

Ballarat Health Services

Residential Services



Ballarat Health Services
Putting your health first

WINTER NEWSLETTER

July 2011

count *US* in program at Talbot Place



In 2010 Talbot Place was successful in its submission to DoH to gain funding for the Community Craft Program.

This program involved Probus Club and CWA members coming to Talbot Place for monthly meetings and to run their craft groups with the residents in attendance.

In addition we contracted the services of Martin Relow to establish a woodworking group. The program outcomes have been better than imagined. There was some initial resistance to the activities with some believing they might be too difficult for the residents.

But gradually people, including families, joined in. The craft group had knitting sessions and the main achievement was a wall hanging that will soon take pride of place on the wall in the unit.

Martin has worked well with residents and encouraged them to reach their full potential. We had hoped to sell many of the

items however the residents are very proud of the things that they have made and don't want to part with them.

The program achievements include:

- Residents get to know each other, work together and support each other;
- There is social interaction between residents, families and staff;
- Families and friends are happy to see residents doing something worthwhile;
- Volunteers are happy that they can help with activities the residents and families greatly appreciate; and
- There is now interesting art work on display throughout the facility.

The funding for the program finished in April 2011. We are pleased that we can continue with both programs into the future and hope to recruit volunteers to assist Martin with the woodworking program over the next year.

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A trip down memory lane

Inspired by the impending wedding of Prince William to Kate Middleton, staff and residents at Bill Crawford Lodge took a trip down memory lane and revisited their own wedding ceremonies. Bridal dresses and photographs were displayed and a "wedding cake" formed part of the special activities.

The day provided residents and staff with a chance to reminisce about their own "big day" before tuning in to coverage of the royal wedding.



INSIDE STORY

Mick Kirby

Director of Nursing – Sebastopol Complex



DESCRIBE YOUR ROLE AND HOW IT RELATES TO AGED CARE SERVICES?

As the Director of Nursing for the Sebastopol Complex I am responsible for working closely with the managers of the facilities to ensure the care delivered to our residents is of a high and consistent standard. I see my role as being responsible for the overall leadership within the Sebastopol complex.

WHAT DO YOU LIKE ABOUT THE JOB?

I have now been in the role for approximately one month. I am thoroughly enjoying the operational aspects of the role that are so different to my previous role at BHS. The interaction with residents and staff at the facility has been great and something that I had missed in my previous role.

WHAT WAS YOUR PREVIOUS ROLE?

Previous to this role, I was Director of Nursing – Business Support. This provided a business support role across both the residential and acute divisions of nursing at BHS, working closely with all managers in budget building and management, data provision and analysis, and many other areas related to business performance.

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

I am a sucker for a really good steak with a "big bold" glass (or two) of Shiraz where ever I can get it.

WHAT WAS YOUR FAVOURITE HOLIDAY EXPERIENCE?

I think all holidays experienced with my family have been great. It is fantastic to go away with my wife Carolyn, three children and spend time on the beach around the Sunshine Coast, I know that our children really enjoy these times and will be lifelong memories for them.

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

Given that I have been formally in Aged Care for one month, the list isn't extensive yet, however James Thomas Court achieving accreditation in week two was brilliant. Thanks totally to the superb work and commitment of the team in JTC.

I am sure there are many to come.

I'M PASSIONATE ABOUT:

The mighty Sydney Swans.

IN FIVE WORDS, I AM: Too tall for my hair!

Lifestyle Activities Program

by Claudio Delloro

An individual's passion for life and the importance of having an opportunity to undertake activities of interest to them cannot be underestimated.

Research tells us that doing things you enjoy helps to improve one's health and sense of wellbeing. This can range across pastimes from walking to music, hobbies, dancing and outings.

The various Ballarat Health Service lifestyle programs at each of the residential care facilities provide opportunities for residents to undertake activities of interest with other residents, family and friends. The activities take into consideration individual's leisure interests, abilities, wishes, backgrounds and are planned to be an integral part of residents' daily lifestyles.

Programs involve the opportunity to participate in social activities in the facility as well as in community life outside the facility.

Activities undertaken include woodwork, painting, bus trip outings, walks, men's shed, singing, entertainers and school groups attending the facility, and reminiscing activities. Other favourites include vegetable gardening, high tea, bingo, card games, indoor bowls, happy hour, hand massage for some residents, visiting pet programs and cooking.

A couple of more unusual events have included helicopter rides for a number of residents, maintaining a chicken coop and an egg incubator activity which created a lot of excitement amongst residents monitoring progression of egg to chicken stage.

A number of recent events included bridal gown and album show, mock royal weddings, masquerade ball and introduction to computers.

Given the multiple benefits of social and leisure participation and Ballarat Health Services' desire to enhance the individual's quality of life, residents and/or their representatives are encouraged to raise any concerns, ideas or wishes with activities staff or management in order to ensure social and leisure activities are provided that best suit individual needs.

FIVE MINUTES WITH...



Ivor John Marshall

OCCUPATION: Ballan shire worker before retiring, shearer, truck driver, woodchopper and all round nice guy.

BORN: April 5, 1918, Ballan hospital.

INTERESTS: Geelong Football Club for past 45 years...

RESIDENT SINCE: I have been at James Thomas Court for 15 months.

BEST PART OF MOVING: Could no longer live on my own, now close to my wife.

MOST CHALLENGING PART: We have been married for 60 years next March and I am keen to make this milestone our diamond wedding anniversary.

EARLIEST MEMORY IS: As a four-year-old, Mum was away having a baby, I was staying with older ladies and my eight-year-old brother came to visit (walking two miles to see me) and I hit him over the head with a billycan!

WHEN I WAS A CHILD I WANTED TO: Be a policeman.

MY PARENTS ALWAYS SAID: They thought I'd do well ... and they are right!

MY GREATEST MOMENT IN LIFE WAS: When I won the 10-inch Australian Standing Block Championship (wood chopping) at the Yarra Glen show 1951. I also was a member of the winning team in the relay championship (six axemen on each side) at the Sydney Royal show.

IN FIVE WORDS I AM: Proud, passionate family man, tall, good hearted, loveable.

I WISH I'D NEVER WORN: A jumper for Elaine Footy Club in a comeback appearance!

CAT OR DOG: Both in their right places.

WHEN I WANT TO SPOIL MYSELF: I have a decent feed and a beer!

THE FIRST THING I REACH FOR IN THE MORNING IS: To get out of bed.

THE HARDEST THING I HAVE DONE IN MY LIFE: When we sold our house and my wife and I went into care.

IF I COULD CHANGE ONE THING IN THE WORLD IT WOULD BE: I would put more women in politics.

AFTER LIFE THERE IS: No more.

I LOVE: My wife...Flora.

IN MY LIFE I HAVE LEARNT: To appreciate other people and not to be to self-opinionated.

MY PET DISLIKE IS: drunks!

I CAN'T LIVE WITHOUT: my wife....and Geelong Footy Club.

BEFORE I DIE I WOULD LIKE TO: Have another decent feed... and a beer.

IF I COULD INVITE FIVE PEOPLE TO DINNER THEY WOULD BE: Flora my wife and my five kids.

THE MEANING OF LIFE IS TO BE: To help others, and never do to one person what you wouldn't like done to yourself.

IF I COULD BE ANYONE ELSE FOR THE DAY I WOULD BE: Bobby Davis...the Geelong flyer.

I AM PASSIONATE ABOUT: Life and my family.

A BOOK/ SONG/ MOVIE THAT INSPIRES ME: Slim Dusty's music.

Residential in Reach Service Update

The Residential In Reach Service commenced on May 16 throughout BHS Residential Aged Care facilities. The service has received a total of nine referrals addressing issues including palliative care, pain management, respiratory assessment and management, wound management and rehydration. The aim of the service is to prevent Emergency Department presentations by performing relatively simple procedures within the facility. It is also intended to reduce a resident's length of stay within the acute setting by supporting earlier discharge.

Planning for the next phase of the service is to expand into private residential aged care facilities, which will capture just over 950 beds. Referrals can be made by Residential Aged Care staff, health professionals, general practitioners, Ambulance Victoria, family and oneself. As a reminder, hours of operation are 8am to 4pm Monday through Friday and referrals can be made by ringing 5320 4748 or 0478 305 011.

by Carolyn Kirby
Residential in Reach Coordinator

BIG MORNING TEA



WB Messer Hostel residents enjoyed an afternoon together for the Biggest Morning Tea on Thursday, May 26.

This has become an annual event for WBM residents.

The picture shows hanky dolls made by residents with Lifestyle Coordinator Julie Cox.

The dolls which were sold on the day and WB Messer hostel raised \$140 towards the Cuppa for Cancer campaign.

Well done.

count US in program at Geoffrey Cutter and Eureka Village Hostel



In 2010 GCC & EVH were successful in obtaining Department of Health funding to develop a community gardening program.

The basis of the program existed already because we had worked with the YMCA and isolated young mothers in a gardening program the previous year.

The program for 2010 involved expanding the gardening program, once again using the skills of the coordinator from the YMCA. On this occasion we also involved VCAL students.

Much of the funding was expended on the coordinator and

the development of the required infrastructure. The program quickly developed with the help of the students and the teachers. Residents enjoyed the interaction with the students and you could see the bonds between them growing each week.

The program is now well established with raised garden beds, seedlings in the hothouse, harvesting the vegetables and then cooking and eating the results.

This year the residents have made pickles, tomato relish, rhubarb chutney, quiches with silver beet and many other things.

Produce sales have raised a small amount of money which has enabled us to buy more soil and seeds to continue the program.

The program's achievements have been:

- Hostel residents enjoy the interaction with nursing home residents and new friendships have emerged;
- Creating social interaction with members of the community, including young students; and,
- Families are pleased to see residents are enabled to enjoy activities they did before coming into the home.

Amalgamation of Jessie Gillett Court and James Thomas Court

Over recent years there has been a sustained decline in demand for low care beds across Ballarat Health Services (BHS) consistent with a trend for low care in general. Jessie Gillett Court and James Thomas Court are low care facilities, and the decline in occupancy has particularly impacted these facilities, with occupancy below 50 per cent in Jessie Gillett Court, and a similar trend evident in James Thomas Court.

In order to maintain the level of comfort and safety for our residents and to maintain the financial viability of the facilities BHS has decided to amalgamate the two facilities. This will mean that Jessie Gillett and James Thomas will become a single 44-bed facility. James Thomas

Court will be the location of the amalgamated facility.

A number of residents will relocate to James Thomas Court. Because residents in Jessie Gillett are dementia specific we are undertaking work in James Thomas Court to ensure that it is a secure environment for residents.

No residents will be moved until this work has been completed.

In addition, the amenity of James Thomas Court is being improved with painting, new carpet and new curtains where required. External fencing and concreting are also being completed to ensure the external environment is secure and safe.

Some residents will relocate to other facilities either due to

clinical need, or as a matter of preference. These moves may be to other BHS facilities or to non-BHS facilities. Staff and management are helping residents and families in this process.

Staff at Jessie Gillett have been consulted about their employment preferences and again management and the Human Resources Department are working closely with staff to seek the most desirable outcomes. Most staff will be employed within the amalgamated facility. Some are seeking redeployment either to other BHS aged care facilities or other departments within BHS and a few have sought voluntary redundancy.