

THE COUNTRY GRAPEVINE

SUMMER 2018 EDITION

Boandik
Boandik Community Care



Lower South East Mount Gambier office	8724 1251
Mid South East Naracoorte office	8766 2440
Upper South East Keith office	8755 1444



Welcome to the Summer 2018 edition of The Country Grapevine. The Country Grapevine is your newsletter as a participant of Boandik's Community Care program.

IN THIS ISSUE:

Exercise Programs for Strength and Balance
Preparing to be assigned a home care package
For Your Information: Advocacy
Caring for Older People - Heat
Stained Glass Jelly Recipe

STRENGTH

for life 50+

COTA SA Strength for life program offers over-50s an opportunity to participate in supervised, low cost strength training programs at typical fitness venues. Strength training has been shown to improve muscular strength, mobility and balance in people of all ages and can alleviate the effects of some chronic conditions such as Arthritis, Depression, Heart disease and Type 2 Diabetes.

Boandik has been running a SFL programme on Mondays and Fridays since June 2017. Participants have already testified about lots of gains they have had since joining the programme. One of the participants said he was amazed by how easier he finds it now to go upstairs. There are lots more benefits – including energy boost, improved endurance, finding it easier to do daily tasks, increased confidence, improved balance and just having an opportunity to have a good laugh during sessions. Feel free to phone or come along to learn more about this great program and how you can join in!

Cost: Gold coin donation.

Venue: Allan Scott Centre, 2 Downer Street, Mount Gambier

Phone: 87241251

Good Country Physiotherapy offer Step Up and Fall Prevention Classes

What is Step Up?

Step up an over 50's exercise class, providing individual exercises, aiming to help older adults improve their pain, function and general fitness.

Who would benefit from step up?

Anybody who:

- Needs extra motivation to exercise with a consistent exercise schedule
- Wants exercises tailored to their specific needs
- Wants a fun and social environment to exercise in
- Suffers from health conditions such as osteoporosis, arthritis or high blood pressure
- Has difficulty with balance
- Needs to improve their mobility and independence.
- Is recovering from surgery (eg knee/hip replacement, ankle surgery etc).
- Just needs an extra pair of eyes when exercising.

Why is regular exercise important?

- To maintain your strength
- To maintain your endurance
- To keep you independence
- To keep your bones healthy and strong (prevent fractures)
- To keep your mind healthy
- You need to use it or you will lose it?

Classes currently offered at Bordertown and Keith

Falls Prevention

Falls are a common problem for older people and one of the main causes of hospitalisation in the over 65 years age group. There are many causes of falls.

Risk factors include:

- Poor eyesight
- Poor fitting footwear
- Environmental hazards
- Chronic health problems
- Taking multiple medications

Many people think that falls are part of getting older, but they are not a normal part of ageing. Many falls can be prevented and ageing does not have to mean a loss of independence.

Falls Prevention classes are an effective way to reduce your falls risk and help you to live a safe and active lifestyle.

Benefits of Falls Prevent Classes?

- Strategies to reduce risk factors
- Increased strength
- Increased balance
- Increased Safety
- Increased confidence
- Strategies to maintain independence
- Fun

Classes currently offered at Bordertown and Naracoorte

Please contact Good Country Physiotherapy for more information:

Locations:	Bordertown	8752 2330
	Naracoorte	8762 1515
	Keith	8755 1530
	Kingston	8752 2330



STAINED GLASS JELLY

- 85g berry jelly crystals
- 85g lime jelly crystals
- 85g lemon jelly crystals
- 1 tablespoon gelatine powder
- 1 cup (250ml) pineapple juice
- 1/2 cup (125ml) thickened cream
- Cream wafer or chocolate biscuits, to serve



1. Place the jellies into separate bowls. Add 1/2 cup (125ml) boiling water to each one. Stir until dissolved, then add 1/2 cup (125ml) of cold water to each. Refrigerate until set.
2. Add gelatine to 1/4 cup (60ml) of hot water and stir until dissolved. Set aside to cool. Then stir into pineapple juice. Then refrigerate for 10 minutes.
3. Use an electric beater to beat the cream until stiff peaks form. Whisk into pineapple mixture. Cut jellies into 3cm cubes and fold through pineapple mixture.

Dehydration

Dehydration happens when you haven't got enough fluids in your body. If severe, dehydration can cause serious problems. If you think you or someone with you is severely dehydrated, get them to hospital. You are dehydrated if your body doesn't have enough water to keep it working properly. It can happen when your body loses too much fluid, such as from excessive sweating.

People can get dehydrated:

- after strenuous exercise, especially in hot weather
- after severe vomiting or diarrhoea
- with a fever
- after drinking too much alcohol
- while taking certain medicines such as diuretics
- as a complication of diabetes
- if they don't drink enough water.

If you have mild to moderate dehydration, you might:

- be thirsty
- have a dry mouth, lips and tongue
- have a headache
- have dark urine, and not so much of it
- be dizzy or light-headed, particularly when standing up.

If you have severe dehydration, you might:

- be extremely thirsty
- have a very dry mouth
- be breathing fast
- have a fast heart rate and a low blood pressure
- have a fever
- have little or no urine
- be irritable, drowsy or confused.

Mild dehydration can be fixed by drinking more fluids. Avoid alcohol and caffeine, as they can make you more dehydrated.

Severe dehydration needs immediate medical treatment, usually in hospital where fluids are given through an intravenous drip.



A distraught senior citizen phoned her doctor's office. 'Is it true,' she wanted to know, 'that the medication you prescribed has to be taken for the rest of my life?'

'Yes, I'm afraid so,' the doctor told her .

There was a moment of silence before the senior lady replied, 'I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'.'

Puzzle Page

N I C O L E K I D M A N E N A B S I R B A
 A R H C W O M B A T U Q U E E N S L A N D
 C U E T O S E L A W H T U O S W E N S T R
 O A S T R M L I A T A S S O S E H C A E B
 R V T S S E M S D S N U U E G R M O U E N
 A I R T I I P O M I P E L R A N E A W U B
 L C E E A E N A N Y D I N I F U I O G O U
 S T S U S R N I T W D G N I C I R D O H O
 E O E G A I R A M O E F E A T C N M T U U
 A R D O A R L U C E O A L R L N E G T G O
 P I R N S P R O B R M Y L L I R O B S H O
 A A E I U N R E E A P I E T A D A C L J R
 R S D M M C A S B T K S R N H C O I A A A
 L S N E E S T E U N S O G P K T H O I C G
 I E U I L S E S C U A L O S H R I M P K N
 A A N L A A T R R O G C E K S T R O U M A
 M F W Y C R I K N A B R U H T I E K S A K
 E O O K E I N D V E G E M I T E T H R N E
 N O D E S Y D N E Y M O N A R C H Y A W O
 T D S R E N R U O B L E M A L A O K M L D

ADELAIDE	DIDGERIDOO	MARSUPIALS	QUEENSLAND
AUSSIE	DINGO	MELBOURNE	RAINFORESTS
BEACHES	DOWN UNDER	MONARCHY	RUSSELL CROWE
BOOMERANG	EMUS	NEW SOUTH WALES	SEAFOOD
BRISBANE	EUCALYPTUS TREES	NICOLE KIDMAN	SHRIMP
CANBERRA	HUGH JACKMAN	OCEANS	SURFING
COMMONWEALTH	KANGAROO	OUTBACK	SYDNEY
CONTINENT	KEITH URBAN	PARLIAMENT	TASMANIA
CORAL SEA	KOALA	PERTH	VEGEMITE
CROCODILES	KOOKABURRA	PLATYPUS	VICTORIA
DESERTS	KYLIE MINOGUE	PRIME MINISTER	WOMBAT

ComParrot
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



www.comparrot.com ©2011 Bonnie J. Malcolm

For Your Information

re: Advocacy

We recognise and support clients' rights to use an advocate when dealing with our organisation or with other organisations. Whenever possible, we will facilitate client access to an advocate should a client wish us to do so.

Advocate: a definition

An advocate is a person who supports a client to protect and promote their rights and interests. An advocate can, with the client's permission, negotiate on a client's behalf or support the client to negotiate for themselves. An advocate does not conciliate or arbitrate between an organisation and client. An advocate 'stands beside' a client to support them to make their own decisions. An advocate is an important resource for a client in situations where a client feels confused, overwhelmed, intimidated or under-confident. An advocate can be a family member, friend or an outside organisation.

Advocacy in relation to our organisation

We will ensure clients understand the role of an advocate as well as their right to use an advocate in relation to our organisation. The client will be informed, both verbally and in writing about their right to use an advocate and the role of an advocate. Details on appointment and use of an advocate will be included in the client information books.

Staff members within our organisation will not become a client's advocate in relation to our own organisation.

If a client chooses to use an advocate, the advocate's name and contact details will be documented on the entry form or registration form. If a client wishes to change their advocate or no longer use their advocate the advocate's details will be amended in the client's database. We will check that advocate details are still current when we conduct a reassessment or review.

We will not disclose any information about the client to an advocate, when the client is not present, unless we have the client's express permission to do so. If a client wishes us to disclose information to an advocate they will be required to state this on the privacy consent form.

If an authorised representative is acting on behalf of the client, we will require proof of representative authority.

Authorised representatives include:

- substitute decision makers appointed under the *Advance Care Directives Act 2013 (SA)*
- Attorneys under enduring powers of attorney
- Agents under the *Consent to Medical Treatment and Palliative Care Act 1995*.
- Administrators under the *Guardianship and Administration Act 1993*
- A person otherwise empowered by the clients to act or make decisions in the best interests of the person.
- Guardians under the *Guardianship and Administration Act 1993*

Proof of the representative authority will be sighted and a copy of that document placed in the client's file. Proof of authority includes advance care directive, administration order or enduring power of attorney.

Advocacy in relation to another organisation

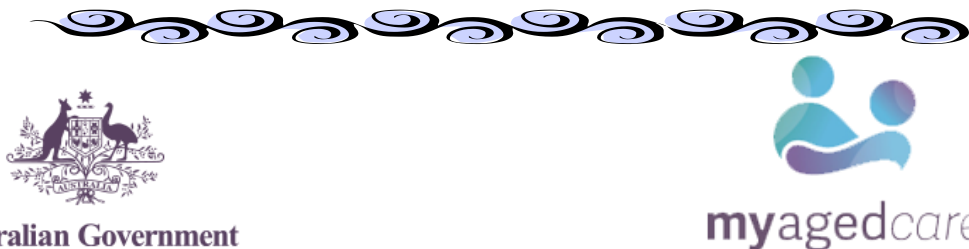
Boandik Lodge can provide limited individual advocacy to our clients, in relation to another organisation, where such advocacy falls within the scope of our assessment, care coordination, information provision and referral roles. When a client requires more

comprehensive advocacy support we will refer them, whenever possible to an external organisation that will provide more comprehensive advocacy support. Further information regarding advocacy issues, including privacy and legal requirements, can be obtained by contacting Trish Patzel, Community Services Director on 87241 251.

Aged Rights Advocacy Service

The Aged Rights Advocacy Service (ARAS) is an independent, rights based organisation that aims to promote and protect the rights and wellbeing of older people, through the provision of information, education, support and representation. The service is free and available in all areas of South Australia.

Boandik Lodge supports ARAS by providing information on the service to clients, enabling information sessions and supporting clients to contact the service. . ARAS can be contacted on 1800 700 600.



Information for consumers regarding My Aged Care and the Home Care Package program

1. If you have been assessed by an Aged Care Assessment Team (ACAT) member and have not yet been assigned a home care package, please consider the following:
 - a) When you receive a letter from My Aged Care it may just be your notification of approval for a particular level of package - a package may not have been assigned to you yet.
 - b) When you receive a letter from My Aged Care stating that a package has been assigned to you it will include a referral code that will look like this -

Your referral code is 1 - 12 digit number

- please contact your case manager so they can support you with the next steps.
2. If you are already a recipient of a home care package but have been assessed and approved for a higher level package than you are currently receiving, please consider the following:
 - a) If you receive a letter advising that you have had your level of package upgraded, please contact your case manager so they can support you with the next steps.
 - b) If you would prefer to stay on the lower level of package you have, you need to contact My Aged Care to have your name removed from the National Prioritisation Queue. The Department of Health expects all package upgrades to be accepted. If your circumstances change you can recontact My Aged Care at any stage to take your place back on the queue.

It is important to read any letter you receive carefully and note the date that you need to action, or respond by. If you do not action or respond within the allocated time frame, the package that has been assigned and offered to you may get assigned to the next person on the National Prioritisation Queue.

Feel free to contact Boandik Community Care if you have any queries at all regarding Home Care Packages, and the related processes.

CARING FOR OLDER PEOPLE



As we age, we can have a higher risk of heat-related illness, especially if we live alone, have medical conditions, or if we take certain medicines.

Some medicines can make you more prone to sunburn and heat stress, so it is important to watch for signs of being affected by hot weather. Always speak with your doctor or pharmacist for more advice about the medicines you are taking. If you are an older person or if you care for someone who is elderly, the following tips may help you:



Take simple steps to keep cool, air-conditioners and fans set to cool, using a cool, wet cloth to wipe your arms and neck, or putting your feet in a bowl of cool water.



Arrange for a friend or relative to visit you twice a day to check how you are and that you have everything you need to stay healthy in the heat.



Drink plenty of water throughout the day, even if you do not feel thirsty, and take a bottle of water wherever you go so you do not become dehydrated.



Register with the free Red Cross Telecross REDi service. Trained Red Cross volunteers call older people up to three times a day to make sure they are well and coping in hot weather.



Swap large meals for smaller ones.



Make cool meals, like salads, and avoid using ovens or stoves in hot weather – they can make your home much hotter.



A trip to an air-conditioned public space, like the local library, cinema or shopping centre, may help you keep cool and give you some relief from hot weather.

Spot the Difference Answers: 1. Dog's paw is missing. 2. Man's hair on right side missing. 3. Right side of chair is coloured in. 4. Gravy in bowl is coloured in. 5. Cuff on lady's shirt is coloured in. 6. Napkin has moved to the left. 7. Pie has moved to the right. 8. Christmas cracker has moved to the right. 9. Chef's hat is wider. 10. Crown is taller. 11. Salt and pepper shakers are reversed. 12. Ribbon tail is longer.