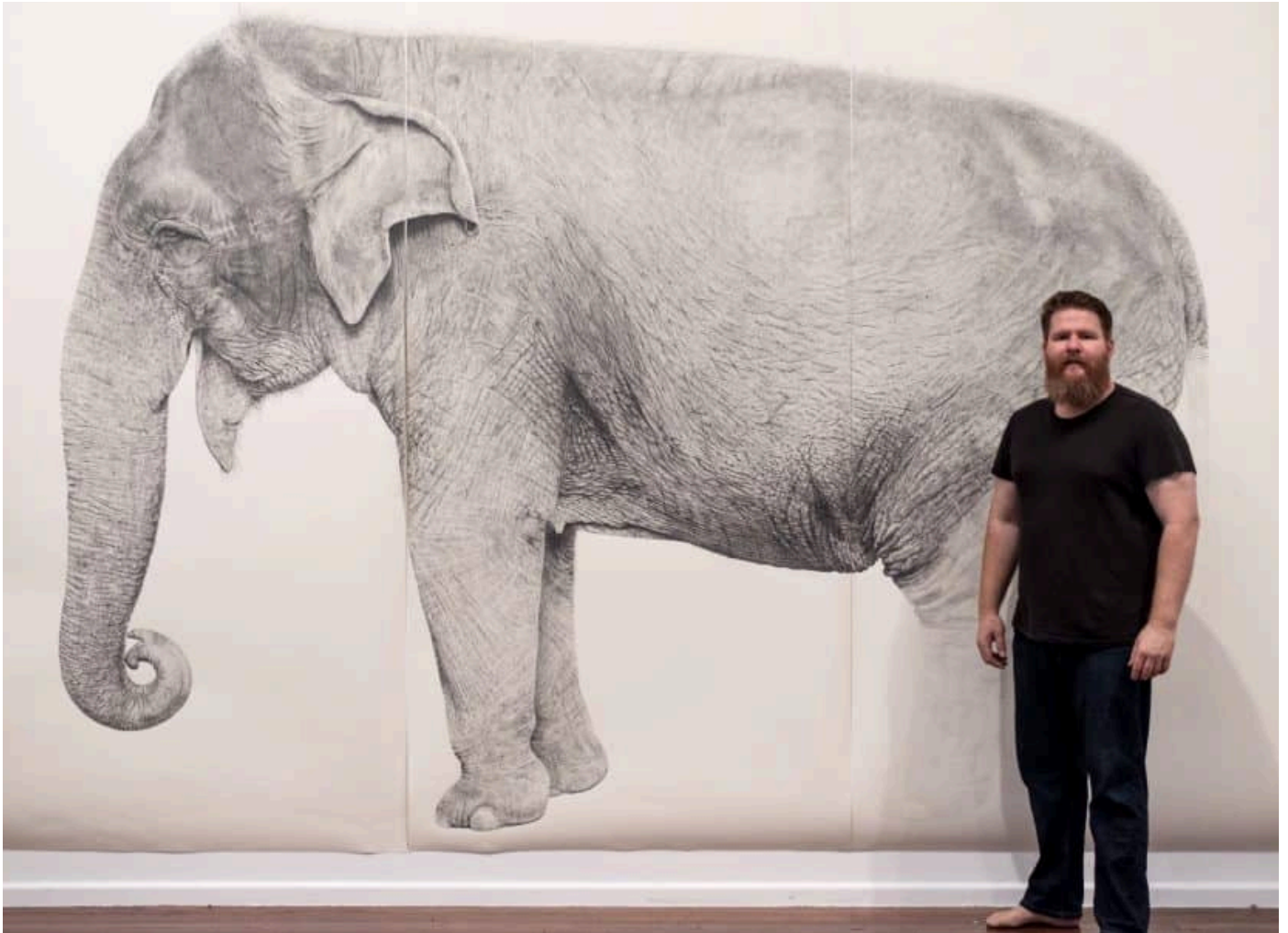


Heritage News

FEBRUARY 2025

Curtin
HERITAGE LIVING



Introducing Ross Porter - Artist In Residence

The Heritage Collective

Please meet our Artist In Residence – Ross Potter. Ross is a Kamilaroi man and professional artist living in Walyalup/Fremantle. With a unique vision and a passion for nature, Ross is known for highly detailed, often large-scale pencil on paper drawings. Through magnifying microscopic features, his unique talents bring the abstractions of reality to our attention, while telling compelling stories of everyday life.

Ross will be joining us in the Makerspace until June 2024. Ross will introduce his artistic practice and latest residency experiences, including Iceland, at a talk on Wednesday 5 February at 4:30pm in our Heritage Theatre. It's free to attend, however we require bookings as seats are limited. [Book here.](#)

Ross will be based in the front room of the Makerspace, easily accessible via the Heritage Gardens on our Cottesloe site, so please feel free to pop in and say hello and admire his work when you are in the area. We will also be bringing some of Ross's works and experience out into our community in different ways. Watch this space!

New Aged Care Act - Changes to Funding Arrangements

Federal Parliament recently passed the Aged Care 2024 Bill, ushering in new legislation that will change the way care services are delivered in this country. The new Bill replaces the previous Aged Care Act which was introduced in 1997 – almost 30 years ago.

The legislation is designed to improve the financial sustainability of Australia's aged care sector, which has experienced ongoing financial losses for in recent years.

Under the new Act, the Federal Government will continue to pay for all clinical care needs for older Australians receiving residential aged care and home care as they do now. However, older Australians entering aged care that are deemed to have the financial means to pay will be asked to contribute more to the cost of their aged care services for accommodation and daily living expenses, which they would normally pay for in their own home.

In residential aged care, the changes are grandfathered until 1 July next year with existing residents to keep their current financial arrangements. This means that current aged care residents will be no worse off under the new Act. Residents will not be required to pay a higher Refundable Accommodation Deposit (RAD) or have amounts retained from the RAD.

For new residents entering residential aged care after 1 July, the cost of an aged care bed will likely increase for older people who are on a full age pension and eligible for financial support.

In home care, the introduction of increased financial contributions for care recipients is grandfathered to any existing home care recipients; on the wait list or assessed as being eligible for a Package as of 12 September 2024, when the reforms were announced.

So, if you are already receiving services by us, you won't be asked to contribute more.

Please reach out to us if you have any queries regarding the fees and charges that are set by the Federal Government.

Visiting our homes after hours

We welcome visitors to our homes and aim to make your experience as smooth and pleasant as possible. To ensure both the safety of our resident and the comfort of visitors, we've outlined a few key points to help you guide your visit.

Our main doors are open during the following times:

Marine Views Cottesloe, Monday – Friday, 8.30am – 4.30pm
RiverSea Mosman Park, Monday – Friday, 9.00am – 4.00pm

If you wish to visit outside of these hours, including weekends, access is available via intercom or an access device. Please be mindful that there may be a brief delay in response after hours as the safety and care of our residents remain our highest priority. Your patience and understanding during these times are greatly appreciated.

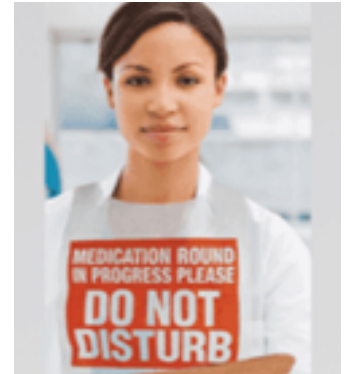
For those of you that would like access outside of standard hours, access devices can be organised via reception at both of our homes. These devices provide 24/7 access to our homes, please remember that these devices are for exclusive use of the individual they're issued to. Misuse or failure to check in via Zipline may result in cancellation of the device.

If you have any queries regarding access, please speak with the team on reception.

Medibibs - A safer medication round

Over the last month you may have seen some of our care team members wearing 'bibs' with the message 'do not disturb'. This is part of a trial, at this time across level two and four, relating to reducing medication errors. It has proven to be an effective measure in the acute hospital setting as we know that distraction can lead to errors and in a busy, fast paced environment it is easy to be distracted.

Resident safety is paramount and as such, we believe that reducing distractions and interruptions will allow our team members to complete the medication rounds safely, ensuring our residents receive the medication required.



The bibs are disposable, so they do not pose a high infection control risk and the material is biodegradable which means we are not further impacting the environment.

We are thankful for the support shown to date and we ask that should you see a team member wearing the bib, conducting a medication round that you first of all ask another member of the team who is free. On the rare occasion that a team member cannot be found, and the team member wearing the medibib is the only one you can find, then please approach them politely and request assistance as they will be able to assist in locating a team member to help you.

Lost Property Weekend

We've accumulated a large number of clothing that we don't know who they belong to, so we're giving you all the chance to come and have a look at the unlabelled items of clothing on Friday 14th to Monday 17th February. These will be on display in the Library on Level 4 over four days. We'll have laundry markers available to write the name and room number, or just pop them in the bags provided and we'll take care of labelling them for you.

Any clothing that may not be claimed by Monday 17th February will be donated to a local charity.

Resident Experience Surveys – Have your say!

The Department of Health and Aged Care collects information from each aged care provider in Australia to:

- Ensure all providers measure and monitor the performance and continuously improve the care provided to their care recipients
- Give older Australians, care recipients and the community transparent information about the quality of care provided
- Provide the government with a level of measures in quality of aged care to inform policy and regulation.

An important part of the information provided to the government are the two resident surveys: the Quality of Care and the Quality of Life Survey with each survey comprising of 10 questions.

The survey results are collated quarterly for government reporting, as well as letting us here at Curtin Heritage Living know what we are doing well and where we could improve.

Each resident is encouraged to complete the surveys once every three months, and are available at front reception, or ask a carer or lifestyle coordinator for assistance.

Sustainability News

We held our second sustainability team meeting on 14 January. Our next meeting will be held at 11am on Wednesday 12 March in the MCL room in the Heritage Buildings – please put the date in your diary - everyone is welcome.

Recent wins:

- We have received a State Government funded Waste Sorted grant of \$25,000 to run workshops and events to educate our community on upcycling waste products. Useful resources and educational materials on waste disposal can be found at:
- Coffee grounds from the Cottesloe site will now be collected on Wednesdays and Thursdays and taken to North Freo Community Garden
- We have started recycling spent Toner Cartridges
- We are finalising the procurement of recycled paper for the printers. Good quality paper should also reduce waste/being entangled in the copier
- Ecolable certified personal wipes are now being used, we will keep the pressure on our suppliers to source a better alternative to Wypall
- Sustain disposable coffee cups for staff are now being used which are compostable
- Used batteries can be dropped off in the blue recycling bin the Marine Views stationery cupboard

Next:

We are continuing to focus on reducing waste and minimising our energy consumption.

We still need to manage our heating and cooling better, we need to make sure all thermostats are set to optimum/efficient temperatures – a single degree hotter or colder makes a significant difference to energy consumption and cost.

We want to reduce water wastage – please try to avoid leaving taps or showers running when not in use, it doesn't take long at all for the water to heat up ready for use.

Finally, a quick reminder for us all to consider minimising waste when procuring/purchasing goods and equipment – where possible, re-use, reduce packaging (consider larger order quantity to reduce packaging) and plan for responsible disposal or recycling at end of life.

If you have any ideas, suggestions or questions, please contact Sarah Gosling, General Manager Finance & Sustainability: sarahg@curtinheritage.com.au

Be aware of scams targeting residents

We have recently been informed by the Aged Care Quality and Safety Commission that scammers may be targeting aged care residents, their families and carers. Please be cautious of any unfamiliar emails, phone calls or texts.

Here are some simple tips for protection;

- Stop and check for clicking suspicious links, sharing personal details and transferring money.
- If you are unsure, go to the official website and call the number for clarification
- If something feels wrong, act quickly – contact the local police, bank, or if your loved one is residing in care, please let a staff member know immediately.

You can report scams at [Scamwatch](#) or the [Australian Cyber Security Centre website](#).
Learn more about [identifying and reporting scams](#) here.

RiverSea Mosman Park

COVID-19 Vaccination Update

We held a vaccination clinic on 23rd January for 15 of our residents here at RiverSea Mosman Park. While this was a great start, we are still encouraging more families to provide consent for their loved ones to receive the vaccine. We want to make sure as many of our residents as possible are protected, and your support in this is greatly appreciated.

The Department of Health and Aged Care have advised that regular COVID-19 vaccinations for those aged between 65 - 74 years at a minimum of once every 12 months and 6 months for those eligible. For those over 75 years old it is recommended every 6 months. Further information can be found [here](#).

Consent forms are available at reception and if you have any questions or would like further information, please don't hesitate to reach out.

Scabies Update

As a reminder, scabies is an itchy skin condition caused by a tiny mite. It is very common, is highly contagious and can spread if not treated.

Scabies is spread by prolonged skin-to-skin contact with a person who has scabies. It can also sometimes be spread by contact with items such as clothing, bedding or towels that have been used by a person with scabies, but this spread is uncommon unless the affected person has crusted scabies. Scabies is not life-threatening but can be irritating. It is important that any visitor that has a rash or itching be treated for scabies and to stay away from our home until they are treated. It is generally treated by either (or in some cases both) oral and topical medications, hot wash of clothing, linen and towels etc and regular cleaning including vacuuming.

We understand that there is a certain stigma with scabies, being associated with poor hygiene or cleanliness. This is not the case.

To prevent reinfection and the spread to other people.

Please:

- Get treated if you have symptoms. If you have symptoms, please stay away until you have completed the full treatment. Ask any friends and family that have visited the home to do the same
- Do not share personal items such as towels, bed linen and clothing items.
- Encourage your loved ones not to touch other residents.
- Keep an eye out for signs of infection. We will be doing the same. Remember – signs of infection and itching can remain for up 4-6 weeks in some people because of an allergic reaction to the scabies mite.
- Read more about scabies at <https://www.healthdirect.gov.au/scabies>

Updated Environment

We've been busy refreshing and updating the environment across our home to make it even more comfortable and inviting for everyone. As part of these ongoing improvements, Banksia and Ewing cottages will have the window treatments installed on Thursday, 6th February, adding a sleek and modern touch to the space. This may cause some disruption in the cottages for a short period of time.

In addition to the window treatments, we've also been busy painting and of course, the garden makeover. We're still awaiting confirmation on the arrival of the new furniture, but we're excited to share that it's on its way and will help complete the upgraded feel.

We hope you'll enjoy these changes and feel even more at home in our newly refreshed environment. Stay tuned for more updates as we continue to improve the spaces around us!

Marine Views New Resident and Family Orientation



We're pleased to invite all new residents and their families to our first Marine Views New Resident and Family Orientation session, which will be held on Thursday, 13th February at 1:30 PM in the Pavilion on Level 2. Following the orientation, we'll be hosting a back-of-house tour at 2:30 PM.

These sessions will be held every three months and are designed to give our new community members a chance to learn more about how things work at Marine Views. Topics will include everything from fire alarm procedures to how to make a compliment or complaint, and who to contact for different issues.

We hope to see you there, and we're looking forward to helping you get more settled into your new home! If you would like to book in via reception or email marineviews@curtinheritage.com.au

Fire Safety

In the unlikely event of a fire in our homes, a fire alarm will sound to alert our team and residents. However the universal R A C E call to action is good for us all to remember in any environment.

RACE Fire Response Procedure for Fire Safety

There are four essential steps to take if you discover a fire:

R  Rescue Anyone in immediate danger of the fire	A  Alert Pull the nearest fire alarm and call fire response	C  Confine Fire by closing all doors in the fire area	E  Extinguish Small fire. If not leave the area and close the door
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Preventing Falls in the Elderly

A Key to Maintaining Independence

As we age, our risk of falling increases, and falls can have serious consequences, including injuries, hospitalisation, and even death. In fact, falls are the leading cause of injury-related hospitalisation and death among older adults. However, many falls can be prevented with simple strategies and modifications to the home environment.

Risk Factors for Falls

Certain factors increase an older adult's risk of falling, including:

- Age-related physical changes, such as decreased strength, flexibility, and balance
- Age-related cognitive changes, such as poor memory or decision making
- Chronic health conditions, such as diabetes, arthritis, and neurological disorders
- Medications that can cause dizziness or drowsiness
- Poor vision or hearing
- Environmental hazards, such as tripping hazards, slippery floors, and inadequate lighting

Prevention Strategies

Fortunately, there are many ways to reduce the risk of falls:

- Exercise regularly: Engage in exercises that improve strength, balance, and flexibility, such as tai chi, yoga, or walking.
- Assess and modify the living environment: Remove tripping hazards, install adaptive equipment as assessed by an Occupational therapist or Physiotherapist, and provide adequate lighting.
- Use assistive devices: Use wheeled Zimmer frames, 4WW walkers, or wheelchairs as needed to improve mobility and stability. Make sure they are close to you at all times, including left in a position that can be easily accessed from your bed/chair.
- Review medications: Talk to your doctor/nurse or pharmacist about medications that may increase the risk of falls.
- Get regular eye and hearing check-ups: Poor vision and hearing can increase the risk of falls.
- Wear proper footwear: Wear shoes with non-slip soles and avoid walking in socks or stockings.
- Use Staff Assistance: Make sure to use the call bell and ask for staff for assistance as required. This can include for transfers, walking, going to/ from the bathroom, attending activities and meals.

Additional Resources

If you or a loved one is concerned about falls, consider the following resources:

- National Council on Aging (NCOA) Falls Prevention Program
- Centres for Disease Control and Prevention (CDC) Falls Prevention Program
- Local senior centres or Area Agencies on Aging (AAAs) By taking simple steps to prevent falls, older adults can maintain their independence, reduce their risk of injury, and live healthier, more fulfilling lives.

For further questions or concerns, please feel free to contact the Physio teams for more information.

Tell us what you think!

At Curtin Heritage Living, we are committed to providing the highest quality of care and ensuring a supportive and welcoming environment for our residents, their families and our visitors. Your feedback plays a vital role in helping us achieve this.

We would greatly appreciate it if you could take a few moments to share your thoughts, suggestions, or experiences regarding the care and services we provide. Whether it's areas where we excel or aspects we could improve, your insights are invaluable to us. You can provide your feedback by using the following QR code, or by speaking to any of our team members.



January Happenings

Shine Community Care

We kicked off January with a couple of fun bus tours and lunch outings that helped set the tone for a great month ahead. However, the real highlight of our calendar was our Australia Day BBQ celebration.

It was a day full of energy and excitement, as clients enjoyed a variety of activities, including some fun water games to cool off, a spirited game of beach volleyball, and of course, a delicious BBQ lunch. The day wouldn't have been complete without some sweet Aussie treats to finish it off — lamingtons and pavlova were the perfect way to wrap up the day!

It was wonderful to see everyone come together to celebrate, and we're looking forward to many more events like this as the year progresses. Thank you to all who participated and stay tuned for more upcoming activities and outings!



RiverSea Mosman Park

In January, residents enjoyed a fun armchair travel experience to Hawaii, where they were transported to the islands from the comfort of their own space. There were also flower arranging sessions, giving everyone the chance to get creative with beautiful blooms. Plus, our regular bus trips provided a great opportunity for residents to explore and enjoy the sights together.

It was a month full of engaging activities, and we're looking forward to more exciting experiences ahead!



Waterfront Cottlesloe

On January 23rd, Waterfront residents came together to celebrate Australia Day with a lively retro-themed pool party. The sunny afternoon was filled with fun and laughter, as the pool became the centre of the action with exciting rounds of pool volleyball that showcased both teamwork and friendly competition.

Guests also enjoyed outdoor games like bocce and totem tennis — a perfect way to soak in the spirit of an Aussie summer. One of the day's highlights was the impressive performance by the Super G's, Waterfront's very own water aerobics group, who put on a synchronized routine that was a crowd-pleaser.

No Australia Day celebration would be complete without a classic BBQ, and residents enjoyed a delicious spread of sausages, fresh salads, and Pavlova, all topped off with Drumstick ice creams for dessert.

A big thank you to everyone who took part, especially the Super G's for their fantastic performance, and to the volunteers who helped make the BBQ a success.



Team Recognition

Tenzin Tobchen, Carer

Marine Views Cottlesloe

We would like to thank Tenzin for being a great support to your colleagues, nothing is too much trouble and he is gracious and kind in his exchanges with everyone.

Sonam Dolkar, Carer

RiverSea Mosman Park

Sonam takes into consideration the changing needs of our residents and responds appropriately. Sonam takes ownership of the residents care journey and her documentation is clear and concise. Thank you Sonam for all of your hard work.

Staff Milestones

5 years

Mark Foster

In-Home Maintenance

20 years

Sue Patterson

Roster Coordinator

What's on this month!

Marine Views Cottesloe

Wednesday 5th February @ 2.15pm, Concert with Darryn on guitar
Thursday 6th February @ 10.30am, Visit from Toti the Shetland Pony
Tuesday 11th February @ noon, Chinese New Year Long Table Lunch
Wednesday 12th February @ 10am, Intergenerational Playgroup
Tuesday 18th February @ 2pm, Movement and Dance with Swaroopa
Thursday 27th February @ 2pm, Happy Hour with Sasha

Resident and Representative Meeting, Thursday 13th February @ 10.15am, Pavilion

New Resident and Family Orientation including back of house tour, Thursday 13th February @ 1.30pm

RiverSea Mosman Park

Tuesday 4th February @ 1.30pm, Fragments 3-piece Band Concert
Friday 7th February @ 10.30am, Piano Concert with Peter
Friday 7th February @ 1.30pm, Cinema Event in the Lounge
Friday 14th February @ 1.30pm, Valentines Day Happy Hour
Thursday 20th February @ 10.30am, Movement and Dance with Swaroopa

Shine Community Care

Tuesday 4th February, Bus tour WA Museum for the global debut of 'Empress Josephine's Garden' - This is a large screen digital experience showcasing the story of Empress Joséphine Bonaparte's garden in Paris, which was filled with flora and fauna from around the globe, including black swans, kangaroos, emus and hundreds of exotic plants from Western Australia!

Tuesday 11th February, Monthly luncheon to celebrate Chinese New Year

Social Club Clients will be busy being immersed in a range of culturally diverse art projects and activities as we celebrating Waitangi Day (NZ), Valentines Day and Chinese NY in the Social Centre this month!

Waterfront Cottesloe

Waterfront Cottesloe Residents Only

5th & 19th Flower arranging workshop
Friday 14th February, Valentines Day sundowner
Friday 21st February, Atlas travel talk
Wednesday 26th February, Buffett resident brunch

The Heritage Collective Upcoming Events

February 7th @ 10am, First Friday Makers Club
February 10th @ 1.30pm, Art Class with John Cullinane
February 12th @ 10am, Kesta Dress Sew-along with Alice Cliff
February 28th @ 2pm, The Seaside Unveiled: A Journey Through Holiday History

If you're interested to know what's coming up at The Heritage Collective, head over to the Events webpage to find out more: <https://heritagecollective.com.au/upcoming-events>