

Imagine



Older People Living Well

AUTUMN 2017



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makes a difference

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Two friends reunited at
aged care home

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Wild about animals

An adventurous resident, Ron Bramby had a snake draped around his neck

It is not every day one gets to see an Australian wildlife up close, let alone a selection of them in the comfort of their own home.

That's what made Australia Day exceptionally special this year for residents of Southern Cross Care Rosebud aged care home. Animals, big and small, were brought to the home for residents to see, pat – and for the more inquisitive residents –

to hold and take pictures with.

"We thought it would be nice to provide a different experience for the residents this year for a change. There's no better way to celebrate Australia Day than to get up close and personal with our amazing wildlife!" said Aeron Melbourne, Lifestyle Coordinator at the Rosebud home.

"We found this wonderful animal conservation group who not

only came with various native animals, but also spoke about animal conservation and how we could all play a part in protecting our native wildlife. Our residents were obviously thrilled with the experience. It's not often that you get to see a crocodile up close or pat a snake. Everyone had a really good time and couldn't stop talking about it over the next few days!" she said.

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Have your say

We would love to know what you think of our newsletter so we can continue to provide information that is relevant to you. To share your feedback or to subscribe to our newsletter, email us at marketing@sccv.org.au

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Cover story continuation ▼

Staying true to Australia Day traditions, the residents started the day with a morning tea complete with lamingtons and homemade pavlova. The home was abuzz with excitement and anticipation when the conservation group, Black Snake Productions, arrived with the animals after lunch time.

Snakes, lizards, possums, owls, stick insects, a frog and even a crocodile, were among the many native animals that were displayed at the home, much to the delight

of the residents and staff alike. The presenters spoke about each animal at length, and also described their habitat and eating habits.

"Residents told us the experience has been both entertaining and educational at the same time. We also invited their family members to join us and bring children along, so they too could have the opportunity to experience the animals up close," said Aeron. "It made our day to see how happy the residents were."



Resident Malcolm Macaaffer and a lace monitor checking each other out

Message From the CEO

Andrew Newton



The paradigm shift in aged care – is this the beginning?

When we talk about aged care, usually the first image that comes to mind is residential aged care. The traditional perception between growing old and being cared for in an aged care home is gradually shifting. The reality is, a majority of older people today would much rather stay independent, and being cared for in the comfort of their own home as they age. After all, as the saying goes, there is no place like home - and the Australian Government recognises this.

That's why over the past few years, we have seen major shake-ups and reforms in the aged care sector by the Government. This is particularly prominent in the home care sector, aimed at creating a more responsive and efficient system to support a greater number of older people who wish to stay at home for longer. According to a Housing Decisions of Older Australians Report released in 2015 by the Productivity Commission, over 60 per cent of older Australians prefer to 'age in place' in their own home. By 2050, it is projected that 3.5

million Australians will access aged care each year - and 80 per cent of these services will be delivered in the community.

One of the most significant reforms to hit the home care sector is the deregulation of the market, which effectively kicked off a few weeks ago. Where in the past the funding of a home care package was allocated to the provider, it now sits with the consumer, allowing them to choose, or change their provider as they wish. While we laud the greater control and choice given to consumers, Australia's aged care system can be complex and difficult to navigate especially for those who are accessing aged care services for the first time. That's where our new model of home care makes a difference. We make managing and coordinating care simple and personal, by giving consumers the flexibility to choose how involved they want to be in managing their care.


Whilst consumers have greater choice and control over their own care and services, they will not be left to make all the decisions on their own, or organise their own care. We work in partnership

with them to ensure they have the information they need, and the level of control they feel comfortable with.

We are proud of our heritage as a trusted provider since 1969, and we are equally proud of the opportunity to be supporting thousands of older people in the community today, including Rudy and Kitty (see pages 4 and 5).

Accessing aged care services is an important decision. Therefore having the right support at home makes all the difference in helping an older person to live confidently in their own home for many years to come. And as the largest provider of Home Care Packages in Victoria, we are committed to making it happen.

Where home help makes a difference



For the past four years, Kitty Smutny has been caring for her husband Rudy in their own home. Rudy, who has severe dementia, requires constant supervision and assistance with his everyday living including personal care, dressing, eating, and general wellbeing.

Despite the challenges caring for someone living with dementia, Kitty has never considered moving Rudy into residential care. An older person herself, Kitty is committed to supporting Rudy to live at home

for as long as she can.

"Southern Cross Care has been providing us with home support for the past four years. Through Rudy's Home Care Package, a support worker comes three times a week to help Rudy shower and dress. We are also getting support with home cleaning and maintenance, as well as respite care to provide me with a break when needed. I would not have been able to manage all these on my own," she said.

"Rudy enjoys living at home with me, and I enjoy caring for him full-

time. However, it can be very tiring and stressful at times. That's why it's wonderful to have someone to come in regularly each week to give me a hand.

"John, our support worker from Southern Cross Care is fantastic and gets along so well with Rudy. With carers to help me, I am able to spend some quality time with Rudy without having to worry about his care all the time. It also enables me to take a break to catch up on my own things when I need to. This is very important to me," she said.



“

For as long as I can cope, I want to ensure Rudy is able to remain living at home. I know this would not have been possible without the additional supports that I receive at home.”

Kitty Smutny

Start your journey with Southern Cross Care

For many older people, home is where the heart is. That's why living the best life may simply mean living in your own home for as long as possible. Southern Cross Care supports more than 2900 older people in the community, and is currently the largest provider of Home Care Packages in Victoria. To find out more or to consider home support services provided by Southern Cross Care, please call **1300 4 SUPPORT** (1300 478 776) or email homesupport@sccv.org.au

Additional help at home allows Kitty to spend quality time with Rudy



More than 98,000 people are living with dementia in Victoria

Dementia advice delivered at home

For older people living in the southern metropolitan region of Melbourne, they can now take advantage of a unique home-based dementia advisory service which is delivered in the comfort of their own home.

Southern Cross Care (Vic) has recently launched a new Dementia Advisory Service, aimed at supporting people with dementia and their carers with information and practical day-to-day advice to help them better manage the changes that dementia brings.

For more information, please call

1800 508 008 or email memorysupport@sccv.org.au

CEO Andrew Newton said that with the right support and care, people living with dementia can still live a fulfilling and meaningful life.

"A dementia diagnosis does not mean a person has to give up the things that they love or enjoy. It may simply mean making some small changes in their life to make daily living easier and help them maintain a sense of control," said Mr Newton.

"We know how important it is for older people to be able to retain their everyday roles and to continue to live independently in their own home. That's why our Dementia Advisory Service is different. Upon initial contact, one of our dementia healthcare specialists will make a home visit to meet with the consumer personally so that we can provide advice that is tailored to the person's individual needs and circumstances."

Funded by the Australian Government Department of Social Services, the organisation's Dementia Advisory Service is currently available in the southern metropolitan region of Melbourne covering Kingston, Bayside, Frankston and Mornington Peninsula. People living with dementia are eligible for the service if they live in the region, and are aged 65 years or above.

"Dementia is today the single biggest health issue facing older people in Australia. Our Dementia Advisory Service is part of our three-year dementia strategic plan to help us achieve the best outcomes for people living with dementia and their carers," said Mr Newton.

Two friends reunited at aged care home

In a twist of fate, two friends who had lost touch for over 10 years were reunited when they moved to the same aged care home in Lynbrook.

Barbara Wislocki couldn't believe her eyes when she saw her old pal, Barbara Johnson, sitting in the living room of the home one day. She recalled how she had approached Barbara with caution and asked, "Are you Barbara?"

It was a tearful yet joyous reunion when the two friends found each other again. Their tight friendship began when both of them were living next door to each other in the same housing estate in Hampton Park.

"I didn't even get to say goodbye when Barbara moved away," said Barbara J. "We were like two peas in a pod, sharing similar interests

and even the same name. I missed her so much when she left."

To avoid an emotional farewell between them, Barbara W had kept her moving away date a secret. Barbara J only found out her friend was gone when she rang on her doorbell and no one answered. She was devastated.

"But we're now back together again! We just picked up our friendship where it left off, like we were never separated!" said Barbara W.

Tania Bugat, manager of the Lynbrook home, was happy to see the two friends reunited and sharing such a strong bond at the home. She said, "Both Barbara's will sit together at meal times and don't leave the table until both are finished and ready to go. Due to Barbara (Wislocki) not walking at

the moment, the other Barbara will pop in to her room every now and then to see how she's going. They look after each other."

When Barbara J moved to the home in October, Barbara W – who moved in a year earlier – helped her to settle in.

What Barbara Johnson said...

"I was very nervous when I first moved to the home, but Barbara made me feel relaxed and now I just love it. My daughter was shocked when I told her Barbara was living here too. She didn't believe at first. I'm so happy living here."

Every day is a happy day for good pals, Barbara Johnson (left) and Barbara Wislocki

While having regular eye tests and wearing the correct glasses are important, there are a few things we can do to help keep our eyes as healthy as possible.

-  Eat a healthy and balanced diet with plenty of vegetables and fruit
-  Wear sunglasses with built-in UV filter to protect your eyes from harmful rays
-  Quit smoking to lower your risk in developing conditions such as cataracts
-  Stay a healthy weight to reduce your risk of diabetes, which can lead to sight loss
-  Use good lighting especially for reading or close-up work
-  Exercise regularly as good circulation and oxygen intake are important for your eye health
-  Sleep well to allow your eyes to be lubricated as you sleep, and irritants such as dust to be cleared out

Eye health tips for over 60s

“Who’s
there?”

For thousands of older
people still enjoying life
in their own homes,

We are

Feel the difference being supported by
Southern Cross Care, the most experienced
provider of community home support
services in Victoria.

Call **1300 4 SUPPORT** (1300 478 776)
or visit **sccv.org.au**

