

HOME CARE IN

SALVOS HOME CARE NEWS

AUTUMN | 2022

Action



Aged Care

Devotional



It's not hard to see that Easter is approaching. There are Easter eggs, chocolate rabbits and hot cross buns everywhere you look. There's excitement and anticipation on children's faces as they wait for the Easter Bunny to leave them something special or to enjoy an Easter hunt for eggs in the garden, that's always a favourite at my

house but beyond the chocolates and bunnies there is so much more.

For me Easter comes with many emotions as I think of what it represents. On Good Friday there is **sadness** at the suffering of Jesus at the cross, an innocent man who was sent to save our world and yet treated as a criminal. There is **pain** as I reflect on the suffering and grief of those who loved Jesus but also, I have a **grateful** heart for the Sacrifice of God who sent His son for each one of us. But there's more...

As Sunday approaches light appears and we see the miracle of the resurrection. The Tomb is empty as Jesus has risen from the dead. My

emotion shifts and I'm filled with **Joy** as I celebrate the resurrection and the promise of an eternal life spent with Him. I feel incredible **Love** for His gift bringing me freedom from sin and I feel great **Hope** in knowing that He is with me always guiding, directing, and holding my future.

I am always amazed when I think that God loved us so much that his son Jesus gave his life for us.

This Easter I pray that as you reflect, you too will be filled with joy, love and hope as you accept all God has for you.

Major Cheryl Kinder
Mission and Chaplaincy Manager

World Day for Cultural Diversity

Each year, the World Day for Cultural Diversity for Dialogue and Development is celebrated on 21 May and provides people with an opportunity to deepen their understanding of the values of cultural diversity and to learn to live together better. The 2022 Online Diversity Webinar series is hosted

by The Centre for Cultural Diversity in Ageing on their [website](http://www.culturaldiversity.com.au/).

The Series aims to engage staff working within the aged care sector in Australia with skills and knowledge to work effectively with diverse older people, their families, carers and advocates. It involves a

range of topics relevant to culturally safe and inclusive practice and is designed in response to topics requested from staff working in the aged care sector in Australia.

Source: The Centre for Cultural Diversity in Ageing <http://www.culturaldiversity.com.au/news/94-news-and-events/303-world-day-for-cultural-diversity>

The Official Launch of Salvos Home Care

As you know, the purpose of The Salvation Army Aged Care is to promote a unique experience of choice, lifestyle and belonging for all people as they age, and part of that purpose involves offering a range of services to support older Australians to live independently in their own homes and communities.

From 1 February 2022, The Salvation Army Aged Care's Community Care portfolio will transition to the name "**Salvos Home Care**" so you'll start to see changes in the way that we communicate our services and how we refer to ourselves.

This project has been underway since the middle of 2021, in part because the word "Salvos"

positively resonates with many people in the community, and we believe that the name "Salvos Home Care" speaks more to who we are.

This doesn't mean our service offering is changing. We are continuing to assist prospective clients at any stage of their Home Care journey and our Home Care Coordinators are continuing to work with our clients in developing their personalised but flexible care plans.

Additionally, Burrangiri Aged Care Respite Centre and Healthlink remain important services for us and those in need of respite or community health support in the Australian Capital Territory and South Australia respectively, and similarly our NDIS services.



Whilst we officially launched our new name in February, it may take us some time for this change to be fully incorporated across our services with my appreciation for your ongoing support of the Salvos Home Care team and of those we care for across Australia.

Fiona Sanders
General Manager
Salvos Home Care

Congratulations Stephen Macliver AM

The Salvation Army Aged Care's National Director, Stephen Macliver, has been recognised as a Member (AM) of the Order of Australia for 'significant service to the law, to human rights and to the community' and has shared the following about his achievement in his own words:

"There is perhaps no higher professional calling for members of the legal profession and the judiciary than service to the community, facilitating access to justice and maintaining the rule of law. In recognition of that profession of service, the Australia Day 2022 Honours List is an occasion to celebrate the national and international impact

of the dedicated work of judges and lawyers who have made a positive difference.

I am conscious that there are many other people who are so worthy, but do not receive recognition, and so I am incredibly honoured to have been recognized as a Member (AM) of the Order of Australia for 'significant service to the law, to human rights and to the community.'

No one person ever stands alone, and so my heartfelt thanks goes to all of the colleagues I have had the privilege of working alongside over many years – especially those at the International Bar Association – also to those who have joined in



this work and the many who have inspired my journey."

Further information about the Order of Australia is available on the Governor-General of the Commonwealth of Australia's [website](#).

Re-Scheduling Your Home Care Visit

It's our priority that all of our clients are cared for and supported. As a kind reminder to our clients, if you are aware that you will not be at home for a scheduled visit with your Salvos Home Care Worker, please advise us as soon as possible. By advising the Salvos Home Care team if you need to re-schedule your visit, there is no charge to your package.

However, if you notify us less than 24 hours prior to your scheduled service without a valid reason, your package will be charged for the full shift. Based on your request to re-schedule your visit, our Home Care Coordinators can also organise for our staff members to visit other clients during that time, which supports the smooth running of our services.



Caring for Carers – Effective Tools for Self-Care

While caregiving can be emotionally rewarding, it is not unusual to feel stressed, tired, frustrated and alone. Caregivers can sometimes ignore their own health concerns and forgo their own social networks because they are focused on the person they are caring for.

There are a number of signs that indicate caregiver stress; disturbed sleep patterns, worrying, outbursts of anger, changes in mood, increase in bodily aches or pains, feeling sad or isolated and prolonged stress can lead to depression and anxiety. If you are worried and recognise these symptoms in you or a loved one, it's time to speak with a doctor. Your doctor can assess these signs and symptoms and provide you with a care plan to manage them.

Effective tools for self-care **Reducing personal stress**

To help manage your stress, recognise the warning signs early. Try not to wait until you are overwhelmed by your feelings before acting to make changes. Once you identify the source

of stress you can also begin to work out what you can and can't change. Taking action will help you to feel more in control.

Setting goals

Setting goals is an important step in taking care of yourself. These goals could include taking a break from caregiving if possible, asking for help and engaging in healthy activities.

Communicating constructively

When you communicate in a way that's clear, assertive and constructive, you're more likely to be heard and to get the help and support you need.

Asking for and accepting help

Reaching out when you need to is a sign of personal strength.

Exercise

Exercise promotes better sleep, reduces tension and depression, and increases energy and alertness. This could be walking whenever



possible, going outside for activities with friends, or even simply starting the day with a stretch.

Talking to a doctor

If you decide to speak to a doctor, prepare questions ahead of time so you're better equipped to talk through your needs.

If you're a carer, it's really important to look after yourself and engage in activities to promote your own health and wellbeing. You can speak to your Salvos Home Care team regarding respite opportunities as well as assistance at home for yourself or the person you care for.

Scams: What to Watch Out For and What to Do.

The Australian Competition and Consumer Commission (“ACCC”) provides information about how to recognise, avoid and report scams such as “Flubot” text messages.

Flubot is malicious software that sends scam text messages to both Androids and iPhones about missed calls, voicemails, deliveries and photo uploads. According to the ACCC, “The text messages ask you to tap on a link to download or access something. Doing so will download a specific type of malware to your device... However, there is no delivery, voicemail, or photos uploaded and the app is actually malware called Flubot.”

The ACCC advises that the application or Flubot may be able to:

- Read your text messages
- Send text messages from your phone
- Make phone calls from your number
- Access your contacts
- Give scammers access to your passwords and accounts which could be used to steal your money or personal information.

It will also ask other infected Australian phones to send Flubot messages to the numbers it steals from your phone, continuing and expanding the scam.

Protect Yourself

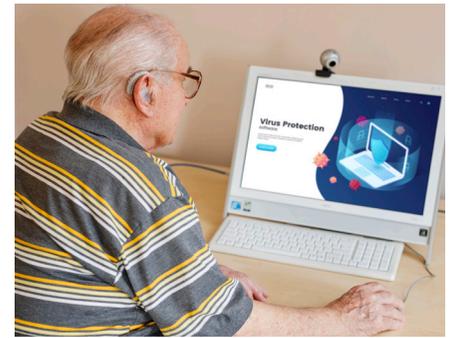
If you receive a message you suspect may be a scam, delete it immediately. Do not click on links in text messages that contain a link with a series of random numbers and letters.

Do not call back the individual who sent the text. It’s unlikely that they are a scammer or criminal. Scammers can disguise their caller ID as legitimate numbers to carry out these scams. This is also known as “spoofing.”

Act immediately. If you’ve already clicked the link to download the application, your passwords are at risk from hackers.

- Don’t enter any passwords or log into any accounts until you have cleaned your device. If you need to check your online banking, use a different device
- Clean your device using the steps below to remove the malicious software
- Change your passwords and secure your information
- Contact your bank and ensure your accounts are secure.

If you have logged in to any accounts or apps using a password since downloading the app, you need to change your



passwords. If you have used the same passwords for any other accounts, you also need to change those passwords.

Cleaning Your Device

Remove the malicious software from your device using these steps:

1. Contact an IT professional
2. Download official Android anti-virus software through the Google Play store
3. Perform a factory reset of the device
4. Use the ‘Erase all Content and Settings’ or ‘Factory reset’ features
5. Don’t restore from any backups created after you downloaded the app.

Note: Performing the reset of your device will delete all of your data, including photos.

Source: The Australian Competition and Consumer Commission (“ACCC”) - <https://www.scamwatch.gov.au/types-of-scams/flubot-scams>

It is OK to Seek Help

Grief, loss and bereavement can be an overwhelming experience. The Australian Centre for Grief and Bereavement offers a range of support services that are free, confidential and are respectful of

people’s culture, religion, identity and lifestyles.

Call them today on 1800 222 200, email info@grief.org.au or visit their website www.grief.org.au



The Benefits of Being Active



Staying active as you get older is important for good mental and physical health and wellbeing. It also reduces the risk of many diseases and helps maintain a healthy weight.

It's important to do some form of physical activity every day and what you do depends on your health and lifestyle. If you have health problems, it's a matter of finding what works for you, and you can talk to your doctor about this. For example, if you have:

- Heart problems, diabetes or asthma – you can start moderate walking or swimming
- Arthritis – you can try hydrotherapy or swimming in a warm pool
- Osteoporosis – you can try weight bearing and strength activities.

Daily Activity Can Improve Your Health and Wellbeing by:

- Reducing the risk of health issues, like high blood pressure, high cholesterol, type 2 diabetes, bone and joint problems, heart disease and some cancers
- Maintaining a healthy weight
- Reducing the risk of falls and injury
- Giving you more energy

- Improving your sleep
- Reducing stress and anxiety
- Improving concentration
- Improving your mental health.

How Much Physical Activity Should You Do?

For people aged 65 years and over, at least 30 minutes of moderate physical activity on most days is recommended and preferably every day. If you find 30 minutes difficult, start with 10 minutes once or twice a day. After 2 weeks, increase to 15 minutes twice a day. If you can do more than 30 minutes, you will get extra benefits. Over the course of the week, try to incorporate different types of activities and reduce the time you spend sitting down – break that time up as often as you can.

More information is available from the [Department of Health](#).

If you would like assistance and feel that having someone to support you in increasing your physical activity would be helpful, please let your Care Coordinator know as your CHSP (Commonwealth Home Support Program) and Home Care Package funds can be utilised.

Peach and Almond Crumble



Ingredients:

- 600g ripe peaches
- 100g diced unsalted butter chilled
- $\frac{3}{4}$ cup dark brown sugar
- 1 cup chopped roasted almonds
- $\frac{1}{2}$ cup plain flour
- 2 tbsp marmalade
- 1 $\frac{1}{2}$ cup thickened cream whipped, to serve (optional)

Method:

1. Preheat a fan forced oven to 180C.
2. Lightly grease a 30cm x 20cm baking dish.
3. Cut the peaches in half and remove the stone, then cut each half into 4 wedges and place into the baking tray.
4. Add the diced butter into a large mixing bowl with sugar, almonds, flour and marmalade. Using your hands, rub the butter into the mixture until it looks like coarse breadcrumbs.
5. Sprinkle crumble over the top of the peaches (it does not have to cover them completely, some fruit can be left exposed).
6. Place the tray into the preheated oven and bake for 25-30 minutes or until lightly golden on top.
7. Remove from the oven, allow to cool for 15 minutes and serve warm with thickened cream (optional).

National Advance Care Planning Week

21-27 March 2022

National Advance Care Planning Week is an annual initiative by Advance Care Planning Australia. It encourages all Australians, regardless of their age or health status, to make their future health care preferences known.

What is advance care planning?

Advance care planning is an on-going process of shared planning for current and future health care. It involves talking about a person's values, beliefs and preferences so they can guide decision making when the person cannot make or communicate their decisions. This program is supported by funding from the Australian Government.

Who needs to do advance care planning?

Everyone should consider advance care planning, regardless of their age or health. It can be particularly important to individuals such as people with an advanced chronic illness, a life-limiting illness, are aged 75+ years or at risk of losing competence.

When is an Advance Care Directive used?

These are only used if a person is unable to make or communicate their decisions. The Directive would then be used to guide the decisions made by the medical staff in consultation with an appointed substitute decision-



maker if one has been nominated, and family.

Why is it helpful to make an advance care directive?

Completing an advance care directive often reassures individuals and their families as they have a clear idea of what is desired by the person in the event of illness or injury.

What happens if a person does not have an advance care plan?

In the event of serious illness doctors will make treatment decisions based on their assessment of the best interests of the person.

This may include treatments that the person would not want.

I would like to learn more about advance care planning, where can I obtain more information?

Visit the Advance Care Planning Australia website which offers many useful resources including case studies, fact sheets, guides and forms. You can also contact our advisory service on 1300 208 582 between Mon – Fri from 9am – 5pm (AEST).

Source: Advance Care Planning Australia
<https://www.advancecareplanning.org.au/acpweek>