



Care at Home
Your wishes drive our goals!

We have had a rather warm spring and a cool start to summer, though sudden soaring heat is upon us, as we reflect on another year that has passed for some of us, rather quickly.

Personally, I am grateful for 2022 as I have had the privilege of working alongside some rather wonderful people who are associated with Affinity Senior Care. Our Care Partners have kind compassionate hearts and it is inspiring to observe the way they serve and care. We have formed more business relationships in the community, as we continue to expand our network in order to provide our clients with choice. We have professional partners who believe, as we do, in delivering high quality safe care in a friendly and supportive manner.

We have traversed challenges and enjoyed uplifting moments as we have supported seniors at different wedding celebrations, participated in fun community outings, cleaned, ironed, gardened, and engaged in all sorts of activities. We have learned a lot, laughed and cried, as we have helped people improve or maintain their health, or die comfortably and peacefully at home or in their place of choice. We have shared the lives and journeys of some incredible people and all of us here at Affinity Senior Care consider every moment we spend providing some form of support or service to be a real privilege.

Life can be challenging, peaceful, beautiful and tragic. It can be all of those things together and more. We are grateful to everyone who have invited us into their homes. Our clinically led model focuses on ensuring clients have the same partners visiting which has enhanced our satisfaction and reward providing Affinity Senior Care partners with a sense of value and meaning as we serve our community.

Regardless of whether your needs are simple or more complex, for a short while or longer, we are here to listen, understand as best we can, and partner with you. We are only a phone call away (07) 3186 1325 and an initial consultation to discuss your wishes, needs and preferences is free-of-charge.

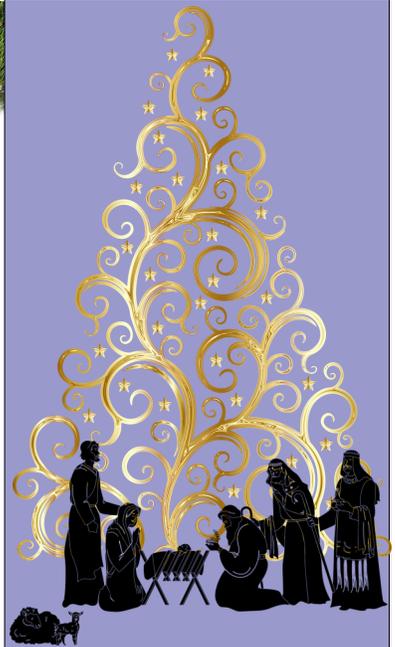
Renaë Armstrong

Wishing everyone a Merry Christmas, Happy Holidays, and a wonderful start to the New Year!



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CARE AT HOME INFORMATION

Reason to consider care at home for yourself or a loved one.

We are living in unprecedented times as we are managing life in a global pandemic. This means seniors in our community with pre-existing conditions are extremely vulnerable.

We know that most people want to remain in their own home and people who have chronic health conditions often need some help to maintain their independence, health and well-being. Accessing home care may seem challenging however the benefits are significant:

- home care is often more affordable than a nursing home and contributes to increased satisfaction with life
- you get to choose the care, services and support you wish to receive
- your care is personalised to promote your independence, comfort and confidence
- supports families staying together

Home care has expanded and offers a comprehensive range of service in accordance with each person's needs, wishes and preferences such as:

- help around the home with dishes, laundry, cooking and cleaning
- assistance getting to and from appointments
- groceries and shopping
- support with activities of daily living such as toileting, bathing and dressing
- respite for carers and supervision for safety and comfort
- companionship

Home care provided by Affinity Senior Care with a registered nurse as your clinical partner has the benefits of reducing stress and helping people to stay well.

What difference does a registered nurse make?

Nurses strive to support individuals by preventing illness, and promoting health, which is a state of physical, mental and social well-being. Health is not just the absence of disease or infirmity.

Nurses can provide individuals with the knowledge and skills to understand, evaluate and apply relevant information to make effective decisions about health matters and then take appropriate action. We know that when nurses are involved in supporting the functional independence and quality of life of people within our community, we can help people to remain in their homes much longer.

Prevent Health Deterioration and Promote Quality of Life

Common conditions in older age include hearing loss, cataracts and refractive errors, back and neck pain and osteoarthritis, chronic obstructive pulmonary disease, heart disease, diabetes, depression and dementia. Furthermore, as people age, they are more likely to experience several conditions at the same time.

Older age is also characterised by the emergence of several complex health states that tend to occur only later in life that do not fall into discrete disease categories. These are commonly called geriatric syndromes. They are often consequences of multiple underlying factors and include frailty, urinary incontinence, falls, delirium and pressure injuries.



CARE AT HOME INFORMATION ...CONTINUED

Functional decline may be postponed through enhancing or maintaining an active lifestyle and early initiatives or interventions to optimise a person's health and well-being.

Falls Prevention

Falls are the leading cause of disability and death for older people living in the community. Falls result from a combination of risk factors and if those risk factors increase, so too does the level of concern. This does occur as individuals age. The risk of falls also increases every time an older person is admitted to hospital.

Hygiene Assistance

The most obvious and important reason for good hygiene is maintaining physical health. As people age their immune system is not as robust as it once was and that means germs and viruses are more dangerous.

Continence Assessment and Assistance

Urinary incontinence (UI) affects men as well as women and is not a normal part of ageing and can be treated. There are different types and causes of incontinence. A continence assessment helps to determine what the problem is and what treatment is required. It includes details of the individual's signs and symptoms, and a physical examination may be indicated. Left untreated, however, UI is a chronic rather than a self-limiting condition with a propensity to worsen over time. Nurses can help reduce the consequences of UI such as social restriction, financial burden and negative health effects.

Promote Hospital Avoidance

A wide array of factors have been identified as contributing to functional disability in older age. One of the most significant of these is acute hospitalisation. Some patients are admitted to the hospital with a diagnosis not directly leading to functional deterioration (e.g. pneumonia, urinary tract infection), yet they demonstrate a general decline in function after a hospital stay.

Hospitalised patients aged 65 years and older are at a higher risk of adverse events (AEs) than young adults. The incidents of AEs ranges from 5% to 58% in the elderly group. AEs increase the burden of already seriously ill elderly hospitalised patients and lead to functional impairment or death in 5% to 27% of cases.

Hospital Recovery

Recent literature reviews show that functional decline is one of the most common negative outcomes of hospitalisation.

Postural hypotension is common among the elderly, and can predispose to gait problems and falls. The risk of falling quadruples for the first 2 weeks after discharge from hospital, highlighting the vulnerability of this client population and the adverse effects hospitalisation might have on older adults.

Functional decline in the elderly can result in under-nutrition and dehydration, decreased mobility and loss of independence, accelerated bone loss, delirium and depression, wounds due to pressure injuries, skin tears and incontinence.

Health monitoring and nursing assessments can help you reduce your risk of poor health. If there are changes to your health and well-being over time, we can assist you to identify and manage concerns. We liaise with other allied health professionals or your doctor. We are able to plan and coordinate your care, as well as provide relevant health information to others so you can be fully supported, with your wishes driving our goals.



CARE MANAGEMENT EXPLAINED

Care Management is provided to all Affinity Senior Care clients with a Home Care Package, or our private clients, by an experienced community registered nurse who will be your Clinical Partner.

Your Clinical Partner will be your primary contact person who will partner with you to plan, navigate, coordinate and manage your care needs, support and services.

You will be able to build a professional relationship with your Care Partner who will listen and learn to understand your wishes, goals and preferences, as well as recognise any changing needs.

Our Clinical Partners spend a lot of time networking in the community identifying options for care, support and services. Clinical Partners study the costs and quality of services to ensure any options offered are suitable and safe.

Our goal of care management is to promote independent living, self-efficacy, choice, and ensure the appropriate home support for your optimal quality of life at every point in your journey.

Affinity Senior Care provides access to our clients and their nominated representative to digital tools including access to your personal information platform. This makes communicating with us simpler and enables real time sharing of your care plan, communication book, visit schedule and financial information.

Care Management provides the following by a Clinical Partner:

- A single point of contact for all your care needs to that you feel heard and respected
- Regular assessment of your needs, goals and preferences
- Collection and collation of all information passed on by your care providers and keep you up to date
- Co-design a care plan with you and anyone you wish to be involved in your care, and this plan will be regularly updated
- identification, coordination, implementation and/or management and monitoring of your care services
- the identification and ability to address risks to a care recipient's safety, health and wellbeing
- a professional who will liaise, educate, support and advocate for you, your family and any members of an informal network involved in your care
- Access to a digital platform for real time information sharing



COMMUNITY ASSESSMENT PROCESS

Seniors may find it harder to manage activities at home without assistance. Private home care services are available as well as Government funded care and support.

The first steps in obtaining assistance is to call My Aged Care, have your Medicare Card available and explain your need for help. You may be asked a number of questions so that the person you are speaking to can understand your situation and arrange the appropriate assistance such as:

- Your aged care needs and any services you currently receive
- Your health concerns
- Any medical assessments and service referrals
- How you are currently managing

If you need assistance My Aged Care will then refer you to a Regional Assessment Service (RAS). A person from RAS will contact you to arrange a suitable date and time, though there is a waiting time of 2 to 6 weeks. The outcome of this assessment will be discussed and you may be able to access services funded by the Commonwealth Home Support Program (CHSP).

If eligible you will be provided with a support plan and given a code for each service activity which a provider with CHSP funding capacity can then use to assist you. You will be expected to financially contribute to the cost in the form of a co-payment. It can be difficult to find providers with service capacity, and you can ask the assessor or My Aged Care for assistance.

The Regional Assessment Service may determine that a comprehensive assessment by the Aged Care Assessment Team (ACAT) would be beneficial. This is required to determine your eligibility for other types of Government funded care and support services, such as a Home Care Package, or flexible Residential Respite. It is not just for accessing Residential Aged Care services. There is no cost for a RAS or an ACAT assessment.

At present we have been advised that in the Metro North area it is taking up to 6 months from your initial contact with My Aged Care to the date of an ACAT assessment meeting in the Brisbane Metro North area. Assessments are currently being restricted to telephone consultations. However, if your needs are urgent you may be prioritised.

During your assessment information will be sought from you which will include:

- Your health and medical history
- Your physical needs and the types of activities you are finding difficult, as well as your safety at home and any mobility challenges
- Your psychological needs and the impact on how you are feeling
- Your social needs and your support network such as family and friends
- Any special needs you may wish to share, such as cultural practices, religious beliefs, languages, gender or pronoun preferences.

If you would like assistance with this process or access to our fact sheet guides, please give us a call on (07) 3186 1325

COVID Protection

COVID is still a serious illness for many of our seniors and we should take the risk of infection seriously.



It is important that you make sure your vaccinations are up to date. All senior Australians should have had four COVID shots by now.

Antiviral treatments may also help stop a COVID-19 infection from becoming severe and need to be commenced as soon as possible after COVID-19 symptoms begin.

Current traffic light level for COVID in Queensland is AMBER and this was last reviewed on the 1st December. In addition to physical distancing and good hand hygiene, are the following recommendations to wear a mask:

- In healthcare settings
- Indoors, if you can't socially distance
- On public transport
- If you are older or medically at risk
- If you're around people who are vulnerable to COVID-19
- If required by a venue or household



HOW THE LITTLE ANGEL GOT TO THE TOP OF THE CHRISTMAS TREE

This is a favourite Christmas story. The author is unknown.

One particular Christmas season a long time ago, Santa was getting ready for his annual trip but there were problems everywhere. Four of his elves got sick, and the trainee elves did not produce the toys as fast as the regular ones so Santa was beginning to feel the pressure of being behind schedule. Then Mrs. Claus told Santa that her Mom was coming to visit; this stressed Santa even more.

When he went to harness the reindeer, he found that three of them were about to give birth and two had jumped the fence and were out at heaven knows where. More stress.

Then when he began to load the sleigh one of the boards cracked and the toy bag fell to the ground and scattered the toys. So, frustrated, Santa went into the house for a cup of coffee and a shot of whiskey. When he went to the cupboard, he discovered that the elves had hid the liquor and there was nothing to drink.

In his frustration, he accidentally dropped the coffeepot and it broke into hundreds of little pieces all over the kitchen floor. He went to get the broom and found that mice had eaten the straw it was made of. Just then the doorbell rang and Santa cursed on his way to the door. He opened the door and there was a little angel with a great big Christmas tree.

The angel said, very cheerfully, "Merry Christmas Santa. Isn't it just a lovely day? I have a beautiful tree for you. Isn't it just a lovely tree? Where would you like me to stick it?"

Thus began the tradition of the little angel on top of the tree.



CHRISTMAS QUIZ

1. What is the name of the city that Jesus was born in?
2. What are the names of the wise men?
3. What English Queen helped popularise the Christmas tree?
4. In Holland, does Santa use a sleight or a steamer for transportation?
5. In Sweden, what Christmas animal is Jullbrock?
6. Where did the poinsettia originally come from?
7. What peace symbol do Armenians decorate in place of a Christmas tree?
8. Who is the gift bringer in Belgium?
9. What European country originated the Christmas card?
10. Which country has Grandfather Frost instead of Santa Claus?
11. In Denmark, a bowl of what must be left for the elf Julnisse?
12. What country sets the Christmas Eve table with an odd number of dishes but has an even number of diners?
13. What is the most popular meal for Christmas in Japan?
14. Who created the first electric light Christmas display?
15. What animal parts were the first artificial Christmas trees made from?
16. What country did Silent Night originate?
17. Which popular Christmas beverage is also called "milk punch"?
18. What popular Christmas song was actually written for Thanksgiving?
19. How many reindeer are featured in the poem "Twas the Night Before Christmas"?
20. In Charles Dickens' "A Christmas Carol", what was Mr Scrooge's first name?



“It’s not what we have in life, but who we have in our life that matters.”

MEN’S SHED

Not all Men’s Sheds are the same.

If you explore the activities you may see men making furniture, restoring bicycles for a local school, fixing lawn mowers, enjoying breakfast or just having a cup of coffee and a chat.

Most men don’t talk about feelings or emotions, and don’t take an interest in preventative health activities or their well-being. This may be the reason men are less healthy than women, drink more, take more risks and suffer from isolation, loneliness and depression.

Good health is the incorporation of many factors which includes feeling positive about yourself, being productive and purposeful.

Men’s Sheds provide a safe and busy environment where men can connect with others in an atmosphere of old-fashioned mateship without any pressure.

[To find a Shed click on this underlined link](#) or give Affinity Senior Care a call and we can assist.

*“Wear your heart on your sleeve so the good ones know where to find you.”
- Broms The Poet, Feast*

CRAFTY COMMUNITY SERVICE

Volunteering and community service has been shown to improve health and well-being, increase longevity, reduce depression and stress. There are a myriad of ways you can be involved. A big commitment is not required and most of our seniors have skills and abilities that they may not recognise as being highly valued and sought. If you enjoy crafts of any kind such as knitting, crocheting, sewing, woodwork, or enjoy making other things, let us know as we would love to connect you with others and engage your support. It is true that **“helping others helps you”**.

COTA AUSTRALIA

Are you aware of COTA Australia? It is a peak policy development, advocacy and representation organisation for older Australians. COTA liaises with a wide range of government and community organisations.



COTA Australia also is involved in international activities and is a founding member of the Global Alliance for the Rights of Older People Australia.

COTA’s policies are informed and determined by the interests of seniors, as well as research evidence. If you would like to become involved you can contact COTA Queensland.

If you would like to explore their information, resources or engage with [COTA Queensland](http://www.cotaqld.org.au), the underlined link connects to their website (www.cotaqld.org.au).

We would like to encourage the seniors in our community to consider joining the Reference Network “Your Voice Matters”. Please let us know if you would like us to provide you with more information.

FALLS - No Laughing Matter?!

How to find out if you're old or not:

Fall down in front of a group of people. If they laugh, you're young. If they panic, you're old.

I just saw my wife trip and fall, while carrying a laundry basket full of ironed clothes.

I watched it all unfold.

I had a bunch of books fall on me.

I only have my shelf to blame

Why did the blind man fall into the well?

Because he couldn't see that well.

What do you call a herd of sheep falling down a hill?

A lamb slide.

PERSONAL ALARMS

Maintaining independence is very important to most senior Australians and having access to the right support, services and products is beneficial. We believe continuity of care, the same partners visiting when needed minimises your sense of intrusion and personal alarms can be a non-invasive way to achieve additional security and safety at home.

Research has shown that personal alarms can enhance a seniors independence and reduce the seriousness of outcomes which may result from a fall or medical emergency. Personal alarms can also provide your family and friends with reassurance that their loved one is safe at home.

Personal alarms can be worn as a watch or pendant with options to either provide assistance to immediate access by pressing a button or by detecting a fall. Companies are making alarms that are less obvious when worn with some options ensuring the alarm looks like a watch or jewellery such as a bracelet or necklace.

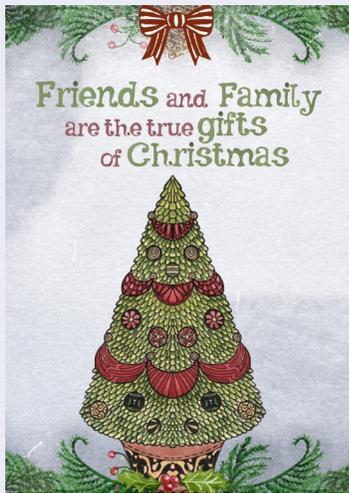
An alarm can be activated and programmed to either call a nominated person, or a monitored 24/7 service can be provided by trained people in a call centre who can contact you for directions or call an emergency service. A monitored service usually incorporates an attachment that is installed on your home phone or mobile device.

Features differ according to the brand and model you choose and can include GPS tracking. These lightweight devices don't require an internet connection or phone system and most are waterproof.

Falls are a leading cause of disability, harm and death to senior Australians in the community. In the event of a fall at home, or a medical event, help can be summoned quickly resulting in less potential complications. People with an alarm often feel safer, and are more likely to engage in activities they enjoy because they are not as concerned about falls than people without an alarm.

If you believe an alarm can help you and you would like more information, please feel free to contact us.





Christmas Quiz Answers

1. Bethlehem
2. No one knows. The Bible does not say, though describes three gifts, gold, frankincense and myrrh, which is why it has been assumed there were three wise men.
3. Queen Victoria
4. A steamboat
5. A straw yule goat
6. Mexico
7. An olive branch
8. St Nicholas
9. England
10. Russia
11. Porridge
12. Poland
13. Kentucky Fried Chicken KFC
14. Thomas Edison
15. Goose feathers painted green
16. Austria
17. Eggnog
18. Jingle Bells
19. Eight (no Rudolph!)
20. Ebenezer



Helping people, help people.

Many of us experience difficult times and often are reluctant to ask for help. Whether you need help, or because you want to help someone else, this is a brilliant resource to mobilise our community for people in need. Human connection, providing, or receiving, the right help at the right time can make all the difference.

The Gather My Crew app is free to download Australia-wide and can be used to ask for, and provide, meaningful support.

The person wanting help, or someone on their behalf, creates a network on the app and then invites people to join and become their support crew.

You can then enter the tasks you want to help with and the crew accept which tasks they are able to do.

The app also has chat functions so you can keep your crew in the loop.

More information is available on the website: <https://www.gathermycrew.org.au/>

EMERGENCY PLUS APP



Save the App that
could save
your life.



[Free Download]



[Free Download]

The Emergency+ app is a free app developed by Australia's emergency services and their Government and industry partners.

The app uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide critical location details required to mobilise emergency services.

CULTURALLY RELEVANT INFORMATION

If you are caring for a loved one or a special person and they would benefit from receiving information in a language other than English, then please let us know. We can assist with sharing or sourcing information either written or via different media such as a video.

We always strive to ensure that the culturally and linguistically diverse members of our community are well supported and given information that helps promote their understanding, safety and wellbeing.

Please do not hesitate to let us know of any special needs or requests.

PARTNER WITH US!

We are a nurse-led service providing high-quality care and support for the seniors in our community so they can remain independent and safe at home. Our services include:

- Care management
- Clinical care
- Nursing care
- Allied health services
- Health monitoring
- Continence management
- Dementia care
- Palliative care
- Wound care
- Personal care
- Meal preparation
- Social outings and support
- Respite care
- Companionship
- Gardening
- Pet care
- Cleaning
- Laundry
- Transport
- Digital Health Technology
- Safety systems
- Assistive Technology



Affinity Senior Care

NURSE-LED HOME CARE SERVICE

Brisbane North and Moreton Bay Regions

Why choose us?

Dedicated Clinical Partner

All clients have an experienced registered nurse to ensure you receive the services you need

Freedom & Choice

It is all about what is important to you. Create your Circle of Care with the same partners for support

Personal Tailored Solutions

A clinical partner will increase the probability that the decisions you make will help you attain your objectives



Your wishes drive our goals!



(07) 3186 1325



www.affinityseniorcare.com.au

Book a free consultation or invite us to present to your group and we will bring the cake!