

# Heritage News

SEPTEMBER 2022

Curtin  
HERITAGE LIVING



Father's Day is a day of honouring fatherhood and paternal bonds, as well as the influence of father figures in society.

At Curtin Heritage Living we love the opportunity for people to come together to celebrate - whether it be in one of our homes, or by taking your loved one out to celebrate. Due to COVID-19 cases, this year things will be a little different and we may not be able to provide the chance for you to gather in our homes.

Please keep in touch with us as we will be communicating with you closer to the listed event dates. We hope to be able to have you in our homes to celebrate Father's Day.

## Father's Day Events

### RiverSea Mosman Park

**When:** Monday 5 September at 2:00pm

**Event:** Afternoon Tea - Resident reminiscing

**Where:** Resident Lounge

### Marine Views Cottesloe

**When:** Monday 5 September at 10:00am

**Event:** Morning Tea

**Where:** Marine Views Cottesloe Lobby Lounge

## Dementia Action Week

Dementia Action Week 2022 will be held from 19-25 September, and includes World Alzheimer's Day on September 21. The 'A little support makes a big difference' campaign demonstrates that many people living with dementia can continue a life well, lived. The small actions of people can make a big difference to people living with dementia. You can learn more about the initiative here: [dementia.org.au](https://dementia.org.au).

Curtin Heritage Living is increasing our support to residents and family living with dementia with the introduction of a dementia specialist nurse role, Mandy Banks. Mandy is available to provide education, care planning strategies and support to residents, families, and staff. Please contact your care manager if you would like to meet with Mandy.

# COVID-19 - what you can expect in our homes during an outbreak

COVID-19 is now widespread in the community and is rapidly becoming a normal part of our lives. In aged care, additional precautions have been put in place to protect those most vulnerable to the effects of COVID-19.

The latest variants of COVID-19 are highly infectious. In our experience the infection has been introduced to our homes after residents have either been out into the community or spent time with friends and family who have later found out they have COVID-19. In our most recent outbreak at Marine Views, we have found that staff have not been affected by the infection. This is a result of [JI1] [DC2] infection control training and the uses of PPE.

We have implemented strategies to respond to infections quickly so that the spread of infection can be limited. These strategies are developed in line with instructions from the Public Health Unit.

Our response to any outbreak will vary, depending on the nature of infection. There will, however, be core strategies to combat any spread. This includes:

## Isolation

We will ask anyone that is unwell, or at risk of exposure to stay away from others. For our clients, this means staying in your home or room as much as possible and refraining from close contact with others. For visitors and staff, this means staying away from the home.

If you are diagnosed with COVID-19, the government requires you to isolate for 7-days. For our care home residents, that means that, wherever possible, you must stay in your room for 7-days. This may not be possible for residents living with dementia.

If there is rapid spread of infection, we will ask all non-essential visitors to stay away from our care homes until the cause of infection can be investigated, and the spread contained. We may also need to restrict the number of visitors to ensure appropriate social distancing.

## Protection

The single most effective way to stop the spread of infection is to wash your hands or use hand sanitiser frequently, and to wear a mask when in contact with others. Visitors and staff are required, by law, to wear a face mask inside our care homes. Residents are strongly encouraged to wear a mask when exposed to other people. You are far more likely to be infected by someone in the community than you are from staff. Masks must cover the nose and mouth to be effective. Feel free to remind someone to wear their mask properly when they are around you.

In an outbreak, our staff will wear additional personal protective equipment (PPE), including gowns, gloves, and face-shields. This can be intimidating but is necessary to keep you and our staff safe.

## Monitoring

We will increase RAT and PCR testing when there are signs of infection or people that are close-by with COVID-19. We will also check for physical signs of infection in people that are classified as high risk, including people with existing respiratory or cardiac illness.

## COVID-19 - what you can expect in our homes during an outbreak cont....

### Communication

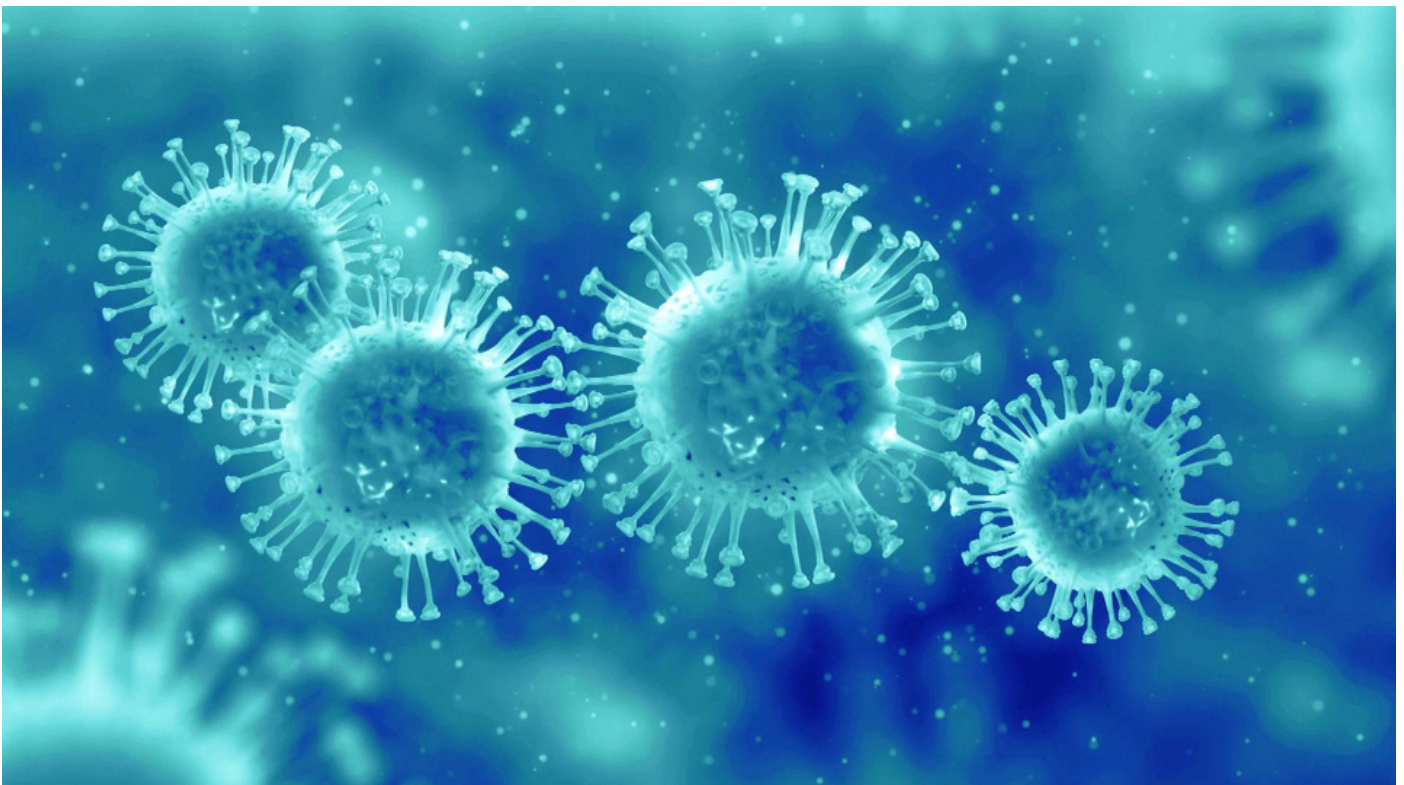
We will increase our communication with you during an outbreak. We ask that you do the same. Please let us know if you, or a loved one is unwell.

If you are isolating in your room and need company, different food, or anything else, let us know.

When a person is diagnosed with COVID-19 we will generally only communicate this with the person's immediate next of kin. We will send regular messages to you via email and our community Facebook page. Please make sure you and your loved ones subscribe to our newsletter by emailing us at [info@curtinheritage.com.au](mailto:info@curtinheritage.com.au).

### Remember:

- Stay away from others if you are a close contact, or return a positive result
- Where possible, limit contact with the number of people with whom you interact
- Let us know if you are feeling unwell
- Wear a mask whenever possible
- Practice physical distancing – always stay 1.5 metres away from others
- If you need to leave the home, make arrangements with our front desk team so we can assist with safe transit from your room, to the lobby and back again when you return



## Marine Views Cottesloe

### Welcome to Elisha Dookheea - Marine Views Cottesloe Care Manager

Elisha joined Curtin Heritage Living last month as the Care Manager for levels one and two at Marine Views Cottesloe.

Elisha is a Registered nurse who has extensive experience in the fields of critical care, geriatric care, palliative care and infection control. She has also worked as a surgical nurse and in intensive care units.

Elisha has worked in the Northern Territory, regional Western Australia and in Perth at Royal Perth Hospital. She is dedicated to working with her colleagues to deliver exceptional care.

Elisha believes that partnering with residents and families is the pathway to ensure best possible outcomes for those in her care.



### Home baked sweet treats - Marine Views cooking club



A group of our Marine Views Cottesloe residents participated in a kitchen 'takeover' last month. Norma (pictured left) and others spent the morning preparing goodies for morning and afternoon tea to be shared with fellow residents. The Marine Views cooking club meets each month to cook or bake a variety of foods.

### Volunteering with Curtin Heritage Living!

You may like the sound of our cooking club and can see yourself in the kitchen too! If you would like to volunteer some time in our Marine Views Cottesloe home or RiverSea Mosman Park – we would love to hear from you.

We have a variety of volunteering opportunities including managing our libraries, one on one time with residents, playing board games, participating in group outings even running special interest groups.

Contact us today to learn how you can contribute.

## Additional services - that little bit extra

Curtin Heritage Living offers residents the opportunity to enjoy additional personalised services and activities on a pay as you go arrangement. Activities such as specialised wellness centre visits, additional physiotherapy sessions, hair and beauty pamper packages, even one on one exercise sessions.

### Special occasions

Does your loved one have a birthday or special anniversary coming up? You could treat them to a pamper experience, an individual art lesson or even a special day excursion. The additional services offering allows you to arrange special one-off treats, or you can arrange a regular experience – it's up to you.

### The Heritage Club

The Heritage Club is an additional services programme, with bespoke packages designed to provide you with individualised amenities and services.

As a Heritage Club member, you can select amenities or services that are meaningful to you as part of a package. Selecting a package means you will receive an ongoing discount. The more services you select, the greater the savings gained.

Family and friends are also able to gift a package to their loved one.

Importantly, we know things can change and you may wish to alter your package – that is fine. You can change or opt out of the programme at any stage.



## Learn more

To learn more about additional services and our Heritage Club, we invite you to contact our Resident Liaison, Coleen Wright on:

08 6458 7500 or [coleenw@curtinheritage.com.au](mailto:coleenw@curtinheritage.com.au)

## Shine

### The Shine Ladies who lunch!

Late last month, a number of our Shine clients got together and enjoyed a lovely lunch at the Herdsman Lake Tavern. Ladies enjoyed the chance to visit a new venue and eat out with friends.

Katherine, Shine activities facilitator says: 'It was such a lovely afternoon – a lot of storytelling and laughter happening around the table. Desert was a highlight with sticky date pudding and rhubarb crumble – both served with cream or ice-cream of course – being the selections of choice.'

Shine offers an extensive activities programme that includes regular exercise and wellness classes from our Cottesloe hub, social club outings to a variety of locations and arts and creative classes. If you would like to know more about Shine services, we invite you to make contact on 08 6258 5333.



## Volunteer with us

Shine is looking for volunteers to assist in a variety of ways across the organisation. Do you have some time to spare each week or each month? If so, we would love to hear from you. Your spare two hours a week can make the world of difference for someone!

Please give us a call on 08 9253 8555 for an informal chat to learn more.

## Advance Health Directives - what you should know

It is important to us that residents and families are involved in all decision making related to care. This includes the opportunity to record personal wishes relating to situations where a resident may become very unwell.

There is a document specifically for this purpose. It is called an Advance Health Directive or an AHD. It is a legal document that is used to record your decisions about future medical treatment you want or do not want to receive should you become very unwell.

An Advance Health Directive is one type of document available in WA to record the decisions you make as part of the advance care planning process.

You can access a copy of the WA Advance Health Directive [document here](#).

### When is the Advance Health Directive used?

It is important to note that an Advance Health Directive is only used if you become unable to make or communicate decisions. If this happens, your Advance Health Directive becomes your 'voice'. It can only be used if the information in it is relevant to the treatment or care you need.

### What happens if I do not have an Advance Health Directive?

If you do not have an Advance Health Directive, or your Advance Health Directive does not cover the treatment decision required, the health professional will seek a treatment decision from the first person based on the [Hierarchy of treatment decision-makers](#). This person must be:

- is 18 years or older
- has full legal capacity
- is reasonably available
- is willing to make the decision.

### What if I already have an Advance Health Directive?

If you have completed an Advance Health Directive, it is important that you provide us with a copy to ensure we are complying with and communicating your wishes appropriately.

### I would like to know more

If you would like to know more about Advance Health Directives, you can speak with your Care Manager. You may also like to visit WA Department of Health website for more information.

You can visit their [site here](#).

An Advance Health Directive can only be completed by a person that is deemed competent to make their own decisions. For people no longer able to complete an Advance Health Directive we can document end-of-life wishes using our own End-of-Life Wishes form. This form is not legally binding but gives us, and other health practitioners, an indication of your wishes and helps us to plan for the future.

If you would like to discuss your personal situation, we encourage you to speak with your Care Manager.

## 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.

### Team Milestones

#### 5 year milestone

- Prabheet Gogia
- Ritu Devi

#### 15 year milestone

- Rose Brown
- Elsa Kiros

### Team Recognition Awards

- Sonam Gyeltshen - RiverSea Mosman Park.
- Tania Sutton - Marine Views Cottesloe



## Resident, Family & Friends Meetings

Watch this space for our October meeting dates!



## Keep in touch

Website: [www.curtinheritage.com.au](http://www.curtinheritage.com.au)

Email: [info@curtinheritage.com.au](mailto:info@curtinheritage.com.au)

Phone: 08 6458 7500 - Marine Views Cottesloe

Phone: 08 9382 7555 - RiverSea Mosman Park

