

Read all about it!

WINTER 2025

Senior Moments

A Message From Adssi

Welcome to the Winter 2025 edition of Senior Moments.

As the weather cools down, we're bringing you fresh updates and helpful reminders to support you through the winter months.

Inside this edition, you'll find more detailed information about Support at Home, the Government's new approach to in-home care funding. These changes are important, and we've broken them down in a simple way to help you understand what they mean for you. If you have questions, please reach out, we're here to help.

This edition also includes tips to help your care run smoothly. For example, giving us plenty of notice for transport bookings, and keeping your space tidy for our team. These small steps go a long way in making sure your care is safe and efficient.

We also celebrated National Volunteer Week at the end of May, and we were grateful to have the opportunity to give thanks to them. We couldn't support our community like we do without the incredible support of our volunteers.

Plus, find advice on staying well in the colder months, and see our latest social outings. These events are a fun way to stay active and meet friends, even when it's chilly outside.

Thank you for trusting us to help you **live your best life, with care at home.**

Tez Wrathall

Site Manager
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
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adssi.com.au/email



Winter Wellness Tips



Stay Warm, Stay Safe

As temperatures drop, keeping warm is vital for good health, especially for older adults and people with disability, who may be more vulnerable to cold-related illnesses.

Top Tips:

- Dress in layers and keep your feet and head covered.
- Use heaters safely and check for drafts in your home.
- Keep your home warm—ideally between 18°C and 21°C in living areas.

Cold weather can increase the risk of respiratory infections, worsening of chronic conditions, and even hypothermia.

For more information visit:

health.nsw.gov.au/winter



Get Your Winter Vaccinations

Protect yourself from serious illnesses this winter by staying current with your vaccinations.

Recommended vaccines for winter:

- Flu vaccine: Free for people aged 65+, those with chronic health conditions, and people with disability.
- COVID-19 booster: If it's been 6 months or more since your last dose or infection, consider a booster.

Vaccination is one of the most effective ways to prevent severe illness and hospitalisation.

For more information visit:

agedcareengagement.health.gov.au/blog/winter-vaccines-reminder



Stay Active Indoors

Chilly weather may keep us indoors, but staying active is important for strength, balance, and mental wellbeing.

Ideas for staying active:

- Chair exercises, stretching, or gentle yoga.
- Walking laps inside the house or using a step machine.
- Online fitness videos tailored for seniors and people with disability.

Regular movement helps maintain independence and lowers the risk of falls and depression.

For more information visit:
activeandhealthy.nsw.gov.au



COVID-19 and the Flu

While current case numbers are low and new variants are not causing more severe illness, winter can still bring higher risks of respiratory infections.

Staying well this season means practising good hygiene, like regular hand washing, and speaking with your care team or GP about getting vaccinated.

At Adssi In-home Support, our staff have been offered free flu vaccinations to keep you safe, and to minimise staff vacancies during winter.

It's important to report any cold or flu symptoms early, so care can be adjusted.

If you are experiencing illness, please call 1300 578 478 so we can reschedule your services.

Support at Home - Delayed!

The Australian Government recently announced that the new **Support at Home program and the Aged Care Act will now begin on 1 November 2025**, instead of 1 July 2025.

Scan to read the **open letter to older people** issued by the **Minister for Aged Care and Seniors**.



What does this mean for you?

- No changes to your current services.** You will continue receiving the same care and support from your familiar support workers and local team.
- We're still preparing.** This delay gives us more time to get ready, train our staff, and make sure everything is in place to support you under the new system.
- We're here to help.** If you have any questions, please call Crystal Sammons, our Home Care Package Team Leader, on 1300 578 478.

What about Assistive Technology and Home Modifications?

Under the Support at Home program, the **Assistive Technology and Home Modifications Scheme** will give participants access to assistive technology and/or home modifications without needing to save up funds from their individual budgets.



What's Coming on 1 November?

Three service areas:

- Clinical Supports** - nursing care, physiotherapy, and occupational therapy.
- Independence** - help with showering, getting dressed, taking medications, transport or respite care.
- Everyday living** - cleaning, gardening, shopping or meal preparation.

Quarterly budgets: You will receive a quarterly budget that aligns with your funding classification. You can roll over up to \$1,000 of each quarter's funds.

Care management: 10% of your budget is set aside to help plan and organise your care.

Eight funding levels: to better tailor plans to individual needs, ranging from \$11,000 to \$77,000.

Two special pathways for additional assistance:

- Restorative Care Pathway** - to maintain and improve your independence through allied health services following a significant life event, like a fall or hospital stay.
- End-of-Life Pathway** - help to support those who have 3 months or less to live to stay at home for as long as possible.

One provider: each participant will have a single Support at Home service provider

This information is correct as of 10 June 2025 and is subject to change. Contact our office on 1300 578 478 for more information.

Adssi *Tips*

What We Can Help With

Our support workers are here to help you keep your home safe and tidy. But please remember – they are not professional cleaners.

We provide support just for you, the client.

This doesn't include cleaning up after other people or pets in your home.

We can help with:

-  Your bedroom and changing linen.
-  Your living area.
-  Your primary bathroom.
-  Shared traffic areas.
-  Your kitchen.
-  Your washing, folding and ironing.
-  Shopping for you by list, with cash.
-  Your rubbish and recycling.

We're sorry, but our support workers cannot assist with:

- Cleaning windows, ceiling fans or ovens.
- Using ladders.
- Heavy lifting or moving furniture.
- Using leaf blowers.

These tasks fall outside the type of support we provide. If you're unsure, please ask!

If someone else in your household needs help, talk to us. We may be able to offer other options.

Public Holiday services - What to expect

On public holidays, we focus on essential care. This includes help with medication, personal care, and meals.

Domestic Assistance (DA) services are not provided on public holidays.

Starting from the King's Birthday public holiday on Monday, 9 June 2025, you will no longer receive a call to confirm this. The service will simply be paused for the day.

If you would like to reschedule a DA service that falls on a public holiday, please speak with your care team. A new service request will need to be made.

Thank you for your understanding.

A Note on Service Times

We work hard to provide services at a time that suits you best. Sometimes, we may need to adjust your booking to support clients with essential care needs.

When this happens, our goal is to minimise disruption and keep you informed.

Please remember

 Cleaning products labelled in original containers

 No smoking, drugs or alcohol

 Restraine pets

 We can't clean up after pets

 No toxic chemicals or bleach

Cancelling a service

To avoid a cancellation fee, please let us know before 5 pm on the day before your service.

For Monday bookings, it's best if we hear from you by 5 pm Friday. Our business hours are 7:30 am–5 pm, Monday to Friday.

Outside these times we're only available for urgent matters.



We require 48 hours' notice to arrange your transport. Early notice allows us to secure a suitable vehicle, set up any necessary supports (like wheelchair access) and give our drivers clear instructions. Thank you for helping us plan ahead.

What we respond to on weekends

- ✓ Cancelling appointments
- ✓ Informing our team of sickness
- ✓ Sudden loss of a client
- ✓ Urgent time change requests - your service is within 48 hours, that weekend or the Monday following.

While we will do all we can to support you:

✗ We cannot assist with after-hours health enquiries or emergencies.



A note about pets

Pets bring a lot of joy to our lives, but they also come with challenges and risks.



Please help us manage risks to you, your animals and our workers by:

- ✓ Securing pets before workers arrive by keeping them:
 - in a fenced yard.
 - in a separate room.
 - on a lead in a yard.
- ✓ Presenting documentation to show Guide Dogs or Companion Pets are accredited.
- ✗ Not asking workers to transport your pet without pre-approval. We typically can't as:
 - They may transport other clients later; pets can trigger allergies.
 - Workers risk fines for incorrect pet restraints.
 - Extra cleaning time and costs.
 - Driver distraction.

What to do in an emergency



Call Triple Zero (000) if it's an emergency.

For example, you have difficulty breathing, chest pain, severe bleeding, sudden collapse or are seriously injured.

We do not provide an after-hours nursing service.

For general after-hours health advice, help is available 24/7 through **healthdirect**.

Call the government-funded health information and advice line **healthdirect** on **1800 022 222**.

National Volunteer Week

19-25 MAY 2025

Connecting Communities

As a not-for-profit, we are proud to be supported by many generous volunteers who give their time to help with a wide range of activities. These include administration, driving clients to appointments, friendly social visits, and helping out at community events. Their kindness and dedication make a big difference, and help us to provide the highest standard of care.

Our volunteers come from all walks of life. Some are retired and looking to stay active, others are students gaining experience, and many simply want to give back to their community. No matter their background, we've had feedback that volunteers bring something special and help create a warm, welcoming environment.



Although the wild weather meant we had to delay our plans to celebrate National Volunteer Week, we didn't let that dampen our spirits. The following week, we came together for a lovely morning tea to thank our volunteers and celebrate their many achievements.

Social Activities Guidelines

These guidelines help keep everyone safe during outings – especially our team members and volunteers, who may not be trained to give personal or medical care in group settings.

Please note:

- Dates and venues may change.
- If you need to cancel, let us know at least 24 hours in advance. If not, you may still be charged.

To take part safely, you must meet the following:

- **Mobility:** Must be able to walk safely. No falls in the past 6 months. Walking aids (like sticks or walkers) are okay if you can move around confidently.
- **Cognitive ability:** Must be aware of where you are, what's happening around you, and be able to follow instructions. No signs of wandering, confusion, or sudden changes in behaviour.
- **Toileting:** Must be able to use the bathroom without help.
- **Medication:** Must be able to take your own medication without help.



Drag Queen Bingo at Blue Haven Community Hall



A fabulous morning of fun and flair!

Enjoy a dazzling performance and a lively bingo session hosted by a local drag queen. Expect music, sparkle, and a whole lot of joy in this inclusive and uplifting event.



Social Events

WINTER | 2025



Wangi Social Day



Have a fun day at Wangi Wangi Workers Club—enjoy lunch and join in the popular club raffle.

North Clients Only



Whale Watching & Lunch



Celebrate the season with a two-course Christmas lunch and a live performance by the legendary Little Pattie OAM.



Daybreak Session



Wrap up the month with a peaceful and uplifting Daybreak Session at Mardi. A gentle way to connect and reflect with others in a welcoming environment.



Ettalong Eats & Views



Lunch with a view or two at Ettalong RSL- Great food, good company, and a chance to catch up.

South Clients Only



Terrigal Lunching Ladies



Start with panoramic views from The Skillion lookout, followed by a lunch at Terrigal Beach House.



Tech & Tea



A relaxed, supportive session to build confidence with mobile phones and smart devices.



Whale Watching & Lunch



Watch humpback whales at Soldiers Beach as they breach and play along the coast. Then, enjoy a warm lunch with friends at Club Lake Munmorah.

South Clients to arrange own transport



Rathmines RAAF Museum Men's Tour



Explore the rich aviation history at Rathmines RAAF Museum, followed by a satisfying lunch at Club Rathmines.



Senior Screens at Hoyts Erina



Relax in plush recliners and enjoy a specially selected film. Includes a snack combo with popcorn and a drink for the full cinema experience.

Transport available within 10kms of Erina

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

Ready to join in the fun?

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

Winter Crossword

ACROSS

- 2. Type of wine typically served warm.
- 5. Keeps your feet dry on rainy days.
- 8. The season after Autumn.
- 9. Cream to soothe dry winter skin.
- 12. Keeps you warm in bed.

DOWN

- 1. Warm, nourishing meal, usually liquid.
- 3. A fashion fad in the 80s.
- 4. White coating on grass at dawn.
- 6. Wool garment.
- 7. Directs smoke away from a fireplace.
- 10. The shortest day, Winter ____.
- 11. People who love Christmas celebrate it again this month.



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 |
| • 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 |

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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 equity, respect and fairness for all people.

