



Bloomin' marvellous plans unveiled



Vegetable gardens, a bird aviary and fragrant roses form part of the plans for a new 'dementia garden' at Jessie Gillett Court hostel.

The garden, which will be constructed over the coming months, was made possible thanks to \$28,000 in funding from the Department of Health under the *Count us in!* initiative. BHS has since received \$15,000 from the Joe White Bequest, which will go towards installation of garden features.

Speaking at the launch of the garden's design, joint BHS/University of Ballarat Professor of Aged Care and Nursing Sally Wellard said the initiative would provide residents with more choices in leisure and activity.

"There are many health benefits for outdoor exposure for people with dementia. Access to outdoor spaces assists in improved sleeping, better balance and reduces stress and agitation, with improved attention and relaxation. Being outside also encourages use of all motor skills," she said.

Sally said the garden was significant because it was designed with the needs, experiences and lifestyles of residents in mind.

"A local landscape designer, Janene Byrne, worked with staff and a research team to understand residents' needs and past experiences with gardens," she said.

"The project is rare, both nationally and internationally, for this reason. We may find it's implemented at other residential services, and the findings of the project will be published in peer review journals, as well as at national dementia or aged-care related conferences."

The garden also includes a post box, clothes line, paths, an arbour, a compost heap, herbs, a shed and shaded areas.

"People with dementia don't like to be boxed in. The garden is designed to reduce stress and agitation," Sally said.

"The paths encourage wandering, so residents can sit and watch, or they can walk and wander. The use of contrasting colour in leaves, flowers and varying height of objects in the garden provide interest for reflection.

"It really is intended to stimulate the five senses."

Once complete, the garden will be looked after by residents with the support of families, staff members and volunteers.

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Helpful **TIPS** to keep track of **CLOTHING**



Each BHS residential facility promotes the need for residents' clothing and laundry items to be clearly labeled, with their name attached or written for identification purposes.

These measures help prevent loss or misplacement of residents' clothes.

Two options for labeling of residents' clothing are available for residents and families to consider, based on personal preference:

- The use of a 'marker pen' system, where staff use the marker pen to discreetly write the resident's name on an item at no cost.

Unfortunately some fading of 'marker pen' labeling does occur due to frequent washing, and this is not the recommended option.

- Residents may choose and pay for their own identification system ie. woven name tapes, as long as it is at least of an equivalent standard to the facility's system.

Residents and/or family members are asked to contact the facility manager for more information about accessing a service that provides a woven name system of labeling, and any associated costs.

The pursuit of excellence with Professor Sally Wellard

Our aged care research continues to work with staff to find ways of improving the quality of care we provide for residents.

I would like to thank all those residents who gave time for us to talk with them about what it means to be 'mobile' when you live in a low care residential care facility or hostel.

The mobility project has shown us that being mobile for residents has two key parts. First, there is a need for the body to work in ways that help stay mobile. Some residents talked about needing your 'marbles'; that having your mind in good order helps to keep the rest of life on the move. Other body things included pain, and other chronic conditions.

The second part, which is just as important, is having control over how you live your life in the hostel. This was talked about as very hard – some residents had moved away from their home neighbourhood and depend on others to get to the outside community. They also experience loss of access to the types of activities enjoyed in the past. Many residents had found ways to have control over their activities, even when they had difficulty moving about.

The views of the residents have helped to see the areas we need to do more work on to improve the way we assist people in their transition to residential care.

INSIDE STORY

Bertha Tsawoe

*Bertha is a Enrolled Nurse –
Medication Endorsed.*



WHAT IS YOUR ROLE AND HOW DOES IT RELATE TO AGED CARE SERVICES?

My role as a Enrolled Nurse – Medication Endorsed at Jack Lonsdale Lodge is to ensure that all the residents that I look after receive the best possible care.

WHAT DO YOU LIKE ABOUT THE JOB?

The time that I spend with the residents and the staff, and doing a job I love.

IF YOU COULD GO ANYWHERE, WHAT FAVOURITE MEAL WOULD YOU ORDER?

My favourite meal is roast meat and vegetables, shared with my family.

WHAT WAS YOUR FAVOURITE HOLIDAY EXPERIENCE?

My favourite holiday experience is

just having a rest. Also being able to spend more time with my family and friends.

WHAT WAS THE MOST MEMORABLE MOMENT YOU HAVE HAD WORKING IN AGED CARE?

There are many moments, but it really is the privilege of being able to be with them at this time of their life. I also enjoy meeting people from other cultures.

I'M PASSIONATE ABOUT...

nursing. I am proud to be a nurse.

IN FIVE WORDS, I AM...

a caring, happy, positive person.



Plenty of reasons to smile as Hailey House celebrates its 10th Birthday

Residents, family and friends embraced the festive spirit, donned colourful party hats and celebrated Hailey House Hostel's 10th birthday in style in May.

They enjoyed a day full of activities, including singing and pumpkin carving, and topped it off by sharing a huge, pink birthday cake.

Hailey House Hostel is home to 45 residents and provides low-level care.

Director of Nursing Pat Erwin said much had changed since staff and residents made the move from the old Ascot St facility in 2000.

"I remember in the first week we had just 24 residents. You could have fired a canon in here and not hit anyone. One of the main activities at that time was sitting around the windows watching the gardeners roll out the instant turf," she said.

Executive Director Nursing and Residential Services Geraldine Webster said the 10th birthday was a great event for all involved.

"Milestones need to be celebrated and there should always be time for a party," she said.

"I'd like to thank Pat and all the staff for all their work; Hailey House has a very good reputation, it's a lovely facility and the care is very good.

"It's also about the residents. This is your home, it's the place where you live and you should be able to have fun, enjoy your activities and enjoy the companionship. Let's hope we're all here to celebrate another major milestone in another 10 years."



Many benefits of Snoezelen

Sensory stimulation tool, Snoezelen, remains an invaluable therapy that we continue to use on a daily basis at Bill Crawford Lodge.

Snoezelen was invented in Holland in the 1960s for people with disabilities. As a by product, it was found to be a very effective way for people with cognitive deficits to experience leisure in an atmosphere of trust while focusing on the sense.

We also find Snoezelen to be a very effective way of minimising many challenging behaviours.

Getting in the rhythm at Bill Crawford Lodge

A new musical activity will soon be added to Bill Crawford Lodge's diversional therapy calendar.

The activity, Music for the Mind, was designed in the United Kingdom for people with dementia and previously known as Singing for the Brain.

Bill Crawford Lodge's Diversional Therapists are up-to-date with the program after attending a training workshop in June.

Musical abilities are among the last to be lost in people with dementia, so singing offers great potential for activity and enjoyment.

Singing and music can also assist with developing effective responses to challenging behaviours by reducing wandering, aggression and apathy.

Residents launch into cyberspace

Keeping in touch with friends and loved ones has become as easy as a click of a button for Residential Aged Care clients.

A free 'Broadband for Seniors' internet kiosk has been established at Geoffrey Cutter Centre, providing an avenue for all BHS RACS residents to access the world wide web.

The project is part of a \$15 million Commonwealth Government Initiative to increase the skills of older Australians using computers and the internet.

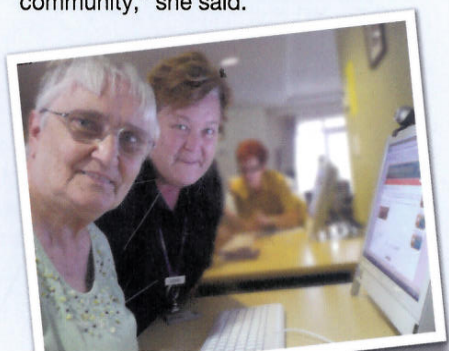
Ballarat East Complex and Queen Elizabeth Centre Director of Nursing Judith Bloomfield said clients could book one-on-one tutorials, and were excited about emailing family, reconnecting with old school friends and looking up recipes.

"It's opening up a huge community for us in cyberspace – who knows where we'll be next," she said.

The kiosk features two computers, and offers training and support to those who are new to computers and the internet.

Geoffrey Cutter Centre Lifestyle Coordinator Anne Dietrich said she and Diversional Therapist Brian Pitman would conduct the classes, and that there had been plenty of interest from across the residential facilities so far.

"We're excited about our residents being able to connect with the community," she said.



FIVE MINUTES WITH...

Norm Spencer



OCCUPATION: Many different jobs, from a butcher in the meat works to working on buildings.

BORN: Sebastopol, 1929.

INTERESTS: Football (Geelong) and woodwork activities.

RESIDENT SINCE: May 2009.

BEST PART OF MOVING TO JACK LONSDALE LODGE: Is getting rest.

MOST CHALLENGING PART: Was having to move from Mildura to find a bed, so I miss my family.

EARLIEST MEMORY IS: Starting school at four years at the Sebastopol state school.

WHEN I WAS A CHILD I WANTED TO: Be a policeman, but I didn't grow enough!

MY PARENTS ALWAYS SAID: "I'll belt you."

MY GREATEST MOMENT IN LIFE WAS: Winning Super 66 – it paid for our home.

CAT OR DOG: Definitely dog – I am allergic to cats.

WHEN I WANT TO SPOIL MYSELF: We go to the Sebastopol Bowling Club for lunch, the fish is great.

THE FIRST THING I REACH FOR IN THE MORNING IS: It was a cigarette in the old days, but now it is clothes to get dressed.

THE HARDEST THING I HAVE DONE IN MY LIFE: Pick and shovel work when working to put in the sewerage pipes.

IF I COULD CHANGE ONE THING IN THE WORLD IT WOULD BE: Let Kevin Rudd remain PM.

AFTER LIFE THERE IS: Death.

I LOVE: Fishing.

IN MY LIFE I HAVE LEARNT: Lots of different things, one of them was butchery.

MY PET DISLIKE IS: Don't have any.

I CAN'T LIVE WITHOUT: My wife, Valma.

BEFORE I DIE I WOULD LIKE TO: Take a cruise to the USA.

IF I COULD INVITE FIVE PEOPLE TO DINNER THEY WOULD BE: Family; my wife Valma and children Joy, Douglas and baby daughter Alison.

IF I COULD BE ANYONE ELSE FOR THE DAY I WOULD BE: Prime Minister of Australia and fix everything up.

I AM PASSIONATE ABOUT: Politics, they waste too much time arguing instead of getting on with fixing things up.

A BOOK/ SONG/ MOVIE THAT INSPIRES ME: "We are the mightiest" – the Geelong Football Club song.



Proud and excited, Jean recognized for Anzac Day

Geoffrey Cutter Centre resident Jean Shearer has always commemorated Anzac Day.

The 92-year-old, who was the niece of two World War I veterans and worked as a wireless operator at an army base near Albury during World War II, found the occasion provided much on which to reflect.

But this year was even more meaningful following official recognition of her service.

Jean, who was born at Durham Lead, was responsible for intercepting code transmitted from Europe, the Americas and the Pacific during the war.

She received a certificate signed by British Prime Minister Gordon Brown, a letter from Government Communication Headquarters (GCHQ), and a medal in the mail leading up to Anzac Day.

Jean described the arrival as “very unexpected, and very exciting.”

On the certificate, Mr Brown thanked Jean for the “vital” service she provided during the war.

The letter from GCHQ, a British intelligence agency, was signed by Director Iain Lobban, who wrote, “I’m particularly proud that it falls to me...to commemorate and celebrate what your colleagues did during the Second World War.

“And while the focus in the UK media has been on the role played at Bletchley Park at the heart of the Allied cryptanalytic effort, I have been keen to make sure that our staff, at least, value the contribution played by the whole end-to-end process: certainly the cryptanalysts, but just as importantly the people who collected the intercept and forwarded it back to the centres, the people who carried out the traffic analysis, the people who translated and reported the decrypts, and the people who ensured that the intelligence reached the people who needed to see it.

“I am proud...to pick up the torch that you passed on and honoured to be able to pass on to your our grateful thanks for all that you did.”

Booklet highlights services for residents

In helping us ensure your needs are met, we wish to remind you that the *Residential Aged Care Services: Residents and Families Information Booklet* has been designed to inform you of the health care and services available to you.

All residents and family are encouraged to ask about and or report any issues that you may have.

We encourage to you be become familiar with the information in the booklet.

A personal copy of this booklet is routinely provided for residents and family to keep as part of the admission process.

If you require an additional copy, please ask the manager of you facility who will give you a complementary copy.

A larger print version of the booklet is also available online at

<http://www.bhs.org.au/?q=node/98>.

Bill Crawford Lodge Experience to head to Sydney

Bill Crawford Lodge Nurse Unit Manager Bev Adams is set to speak at the Aged Care Better Practice Conference in Sydney later this year.

The invitation followed her successful presentation at the recent Aged Care Better Practice Conference in Adelaide.

Her presentation, The Bill Crawford Lodge Experience, was part of a Department of Health and Ageing project to encourage best practice in residential aged care programs.

Funded in 2007, the initiative aimed to effectively implement best practice guidelines in falls prevention.

Bill Crawford Lodge was one of nine residential care homes across three states to take part in the project, which was facilitated by the National Ageing Research Institute (NARI).

The Bill Crawford Lodge Experience detailed changes made at Bill Crawford Lodge as part of the project to reduce falls.

RACS takes up infection surveillance challenge

An infection surveillance pilot project involving BHS could soon be rolled-out at residential facilities across the state.

Starting on June 1, the project enables the organisation to report aged care infections and provide benchmarked reports to participating agencies, as well as the Department of Health Grampians Region.

Currently, rates of infection in Victorian aged care facilities are not available and no system for data collection exists.

Grampians Region Department of Health Infection Control Consultants, acting with the Grampians Region Infection Control Group, will collect data from participating agencies over a four month period.

The results of the project will be used to develop a business case for the implementation of a sustainable, state-wide data management system across Victoria.

New continence aids assistance scheme – are you eligible?

Continence Aids Payment Scheme (CAPS) is an Australian Government scheme that assists eligible people with permanent and severe incontinence to purchase continence aids through Medicare.

This fund is replacing the Continence Aids Assistance scheme (CAAS funding).

Many of our residents in low-care facilities could be eligible for assessment for this fund due to their medical condition, and application forms can be completed by the Continence Nurse.

Once a resident is accepted into the fund, they will have \$489.95 annually to spend on continence products.

Residents already using CAAS funding will receive a letter from Medicare requesting bank details so this money can be placed in either their bank account or in their trust account to purchase their continence products.

For any enquiries regarding eligibility or clarification of the funding, please discuss with the staff in your area regarding a continence assessment.