



TRINITY MANOR BURWOOD NEWSLETTER

Lifestyle Team Message 2

Box Hill Chinese 3

Fun Day At The Beach 4

Rhythm of Daily Life 5-13

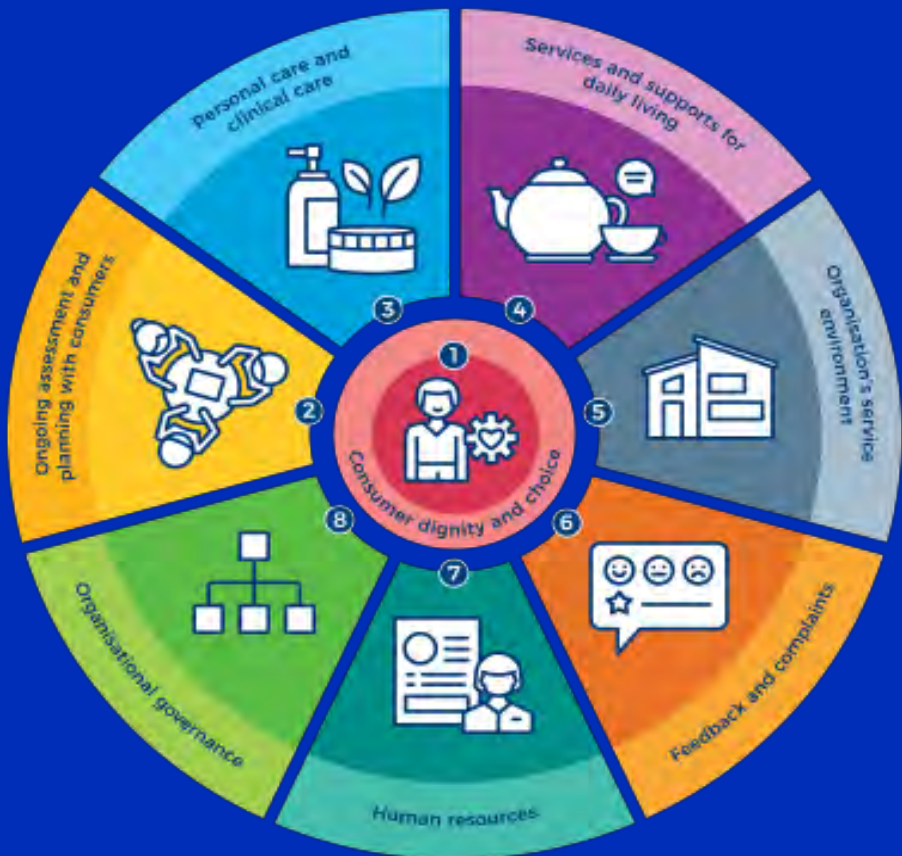
About Norman Lindsay 13

Dementia Australia 14

Housekeeping Info 15-16

New Aged Care Standards 17

Aged Care Charter 18



The Australian Government has set some new Aged Care Quality Standards that clearly define what good care should look like. These new Standards come into effect on 1st July.

This is an exciting time, as the new Standards make it easier to check that people receive good care.



MESSAGE FROM THE LIFESTYLE TEAM

Hi Everyone,

We are half way through the year and a lot has happened. One of the biggest news to happen for the Aged Care Industry, is the adoption of a new set of Standards which has been implemented as of the 1st of July

Please find information on the last pages of this edition regarding the new Aged Care Standards and the new Aged Care Charter. There will be ongoing information, education and forums supporting Elders, family members and staff with these changes through Eden Forums.

In the meantime posters of the New Standards alongside the Aged Care Charter of rights have been made available to all elders and representatives. The new Aged Care Charter is available to be signed, however you are not compelled to do so.

Further information can be found accessing this website address, we urge you to do so:

www.aacqa.gov.au/guidance

Should you have any queries please do not hesitate to speak to our Site Manager, Monica or our Clinical Care Coordinator Sophie.

Other exciting news is that Lifestyle team will be implementing a Music and Memory program. According to Baird, **music** has the potential to help people with **dementia** or other brain injuries by 'transporting' them back to their **memories**. ... Aside from its ability to improve mood, research shows **music** can have strong effects on the behavioural and cognitive aptitude of people suffering **memory** loss. We thank our benefactor and those involved in fund raising that we have purchased x3 iPODS. This program is specifically for our Elders who are living with Advanced Dementia who struggle with cognitive and physical Challenges. These musical favorites tap deep memories not lost to Dementia, enabling our elders to stay in the present. Music and memory's work is rooted in extensive neuroscience research, and it is this research we wish to capitalize on for our Elders. We are pleased by its progress so far as we slowly introduce this program to 3 of our Elders.

If you wish to know more of this program there is a wealth of information on the internet or simple ask Debbie or Jessie.

Volunteers: As you flick through this newsletter you will see we are grateful to have a band of Volunteers who make a difference into the lives of our Elders. We have those quiet Volunteers who provide individual visits and others who choose to be involved in group activities.

We wish to source a Volunteer who will be able to drive the Trinity Manor mini van on a monthly basis. Not only will you be supporting Elders to get out and about, even for a Scenic Drive but also support Debbie, who will be with you on each outing. Only a standard Drivers Licence is required. For any non committal enquiries please speak to Jessie—you can email her on jessiebainbridge@trinitymanor.com.au of your interest and she will be able to get back to you to talk further.

As with all our Special Events, *Check out* 'Weekly Activities Planners' - as well as – 'Special Event Posters' on our Communal Bulletin Board, also highlighted at the Sign In Desk or on Reception Desk to keep up with all the latest happenings.

Ask any time for **Copies of Elder Photos** – these can be printed to give family and friends.

As always we welcome Family & Elder input in new Activities we could introduce.

We love feedback and suggestions!

We hope you enjoy this newsletter of reminiscence.

Cheers, Jessie Bainbridge, Debbie Palmer & Virginia Searle, Your Lifestyle Team

BOX HILL

CHINESE ASSOCIATION

The wonderful people from Box Hill Chinese Association continue to visit and provide cultural days for us. It is always wonderful to see the various costumes and different dances from around China. Our friendship has been established for a few years now and we enjoy spending time with them all.



Beach Day



Elders reminisced about days on the beach, with volunteers the Lifestyle team were able to recreate a day of fun, with games and a lunch of fish and chips. We can assure you no seagulls were around to bother us for our day at the beach.



Some of our Games—
fishing, surfing & surf
rescue





Rhythm of Daily Life...



David takes advantage of some sunshine in our courtyard



Elders surprised Sue, our Volunteer in celebrating her 65th Birthday , an afternoon filled yummy good and surprises





Rhythm of Daily Life...



Bharti has a love for Marigolds—here she is transplanting into pots until ready for the ground.

Bharti's Garden Corner.
(below)



Mansoor enjoying spending time in the courtyard happy to view Bharti's beloved Marigolds.





Rhythm of Daily Life...



Catching up for a game of cards with friends, even Mini joins in!!



Changing our indoor plants to more hardier Succulents.



A bus outing to the hills for Lunch using the Trinity Manor Bus. A full and tiring day.



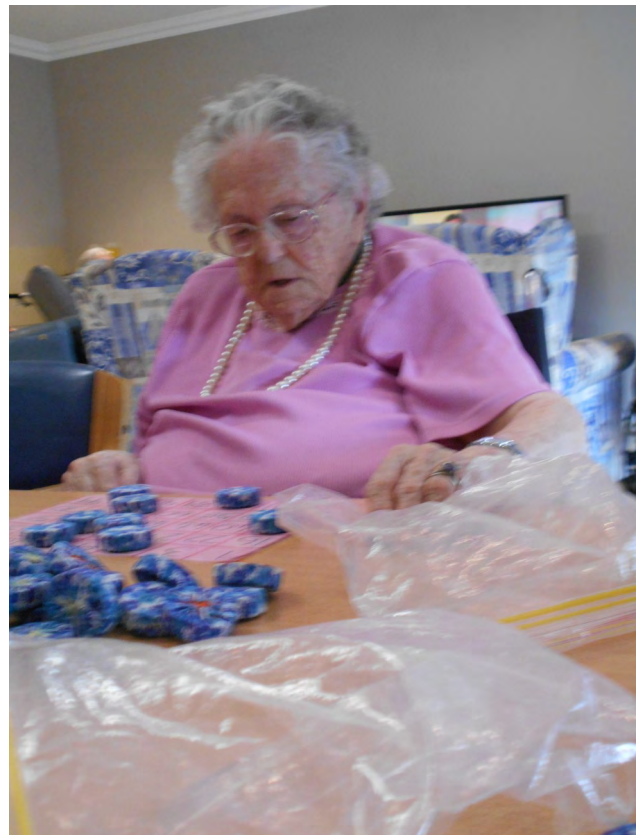
Knit n Natter & Saturday Craft Groups
Make fiddle items for people



Rhythm of Daily Life...



Eyes down for our Weekly Bingo session led by our wonderful Volunteer Len.





Rhythm of Daily Life...



Mansoor likes to keep busy going through and joining up this water pipe system. This is a great tool box to keep hands busy. Great for muscle strength and concentration.





Rhythm of Daily Life...



Debbie has commenced a program called Wheelchair Dance which occurs on the 2nd & 3rd Tuesday of each month. Wheelchair dance is very popular in Europe and is now gaining popularity in Australia. As with many things we do, it is through our Volunteers being available to be able to conduct this activity. Thank you!! If anyone is interested in joining us please speak to Debbie



It's Baby Shower party time for Sandeep with Staff & Elders joining in. We always have a great time together.





Rhythm of Daily Life...



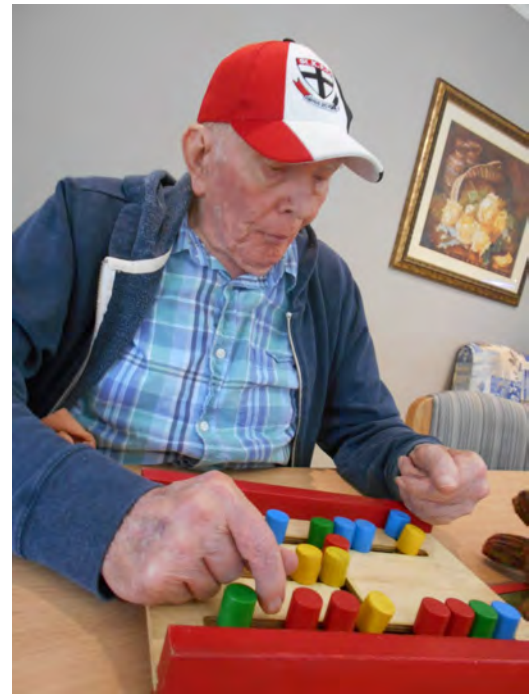
Keeping busy. Crafts, Folding and Exercising, keeps us engaged.

Esma joins our new activity—Knit n Natter group. Some come for the Knitting but more enjoy the Natter!





Rhythm of Daily Life...



We continue to like to get out and about for Lunch and to our favorite Senior Citizen's Club, Eley Road for Morning Melodies.





Rhythm of Daily Life...

We had a bit of Summer in Winter. A very special guest visitor when Summer, the Therapy Dog, popped in to say hello to everyone. She had the most perfect of manners and had “dressed” up to meet us, with pink bows in her hair and a diamanté collar.

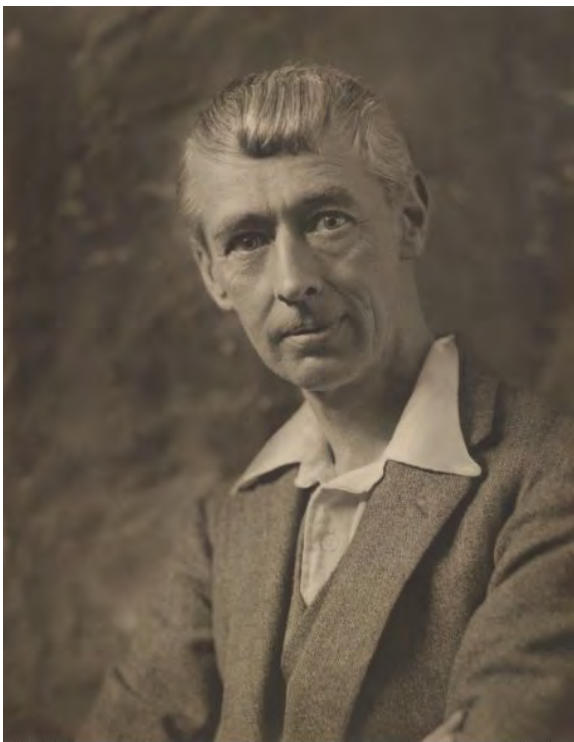


Summer with Mum.



Summer was happy to do room visits bringing her special pet therapy magic to all she met.





Norman Alfred William Lindsay

(22 February 1879 – 21 November 1969)

was an Australian artist, etcher, sculptor, writer, editorial cartoonist, scale modeller, and an accomplished amateur boxer.

Extract of his life via Wikipedia

Lindsay was born in Creswick, Victoria. Lindsay married Catherine (Kate) Agatha Parkinson, in Melbourne on 23 May 1900. Their son Jack was born in Melbourne on 20 October 1900, followed by Raymond in 1903 and Philip in 1906. They divorced in 1918. He later married Rose Soady who was also his business manager, a most recognizable model, and the printer for most of his etchings.^[2] They had two daughters: Jane Lindsay, born in 1920, and Helen Lindsay, born in 1921. Lindsay is buried in Springwood Cemetery in Springwood.

In 1895, Lindsay moved to Melbourne to work on a local magazine with his older brother Lionel. His Melbourne experiences are described in *Rooms and Houses*. In 1901, he and Lionel joined the staff of the Sydney Bulletin, a weekly newspaper, magazine and review. His association there would last fifty years. Lindsay travelled to Europe in 1909,



Lindsay wrote the children's classic *The Magic Pudding* which was published in 1918. Lindsay also worked as an editorial cartoonist, notable for often illustrating the racist and right-wing political leanings that dominated *The Bulletin* at that time.

He also illustrated the cover for the seminal Henry Lawson book, *While the Billy Boils*.

Lindsay is widely regarded as one of Australia's greatest artists, producing a vast body of work in different media, including pen drawing, etching, watercolor, oil and sculptures in concrete and bronze. A large body of his work is housed in his former home at Faulconbridge, New South Wales, now the Norman Lindsay Gallery and Museum,

Who Is Dementia Australia?

Dementia Australia represent the 447,115 Australians living with dementia and the almost 1.5 million Australians involved in their care.

They advocate for the needs of people living with all types of dementia, and for their families and carers, and provide support services, education and information.

Dementia Australia is a member of Alzheimer's Disease International, the umbrella organisation of Dementia and Alzheimer's Associations around the world and who advocate on the basis of evidence-based policy, promote awareness of dementia, administer national contracts with the Commonwealth Government and provide research grants to emerging researchers through the [Dementia Australia Research Foundation](#).

Dementia Australia delivers national dementia programs and services funded by the Commonwealth, including:

- the National Dementia Helpline
- early intervention programs such *Living with Memory Loss*
- the *National Younger Onset Dementia Key Worker* program
- Dementia and Memory Community Centres
- Counselling
- Carer support groups
- Education for family carers
- Public awareness activities
- a national resources program

Dementia Australia are also a governing member of the National Aged Care Alliance and are involved in other key groups progressing the aged care reforms and are proud to say that we are committed to achieving a dementia-friendly Australia where people with dementia are respected, supported, empowered, and engaged in community life.

To view their Education for Families and Friends go to their website on www.dementia.org.au

ELDERS & RELATIVES

MEETINGS

A reminder to please put the below dates in your calendar for 2018

All Elders and Relatives are most welcome to attend these meetings and contribute to our continuous effort to make this Home the best place for our Elders to live.

TUESDAYS

6th August

6th October

5th December

Time is 3.00pm held in
Jessie Lounge
Ground Floor

We love to see relatives and visitors join Elders for a meal.

However, a reminder for you— please remember that we require you to order your meal a minimum of 2 hours prior to a Lunch or Dinner Meal and collect a Meal Voucher to present to catering staff. You can book days ahead too!!

All Elders are served their meals first then those that have pre-ordered their meals.

In not ordering prior to a meal we cannot guarantee that there will be a meal there for you and hence cause disappointment.

Please help us to enable you to have an enjoyable meal at Trinity Manor



ELDERS OUTINGS

& HOME VISITS

When Elders relatives organize to take their loved one home or out for outings, it is important to please let the Care Manager know for our information so that they can assist you in any particular needs and provide any medications required.

Elders must be signed out whenever they leave the facility and signed back when you return.

See Care Manager for appropriate form based in Elders file.

FOOD BROUGHT IN:



If visitors bring food for the Elders, please see the Care Manager first, as specific forms in Elders files must be completed.

High Risk foods like meat, fish and dairy will be discarded if not eaten immediately.

Cooked food brought in, again, must be eaten immediately and cannot be stored.

Non-perishable items such as biscuits, must be in a sealed container, labeled and must be dated if kept in the Elders room.

We ask Visitors not to give brought in food to other Elders not only because of the food safety requirements but because the resident may have a medical condition or allergies that may prevent them from eating the food including the possibility that they may choke.

Safety & Emergencies

Trinity Manor has an active Health and Safety Program and has systems in place to identify and eliminate/control hazards. If an elder or visitor identifies a hazard please inform staff verbally or complete an Improvement Form for us to follow up. Please ensure your own safety and that of other elders and staff by being mindful of closing doors behind you.

Staff have been trained for emergency procedures. In the event of an emergency, for example fire, follow staffs instructions. Emergency practice drills are conducted each year. You may be asked if you would like to participate.

Trinity Manor is well protected with its advanced and extensive fire detection and fire fighting installations. However, it is recommended that you familiarise yourself with the fire exit locations.

If you hear fire alarm sounding, please await instructions from a staff member.

Please remember in the event of a fire:

- ◆ DO NOT USE THE LIFTS
- ◆ REMAIN CALM
- ◆ PRESS THE NURSE CALL BUTTON TO ATTRACT THE ATTENTION OF A STAFF MEMBER

If you are evacuated, please:

- ◆ Remain calm
- ◆ Leave all belongings behind you
- ◆ Follow the instructions of the staff member
- ◆ Go to the designated assembly area and await further instructions
- ◆ Any visitors or family with an Elders at the time of a Fire or Emergency are also requested to remain in your room and await instructions from staff to ensure an ordered response to emergency procedures.



VISITORS SIGN IN BOOK

LOCATED AT RECEPTION

Visitors are reminded that **ALL** visitors need to sign the visitor's book on your way **IN and OUT** of the facility. Not only will this enable us to account for everyone in the case of an emergency, such as fire, but it is an OH&S requirement. The book is located in the entrance foyer.



ELDERS CLOTHING

Please remember:

When bringing in new items of clothing, please put these in a bag with that Elder's full name clearly written on the bag and then given into the Nurses station.

We can then label the new items for you.

Deepdene Pharmacy is the Pharmacy Group who supplies all medications . Drop in and see them, they are a friendly group and they are just up the road on the corner of Pretoria St and Whitehorse Road.

For Queries Contact:

9817 2018

Visit: www.aacqa.gov.au/guidance

From 1 July 2019, the Quality Agency expects organizations providing aged care services in Australia will be compliant with the new Aged Care Quality Standards. The Aged Care Quality Standards were developed by the Australian Government Department of Health in

collaboration with consumers, carers, aged care providers, aged care workers, clinicians and other experts.

Compliance with the Quality Standards is mandatory when caring for people. Organizations are required to demonstrate performance on an ongoing basis to meet Australian Government requirements. The Australian Government may take action of organizations do not comply.

Standards provide a framework of core requirements for quality and safety. Some Standards will apply differently to organizations, depending on the types of care and services they provide. Many organizations will go beyond these core requirements to provide a higher standard of care and services for consumers.

The Quality Standards focus on outcomes for consumers and reflect the level of care and services the community can expect from organizations that provide Commonwealth subsidized aged care services.

The Quality Standards will move from 4 Standards to 8, the Quality Standards are made up of the below individual standards:

1. Consumer dignity and choice
2. Ongoing assessment and planning with consumers
3. Personal care and clinical care
4. Services and supports for daily living
5. Organization's service environment
6. Feedback and complaints
7. Human resources
8. Organizational governance.

Each of the Quality Standards is expressed in 3 ways:

1. A statement of outcome for the consumer
2. A statement of expectation for the organization
3. Organizational requirements to demonstrate that the standard has been met.

The structure of the standards allows quality assessors' assessment and monitoring processes to focus on consumer outcomes and consider evidence of the consumer's experience and the systems and processes that the organization has in place to support the provision of safe and quality care and services.

Trinity Manor is beginning its journey in embracing the new Standards and to have been implemented prior to 1st July.

For detailed information this can be accessed via www.aacqa.gov.au/guidance



Single Charter of Rights and Responsibilities

Trinity Care has a responsibility to support consumers to understand the new Charter that comes into effect from 1 July 2019.

As a provider of aged care services, a copy of the new Charter, signed by a senior member of Trinity Care, must be offered to consumers and we are able to assist in explaining the rights to you. Consumers, or their authorized representative, are to have reasonable opportunity to sign a copy and return it to Trinity Manor.

The purpose of requesting the consumer's signature is to allow them to acknowledge they have received the Charter and had assistance to understand them. Consumers or not required to sign the document however we encourage you to as a way of seeking advice.

Regardless of whether you return a signed copy of the New Charter, services will remain to be provided by Trinity Care.

Key changes

The new Charter will make it easier for consumers, their families, carers and representatives to understand what they can expect from an aged care service.

Rights afforded to consumers under the existing charters will be maintained through the new Charter, the new Aged Care Quality Standards, amendments to the User Rights Principles 2014

(User Rights Principles), and other laws that inform the delivery and quality of aged care. This includes rights under the *Competition and Consumer Act 2010* and Commonwealth anti discrimination law.

In addition, changes have been made to the home care security of tenure provision to include critical consumer responsibilities currently contained in the Charter of care recipients rights and responsibilities – home care (eg: payment of fees).

