

Care that speaks
to **you**

ttha *accent*
HOME CARE

Tabulam & Templer Homes for the Aged Inc
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A MESSAGE FROM THE CEO



Spring has sprung after a very long and cold winter. We look forward to enjoying the spring sunshine and seeing our gardens return to life. We can now get outside and enjoy the sun and warm spring air. This new season sees many fun and exciting events, including our AFL grand final celebrations, Father's Day and our Christmas market, to name a few. As another eventful, warm, and exciting season begins, we look forward to celebrating many special events paired with delicious food from our kitchen and some great entertainers. We will also incorporate more outings in the sunshine and fresh air with the warmer spring weather.

With recent outbreaks and illnesses within our community, I would like to take this opportunity to thank our excellent staff. Our staff continue to give our residents the highest quality care in challenging times, and we thank you. We were pleased to thank our Aged Care Staff during our Aged Care Employee Day event. Everyone who works in aged care should be celebrated and thanked, especially during challenging times, so thank you to everyone. TTHA and Accent Home Care staff are critical

to this organisation, and we highly value their dedication and best-in-class care. Thank you for bringing a smile and a positive attitude to each working day. Pat yourselves on the back, and I encourage you to do this for your colleagues. We hope you enjoyed the day, and once again, a HUGE thank you to you all.



Aged Care Employee Day is an annual celebration supporting and honouring Australia's residential, home and community aged care workers. It takes a special kind of person to work in Aged care. The passion, joy and dedication our carers, nurses, food service, cleaning, allied health and admin team show to all who set foot in TTHA makes a difference every day and makes them true superheroes. Speaking of superheroes, we cannot wait for our Carer's and Volunteer Christmas lunch on Tuesday, December 17th, at Stones of the Yarra Valley. Our carers and Volunteers bring so much joy to our community, so we look forward to thanking and entertaining them this November.

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We love all of our volunteers, and we are blessed to have the Aged Care Volunteer Visitors Scheme (ACVVS) funded by the Australian Government, which supports community-based organisations in recruiting and matching volunteers. These volunteers provide friendship and companionship through visits to socially isolated recipients of Australian Government-subsidised residential aged care and Home Care Packages. Regular visits from a volunteer can improve the quality of life and help older people feel less isolated. TTHA will match volunteers with our residential care residents and Accent Home Care consumers. We will further collaborate with other care facilities, recruit volunteers for them and, in turn, enrich the lives of our elderly in the broader eastern and southern community.

If you or someone you know is interested in volunteering or would like more information about the program, please contact Elise Kruizinga, Recreation and Volunteer Coordinator at TTHA, at elise.kruizinga@ttha.org.au or (03) 8720 1333.



Our highly anticipated Christmas market is coming up in November, which will be right around the corner on Sunday, November 24th. We will have many food trucks, fantastic craft stalls and entertainment. We will also have our Christmas raffle with some fabulous prizes on offer. If you have a new product or voucher you would like to donate to our raffle, please

contact us. This is our biggest fundraiser for the year and allows us to host beautiful events for our residents, so we look forward to seeing you there.



Our annual market is the largest fundraiser for TTHA for the year. The funds raised from the market allow us to purchase things like our bus for outings, outdoor wheelchairs, and interactive robots that simulate pet therapy. The specialty market stalls include a range of arts and crafts, handcrafted Christmas decorations, exquisite candles, Handmade German-style wooden ornaments, handmade soaps and lotions, jams, chutneys, and syrups, to mention a few.

Many of the showcased items are not available elsewhere, and adding to the bustling atmosphere will be an array of sweet and savoury German delights, including genuine German chocolates, Freshly baked pretzels, professionally made coffee, food trucks, entertainment and much more. For the kids, there will be a petting zoo and a visit from Santa. There is also a fundraising raffle with some fantastic prizes, so please pick up some raffle tickets at the reception or on market day. Our fundraising raffle is only possible with the generosity of staff, families and the local community. TTHA invites you or your business to participate in our annual fundraiser by donating a new item or service to the TTHA fundraising raffle. Cash donations are also welcome, and all donations are entirely tax

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deductible.

We are seeking donations of:

- Products (Must be brand new)
- A Service – please include the value
- Cash donations (all cash donations are tax-deductible)

All donations will be recognised on social media, our website, and our donations wall on market day. This is an excellent opportunity to invest in your local community and build a better future for the residents of TTHA. To discuss an item or service you wish to donate or have questions about, please contact Anna McCandless, our Marketing and Fundraising Coordinator, at 8720 1333 or anna.m@ttha.org.au. Thank you in advance for your generosity and support.



In July, Changing Seasons Cafe had its Christmas in July event. Customers were treated to three delicious courses of Christmas fare, with mulled wine, tea, and coffee. This event proved very popular. We want to thank the cafe staff, who did a fabulous job and presented such delectable dishes. We look forward to serving you on your next visit.

Our Social Support Group loves getting out in the community and spending time with like-minded friends. Recently, our groups visited The Lume for the Leonardo De Vinci display, the McClelland Sculpture Park and Gallery, Flemington Racecourse, and Schwerkolt Cottage, to name a few. If you want to join one

of our groups or participate in our next carers' outing to see Sister Act on November 13th, please contact our caring team at 88241000. The last two years have brought growth in our residential home and home care divisions. If you or someone you know is interested in joining our team, please contact our office at 8720 1333. You can view our current TTHA and Accent Home Care employment opportunities online at www.ttha.org.au/careers.



As another beautiful and exciting season begins, we invite you to come in and talk to us about your own or a loved one's aged care requirements. If you or a loved one wants to stay at home longer and needs extra support, why not call our Home Care team and see how we can help you with gardening, cleaning, personal care, medication management or social and emotional support?

Our experienced staff are there to answer your questions and assist you along the journey. If you would like to make a Home Care inquiry or for any of the services TTHA provides, please contact us at (03) 8720 1333 or visit our website (www.ttha.org.au).

Enjoy the spring sun!

Eva Simo – CEO



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QUOTE OF THE SEASON



WORK WITH US

Are you seeking a long and rewarding career within a caring organisation? Are you passionate about aged care? TTHA and Accent Home Care seek for enthusiastic Registered Nurses, PCAs and Community Care Support workers. If this sounds like you, please send your resume to careers@ttha.org.au or apply online at www.ttha.org.au/careers.



CHANGING SEASONS CAFE

Changing Seasons Cafe is open from 9 am to 3.00 pm, Monday & Tuesday, Wednesday to Friday 9 am to 3.30pm, Saturday and Sunday from 9 am to 4 pm. We have a new seasonal menu, and we serve beer and wine; Keep up to date by 'liking' the Changing Seasons Cafe Facebook page @ChangingSeasonsCafe.



ACCENT HOME CARE



The coldest days are gone; the doona and blankets can be put aside as we step outside and embrace Spring. Before we get too excited about Spring, let's step back to the colder months of Winter, and I will tell you about a great experience. I was privileged

to meet up with the Quality Care Advisory Body, who provided a firsthand account of what it is like to receive Aged Care Services from Accent Home Care. The meeting was an excellent opportunity for people to come together and share their personal experiences and knowledge. We appreciate the Advisory Body and their contribution, and you can read more about this incredible experience below.

Supporting more people across Melbourne

We are pleased to support more people in more Melbourne areas with Home Care Packages and Commonwealth Home Support Programme (CHSP) services. Our CHSP services are there for people who need a small amount of assistance to maintain their independence in cleaning, personal care, in-home nursing, or access to the community as part of a Social Support Group. We can assist more people across Melbourne and now offer services in the Northern Suburbs, such as Epping, Coburg and Craigieburn, to name

a few. If you know of anyone who needs a home care package, you can refer them to us, and once they start receiving services, you will be eligible to receive a complimentary \$100 gift card from us. To find out more, contact either Fionna or Beata on their direct phone number 03 8824 0905 or send an email to enquiry@accenthomecare.org.au

The Future of Aged Care

I often get asked, 'What is the direction of Aged Home Care Services?' This is a great question. The Australian Government has tabled significant reforms based on a new Aged Care Act. The Australian Parliament must still present and pass the new Act before the reforms occur. It is important to note that the next Australian Federal election will happen before 27/09/2025, which may impact these reforms. Regardless of what reforms are passed, Accent Home Care, Tabulam, and Templer Homes for the Aged (TTHA) are here to support you and keep you updated on the latest developments. Listed below are the fundamental changes:

- Starting 1 July 2025, Support at Home will replace Home Care Packages.
- The Commonwealth Home Support Programme will transition to the new Support at Home program by July 2027.
- A new classification framework will replace level 1 to 4 Home Care Packages.
- People with yearly Home Care Package budgets will move to a quarterly budget.
- From 1 July 2025, a new Assistive Technology and Home Modifications (AT-HM) Scheme will provide upfront funding without the need to save funds from individual budgets.

- Participants will have access to a short-term allied health support program for up to 12 weeks to build strength and capabilities.
- A proposed new End-of-Life Pathway will be available for older people diagnosed with three months or less to live.

The above points have been taken from the following link where you can find out more: <https://www.health.gov.au/our-work/support-at-home/features>

Quality Care Advisory Body

The Quality Care Advisory Body met in July this year to discuss and provide feedback to the TTHA Board regarding the care services Accent Home Care provides. Nine people volunteered their time to represent the consumers of Home Care Packages. Three staff members were also in attendance: Cornelius Hickey, the clinical care community team leader representing the nursing service; Bridget Colakidis, a care advisor; and Nick Grakini, the general manager.

The Advisory Body gained a good understanding of the measures Accent Home Care takes to keep older people living in their homes for longer with less risk. The group discussed deidentified consumer data, which included the number of people who fall at home, experience chronic pain, and live in areas at risk of flood or bushfire. The advisory body stated they were satisfied with the measures Accent Home Care has in place to reduce the risks for older adults.

The Advisory Body discussed the Aged Care and Safety Commission's mandatory reporting requirements regarding the Serious Incident

Response Scheme and was comfortable with how Accent Home Care responded to this legislative requirement.

The Advisory Body needed to identify specific items to which the TTHA Board wanted to respond. On behalf of Accent Home Care, I would like to thank all the members of the Advisory Body for taking the time to meet and contribute to the Quality Care that Accent Home Care provides.

Until the next edition, stay safe and enjoy Spring.

Best regards

Nick Grakini
General Manager Community Services



Refer a friend to Accent Home Care and be rewarded with a \$100 voucher of your choice! Get in touch with us today to hear more (03) 8824 1000.

SOCIAL SUPPORT GROUP

Our Social Support groups love their outings, getting out and about in the stunning spring weather. Recently, they visited the Lume to see the most beautiful Leonardo De Vinci display. This was followed by a three-course lunch at the General Assembly on South Wharf. All attendees had a fantastic time and were in awe of the colourful displays.

Our groups were spoiled recently with a beautiful sunny day in Rowville. Firstly, everyone enjoyed a delicious morning tea at the Tosaria Restaurant in beautiful surroundings served by lovely staff. The next stop was the Stamford Park Lake and Wetlands, where they were free to walk along the fabulous paved pathways, enjoying the waterways, bridges, lookouts and intergenerational playgrounds. After all the exercise, they deserved their delicious lunch at the Stamford Park Homestead. It was delicious!

On the day they visited McClelland Sculpture Park and Gallery in Langwarrin, there was a bit of drizzle, but overall, it was a good day of weather. After enjoying a delicious morning tea in the Cafe, they looked around the gallery before venturing outside to admire the artwork exhibited in the open air. The lunch venue was the Frankston RSL for yummy senior meals and a glass of bubbles. Our client Martin wrote a poem he had composed especially for his birthday. He is a very talented man!

One of our favourite outings was to the Flemington Racecourse in brilliant sunshine. The sunshine allowed a lovely stroll, admiring the roses and spectacular Makybe Diva and Bart Cummings statues. Morning tea was at the 'Mama Bear Café' in Ascot Vale for a

delicious and refreshing pit stop. The group enjoyed lunch at the Riverside Golf Club, which completed a perfect day.

Clients recently spent a lovely day at the Schwerkolt Cottage complex in Mitcham. They had a delicious morning tea at the 'Mabel Café' in Mitcham, and then they were met by two lovely ladies who guided everyone through the Scherkolt Cottage and the outbuildings. The tour was excellent, and everyone had a fabulous day.

Another heritage experience was appreciated, this time in local Boronia. After relishing a delicious morning tea at the Koko Lime Café in The Basin, they visited Millers Homestead in Boronia, the former home of James John Miller, the first President of the Ferntree Gully Shire. Knox City Council now owns it, and it has been restored as the best example of the late Victorian boom-era architecture of the 1880s in Knox.

If you or a loved one would like to join one of our Social Support Groups, please call our caring staff at 8824 1000. We hope you enjoy



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CLINICAL UPDATE



Greetings from the care team. We are excited to share the latest updates and celebrate new opportunities as we welcome the vibrant spring season.

Winter brought an influenza outbreak affecting several of our residents. We are pleased to report that, thanks to their annual influenza vaccinations, most residents experienced a quick recovery. The effectiveness of these vaccines was crucial in managing the situation, and we appreciate the resilience of our residents and families and the dedication of our staff.



We are thrilled to announce several significant refurbishments in the Otto Lobert areas designed to enhance our residents' comfort, engagement, and aesthetics. Here's a glimpse of what's new:

- **Otto Lobert Lower Inner Sensory Garden:** A newly designed sensory garden in the Otto Lobert Lower area provides a calming and interactive environment. This garden is intended to engage and delight residents with sensory elements like small raised gardens, Miniature

bonsai fairy garden plants, textured surfaces, and a soothing water fountain.

- **New Furniture:** Both the Otto Lobert Lower and Upper areas have been updated with new, comfortable, stylish furniture. We have moved to square tables in these areas to allow the activities team to connect the tables for more extensive group activities.

- **Australia-Themed Wall Art:** In the Otto Lobert Upper area, you'll find new Australia-themed wall art. This vibrant artwork celebrates our beautiful country and adds a touch of local charm to the space, creating a warm and welcoming environment.

- **TSA Gallery:** We're excited to introduce the TSA Gallery, a new addition to the walkway between Otto Lobert and Sarona Walkway that showcases our Templer history. We are very grateful to our TSA residents and the TSA community, who assisted us with this project by providing great advice and expertise in putting the photo gallery together.



These refurbishments are part of our commitment to enhancing the living experience for our residents. These updates will contribute to a more enjoyable and supportive environment. We want to inform you of a critical Aged Care Quality Standards update. The release of the new standards, initially scheduled for July

2024, has been postponed to align with the commencement of the new Aged Care Act. We are preparing to integrate these updated standards to ensure we continue to meet the highest benchmarks in aged Care.

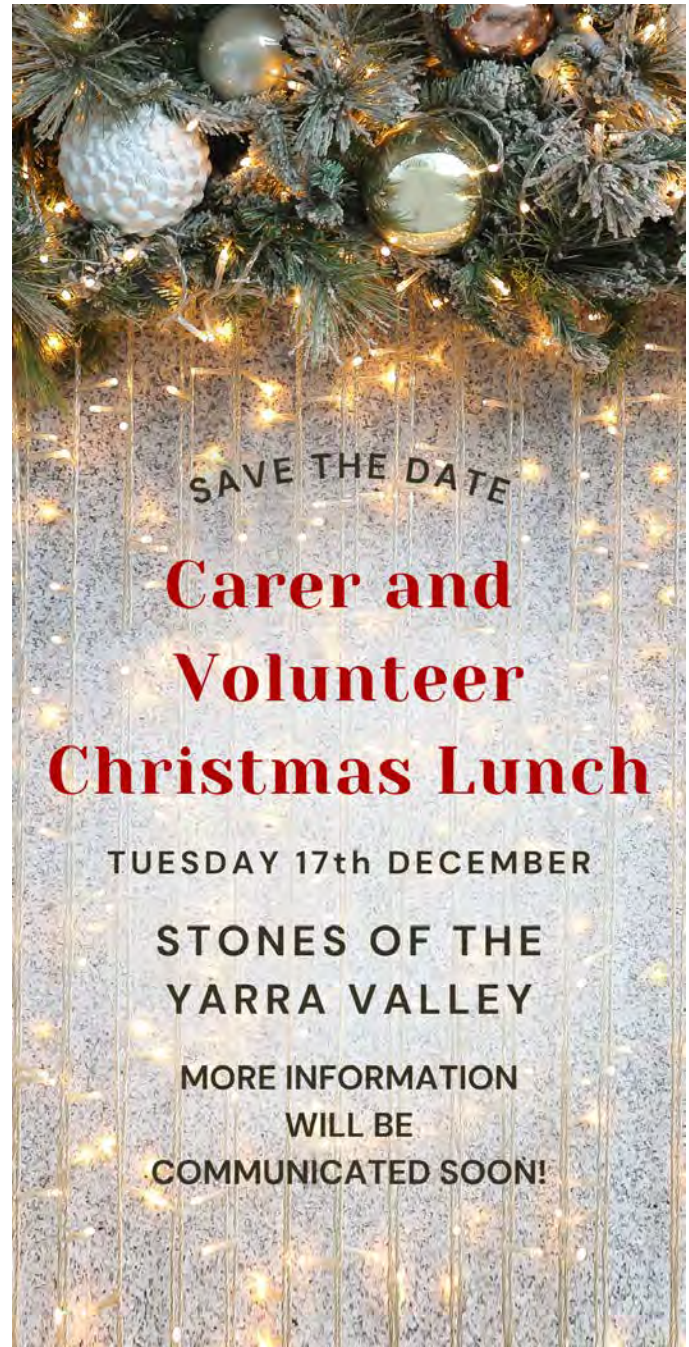
From October, we will issue monthly Care Statements to our residents and their nominated representatives. These statements aim to improve communication about health and well-being by summarizing the following:

- The Care Accessed: Details on the care services and support provided.
- Changes in Health or Care: Any updates or changes in the resident's health or care plan.
- Other Relevant Events: Important events or occurrences from the previous period.

These statements will help keep everyone well-informed and involved in the care process. We encourage families and community members to engage with our spring events and activities. Your involvement makes a significant impact.

Thank you for your ongoing support and involvement with TTHA. We look forward to a vibrant and fulfilling spring season together. Stay connected, share your thoughts, and let's celebrate the season of growth and renewal.

Sara Rupenovic
Director of Care



CLIENT SERVICES UPDATE



The Client Services department at TTHA and Accent Home Care assists current clients and community members by helping them navigate our services, such as retirement living, home

care, respite and long-term residential care, specialised services for caregivers, volunteering, and student placement opportunities. As we transition into Spring, the days are getting longer, and the temperatures rise. This shift brings a welcome opportunity to embrace outdoor activities and maximise the pleasant conditions. To celebrate the arrival of Spring, we look forward to the next Carer and Care Recipient Outing in September, visiting the Tesselaar Tulip Festival and making the most of what the season has to offer.

Later in the season, we're taking caregivers and their loved ones to see Sister Act – The Musical, as they appreciate a great show. It's a chance for them to relax and enjoy the lively singing and dancing on stage, providing a delightful break from their daily routines.

We continuously offer funding opportunities for up to 2 weeks of residential respite care, subject to facility vacancies. If this interests you, kindly call us at 8720 1333.

While we're actively working on organising respite opportunities for caregivers in the community, we're excited to announce

the arrival of our six new international volunteers from Germany. Jost, Anabel, Christiane, Moritz, Aylin, and Mathilde have recently joined us and have begun their onboarding process. As they settle in, they will increasingly become involved in the day-to-day activities with our residents, bringing fresh perspectives and energy to our community.

In addition to our international volunteers, the many local volunteers participating in the Aged Care Volunteer Visitors Scheme (ACVVS) continue to make a significant impact. Their dedicated efforts provide essential support in combating loneliness among elderly individuals in residential care and the wider community.



We continuously take referrals for care recipients who want to be visited by a volunteer, creating friendships and enjoying companionship. We are also actively recruiting volunteers to provide this free service. If you are interested or know someone who would like to hear more about ACVVS, contact the TTHA office at 8720 1333 or email us at volunteers@ttha.org.au.

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A project that we have been working on through winter and finalising this Spring is the Templer Gallery. We have created space in the hallway between the Otto Loebert and Sarona buildings to display our heritage. Pictures related to the Temple Society Australia (T.S.A.) are being shown, and community members are invited to view the gallery and enjoy the stories behind the pictures. A huge thanks go to some of our Residents in the care facility who are dedicated T.S.A. members and have driven this project, as well as Doris Frank, who has dived into the T.S.A. archives to support us with a vast selection of photos.

All T.S.A. members are welcome to contact us if they find a personal picture, painting, or photo that would be a great addition to the continuously evolving gallery.

In October this year, during the week starting on 21st October 2024, Melbourne will see its first German Week in a long time, in cooperation with the Honorary Consul General of the Federal Republic of Germany in Melbourne, Michael Pearce, as well as several partners from the German-speaking community, with backgrounds in business, education and culture.

Being tightly knit to the German community, TTHA is part of the German Week committee that will aim to introduce people from other countries to German-speaking culture. Events will cover culture, sports, business and cuisine. Further details will be shared on our social media platforms once available. Please find us on Facebook, Instagram or LinkedIn and follow us today to stay updated.

Kind regards
Lisa Karstens
Client Services Manager



COMING
SOON

STAY TUNED!

Sister Act
A DIVINE MUSICAL COMEDY

CARERS AND CARE
RECIPIENT EVENT

WEDNESDAY 13TH OF
NOVEMBER

MORNING TEA & THE
SHOW

TRANSPORT PROVIDED

MORE INFORMATION TO
BE COMMUNICATED
SOON

VOLUNTEER PROGRAM

Winter has been a time for reflection and celebration as we marked the first anniversary of the Aged Care Volunteer Visitors Scheme (ACVVS) in July 2024. This milestone offers us a chance to celebrate the significant impact TTHA has made in delivering this service across east and south metro Melbourne.

The past 12 months have been a testament to the theme of 'Something for Everything.' Volunteers from diverse backgrounds, each with their unique passions and talents, have come together to enrich the lives of older adults. From Enia, an international student from Colombia who found a sense of belonging through her volunteer work, to Maha, an Australian medical student making a tangible difference in the lives of older people—each volunteer, including you, has left a meaningful mark.

A memorable moment was when Leo received the Victoria Day Award for his exceptional service under the ACVVS. Leo's unwavering commitment to providing companionship has been transformative, inspiring us all and perfectly embodying the core mission of this program.



National Volunteer Week in May was a significant highlight, providing us with a wonderful opportunity to express our gratitude to all our volunteers. We celebrated with events such as attending the Volunteering Victoria mentor program meetup at the Old Royal Mint and recognizing Matt and Maha's nominations for the Knox Volunteer of the Year award. This week was a testament to your hard work and dedication, concluded with a festive evening of pizza and games.



TTHA has connected nearly 100 isolated older adults with caring friends in just one year, turning loneliness into companionship and forging bonds that have enriched lives. These connections are more than just visits; they are lifelines of joy, understanding, and shared experiences that have strengthened our community.

If these stories inspire you and you'd like to join our compassionate community, there's a place for you here. You can make a meaningful difference for as little as an hour a fortnight. Contact us at Tabulam and Templer Homes for the Aged at 03 8720 1333 to start your journey as a volunteer.

Elise Kruizinga
Recreation & Volunteer Coordinator



EVENTS UPDATE

The Puppet Man

We were so excited for 'The Puppet Man' to visit our Otto Lower and Upper residents one-on-one if they were comfortable. It was so much fun, and everyone had a lot of laughs.



Fairy Gardens for our Courtyard

Thank you to our friend Shanelle Dye, who kindly donated these two beautiful fairy gardens to our Otto courtyard. They will bring so much joy to our residents. Next time you visit the home, visit them to see the lovely changes to the Otto courtyard. If you want a personalised mini garden, contact Shantelle on her Instagram @myhappyplaceminigardens.



Soft Shell Tacos

Recently, our residents made some delicious soft-shell tacos. They loved choosing their toppings and assisting each other in cooking, wrapping, and devouring them. What a wonderful afternoon!

Mothers Day

We want to thank Carmel at Aroma Pot for their generous discount that helped us purchase these lovely candles for our ILU ladies' Mother's Day gifts! If you want to buy some beautiful candles, please contact her at www.aromapot.com.au.



HUG

We are thrilled to introduce HUG to TTHA. HUG is a therapeutic calming device designed to enhance the well-being of people living with dementia. With a plush outer body, weighted limbs for comfort, and the soothing sensation of a beating heart, HUG is made to be cuddled. HUG has been warmly received by residents in our Memory Support Unit and Otto Upper. Many residents breathed a sigh of relief as they embraced HUG, closing their eyes and relaxing to the rhythmic drum of HUG's heart. There were many smiles and happy tears as HUG made its way around the facility. We are excited to see the long-term benefits that HUG will bring to our community.



Sweets By Kachele

A huge thank you to Sweets by Kachele for their generous donation of traditional German sweets! Our residents thoroughly enjoyed devouring these delicious treats during happy hour. The wonderful aroma of freshly baked goodies called many into the dining area, creating a delightful atmosphere for everyone. We are excited to announce that Sweets by Kachele will appear at our Christmas Market in late November! Come and indulge in their mouth-watering sweets and support a fantastic local business.



Pyjama Day

Residents and staff had a fabulous day celebrating Pyjama Day. Everyone joined in raising funds and awareness for children in foster care. Breakfast was served from 6:30 a.m. to 8:30 a.m. for staff in the Sarona Lower staff room. Residents loved the pyjama party happy hour while being entertained by Leslie and Ray. Everyone had a great and very comfortable time!



International Beer Day

The residents got together and enjoyed sampling various beers and a game of pool to celebrate International Beer Day.

Everyone loved toasting to good company and a nice cold drink.



Aged Care Employee Day

On Aged Care Employee Day, we celebrated and honoured the people who care for our wonderful residents, clients, and the older Australians in our community. Thank you for the beautiful work you do every day!



India & Pakistan Cultural Day

We took a trip to India and Pakistan without leaving TTHA! Our residents and staff dressed up, danced, indulged in delicious food and drinks as we celebrated the rich cultures of India and Pakistan!



Enjoy a beautiful spring, everyone!
Cerie and the Engagement team



KITCHEN UPDATE



Our winter menu was so well received! From marinated pork steaks to Mushroom stroganoff and homemade

Vanilla rice pudding with raspberry sauce, bringing warmth to winter.

As we look forward to spring, we're excited to create our spring/summer menu and would love to hear from you. Share your family favourites, requests, and delicious ideas to help us design a menu that caters to your tastes.

Due to popular demand, we've returned the chicken and leek pie in the café. We recently celebrated Christmas in July with delightful food and festive decorations, complemented by mulled wine. Chef Paul's soups remain beloved, especially the house-made winter warmer creamy pumpkin soup.

Embracing the lively spirit of spring, we're refreshing the café menu with lighter, revitalizing dishes such as the classic Caesar salad, which features tender poached chicken, crispy bacon, and a perfectly soft-boiled egg topped with creamy dressing.

Follow us on social media for updates and exclusive offers. Thank you for being part of our café family. We can't wait to welcome you back for more delightful experiences!

Gus & the kitchen & cafe teams



Butter Chicken, Yellow Rice & Papadums



Mustard Pork Steak, Herb Potatoes & Apple



Panna Cotta & Summer Berry Compote



Peach & Berry Trifle

QUALITY UPDATE



Falls prevention at home:

Falls are a leading cause of injury, accounting for approximately 43% of injury-related hospitalisations. Over half of these injuries

from a fall involve a fracture.

Falls include slips and trips and may be an indicator of deteriorating health. However, a fall does not mean a loss of independence, and there are precautions you can take around the home to minimise the risk of having one.

It is essential to report all falls to your doctor, as they can indicate a new health problem that could be managed to prevent future falls.

Age-related changes, such as poor eyesight, reduced sensation or numbness in lower limbs, and slowed reaction time, can also contribute to falls. Falls could also indicate that your blood pressure needs to be monitored, that you have a poor diet, or that you are not drinking enough water. They could also suggest that you have a short-term illness, such as an infection, that can be easily treated.

Common causes of falls and ways these can be reduced:

Weakening muscles and stiffening joints: Try to stay active. Engage in physical activity that

improves muscular strength.

Sensory, unsteadiness and balance problems: Exercise programs to improve balance strength and flexibility, such as Tai Chi, Pilates or falls and balance clinics. Have eyesight and hearing checked annually and have regular health check-ups with your GP.



Trip or slip hazards: Reduce hazards such as loose floor rugs or mats. Repair or replace carpets with worn areas, holes or long threads. Avoid highly polished floorboards, which can become slippery.

Review bathrooms and ensure that grab rails are secure and sturdy. Consider seating options in showers and tiled areas that can become slippery when wet.

Wear appropriate clothing that is not too long, especially long or cumbersome dressing gowns, which can cause trip hazards.

Wear appropriate footwear: Wear footwear with a wide enough toe area, low or no heel, and a slip-resistant sole. Refrain from wearing socks or loose slippers around the home. Remove clutter and ensure that walkways and corridors are kept clear and well-lit. Ensure

you have good lighting throughout the home, especially from the bedroom to the bathroom at night. Invest in night and movement-sensitive lighting, available at most hardware stores.

Reduce daytime glare by adding sheer curtains to windows and glass doors.

Improve safety outdoors: Ensure garden paths are free from leaves, fungi, mosses and lichen. Put away garden tools and ensure pathways, patios, and other walking surfaces are even and free from cracks.

Ensure stairs are well-lit and install grab rails or secure and sturdy handrails. Consider marking the edge of steps with paint or a coloured non-slip adhesive strip.

What to do if you have a fall:

Don't panic. Stay still for a few minutes, assess your situation, and stay calm.

Call for help if you can. Keep a phone charged and in easy reach. Consider having a phone on a low table near the bed at nighttime that you can reach if you are stuck on the floor.

If you can get up on your own, roll over onto your stomach and try to get into a crawling position.

Crawl to a stable piece of furniture such as a bed or a lounge chair. Try to push yourself onto your knees and use your strongest leg and arm to push up onto the furniture. Sit on the furniture and assess for any further injuries.

Report all falls to your GP as soon as possible to assess if there is a medical cause for the fall. This may prevent future falls.

Resources:

If you do not want to be checked out by a doctor in an emergency room or hospital, consider using the Victorian Virtual

Emergency Department (VVED):

<https://www.vved.org.au/patients/>. To do a live virtual consultation, you need access to a device such as a smartphone with a camera.

Find your nearest Falls and Balance Clinic:

<https://www.nari.net.au/victorian-falls-directory>

Consider the use of a personal alarm:

<https://www.betterhealth.vic.gov.au/health/serviceprofiles/personal-alert-victoria-service>

More information and resources can be found at:

<https://www.betterhealth.vic.gov.au/health/healthyliving/falls-prevention-at-home>

Contact your care advisor for further information and guidance if you have a Home Care Package.

Vaccinations:

The Department of Health and Aged Care recently wrote to all Aged Care providers as a reminder about the recent rise in COVID-19 and Influenza in aged care and the community. The Chief Medical Officer still recommends regular vaccination against COVID-19 and the flu. Vaccines are the best way to protect people from severe illness and hospitalisation.

It is recommended that people 75 years or older have a COVID-19 vaccination every six months and an annual influenza vaccination. All adults 65-74 years old are advised to get a COVID-19 vaccination every 12 months, which can be offered every six months on the advice of their healthcare provider. All adults are eligible to get a booster dose every 12 months.



Many people may have had their last COVID-19 vaccination at the same time as their influenza vaccination. This is a reminder that they may likely be due for the next booster in October/November 2024 (if they had the flu vac in April/May 2024).

Those living in the community should see their GP or pharmacist for further information on accessing vaccinations.

For those who reside at TTHA or who have loved ones who reside there, our visiting GPs will offer COVID-19 vaccinations six times monthly. Watch for our emails, call TTHA at 87201333 to opt out of this service, or speak directly with your managing GP.

Consumer Advisory Body:

Consumer advisory bodies provide valuable feedback to governing bodies about the

quality of care and services they deliver. They help build a person-centred culture committed to quality aged care.



Providers must allow people receiving aged care to join a consumer advisory body.

A consumer advisory body collects feedback from members and shares it with providers. Joining lets you share your concerns and ideas with those in your care.

If you would like to be a part of TTHA or Accent Home Care's consumer advisory bodies, please email your details to Kitty.Fausett@TTHA.org.au, who can forward your details to the relevant departments. If you cannot access email, call 87201333 and ask to speak to Kitty.

Kitty Fausett
Quality Manager

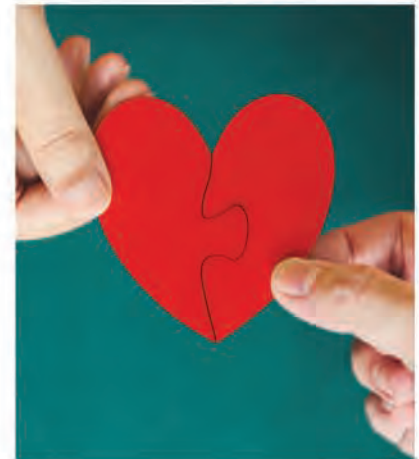


Tax Deductible Donations

TTHA is a not-for-profit organization, and donations and bequests are warmly welcomed.

Donations over \$2 are tax-deductible.

At TTHA and Accent Home Care, we strive to provide the best care and comfort for our residents. Your donation can help us continue offering the support and services they deserve. Every contribution makes a difference in the lives of our seniors.



Make a tax deductible donation by scanning here or visit www.ttha.or.au/give-now



Leave a gift in your will by scanning here or visit www.ttha.or.au/bequests



Book a tour

If you'd like to arrange a time to discuss a donation or book a tour, please call us on 03 8720 1333 or email ttha@ttha.org.au.