Heritage News

JULY 2023

Curtin HERITAGE LIVING

West coast winters

Welcome to the July edition of The Heritage News. June was indeed a busy month for our community and our activity calendars for this month are full! There are concerts, tours, guided walks and creative activities for our clients and sometimes even families, to get involved in and enjoy.

As we hit the middle of winter and our clients head out into the community and we welcome guests to our homes and day centre, please be diligent with regard to your health and visiting our homes. If you have planned to visit but begin to feel unwell, please do not to visit us until you are well again. Also, as a reminder, we still require all guests and staff to provide evidence of a negative RAT every 72 hours.

Thank you everyone for helping us to keep our community safe.

Christmas in July resident events

RiverSea Mosman Park
Dates: Thurs 27 July
Time: Midday
Event: Christmas in July long table lunch
Where: RiverSea resident lounge

Marine Views Cottesloe
Date: Thu 20 July
Time: 2:00pm
Event: Christmas in July high tea
Where: Lobby lounge

RiverSea Mosman Park

WA Shipwrecks Museum in Fremantle, a day trip to Hillarys and a shopping trip to Garden City. You could definitely say June was a busy month for RiverSea residents. Residents and our team were joined by student nurses and family members to venture out into the community to visit some favourite spots and enjoy some new places.

Marine Views Cottesloe

Reclaim the Void - weaving country whole project

Marine Views Cottesloe residents and Shine Community Care clients have been working alongside students from PLC weaving rugs made from recycled rags to support the Reclaim the void project.

Shine Social coordinator Michelle Taylor shares her understanding of the project:

The project was born from the Ngalia elders in Leonora Western Australia, who were expressing their pain and grief at the gaping mining holes left all over country. The idea was symbolic, to seal one of the holes with artwork, expressing the story of country. When we wound country, we wound ourselves and end up with a scarred physical and cultural landscape.

Working on art or any other project that is meaningful to someone or to a group is much more gratifying for the people participating. Thank you to our staff and our clients for being a part of this project. If you would like to know more about Reclaim the Void - you can head over to their website https://www.reclaimthevoid.com.au/.

Congratulations Bella!

Curtin Heritage Living Lifestyle coordinator and Beauty therapist Bella Campbell participated in a 10km run to raise money for dementia research.

Bella works at Marine Views Cottesloe and RiverSea Mosman Park. She is currently studying Occupational Therapy at Curtin University and is passionate about providing support and care to people who are living with Dementia.

When Bella signed up for the event, her goal was to raise $1500. In the end, she exceeded that amount, raising over $1600.

Congratulations Bella for participating in the event - your colleagues are very proud of your efforts!

Shine Community Care

Purple Road High Tea

The Purple Road project is a community initiative that aims to shine a light on the issue of elder abuse and increase awareness of the issue within the community.

Last year, Shine clients participated in the Purple Road project and received recognition for their exceptional creativity. This year, the group was fortunate to receive a grant to organise a high tea poetry reading event. The grant was awarded by Older People's Rights Services.

The focus this year was to explore avenues of support and foster peer connections on a challenging topic that often goes unaddressed. The project uses handmade flowers as symbols, with each flower representing a unique story of an older person. By showcasing these flowers, the Purple Road sparks conversations and provides resources to those who are at risk of or currently experiencing abuse, empowering and educating them.

The Purple Road has already grown to a length of over 60 meters, and this is just one section among many created by various community groups and individuals across Western Australia. Together, we are highlighting the significance of supporting and safeguarding our older community members.

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Important information for residents & representatives

Income Test Fees

The income-tested care fee is a contribution towards the cost of care that some people are asked to pay in both home care and residential care. Not everyone has to pay an income-tested care fee – it is based on an individual's income.

The income test fee is linked to the level of government funding that the provider receives. If a person is asked to pay an income test fee by the government, that same amount is deducted from the provider's funding.

We receive a monthly statement from Services Australia advising us of the reductions to our funding and use this to reconcile each person's income test fee amount. We invoice residents in line with the statement. We do not have access to Medicare or Services Australia to view this information on a real time basis.

Funding for care has risen in July to cover some of the recent Fair Work ruling that has increased direct care staff wages. This may result in a rise in income test fees for some people.

Please contact our accounts team if you have any queries or concerns regarding your income test fee. While we cannot contact the government on your behalf, we can explain the income test process. You can contact our accounts team on 08 6458 7556 or at accounts@curtinheritage.com.au

The use of nurse-initiated medications

There are times when a person living in residential care may have a condition or symptom that would benefit from over-the-counter medications like an aperient or suppository.

While residents can usually provide their own consent to have the medication, there are times that a resident is unable to provide consent, and the resident's next of kin is not immediately available to provide consent.

Residents, or their representatives, can provide consent that enables a registered nurse to make a clinical judgement to administer the medication.

We will be reaching out to residents and representatives who may benefit from a discussion relating to the use of intermittent over-the-counter medications. Please also feel free to reach out to your Care Manager or Clinical Nurse should you have any queries regarding over-the-counter medications.

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What is antimicrobial resistance & what does it mean for you?

Antibiotics are powerful and precious drugs. We have all experienced or observed the benefits of antibiotics when we or someone we know has been unwell.

Some of us may have also experienced a situation where a bacteria has developed a resistance to an antibiotic. If used incorrectly, or too many times, antibiotics may not be effective and may actually allow the growth of antibiotic resistant bacteria commonly known as super bugs.

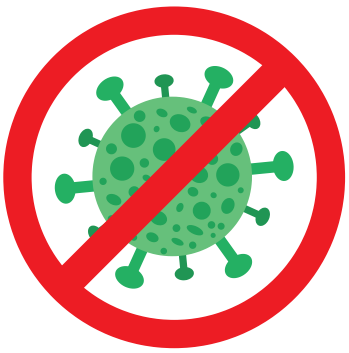
Side effects such as nausea, stomach upset, and skin rashes are common in older people receiving antibiotics. Particularly relevant to older people, the life-threatening infection called C.difficile diarrhoea (or 'C. diff') can be caused by antibiotics.

In order to reduce the risk of antibiotic resistance or illness caused by antibiotics, the Curtin Heritage Living care and clinical team, and allied health teams will:

- Consider any safe alternatives to an immediate antibiotic prescription e.g., if a person has an infected sore, some wound dressings with natural antimicrobials can help clean and heal the wound.
- Try to manage symptoms without antibiotics e.g., if a person has a urinary tract infection, the use of natural remedy that lowers the acidity of urine reduces the burning symptoms when going to the toilet.
- Where possible use diagnostics to inform treatment decisions. Testing the wound to determine the type of infection before prescribing an antibiotic means that the correct medicine is used and reduces the risk of antibiotic resistance.
- Apply great infection prevention and control by limiting the spread (e.g., vaccination, good hygiene, and hand washing)

How can residents and loved ones help us to minimise risks to our community:

- Understand that antibiotics only work against bacteria. They do not work for colds and flus which are caused by viruses
- Drink plenty of water and encourage others to as well
- Prevent infections and spread by not coming to our homes if you are unwell
- Washing hands frequently and thoroughly
- Keep up to date with required vaccinations



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Welcome Phoenix and Tshering!

Please join us in welcoming Phoenix and Tshering to our Marine Views Cottesloe front desk team.

Both Phoenix and Tshering are working in part time roles with us while they continue their studies.

Tshering is embarking on her Masters in Media at Curtin University and Phoenix is studying Commerce at UWA.

Phoenix and Tshering join our other team members, Debbie, Jane, Anna and Greta. Welcome to you both!

Industry conferences - Sharing our experiences and learning from our peers

Our team have been attending and presenting at industry conferences through out the month of June. Industry conferences are important for us to be a part of - both as contributors and as eager learners. Our team enjoy sharing what we have learned with our peers and importantly learning from others in our industry.

Tom McConnell - General Manager Clinical and Care Services was invited to speak on the use of technology in aged care at The Aged Care Week conference earlier in June.

David Cox, our Managing Director joined other industry leaders to discuss excellence in care. This session was part of our industry peak body ACCPA conference held in the last week of June.

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Team Recognition

RiverSea Mosman Park - Jodi Stacy

Jodi is RiverSea receptionist. Jodi welcomes everyone with a smile and is always happy to help. Residents, families and staff alike appreciate Jodi and her positive 'can do' attitude. Jodi's warm and welcoming demeanour ensures all RiverSea visitors feel welcome, while her unwavering support and dedication to the team make her an invaluable asset to our workplace. Thank you Jodi!

Marine Views Cottesloe - Luke Sheehan

Luke consistently demonstrates excellence in his role of Physiotherapist at Curtin Heritage Living. He is reliable, professional and has sound clinical skills. We frequently receive positive feedback regarding Luke's interactions from our entire community. Well done and thank you Luke!

Service milestones

Thank you to the wonderful people who have been acknowledged below. Thank you for your hard work and continued support and care for our clients.

5 years

Simrun Budha Chhetri – Carer
Kervin Seeveethian – Cook
Debra Barnes - Board member
Robyn Ahern - Board member

10 years

Lou Abello – Team Leader/Carer
Cezar Sabado – Carer

Keep in touch!

Marine Views Cottesloe: 08 6458 7500

RiverSea Mosman Park: 08 9382 7500

Shine Community Care: 08 9253 5555