and communicate information with people like My Aged Care, assessors, and aged care providers.

You are in control, and you can end a registered supporter relationship at any time.

Aged Care

Support at Home is the Australian Government's new program for in-home aged care and is part of the new Aged Care Act 2024. It replaces the Home Care Packages (HCP) program and brings all services together under one simpler, more consistent system.

There are different (and increased) levels of funding available, including special pathways for Assistive Technology and Home Modifications (AT-HM) and End-of-Life (EOL). If your needs have changed, you may benefit from a reassessment through My Aged Care.

If you are receiving Commonwealth Home Support Program (CHSP) supports

If you currently receive services under the CHSP, nothing has changed yet. CHSP clients will not move to Support at Home until July 2027.

Feedback and Complaints

We want you to feel safe, respected and listened to.

In line with the Statement of Rights, we welcome feedback in the form of compliments, suggestions and complaints at any time.

We'll acknowledge your complaint within two business days and aim to resolve it within ten. If it takes longer, we'll explain why and keep you updated. You'll never be treated unfairly or lose services for speaking up. Serious matters may be referred to the regulator, and all complaints are handled confidentially, fairly, and promptly to achieve the best outcome for you.



There are many ways you can contact us:

- Talk directly to our staff providing services.
- Phone us.
- Post us a letter to your local office.
- Drop in at our office during business hours.
- Leave a message using the contact form on our website.

While we would always prefer to resolve your complaint directly, you can also make a complaint to the Aged Care Quality and Safety Commission by visiting agedcarequality.gov.au or calling 1800 951 822.

Reforms

You can request a new assessment at any time by calling My Aged Care on 1800 200 422.

A reassessment can help ensure you're receiving the right level of support now and may open the door to additional or more tailored services.

If you need assistance, our team is here to help you with this process.

If you were receiving a Home Care Package (HCP)

If you were previously on a HCP, you have now automatically moved to Support at Home. Your services will continue, and there is nothing you need to do. We've worked hard behind the scenes to make your transition as smooth as possible, and your care team remains the same.

Adssi
In-home support

1300 578 478

3A Pioneer Ave
Tuggerah NSW 2259



info@adssi.com.au

You can receive support to provide feedback. This could be from a Registered Supporter or an independent advocacy agency such as the **Older Persons Advocacy Network (OPAN)** by visiting opan.org.au or calling 1800 700 600.

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Statement of Rights

The Act includes a new Statement of Rights, setting out how older people should be treated when receiving government-funded care.

It places older Australians at the centre of care, ensuring they are treated with dignity, fairness and respect, and have genuine choice and control in decision making.

If you are receiving services, you have the right to:

Independence, choice and control

To make your own decisions about the care and services you use, how and when you receive them, and who provides them. You also have the right to support in making these decisions if you need it.

Fair access

To a fair and accurate assessment that respects your culture, background, and life experiences, and to receive the care you need, when you need it - including end-of-life care.

Safety and quality

To access safe, high-quality care from trained and qualified workers and providers who meet legal standards, and to be free from abuse, neglect, and discrimination.

Privacy and information

To have your personal information kept safe and private, and to access clear information about your care, costs, and rights.

Communication that meets your needs

To get information in a way you can understand, use your preferred language or communication method, and provide feedback at any time.

Support to raise issues

To speak up, make complaints, and receive a fair and timely response without fear of punishment.

Connection with others

To stay connected with your family, friends, community, pets, culture, and Country.

Have Your Say - Join our Consumer Advisory Committee

With the Government changing the way aged care operates, your input and insights are more important than ever.

We're inviting clients and carers to join our Consumer Advisory Committee – a group that helps shape the way we deliver services across ADSSI. By sharing your experiences and ideas, you'll play a key role in helping us continue to provide safe, high-quality care that truly meets the needs of our community.

As a member, you'll:

- Provide feedback on the care and services you receive.
- Help inform ADSSI's planning and service delivery decisions.
- Be part of discussions that drive real improvement across our organisation.

Meetings are held around three times a year (mostly online), and support such as transport or technology access can be arranged if needed.

Interested? Let us know by filling out a short application form.



Expanded Eligibility for Veterans'

Are you a veteran, a family member of a veteran, or know someone who is? Eligibility rules for support have recently changed so it's worth checking to see if you are now entitled to additional services from the Department of Veterans' Affairs.

For more information, call the DVA on 1800 VETERAN (1800 838 372).

Out and About with Adssi!

Our social support groups and respite services are more than just a fun day out; they're an important part of helping older people stay **active, connected** and living **safely** at home.

Events like our recent **Halloween bingo and trivia** bring people together for laughter, conversation, and friendship.

Respite services also give carers valuable time to **recharge**, knowing their loved one is supported by **trained, caring** staff.



For clients, it's a chance to enjoy a change of scenery, try new things, and be part of a **welcoming community**.

If you haven't tried social support or respite yet, talk to us about what's available.

It's often the small, meaningful moments that make the biggest difference: the quiet pride of trying something new, the smiles that come from **feeding alpacas** up close, or the easy connection that grows on a **men's group boat trip**.

Interested? Get in touch! We're here to help you live your best life with care at home.



Managing a Busy Festive Season at Home

Eat Well and Hydrate

Festive foods are delicious but can be rich and salty. Balance treats with nutritious meals, fruits, and plenty of water. Avoid skipping meals to "save room" for big dinners.

Stay Connected

If you live alone or family is far away, plan phone or video calls, or attend local community events. Staying socially connected can lift your mood and reduce feelings of isolation.

Prioritise Rest and Recovery

Busy social calendars can be tiring. Schedule quiet days between events. Listen to your body — it's okay to say no to some invitations!



Christmas Recipes



Classic Prawn Cocktail

No Australian Christmas is complete without prawns, and while trends come and go, some things never go out of fashion, like a fabulous prawn cocktail.



Ingredients – Makes 4

- A good helping of fresh cooked peeled prawns. About 400g
- 2 cups of lettuce, sliced
- Lemon, cut into thin wedges

Sauce

- 2/3 cup mayonnaise
- 1 tbsp tomato sauce
- 1 tsp Worcestershire sauce
- 1 tsp jarred horseradish
- 1/4 tsp tabasco sauce

Instructions

Mix sauce and cover prawns. Place lettuce in bowl or glass, top with prawns, garnish with lemon.

Easy Cookie Mix in a Jar

If your family or friends love cookies but there will already be an abundance of sweets over the holidays, give them the gift of cookies when it's convenient with a cookie mix in a jar!



All they'll have to do is mix with 1 large egg and 125g of butter before placing in a preheated oven for 10 minutes at 170°C.

Ingredients – Makes 18, fits in a 1L jar

- 2/3 cup sugar (any will do)
- 3/4 cup plain flour
- 3/4 tsp baking powder (omit if using self-raising flour)
- 1/2 tsp salt
- 1 cup quick oats
- 1 cup dried fruit (cranberries, blueberries, currants, raspberries)
- 1 cup chocolate chips

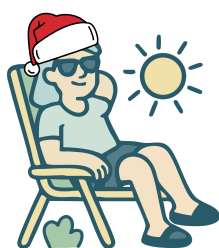
Summer Crossword

ACROSS

3. Garden waterer.
7. Jolly swagman's shade tree.
10. Sunburn soother.
11. Frozen summer treat.
12. Christmas seafood favourite.

DOWN

1. Wind-shaped sand hill.
3. Evening outdoor pest.
4. Air rotating around low pressure.
5. Six white kangaroos.
6. Swim shirt for sun safety.
8. Picnic cloth.
9. Summer insect singer.



Important contacts

• 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

@info@adssi.com.au adssi.com.au 1300 578 478



We acknowledge the Traditional Custodians of the lands on which we operate. We pay our respects to the Elders, past, present and future, and recognise their continuing connection and contribution to this land. We extend that respect to any Aboriginal and Torres Strait Islander people we provide our services to, including their carers, families and all who support their care.

We affirm the right to equity, respect and fairness for all people.

