



Care at Home

We seem to be racing into 2023, or do you think it has been going slowly? Finally Autumn is here, though we are still waiting for the cooler weather.

There have been more significant changes and mandates happening in Aged Care than any other industry at present. Following the Royal Commission into Aged Care Quality and Safety, major improvements are part of a \$18.3 billion reform package being delivered by our Federal Government. Changes apply to Residential and Community Aged Care Services.

There are new and ongoing industry reporting requirements which include governance management, strategies for compliance with standards, financial accountability, staffing level reviews and a serious incident response scheme. A new Code of Conduct was introduced for aged care workers and providers based on how quality care should be delivered.

The guidelines and the expectations of everyone involved in Aged Care are being strengthened. The positive changes aim to improve access to aged care, reduce administrative costs and simplify the process. The Australian Government is due to deliver a reformed and an improved in-home aged care program in July 2024.

Affinity Senior Care continues to monitor events and requirements in the industry, while also ensuring our own best-practices and continual improvement processes to deliver high-quality care to those we have the privilege to serve.

Life can be challenging at times, our approach is always to provide a solution-focused home healthcare service. This means that while we recognise problems, we don't focus on them to find solutions. Our aim is to understand your life experiences and your wishes, preferences and goals. We like to then work in partnership with you to look for possibilities with imagination and creativity. We strive to help people move forward into the future of their choice with the expectation that good things are possible.

We are fortunate to live in a country where there are always more potential solutions than there are problems. The systems and programs that are available to help and support our community are continually evolving. This is the reason for some of the information we have included in this newsletter which we hope you will find helpful.

We are here to help you and you are welcome to take advantage of our offer of a free initial consultation with us at any time by calling: (07) 3186 1325.

Your wishes drive our goals!



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HOME CARE SUPPORT

Benefits of Home Care

1. Independence
2. Individualised care at home
3. Choice and control
4. Improved health and wellbeing
5. Maintain your lifestyle and stay connected
6. Safe Environment
7. Companionship
8. Peace of mind
9. Pet Care
10. Funding support

Most of us are private people who are reluctant to have strangers visiting us at home. It is common for our seniors to not want to ask for help. However, as people get older it is not unusual to need some help and support as certain activities and tasks can become a bit more difficult.

There may be a concern if one person in a marriage or partnership is caring for the other, in the event of an emergency or an accident will the person being cared for be okay?

Affinity Senior Care services offer many benefits which allow seniors to stay in their own comfortable and familiar surroundings for as long as possible. We respect your wishes and understand how special the sanctuary of your home is to you.

Affinity Senior Care is different to most other providers as our client's have a registered nurse who is your Clinical Partner and really gets to know you, conducts clinical assessments, safety checks, risk and hazard assessments, understands your health, needs, goals wishes and preferences.

Affinity Senior Care Clinical Partners will provide you with information and discuss options, because it is important to us that our clients have choices and are in control. Continuity of care matters so that you don't have lots of unfamiliar people in your home.

Our goal is to help you maintain your independence, to be empowered and our partners to be around when you really need us. We are happy to share our experience, qualifications and information about the many partnerships we have with others in the community who are available on an occasional or regular basis.

NAVIGATING AND ACCESSING HOME CARE SERVICES

Understanding the aged care system and different services available for seniors, can be difficult and complex. If you would like to know more about the programs and services available in the Brisbane North and Moreton Bay region we are able to assist.

There are a range of Federal and State Government programs that can provide assistance, as well as private services.

We understand the terminology and processes related to the aged care system. We have the knowledge, skills and resources to support you. We can provide you with information to understand your options, choose and access appropriate aged care services.

If you would like to have a conversation without any commitment we are happy to visit you at home and provide a free initial consultation which you can access by calling (07) 3186 1325.



GOVERNMENT AGED CARE REFORMS



The new in-home aged care program due to be delivered by 1 July 2024 will replace the existing Commonwealth funded in-home aged care programs:

- Commonwealth Home Support Programme (CHSP)
- Home Care Packages (HCP) Program
- Short-Term Restorative Care (STRC) Programme, and
- Residential Respite Referrals

The key information on the Aged Care Reforms and the new program to be implemented in 2024 indicate the following is being considered:

- Services currently being received by clients will be continued
- Clients will be assessed at home or in hospital, then an independent assessor will meet with a client to collaborate on an initial support plan. This will include a quarterly budget plus a 25% funding pool for any additional requirements that occur.
- Short-term support to promote client independence will be available or ongoing support at home.
- Good and equipment funding will be separate to home care funding.
- Client contributions will be set by capacity to pay
- Ongoing support can be with one provider or multiple, and services can be adjusted within the quarterly budget.
- Clinical care partners will be available for those receiving ongoing support and who need help to manage their plans, access extra services for temporary needs, and regular reports on services and budgets.
- Any unspent funds in the quarterly budget will be returned to the government and not retained by the client for future use.

The Department of Health and Aged Care regularly update the [Reforming in-home aged care webpage](#) which includes a consultation calendar, key resources and other relevant information.

If you would like to be involved with the opportunity to participate in surveys and other consultations, register for upcoming events or subscribe to the monthly EngAged newsletter, please visit the [Aged Care Engagement Hub](#).

MY HEALTH FOR LIFE PROGRAM

My health for life is a free, six month program where you work with a health coach to achieve your health goal. You may have seen the advertisements on your television.

This is a State government-funded initiative, delivered by an alliance of health organisations to lessen the risk of developing conditions such as type 2 diabetes, heart disease, stroke, high cholesterol and high blood pressure.

Options such as small group sessions, or one-on-one phone coaching are available. You can develop an action plan to help you achieve your goals over time.

There are culturally tailored programs available for Aboriginal and Torres Strait Islanders, and other Culturally and Linguistically Diverse Communities.

There are a number of ways to find out if the program is the right fit for you:

- Get started by doing an [online health check](#)
- Call the team on 13 74 74 to complete a health check over the phone
- Ask your doctor, or other health professional to through the health check with you.

You can access more information by going to: www.myhealthforlife.com.au or giving Affinity Senior Care a call on (07) 3186 1325



Health Goals

Different people have different goals such as:

- Eating well
- Maintaining a healthy weight
- Sleeping better
- Managing stress
- Being more active

We would love to hear about yours.

Men's Health Beliefs

Did you know that nearly half of Queensland's adult men are unhappy with their bodies and that one in four men frequently feel anxious or depressed. However, despite this, most Queensland men over-estimate how healthy they are which is a problem.

Studies have identified risks in men which include:

- Having a taste for "treat foods" and consuming junk food.
- Drinking alcohol at risky levels
- Minimal water intake
- Being over weight
- Lack of awareness of the seriousness of chronic disease

Supporting and influencing others to think and behave differently about their health and wellbeing is important in order to be well into the future.

ACTIVE AND HEALTHY EVENTS

Our local Queensland councils offer a variety of fitness and well-being activities for individuals of all ages, fitness levels and abilities.

There are a number of free fitness classes, or low-cost activities which will help improve your health, such as yoga, tai chi, group bike rides, Zumba, boxing, and aqua aerobics just to name a few.

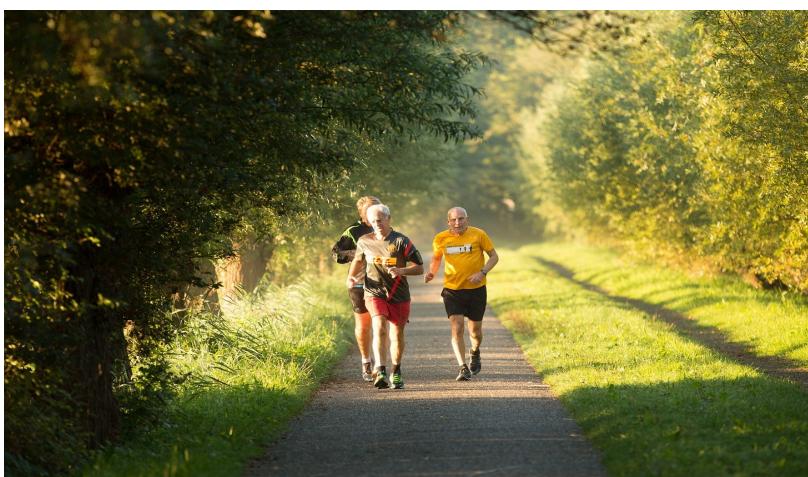
The Australian Seniors website contains [information on activities specifically designed for seniors around Brisbane](#). Keeping socially engaged and intellectually stimulated can help ward off cognitive decline and promote a positive outlook.

[Eventbrite also lists free events](#) that you can attend and you can search their website by choosing the “health” category and select “free” as the price option (click on the underlined link above).

[My Community Directory](#) is a place that you can go to find community services and events that may be happening in your local area.

Depending on your internet skills, you can also choose an internet browser and search for “free activities for seniors near me”.

If you hear or know of other activities that you believe people in our community would like to know about, then we would love you to tell us so we can share this with others.



Check out the events on their website by clicking on the underlined links below:

- [Seniors and GOLD events](#)
- [Events for the adventurous](#)
- [Classes in the pool](#)
- [Other event options](#)



[Healthy and Active Moreton](#) provides opportunities for people to be more active through a range of fitness, recreation and sport activities, and workshops.

If you don't have access to a computer or experience difficulty navigating the internet, let us know as we are happy to assist.

10,000 STEPS PROGRAM

This is a free and fun program funded by Queensland Health and run by a CQ University team in Rockhampton.

Walking has many health benefits and best of all it is free.

10,000 steps may seem like a lot, but if you count walking around a supermarket or some of your other daily activities, it can be easier than you think.

The 10,000 steps goal for some of the seniors in our community, such as those with a chronic illness, may not be suitable. Setting a lower individual step goal is fine and will still be beneficial.

There is a 10,000 Steps App that can be used to track your progress, connect with friends, and participate in challenges and tournaments. It is available for iOS and Android devices in the app stores.

If 10,000 steps is not the right goal for you, the most important thing is to be as active as you can and checking with your doctor before you start any exercise program.



Benefits of Activity



Many studies show a greater number of steps each day leads to increased health benefits. An Australian study in 2015 demonstrated that each 1,000-step increase per day reduced the risk of dying prematurely of any cause by 6%.

In 2017 another Australian study showed people with increasingly higher step counts spent less time in hospital.

Look for ways to get active:

- Take a dog for a walk
- Watch the sunrise
- Enjoy a meal outdoors
- Start a nature journal
- Do some star gazing
- Try taking different routes
- Join a free exercise class
- Try photography
- Become a volunteer
- Visit your community library
- Join a walking group

Send us your suggestions!

13 HEALTH

13 Health -13 43 25 84 - is a confidential phone service that provides health advice to Queenslanders. You can phone and talk to a registered nurse 24 hours a day, 7 days a week for the cost of a local call.

All calls are recorded as confidential.

While this is not a diagnostic service, the registered nurses offer a health information and an assessment of symptoms, which can result in a recommendation of a time and place for care.

If you are unsure of whether to present to an emergency department or wait and see your local doctor, you can call this number for guidance regarding the urgency of any symptoms you may be experiencing.

In the event of an emergency, you should always dial 000.



HEALTH DIRECT

Health Direct - 1800 022 222 is a 24 hour health advisory and referral government funded service. The website provides a national virtual public health information service. Health Direct works towards the health priorities of our Commonwealth, state and territory funders to improve the health of Australians.

SENIORS ENQUIRY LINE

1300 135 500

This is a free, state-wide information and referral service funded by the Queensland Government.

Anyone can call the Seniors Enquiry Line—you don't have to be a senior. Information and referrals can be provided around topics such as:

- Concessions
- Consumer issues
- Financial services
- Health
- Home help
- Housing options
- Legal services
- Scams
- Social and leisure activities
- Technology
- Transport

No question is too big or too small!

INFOCHAT

The Seniors Enquiry Line's Infochat service aims to link Queensland Seniors directly to provide information and updates on supports available to them.

By subscribing for this free service, you will receive a call monthly from one of their friendly helpline staff to check in and have a discussion around the topic of the month. These calls can help you remain up to date on issues.

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UnitingCare



**Queensland
Government**

Benefits of Pets



Researchers at the University of South Australia have called for the Federal Government to mandate financial support for pets in aged care to help improve the mental health and wellbeing of thousands of people.

UniSA research, Dr Janette Young noted that Australians love their pets with one of the highest rates of pet ownership in the world. She also noted that the health benefits of human-animal relations is highly significant, making us feel happier, healthier and promote a meaningful life.

Touch deprivation is a poorly recognised issue of ageing. Having a pet to pat and cuddle can make a difference to someone when they are feeling low.

Have you considered having a pet?

Affinity Senior Care can help support you care for your pet.



A new service that is available to people in the community, both clients and support workers. It is called Lifestream.

Lifestream is designed to help connect and communicate with work teams or family members and provide them with a foundation of world-class safety and support. From group video and voice calls, instant message chat, CCTV and group location sharing, to 24/7 connection to emergency response operators, Lifestream can help keep your family and staff connected and safe.

Features

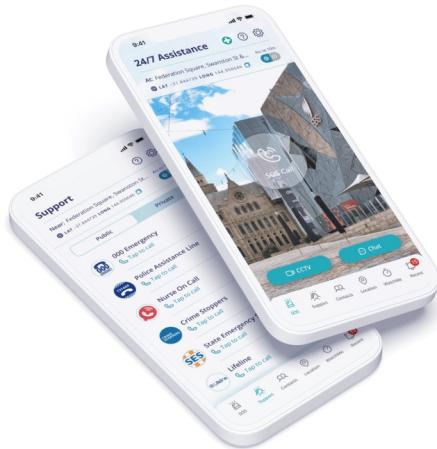
- 24/7 emergency response
- WatchMe on demand monitoring
- CCTV
- Group location sharing
- Group communications
- Check-ins
- Directions
- Access to a range of support services
- First aid tips

ONE SIMPLE APP TO KEEP YOU SAFE

 Safety and Support for your loved ones

 24/7 professional assistance at the touch of a button

 If your loved ones need help, we can see where they are and get the help they need



 Safety and Support at the touch of a button

 Set your WatchMe timer for personalised monitoring

 Video call, Voice call or Chat with our 24/7 response centre team

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!