

# Heritage News

AUGUST 2021

Curtin  
HERITAGE LIVING

## Daffodil Day



Daffodil Day is a day for Australians to give hope to those affected by all cancers by donating to support a cancer free future.

The daffodil is recognised as the symbol of hope for all people affected by cancer. The daffodil was chosen as the emblem of cancer councils worldwide as it heralds the return of spring, pushing its way through the frozen earth after a long winter, representing new life, vitality and growth.

Join us on Friday 27th as we recognise those with, or who have had, cancer.

### Daffodil Day Events

#### RiverSea Mosman Park

**Date:** Friday 27th of August, at 2:00pm

**Event:** Afternoon Tea

**Where:** RiverSea Lounge

#### Wearne Cottesloe

**Date:** Friday 27th of August, at 2:00pm

**Event:** Afternoon Tea

**Where:** Cove Dining Room



## Aged Care Employee Day

We want to acknowledge our wonderful Curtin Heritage Living team in celebration of Aged Care Employees Day.

Did you know there are more than 360,000 aged care employees in Australia? Did you know that we have the best of the bunch?

To our wonderful carers, cleaners, hospitality staff, clinical teams, maintenance workers, lifestyle teams and administration support staff – thank you for caring.

#thanksforcaring



## There is always something to celebrate in our community!

If you follow us on Facebook, you will know our team and our residents love to celebrate. From our own Olympic games to a chocolate filled Bastille Day and rounding out the month with a surprise baby shower for one of our team – it has been a month of wonderful celebrations in our Curtin Heritage Living Community.

## COVID-19 Vaccine Update

We are very happy to report that all residents who said 'Yes' to receiving the COVID-19 vaccine are now fully vaccinated. We were able to arrange two on-site clinics for our residents and staff, making it much easier for everyone!

As expected, our team have moved quickly to access the vaccination, with nearly 60% having received a COVID-19 vaccination. We are very proud of our team and how pro-active they have been in ensuring they are vaccinated. We are actively working with the remaining team members to ensure everyone receives Dose 1 of the COVID-19 vaccination by 17 September 2021 as this is now a requirement for all residential aged care workers.

New community-based clinics are now opening providing more opportunities for people to access the vaccination. We know that increased vaccination rates serve our immediate and broader communities and help us to protect our vulnerable people.

Anyone who has not yet been vaccinated, but would like to be should make an appointment at your GP or via the VaccinateWA website <https://vaccinatewa.health.wa.gov.au>

## Additional Services

As we prepare to move into our new home, Marine Views Cottesloe, we would like to make time to talk to our residents and families about our additional services program, The Heritage Club.

The Heritage Club has three service package levels you can choose from and customise to suit your preferences. We have kept it simple and straightforward. Our goal is to make sure you are able to select services that are meaningful to you.

Services can include, pay TV, daily newspaper delivery, one-on-one special outings, beauty and spa treatments, in-room specialties such as an in-room fridge or fresh flowers and much more.

In order to get the ball rolling, can we please ask you to contact Coleen Wright our Resident Liaison, and make a time to sit and have a chat with her. Coleen will have all the information relating to what services are available and the associated costs.

You can contact [Coleen](#) on **0417 808 185** or email her at [coleenw@curtinheritage.com.au](mailto:coleenw@curtinheritage.com.au).

## Technology in Aged Care

### Taking care and services into the future



*Head of Operations, Tom McConnell*

Do you have some time for a quick Q & A session with Curtin Heritage Living Head of Operations, Tom McConnell? Read on as Tom offers an insight into how we are using technology to ensure our residents receive the care and support they deserve.

#### *What is the primary area you see technology able to assist with in the residential aged care sector?*

One of the biggest areas of concern for residents in aged care facilities is the time taken to respond to requests relating to both care needs and general requests. The aged care industry staffing level challenges are well reported. As such, providers are looking for effective and innovative solutions that will enable us to provide a high level of consistent care and ensure we can support our team who are providing that care.

#### *What technological advances do you believe really contribute to actual improved care for aged care residents?*

Current systems in place in most aged care facilities are traditional nurse call systems, reliant on call bells,

floor mats, bed sensors, pendants and other pieces of equipment. There have been major advances in the development of technology to improve both the functionality and practicality of these systems for both care providers and residents over the last few years. However, the most significant is the development of artificial intelligence (AI) software.

The AI technology actually learns behaviours and patterns of individual residents and their surroundings. These learnings create an algorithm that will proactively monitor residents. The system is then able to provide staff with notifications determined by the resident's specific personalised needs.

Rooms are fitted with sensors based on CCTV systems. However, it is important to stress these do not provide live footage. The integration of this technology will allow staff to view and interact with residents at the time of activating the nurse call. Staff will (in some scenarios) be able to view a short live feed from the room to ensure the resident's safety. They will also be able to verbally respond to the residents and reassure them with a real time acknowledgment of their call.

#### *What sort of difference is the AI technology making?*

Studies have found that the AI technology has reduced falls by 50%. This is in part a result of increased, real time monitoring. The early detection of movement enables staff to proactively attend to resident needs and provide assistance. This will also mean that there will be less intrusion into the resident's living environment. Rather than being regularly disturbed, they will be able to maintain their privacy.

#### *Will Curtin Heritage Living be implementing AI technology into Marine Views Cottages?*

Absolutely. Right from the inception of the Marine Views Cottages project, we have planned to include new AI technology. We knew that in order to provide the best possible care, we would need to implement the very latest technology. Not only will the AI technology be implemented at Marine Views Cottages, it will also be used at our specialised care facility RiverSea in Mosman Park.

## Important information for families relating to restrictive practices.



We have some information to share with you about changes to government legislation relating to restrictive practices in aged care. To clarify, restrictive practices are activities or interventions, either physical or pharmacological, that have the effect of restricting a person's free movement or ability to make decisions\*

It is important to note, that the use of restrictive practices is highly regulated in aged care and we will always investigate and recommend alternatives to the use of restraint. Prior to us implementing any restrictive practice, thorough investigation, including trialling alternative treatments must be undertaken. This process includes obtaining input and permission from a resident, their next of kin and a doctor.

At Curtin Heritage Living we respect our residents have the right to be a part of any decisions made in

## Resident, Family & Friends Meetings

### Upcoming meetings for RiverSea:

- Tuesday 10th August, 3:30pm - 4:30pm

### Upcoming meetings for Wearne:

- Wednesday 11th August, 3:00pm - 4:00pm

relation to their care or services. Sometimes this is not possible and the responsibility for some decisions may fall to someone who has been entrusted to be their legal representative.

With recent changes to legislation relating to restrictive practices, written consent is now needed from our resident or chosen representative before our team can implement a restrictive practice. This means we will be in more frequent contact with you as families. In the past we have obtained consent through means that were convenient to our residents and families, but now we need to be more formal in managing this area of need.

We understand you may have questions that are specifically related to yours or a loved one's situation. We encourage you to contact your Care Manager and make a time to meet where we can spend time with you to answer any questions.

We have provided links to online resources below that you may find helpful.

### Older Persons Advocacy Network (OPAN)

<https://opan.org.au/information/>

### Aged Care Quality and Safety Commission

<https://www.agedcarequality.gov.au/resources/minimising-restrictive-practices>

<https://www.agedcarequality.gov.au/consumers/consumer-rights>

### Legislation and Industry Changes

<https://www.health.gov.au/health-topics/aged-care>

*\* Royal commission into Aged Care Quality and Safety Restrictive practice in residential aged care in Australia - Background paper 4*





## Team Recognition Awards

Congratulations to all our team members who have reached milestones and those who have been recognised by residents, family or their fellow team members for going above and beyond. We are very proud of your achievements.

### Team Milestones

- Maninder Kaur - 5 years

### Team Recognition Awards

- Julija Vilima from Riversea
- Yiyang Shi from Wearne

*Grammar school was different. We had access to a heated pool and all thirty of my classmates and I were told to jump straight into the pool. A few dived in headfirst or flopped on their belly; others jumped in; the rest of us sat on the edge and slowly slipped in.*

*Those who could swim, swam. Those who could not, clung to the edge and did frog kicks.*

*Unfortunately, I never learnt to synchronise arm and leg movements. At the peak of my ability, I could "swim" the width of the pool by kicking my feet against one side and gliding halfway across. Frantic arm movements and occasional thrashing of feet got me to the other side. There, I set my feet on the ground where God meant them to be.*

*Once I moved to Australia I learnt to float, it provided an easy way to cool down on a hot summer day.*

*Air-conditioning then became available – in workplaces and in homes. Now, I have no need to get sand in my bathers, between my toes and in the car to find relief from the heat. However, I love the view of the ocean I have from Wearne, with its crashing waves or glittering calm – what a site to behold!*

## From the Desk of Fred Stone, Wearne Resident Growing up in the England – Part 2

In Australia, our children take part in water awareness and learn to swim classes from a very young age. My how different things were when Fred was learning to swim while living in the UK! We hope you enjoy part two from the desk of Fred Stone.

*Having learnt the breaststroke movements lying on low wooden benches, we were ready to train in a pool.*

*Climbing gingerly down the steps at the shallow end I was in water much deeper than my tin bath at home! As we stood shivering in our knitted woollen bathers the teacher barked, "Put your head under water." Quickly I closed my eyes tight and pinched my nose with one hand. After stuffing a finger into one ear there were no fingers available to block the other!*