



Care at Home

WELCOME

There have been a few changes since our last newsletter including a federal election. We continue to hope that the government will focus on aged care and not just the needs of people living in residential care, but those who would like to continue remaining in their own homes. It is important to us that people have access to funding so they can optimise their health and wellbeing, stay out of hospital and live life to the full!

A new Support at Home Program is planned for June 2023 and we are all watching with great anticipation with regard to how this evolves and the care and services that we will then be able to provide. The plan is to structure three of the current programs into one, in line with the Royal Commission recommendations.

It is always been our dream for Senior Australians to have easy access to an individualised program of care in their homes. The proposed program will mean that people will not need to 'save up' for goods, equipment, assistive technologies and home modifications in order to be independent and live in a safe environment.

We hope that we will be able to navigate a system which should mean more choices, faster access to help and many other benefits. We remain hopeful and optimistic that we can continue to provide and improve everything that we do for the senior members of our community. If you would like any information, on how you can get help at home, please let us know as we are happy to provide information or have a chat.

We hope everyone will continue to keep well and warm as we have entered winter. Some of us may have fireplaces to keep warm and others relying on heating. We would like to encourage you to keep well and safe by:

- Rug up , sit less, and get active.
- Enjoy stews, casseroles and leftovers, especially with some of the great seasonal vegetables.
- Take time for tea (Heart Foundation noted regular tea drinkers had healthy blood vessels and lower risk of heart disease)
- Drink plenty of fluids as when it is cool we may forget.
- Check your vitamin D
- Make sure your COVID-19 boosters and influenza (flu) vaccinations are up-to-date



It is a privilege for us to help people in our community so remember:

Your wishes drive our goals!



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See page 6 for information on our Bolero Special!

BOLERO[®]
SUGARFREE DRINK POWDER



SELF-MANAGED OR FULLY MANAGED HOME CARE PACKAGES EXPLAINED



Senior members of our community have been managing their own lives and often caring for others as well as themselves for a long time. However, life is full of change and challenges as we age. Many of us reach a point in time where some help and support is appreciated, either intermittently or on an ongoing basis.

A Home Care Package can provide people over the age of 65 years with services and care that can enable them to stay in their own home for longer by optimising their health and wellbeing. Depending on the level of support that would be beneficial, people can choose to either self-manage an home care package or work with a

provider who will provide a fully managed service.

Whether a self-managed or fully managed service is selected, the care you are offered should enable you at all times to remain in the driver's seat. There are advantages and disadvantages to both types of options. Self-management can be stressful, which may not fully benefit individuals selecting this option because of the potential impact.

Self-management explained:

While often referred to as self-management, a truly self-managed Home Care Package doesn't exist. The reason is that Home Care Package legislation requires a provider to "oversee" your government-controlled Home Care Package funding. This means that providers of self-managed Home Care Packages offer a bare-bones management service and charge a rate of approximately 13% for 'hosting' your Package.

Self-management means that you are active in managing the practical tasks of your home care. You are responsible for:

- Undertaking your own recruitment and management of your support team, including scheduling your appointments and times, covering annual leave, sick leave and ensuring services are delivered to your standard
 - Sourcing, purchasing and/or being reimbursed for your products and services
 - Ensuring all purchases are made in accordance with the policies of a provider and relevant Government legislation
 - Managing your own clinical needs, including hiring nurses and allied health professionals
- Managing your Home Care Package budget

Self-management risks:

Self-management presents a number of risks that need to be carefully considered. For example, what happens if...

- An unexpected health issue disrupts your ability to self-manage?
- You need to increase your support, but you don't have the capacity to make those changes yourself?
- You haven't left enough money in your budget for support when your care needs increase?
- Your chosen carer calls in sick, requests long-term leave or quits unexpectedly?
- Your chosen carer is performing poorly and not meeting your care needs?
- You want to make a complaint about your chosen carer?
- Your chosen carer's insurance, qualification or criminal background check lapses without your knowledge?
- A family member or friend takes advantage of your access to government funds?

Rather than directly assisting you with these matters, most providers of self-managed Home Care Packages will direct you to written and digital resources, training and technologies.

Therefore, it's important for you to create your own risk management plan by assessing the likelihood of these scenarios, the risk they pose to your health and wellbeing, and the contingency plans you will have in place should those scenarios occur.

A fully managed service explained:

A fully-managed service offers comprehensive Home Care Package management that, according to Government legislation, must be delivered according to Consumer Directed Care (CDC) principles – consumer choice and control, rights, respectful and balanced partnerships, participation, wellness, reablement, and transparency.



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SELF-MANAGED OR FULLY MANAGED HOME CARE PACKAGES EXPLAINED...CONTINUED

This means that your provider takes care of the administrative duties, budgeting, staffing responsibilities and purchasing – all in accordance with your personal needs, preferences, wishes, and goals.

Affinity Senior Care offers Home Care Package support managed by an experienced community registered nurse who is able to understand your healthcare journey and some of the challenges you may be facing now or in the future. A care manager with a clinical background is able to partner with you to optimise your health and wellbeing. This is a significant point of difference, as other organisations do not offer face-to-face care, nor care planning and support with an experienced clinician.

We deliver Home Care Packages according to CDC principles by:

- Partnering our clients with a dedicated Clinical Partner, who is an experienced Community Nurse, who continuously oversees all aspects of your care, including budgeting, staffing and purchases on your behalf
 - Assists you to source highly trained and compatible caregivers and other healthcare professionals to deliver your support services and to create your own 'Circle of Care'.
 - Replacement of staff that do not meet your standards or may not be the right fit for you.
 - Scheduling your appointments and services on your behalf and according to your preferences
 - Covering sick leave, long-term leave and resignations in a way that does not affect the delivery of your care and support
- Carefully screening your service providers, from your gardener to your in-home hairdresser, to ensure they are qualified, appropriately insured and police checked

Affinity Senior Care offers fully managed Home Care Packages with a built-in care management time allocation with your clinical partner, depending on the level of package you are allocated.

Client Choice

Self-managing your Home Care Package may be suitable for you if:

- You have low care needs
- You are transferring from the Commonwealth Home Support Programme (CHSP) to a Level 1 Home Care Package
- You have the capacity, time, and skills to manage people, budgets and technology
- You would prefer to use your Home Care Package as a wallet for purchasing equipment and basic task support such as cleaning and gardening

If you decide to try self-management, it's important consider your risk scenarios and put contingency plans in place should those scenarios arise.

Lastly, remember that you have a lot of control when your Home Care Package is managed by a provider. A fully managed service means, your risks are controlled according to your needs and preferences, which lessens your worry about budgeting, purchasing, scheduling, performance managing, staff absenteeism and more.

If you wish to learn more about a fully managed home care package, call Affinity Senior Care or send an email.



BENEFITS OF YOUR LOCAL PHARMACY

The community pharmacy system in Australia is recognised as one of the world's best. The expertise and knowledge of your local pharmacist means healthcare is available to you in a convenient and affordable manner.

Your community pharmacist is your medicines expert, can provide professional advice and counselling on medications. They have a professional interest in your welfare which is improved with a better knowledge of you, your lifestyle and your health history.

It is highly recommended that you use the same pharmacy to record all of your medicines. This enables a relationship between you and those who work there. The local staff will then be aware of your health needs, the medicines you take and any allergies or adverse reactions you may have to a medicine. This can be a great help when addressing health issues.

Pharmacies can help with minor wounds and ailments or other issues which might normally require a visit to the GP. The Pharmacist will always refer you to a doctor if they feel it is necessary for you to have a doctor to examine you or if you need further treatment.

There are a number of professional services that a pharmacist may know about, offer or plan to introduce.

EXERCISE



Exercise helps you to live a longer, healthier, and more joyous life.

Better Balance

Did you know that falls are the leading cause of harm for older people living in the community? Preventing falls is complex and regular exercise can reduce the risk of falling by 23%.

Prevent and Counteract Disease

Heart disease, osteoporosis, depression and diabetes are common diseases among seniors and often deadly. Adopting a more active lifestyle can contribute to the prevention of these diseases, or reduce the unpleasant symptoms of these diseases.

Better Brain Function

The mind and the body are closely linked. A healthy body means a healthy mind. Seniors exercise on a regular basis have improved cognitive health. Some research has shown

that regular exercise can reduce your risk of developing Alzheimer's disease or dementia by nearly 50%

Great exercise activities for seniors are:

⇒ Water aerobics, Chair yoga, Resistance band workouts, Pilates, Tai Chi, Walking, Body weight workouts and Dumbbell strength training

A good percentage of popular mainstream workouts are not ideal for seniors, as they may put an unhealthy strain on an older adult with joint pain, atrophied muscles, posture problems or issues with balance.

We recommend that seniors seek advice before commencing new exercise programs.

No matter how slow you go, you are still lapping everyone on the couch!

TEST YOUR KNOWLEDGE?

1. Which products sell more in Australia?
 - Nappies for babies
 - Continence aids designed for adults
2. Bladder leakage is a lifelong problem and unable to be treated or cured.
 - True
 - False
3. Lifting can cause incontinence
 - True
 - False
4. Drinking less means you need to empty your bladder less often.
 - True
 - False
5. You need to exercise at least 10 hours per week to reduce too many night time visits to the toilet?
 - True
 - False

INCONTINENCE

It's taboo, it's awkward, it's the elephant in the room.

Incontinence is the inability of the body to control the evacuative functions of urination or defaecation. It is a complex issue that many people are uncomfortable talking about. It is an issue that affects up to 38% of Australian women and 10% of Australian men.

Did you know that 65% of women and 30% of men sitting in a GP waiting room report some type of urinary incontinence, yet only 31% of these people report seeking help from a health professional. We know that incontinence is the elephant in the room as 70% of people do not seek advice and treatment for their problem.

- It is under-diagnosed and under-reported.
- It can happen at any time—increases with age
- More common in women, who can wait over six years before discussing it with their doctor.
- More common that we realise

Is it normal to leak a little wee?

Incontinence is common but it is NOT normal. It can come on gradually, so that people do not think it is a real medical problem.

Why does it matter?

It threatens the quality of life of people both physically and mentally. It often means that people limit or cease physical activities they enjoy. People report having less energy, feelings of depressing and loss of self-esteem. People often limit or plan travel around toilet accessibility. People may limit their social interaction and avoid being intimate with their partner. Sleep can be interrupted. Incontinence issues can be costly, require special bedding, clothing or products. It is one of the main reasons that people transition to a different living situation and may require residential aged care.

What are my options?

Talk to your local GP or your GP Practice Nurse or your health service provider. Affinity Senior Care provides a continence nursing service. Our aim is to improve, cure or effectively manage your condition.



SENIOR HUMOUR

Turned Off

What do you call an old man with his hearing aids turned off?

Anything you want, he can't hear you.

Hearing Better Now

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."

Free Hearing Aids

What do we want?

FREE HEARING AIDS!!!

When do we want them??

FREE HEARING AIDS!!

New Hearing Aids

My grandma got a new hearing aid.

"It was \$5," she said.

"What kind is it?" I asked.

"Ten-o'clock".



SIGNIFICANCE OF HEARING LOSS

Did you know that 1 in 4 Australians who need a hearing aid actually do not have one?

If you have any type of hearing difficulty, reasons you should take action are as follows:

1. **Feel happier and more confident.** Hearing loss is associated with social isolation and depression. Ensuring that you can participate in conversations, will give you the confidence to participate in new experiences and social situations. Evidence shows that being social helps us be healthier and live longer.
2. **Protect your mind.** Hearing loss is associated with a decline in cognitive health. Research has shown that a hearing aid can slow cognitive decline by up to 75%.
3. **Better relationships.** Communication is about listening and talking. A hearing loss makes it harder to engage in conversations, hear jokes, and respond appropriately to people rather than guessing what you think your response should be. A hearing aid can give you the ability to hear and engage, thus improving communication and better interactions with others for improved relationships.
4. **Boost your fitness.** We need to be able to hear in order to interact with our environment. Studies have shown people are less likely to be active if they are experiencing hearing loss. Better hearing can lead to better environmental clues when out and about, resulting in more walking or outdoor activity.
5. **Maintaining your independence.** Interacting with others when you have a hearing loss can be tiring. Untreated hearing loss can lead to a greater dependence on those around us.

Government Funded Support

The Office of Hearing Services, a subset of the federal Department of health, provides eligible people with access to hearing services. This includes services such as full audiological assessment of your hearing by a qualified clinician, access to a range of quality fully subsidised hearing aids and support in using and managing your hearing aids.

Not everyone is eligible for the Australian Government Hearing Services Program. If you are not, you may be able to have a hearing aid fitted at a reduced cost through a hearing aid bank. You can search online to find your nearest hearing aid bank in your state.

Did you know that you can get hearing support services at home?

NEW WORKBOOK

We have a series of workbooks available on our website which have been designed to empower and help seniors self-managed their health.

More and more people are living with chronic conditions. While not immediately life-threatening, an underlying condition can be quality-of-life threatening. In order to maintain your independence this book has been design as a journal or diary, so you can live well by:

- Monitor and manage the physical effects of a health condition
- Receive and record the outcome of treatments
- Ensure clear communication with your doctor and your healthcare team
- Adopt strategies to manage difficult emotions, and remain confident and positive

This book will help you to focus on solutions to challenges you may be facing and help you achieve your goals.

FREE COPY FOR ALL NEW CLIENTS JOINING AFFINITY SENIOR CARE

“Life always begins with one step outside of your comfort zone” (Shannon L. Alder)



BOLERO DRINKS

Bolero drinks are delicious thirst quenchers for those who do not like drinking water and need to stay hydrated. Great for diabetics too!

We have the following flavours on special: blueberry, blackcurrant, apple, raspberry, lemon and mango. Box of 12 sachets, each sachet makes 4 litres for \$20 plus delivery (June only).

There is a huge range of other flavours and happy to share more information.

CARE EXPO

This is a major event being held in Brisbane. It is a trade show that enables industry professionals and end-users alike to connect with providers from the health, care and support sectors.

Put the date below for the Care Expo in your diary and come along and see us!

You can register free on line to obtain your FREE pass to attend. If you would like assistance please let Affinity Senior Care know and we can assist.

CARE EXPO 

CARE EXPO BRISBANE

15 - 16 September 2022
Brisbane Convention and Exhibition Centre

HEALTH CARE SELF-MANAGEMENT FOR SENIORS

CHRONIC CONDITIONS WORKBOOK

Older, Wiser, Lively - optimise your health & wellbeing



TEST YOUR KNOWLEDGE— ANSWERS

1. More continence aids designed for adults are sold in Australia every year than baby nappies. The government has financial assistance schemes available for those assessed as eligible and requiring continence aids. (Source: Independence Australia)
2. False. Bladder leakage has many causes, most are treatable, most can be improved and some can be cured. (Source: Continence Foundation Australia)
3. True. People who experience stress incontinence can have bladder leakage when coughing, sneezing, laughing or lifting. Lifting heavy weights or straining can cause damage to your back, core and pelvic floor muscles and can contribute to or cause incontinence. (Source: Continence Foundation Australia)
4. False. Drinking inadequate amounts of water irritates the bladder and leads to more frequent urination, increased urgency to urinate and risk of urinary tract infections. (Source: Continence Foundation of Australia)
5. False. Around 1 hour of exercise per week including strengthening of the pelvic floor muscles works towards reducing the severity of nocturia (nightly toilet visits). (Source: Continence Foundation Australia)



AFFINITY SENIOR CARE



Care Management
Personal Care
Meal Preparation
Social Outings and Support
Respite Care
Companionship
Gardening
Pet Care
Cleaning
Laundry
Transport
Clinical Care
Nursing
Continence/ Catheter
Management
Wound Care
Medication Management
Digital Health Technology
Safety systems
Health Monitoring
Assistive Technology
Allied Health Services

PARTNER WITH US!

We bring high-quality care to your front door!

Choosing to invite someone into your home to provide you with care, services and support is an important decision and paramount to ensuring you can live independently on your own terms.

A nurse-led innovative service personalised to your unique needs, optimising your health and well-being.

- Create your own *Circle of Care*
- Regular visits from partners who can really get to know you
- Technology, apps, email, face-to-face, and phone-calls
- A range of solutions and options
- Short or long-term, simple or complex care, services and support
- Motivated to provide care we would like our own families to receive
- No hidden fees or charges
- Respecting your choices

FREE INITIAL CONSULTATION

If you would like to know more about the services and support that we provide we would love to hear from you.

Affinity Senior Care

Your wishes drive our goals!

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