

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



Winter is here with its icy winds and rain finding up rugging up indoors; the sunny, warm days of autumn are now a distant memory. The cold temperatures mean we enjoy our warm indoor activities more. The occasional winter sunshine

breaks allow for some outdoor gardening and scenic drives while providing beautiful views from the large windows at TTHA.

Winter brings delicious soups and comfort foods on our new menu, warming the soul and providing the winter comfort we crave. These heartier meals provide contentment, and we are excited that our new winter menu will have delightful choices for all appetites and dietary requirements. Gus and his team have created a deliciously fresh and seasonal winter menu, introducing a vast array of new dishes while keeping the traditional German fare and favourites for all to enjoy.

I'm excited about the satisfying new menu and look forward to trying the corned beef brisket with braised beetroot and horseradish: Tender, succulent corned beef brisket served with braised beetroot and a zesty horseradish

sauce. I cannot wait to try the bread and butter pudding with custard, a classic winter dessert that will satisfy your sweet tooth, served with a rich and creamy custard.



At TTHA, your dining experience should be more than just a meal. That's why our dedicated kitchen team has prepared homemade cakes for morning and afternoon tea, and we're always open to your suggestions for our menu. Your feedback is not just important to us; it's invaluable. It helps us shape our menu to cater to your tastes and preferences, making your dining experience unique and enjoyable.

One of the highlights at TTHA is our happy hours, where we pair entertainment with beautiful finger food prepared in our kitchen. Our Kitchen and Engagement teams love to pair special days and events on the calendar with our cuisine. Keep an eye out for our Engagement calendar in your emails or ask for a copy at reception to view the exciting events

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we have planned. From Easter celebrations with hot finger food and cakes to other special events, we always have something fun and delicious in store for you.



Our annual hot cross bun afternoon tea was as excellent as ever—residents and staff were greeted with various flavours of hot cross buns with a choice of toppings. I would like to personally thank Coles Boronia for donating over 100 hot cross buns for our afternoon tea. Thanks again, Coles! At Easter, reception is always a buzz with colourful decorations, staff and residents purchasing their imported Easter treats and raffle tickets for our annual Easter Raffle. We want to congratulate the winners of our Easter raffle; we hope you enjoyed sharing your Easter baskets.

Changing Seasons Café now has a liquor licence, and patrons love pairing their favourite meal with a beer or wine. The café is open Wednesday to Friday from 9 am to 3.30 pm and Saturday and Sunday from 9 am to 4 pm. We encourage you to visit our staff and enjoy the fare on offer. To stay informed on the café specials, please 'like' the café's Facebook page [https:// www.facebook.com/ ChangingSeasonsCafe](https://www.facebook.com/ChangingSeasonsCafe).

I want to thank Samanthi, who retired from TTHA after working with us for over 20 years. Her contribution has been outstanding, and

while we will miss her smiling face, we wish her all the best in her future endeavours.



Winter brings exciting celebrations, which we usually pair with our Friday Happy Hour; residents love our themed days and dressing up. Some highlights of our winter events include Queens Birthday, Red Nose Day, Christmas in July, Cancer Council afternoon tea, International Beer Day and Indian Cultural Day, to name a few. These events will be celebrated with vibrant entertainment, delicious cuisine, and flamboyant dress-ups to bring a smile and a laugh to everyone's faces.

Recently, we were lucky enough to host another carer's respite outing, giving much-needed respite to the beautiful carers in our community. We recently hosted a carer's and care recipient's lunch. Participants received a delicious three-course lunch at the State Library of Victoria in the Conversation Quarter. Due to our carer's funding, this event was free for those who attended! If you or a loved one would like to hear more about our carer's outings or to attend the next event, please get in touch with a member of our caring staff at 87201333. Thank you to everyone who came and the fabulous staff who assisted.

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Once again, we are proud to offer our substantial carers' funding, a testament to our commitment to supporting our excellent carers. This funding provides much-needed respite, allowing them to recharge and continue their exceptional work. The grant also enables us to organise carers' social outings, a valuable opportunity for carers to enjoy a day out, connect with others in similar roles, and form essential and supportive relationships. If you want to learn more about our carer's funding, please do not hesitate to contact us at 87201333 or ttha@ttha.org.au.

Volunteers, the heart and soul of our community, come in many forms: family, friends, and neighbours. They care for our residents in aged care or clients with a home care package, making an outstanding contribution as companions. We are deeply grateful for their fantastic work and positive impact on our community. We seek volunteers under the Aged Care Volunteer Visitors Scheme (ACVVS), funded by the Australian Government, to provide friendship and companionship to socially isolated older persons. If you are interested in volunteering or receiving a home care package and would like to be matched with a volunteer, please contact Elise at 87201333 or volunteers@ttha.org.au.

The last couple of years have brought about growth in our residential home and home care divisions, and we have positions in residential aged care and home care across the facility. If you or someone you know is interested in joining our team, please get in touch with our office. 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 enquiry or for any of the services TTHA provides, please get in touch with us at (03) 8720 1333 or visit our website (www.ttha.org.au).

Stay warm this winter!
Eva Simo – CEO



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QUOTE OF THE SEASON



CHANGING SEASONS CAFE

Changing Seasons Cafe is open from 9 am to 3.30 pm, Monday to Friday, Saturday and Sunday from 9 am to 4 pm. We have a new seasonal menu, and we now serve beer and wine; we look forward to serving you! www.ttha.org.au/changing-seasons-cafe/. Or 'like' the Changing Seasons Cafe Facebook page @ChangingSeasonsCafe.



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.



ACCENT HOME CARE



Winter is here, and I hope you are enjoying the fresh mornings keeping nice and warm. At Accent Home Care, we have found the winter months to be busy, so we are providing additional support for people to access their community and stay

connected. We are pleased to announce that we will shortly have greater capacity to assist more people. You can find out about these exciting announcements below.

Social Support Group for the Yarra Ranges

The Yarra Ranges Council has decided to transition the Social Support Group that they provide in the Yarra Ranges to another provider in response to the Australian Government's Aged Care reforms. The Australian Government has appointed Accent Home Care to deliver this service to older people living in the Yarra Ranges. As Accent Home Care is currently providing an existing and successful Social Support Group in Bayswater, this will be an additional service. Both Social Support Groups are delivered as part of the Commonwealth Home Support Programme (CHSP).

The Accent Home Care Team is excited to have the opportunity to deliver the

service and will be working closely with the Yarra Ranges Council to achieve a smooth transition. For people receiving social support in the Yarra Ranges, there will be no immediate changes to the program they receive. We look forward to meeting the people receiving this service and providing them with the same high-quality support we currently offer to people attending the Bayswater Social Support Group.

Demand is increasing for Home Care Packages.

Accent Home Care has supported people by providing Home Care Packages in Melbourne's Southern and Eastern regions for many years. Unfortunately, there have been consumers receiving home care packages from us who then moved to the northern suburbs of Melbourne. We have had to discharge them as we did not provide a service in that region. This has been unfortunate, as these consumers have wanted to stay with Accent Home Care as we knew their needs well, and they were happy with our service. It was always a shame to end a successful care partnership just because they moved out of our service region. I am pleased to announce that this has now changed.

From May 2024, we will provide home care packages to people in the Northern Melbourne region, including Preston, Lalor, Greensborough, and Eltham. Like Melbourne's Eastern and Southern regions, the Northern region is known for its affluent population diversity. A significant proportion of the population in the Northern region of Melbourne were born overseas or have parents who were. Accent Home Care is well placed to support people in this region as an

Australian Government-approved provider of services for people who consider themselves culturally and linguistically diverse (CALD). CALD is a broad term for communities with diverse languages, ethnic backgrounds, nationalities, traditions, societal structures and religions.

With both the Social Support Group in the Yarra Ranges and delivering Home Care Packages in the Northern region of Melbourne, the Accent Home Care Team are excited to have the opportunity to support more people to maintain their independence living at home and engaging with the community.

Direct Care Workforce

Accent Home Care's current recruitment drive to employ new Direct Care Workers has been very successful. Our dedicated recruitment team is actively seeking new staff to join Accent Home Care. Janine Howard has recently joined the team as the Onboarding and Induction Coordinator. She is overseeing the process of new staff joining. We are pleased to welcome Janine to our team. If you know someone you believe would be good to work as a Direct Care Worker, have them contact Janine.

At Accent Home Care, we like to provide consumers with options, which include finding the right people to provide care and support. It is important to note that relying on multiple Direct Care workers for all your care needs is always the best practice. If the Direct Care Worker is unwell, goes on leave or moves to another position, no one else will know your care needs well. Therefore, having a few Direct Care Workers as part of

your support team is better than just relying on one person. If you are receiving an Accent Home Care service and would like to change your Direct Care Worker, we are here to support you with this choice. Contact our office using the details below and speak with the Service Delivery Team.

Until next time, keep well and don't hesitate to contact the Accent Home Care Office if we can assist. You can reach us by telephoning (03) 8824 1000 or email us at services@accenthomecare.org.au

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 have some fabulous outings in mostly beautiful weather conditions! Our clients recently chose something new: the Old Man Drew Cafe on Mount Alexander Road, Ascot Vale. There were cozy niches everywhere for people to sit amongst beautiful plants, umbrellas, mirrors, statues, and other trinkets. The people who designed it had artistic minds and creative hearts in mind.

Before lunch, clients had a most enjoyable walk through the Pipemakers Park in Maribyrnong. The Hume Pipe Factory produced concrete pipes on this site between 1912 and 1974. The Board of Works bought the site in 1978 and turned it into the present-day public park, which opened in 1988. Our Social Support Group then crossed the footbridge across the Maribyrnong River to the Riverside Golf Club, where they had a delicious lunch.

Our Social Support Group is always out and about experiencing new and delightful experiences. Recently, they visited the Parkdale beachfront on a beautiful sunny day. Morning tea was at Parkdale Beach Kiosk Cafe with a stunning water view. They then stretched their legs with a walk along the promenade, relishing in sea views. Nothing is better than removing your shoes and wading through the crystal-clear water. Lunch was then devoured at the Bridge Terrace in Mordialloc; what a treat!

Visiting Puffing Billy at Emerald Lake Station is always thrilling, especially for our train enthusiasts. The excitement was doubled when we learned that Thomas the Tank Engine was there for a visit! The joy on the faces of both young and old was priceless. We then enjoyed a scrumptious lunch at Elevation

Restaurant Emerald, a perfect way to end our day. Don't miss out on the fun and the opportunity to meet new friends; join our Social Support Group and experience these adventures for yourself!

Visiting the Melbourne Flower and Garden Show was a fantastic day for all! Look at the beautiful photos from all recent excursions on the following page. If you or a loved one would like to join one of our social groups, please contact a member of our caring team at 87201333.

Jane and the Social Support Group Team



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CLINICAL UPDATE



Greetings from the care team. For those who don't know, I returned to my role as the Director of Care after my maternity leave in February, and I'm SO excited to be back! I want to thank Amanda

Walker, who held the reins of Director of Care while I was on leave. She did an exceptional job, as did the whole Care team!

It's crucial to note that access to My Health Record was obtained in April, leading to the update of the general consent form. This update now includes consent for sharing Advanced Care Plans on My Health Records. The general consent form was generated as an electronic copy and sent to residents and/or representatives in May to be completed for all residents. If you have not yet completed the form, please reach out to me or a care team member for this to be arranged.

For those of you who are unaware, My Health Record is not just a secure digital place to store your own health information. It's a powerful tool that offers a convenient way to keep records like vaccinations, scripts, and emergency contacts. Anyone in Australia who has Medicare or an individual healthcare identifier (IHI) can use My Health Record. You need a myGov account to access your record. We strongly encourage you to take advantage of this resource for better care management.

Together with Dementia Australia, we have embarked on a significant initiative-providing a large number of Dementia training. This includes a 3-day Dementia certificate in June and numerous Artificial intelligence and virtual

reality sessions. These sessions have been incredibly well received and have already started to make a significant positive impact on our residents' care.

In May, we commenced the refurbishment of the Otto Lobert wing by painting the walls and ordering new curtains and furniture for the area. Additionally, the TSA memorial wall was re-established in the walkway between Otto Lobert and Sarona buildings, and the pictures from Otto Lobert upper were moved to the memorial wall.

Our Annual influenza vaccinations commenced in April, with COVID boosters being rolled out in July.

TTHA has been privileged to be invited to attend the annual ELDAC conference in Canberra on the 7th of June, where we will present our recent works on managing and assessing deterioration and end-of-life planning.

Again, we welcome your feedback. Please either fill out one of our feedback forms at the home or on our website, www.ttha.org.au.

Till next time, stay warm!

Sara Rupenovic
Director of Care

A handwritten signature in blue ink, appearing to read 'Sara Rupenovic', with a wavy, cursive style.

CLIENT SERVICES UPDATE



The Client Services department at TTHA and Accent Home Care is all about supporting existing consumers and people in the community and guiding them through our services.

This could be retirement living, home care options, respite and permanent residential care, special services for carers or volunteering and student placement options. With heading into the cold months, we also head into a new financial year and like to take the time to reflect on what has been exciting in the past 12 months.

I want to highlight two topics that we have been incredibly proud of: the Aged Care Volunteer Visitors Scheme and the Additional Respite for Carers Funding; these are two Government initiatives that allow us to expand our services beyond the care that we provide and connect us even more with members of the community by supporting the needs of two special target groups – lonely elderlies and unpaid caregivers.

12 Months Aged Care Volunteer Visitors Scheme (ACVVS)

Social isolation and loneliness can have various reasons and have become a public health concern in Australia due to the profound impact on a person's well-being. The Australian Government has recognised that people over the age of 65, especially those from linguistic,

cultural, and complex vulnerable backgrounds, are at greater risk of social isolation. However, even those embedded in a social network can still experience loneliness due to the lack of meaningful connections.

TTHA is one of around 140 community organisations Australia-wide, which the Australian Government funds to help in the fight against loneliness by recruiting and matching volunteers with care recipients under ACVVS.



Aged Care

Volunteer

Visitors Scheme

Funded by The Australian Government

We celebrate the first 12 months of ACVVS. While ACVVS developed from the Community Visitor Scheme that has been around for more than 30 years, it was new to us 12 months ago, and we proudly look back at our achievements.

Our ACVVS journey started with Elise Kruizinga stepping into the Recreation and Volunteer Coordinator role. Since then, we have created about 100 friendships between volunteers and care recipients. Our volunteers support people in residential care and the community and provide companionship by visiting them, sharing interests, having a cuppa, going for a walk, playing a game or simply chatting.

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We look forward to our second ACVVS year, to creating many more friendships along the way and playing a role in combating loneliness and social isolation amongst elderly persons. If you or someone you know would benefit from receiving a volunteer visitor, or if you're interested in volunteering yourself, speak to us and start your journey.



Elise (left) and Lisa (right) at the Knox Volunteer Expo on 24th April 2024.

Carer Fun(ding)

Another great Government initiative is the funding that we have received to provide carers and care recipients with respite and joy.

While we have supported many carers by offering residential or in-home respite options for a break from their duties, we also conducted three fantastic Carer and Care Recipient Outings.

In December 2023, we took over 112 carers and care recipients to the Riverlea Estate in Warrandyte for an exceptional Christmas lunch with live entertainment from guitarist and vocalist Tom Riccioni.

In March 2024, we took a group of 80 out for a special lunch at the State Library Victoria. What

a stunning building, where we had a private function room booked. While enjoying a delicious lunch, we were entertained with live music from Alicia O'Brian, who gave us her best tunes from the 50s and 60s.

In June 2024, we took about 120 participants to The LUME to enjoy the Leonardo Da Vinci Exhibition with a lunch afterwards at The General Assembly. Everyone enjoyed the interactive art and a three-course lunch by the Yarra River.

We look forward to more of these events to create joy for husbands, wives, daughters and sons, siblings, friends and neighbours – anyone who cares for and supports a person in need.



Carers and Care Recipient Outing.

Kind regards

Lisa Karstens
Client Services Manager



ENGAGEMENT UPDATE

Residents Craft

Our residents love creating beautiful crafts and displays for all events. Craft for a purpose, such as an event at the home, allows residents to contribute to the event and be proud of displaying their creations. Here is a snapshot of some of their recent creative craft.



Happy Hour

Happy hour is one of our favourite hours for the week. Residents enjoy a drink together paired with some yummy delights from our kitchen. Recently, residents requested cheese platters, which have been incorporated into our much-loved happy hours. This weekly hour builds relationships and often includes entertainment and dancing!



Henny Penny Hatching Program

We were so lucky to have our Henny Penny Hatching program again for Easter. Our residents and staff love watching the chicks hatch, caring for them, and cuddling them. These beautiful little chicks bring so much joy and fascination to our residents.



Pizza Making

Our residents love cooking, especially when they get to choose their delicious toppings for their pizza. Everyone loves the cooking day, and all residents are invited to be involved. Everyone loves suggesting what to cook for the next cook-up.



Easter Bunny

Residents and staff alike were delighted to receive a visit from the Easter Bunny, who hopped around delivering joy, chocolate, and delicious hot cross buns! We want to thank Coles Boronia for their generous donation towards the hot cross buns afternoon tea. Thank you for making our Easter amazing!



Ice Cream Van

We are so excited to have Mr Softy, our local ice cream van, visit us at TTHA. Residents and staff were treated to an ice cream of their choice. Toppings included chocolate, sprinkles, nuts, and sherbert, to name a few. We can't wait to have them visit again!



Craft for Purpose

Residents came together to make decorations for the upcoming 100th birthday of a loved resident. Residents made beautiful crafts to decorate the walls and were excited to surprise their friend with their colourful crafts.



Happy 100th Birthday

Residents loved being in Christmas mode, with some relaxing Christmas drawings and crafts. Residents enjoyed Christmas crafts throughout November and December in preparation for Christmas. These talented artists then displayed their artwork around the home.



Jenny's Birthday

We were privileged to celebrate one of our residents and former staff member's 70th birthday. We celebrated at the cafe with her daughter Amy how had come out from America.



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



KITCHEN UPDATE



As we prepare to welcome the winter season, we are thrilled to announce the finalization of our new winter menu, featuring

delicious and comforting dishes that will warm your heart and soul. Some of the new winter menu highlights include, Corned Beef Brisket with Braised Beetroot and Horseradish. Bread and Butter Pudding with Custard is a classic winter dessert that will satisfy your sweet tooth, served with a rich and creamy custard. Our dedicated kitchen crew has prepared homemade cakes for morning and afternoon tea. The positive feedback has been greatly appreciated!

Changing Seasons café is now open seven days a week. On Mondays and Tuesdays, we offer a reduced menu featuring delicious toasties, warm pies, and soup of the day, amongst other selections.

Chef's Specials: Chef Paul has been hard at work creating mouthwatering specials for you to enjoy, including: Slow braised Beef Ragu with cherry tomatoes and pappardelle pasta has been a real hit! Golden Apple Dumplings with caramel sauce and cream.

We can't wait to share these new additions and look forward to seeing you at Changing Seasons café!

Gus & the kitchen & cafe teams



Corned Beef Brisket



Pork Casserole



Bread and Butter Pudding



Icecream Sundae

QUALITY UPDATE



Introducing Rainier Quinn

Rainier has joined Accent Home Care as Risk and Compliance Manager. Rainier will audit the services

provided, follow up on any feedback and complaints, and ensure the service's continuous improvement plan is active and improvement projects are undertaken and taken action. Rainier has a background in risk management in Aged Care.



Tabulam and Templer Homes for the Aged and Accent Home Care is committed to providing quality services to our consumers who reside at TTHA or independently in the community with Accent Home Care. All our workers undergo strict pre-employment criteria, including current police clearances for working with vulnerable people in aged care communities. This includes when Accent Home Care brokers services through 3rd party providers. However, TTHA and Accent Home Care cannot always be held responsible for your

valuables and possessions.

How can you protect yourself?

- Do not bring in large sums of money when entering Residential Aged Care. \$50 is sufficient to ensure that you can attend any external outing or excursion, visit the café or purchase something from our mobile shop or vending machine.
- Request a bedside table with a lockable top drawer. Keep belongings locked at all times. Keys are also available for bedroom doors on request. Residents must be able to keep the keys safe, as lost keys may incur a charge for replacement.
- Ensure your possessions are suitably labelled with your name. Speak to staff about labelling options.
- When living independently in the community and receiving care at home, do not store money or items of value in inaccessible areas. Ensure all jewellery or money is stored safely and not in sight of any care that may take place.
- Keep handbags, wallets, and purses safe. Do not leave items unattended.
- Always request and review receipts. Ensure they are correct with the service that was provided. For example, if you received shopping assistance but did not go with a carer, check that the items purchased were the items required and delivered and that the money exchange is correct.
- TTHA and Accent Home Care staff cannot witness or sign documents on your behalf. Please do not request they do this. At times, they may assist with completing documents for care and services and sign them as an attestation of their discussions. They are not permitted to sign any legal documentation such as enduring power of attorney, last will and testament or capacity of assessment for

cognitive function.

- Do not share personal information such as personal PINs, usernames, and passwords.

Delay in the New Aged Care Act.

The Government was planning to make three interrelated major reforms to aged care on 1st July 2024:

1. New Aged Care Act
2. New Aged Care Quality Standards (Strengthened Standards)
3. New regulatory model

The Minister for Aged Care released a statement: “The Government is now considering the extensive and valuable feedback to refine and finalise the draft legislation before it is introduced to Parliament”. A date for the new Aged Care Act has yet to be released. However, it is anticipated that this will be in January or July 2025. It has been proposed that the new Strengthened Aged Care Quality Standards will also be delayed and will come into effect at the same time as the new Aged Care Act is commenced.

Kitty Fausett
Quality Manager



INTERNATIONAL NURSES DAY



VOLUNTEER PROGRAM

An interview with a volunteer and an Accent Home Care Client

We sat down with Matt and Henk, participants in the Aged Care Volunteer Visitors Scheme (ACVVS), to learn more about the two of them and how their lives have changed since meeting.



Q.1 What is your name? Where are you from? And how would you describe yourself?

M: I'm Matt, hailing from Bayswater, Australia. At 48, I'm your run-of-the-mill Aussie guy, balancing a business with a young family. I'm passionate about social and business endeavours, focusing on achieving positive financial and social results.

H: I'm Henk, and I'm originally from Rotterdam, Holland. I've called Australia home for nearly seven decades since I migrated in my early 20s. It's hard to sum up who I am in a few words, but I've led a rich life, having served in the Merchant Navy and explored the globe.

Q.2 What inspired you to participate in the Aged Care Volunteer Visitors Scheme (ACVVS)?

M: I met Elise, the Recreation & Volunteer Coordinator, at TTHA's annual Christmas Market in November 2023, where the volunteer program was promoted. I was surprised to learn that previous recruitment efforts had yet to attract male volunteers. I'm determined to shift this trend and inspire more men to join volunteering initiatives.

H: My care advisor introduced me to the program. I decided to join because I was craving companionship and feeling quite isolated. Throughout my working years, I was surrounded by people and had close friends during my time in the Navy. However, as I grew older, I found myself alone.

Q.3 What's changed in your life since meeting your ACVVS companion?

M: My priorities have changed since meeting Henk. He has become a central focus in my life, and we have developed a special and unique friendship. Through our time together, I've gained valuable insights into the volunteer program and the meaningful impact that our weekly interactions have on both of us. I've also learnt a great deal about boats from Henk.

H: Matt has become a close friend, and thanks to our friendship, I feel a bit less lonely. He's like family to me. Matt adds, "You've also picked up some tips on making a better cup of coffee."

Q.4 What's your favourite thing about your companion?

M: Henk's brutal honesty is refreshing; he tells it as he sees it. I appreciate Henk's routine-orientated nature. As soon as he walks in the door, he's ready to have a cuppa and a biscuit together.

H: Matt has a great personality; he's incredibly friendly and always ready to lend a helping hand. He visits me regularly, just like a good friend, and helps me keep track of my appointments.

Q.5 If someone else was thinking about participating in the ACVVS, what would you tell them?

M: Do it, get up and go for it. The average person works around 2000 hours a year. Volunteering with the ACVVS takes as little as an hour per week or fortnight, and there is immense value in that small amount of time.

H: I recommend this program to others; don't hesitate to contact your community if you feel lonely. There are people and organisations ready to offer support.

If Matt & Henk's story has inspired you to volunteer or request a visitor, please contact volunteers@ttha.org.au or call 8720 1333 and ask for Elise (Recreation & Volunteer Coordinator).

Elise Kruizinga
Recreation & Volunteer Coordinator



ACVVS

Volunteer Visitors

Tabulam and Templer Homes for the Aged recruits and matches volunteers under the Aged Care Volunteer Visitors Scheme (ACVVS), funded by the Australian Government, with the aim to provide friendship and companionship to socially isolated older persons in our society.



Volunteer Visitor Scheme

TTHA supports community-based organisations in the recruitment and matching of volunteers under the ACVVS, aiming to provide companionship through voluntary visits to socially isolated recipients of Government-subsidised residential aged care and Home Care Packages

Help older people in maintaining a social connection and improving their quality of life.

You could:

- Provide companionship over a cuppa
- Teach or learn a new language or skill
- Make music together
- Play card and board games
- Discuss sport, politics or history
- Bring your own ideas - be creative

You can choose to volunteer in residential aged care or visit an older person in their home



Benefits of Volunteering

Volunteering with older people is a rewarding experience. Become a volunteer and open the door to play an active role in improving the quality of life for older individuals who may feel socially isolated or disconnected from the community.

Benefits of volunteering include but are not limited to:

- Building friendships and meaningful connections
- Use your skills in a rewarding way and learn new skills
- Gain industry experience
- Positively improve health and well-being
- Improve someone's quality of life
- Increase your self-confidence and self-esteem
- Benefit from staff discounts
- Enjoy relevant training opportunities
- Benefit from counselling services
- Meet other volunteers and exchange experiences
- Free volunteer events and lunches*
- Reimbursement of travel expenses*

* Conditions Apply



Why is this scheme important?

The ACVVS focuses on the older individuals from linguistic, cultural and complex vulnerability backgrounds, who may be at high risk of social isolation.

There are various reasons for feeling isolated:

- Limited contact with family or friends
- Mobility issues preventing them from leaving home easily or taking part in activities
- Feeling isolated due to cultural and linguistic differences
- Being financially or socially disadvantaged
- Being different in any way



What is involved?

- Make contact with Tabulam and Templer Homes for the Aged (TTHA) on 8720 1333
- Speak with the Recreation and Volunteer Coordinator
- Our team will recruit, train and support you through your journey
- All volunteers will be required to have police check and adhere to our policies and procedures
- Volunteers may be asked to commit to a set number of visits. The Recreation and Volunteer Coordinator will inform you of any requirements or expectations relating to the role on application
- Volunteers will be matched to individuals with similar interests
- Volunteers have the freedom to request where they visit and how they spend their time
- TTHA will support all volunteers to make meaningful relationships in a caring environment

Thank You!



TTHA WINTER NEWSLETTER 2024



TAX DEDUCTIBLE DONATIONS!

I enclose a cheque for: \$10 \$30 \$50 \$100 Other: \$ _____

I would like to make a cash donation of: \$10 \$30 \$50 \$100 Other: \$ _____

Credit card donations are available at reception; please call 8720 1333 for more information.

TTHA IS A NON-PROFIT ORGANISATION. DONATIONS OF \$2 AND OVER ARE TAX DEDUCTIBLE

Your donations will significantly contribute to TTHA's commitment to improving the lives and well-being of our residents through activities, resources and the ongoing development of our facility and services. Your contribution will make a difference.

Mr./Mrs./Miss/Other _____

Name _____

Address _____

Suburb _____ State _____ Postcode _____

Phone _____ Email _____

Donate directly online - www.ttha.org.au/give-now

Confidentiality and Privacy: TTHA respects your privacy. By providing your email address, you will automatically be added to our Newsletter distribution list. If you prefer not to receive our communications, please unsubscribe. We keep your bank account details confidential. **Address:** 31-41 Elizabeth St, Bayswater, Vic. 3153 | **Telephone:** 03 8720 1333 | **Fax:** 03 9729 9356 | **Email:** ttha@ttha.org.au |

Make a difference – Leave a gift in your will.

A bequest is a gift made as part of your will. It may be money, shares, property or other valuable items. In addition to leaving a gift in your will to family and other loved ones, we invite you to consider a gift to TTHA in your will. With a legacy donation, you will give a helping hand to the residents of TTHA who need it most. Your bequest will make an unforgettable difference to our facility, ensuring you enrich the lives of those living at TTHA. We welcome the opportunity to discuss how your financial support can make a difference to TTHA and how you wish to be remembered.