

*Welcome to the September edition of;
“ On the Grapevine”*

*The Myrtleford Lodge Residents
& Representatives Monthly Newsletter*

*Welcome Spring
“No matter how long the
winter,
Spring is
Sure to follow”*

UPDATED LEGISLATION

This month I thought I would provide you with an update on new updates with regards to **Restrictive Practices in Residential Aged Care**.

From 1 July 2021, approved providers have updated and specific responsibilities under the *Aged Care Act 1997* and the *Quality-of-Care Principles 2014* relating to the use of any restrictive practice in residential aged care.

From 1 September 2021, providers are required under the Quality-of-Care Principles to have a behaviour support plan in place for every consumer who exhibits behaviours of concern or changed behaviours, or who has restrictive practices considered, applied or used as part of their care.

Restrictive practices:

Chemical restraint – is the practice of intervention that is, or involves the use of medication or a chemical substance for the primary purpose of influencing a consumer's behaviour, but does not include the use of medications for a diagnosed mental disorder, a physical illness, a physical condition or end of life care needs.

Environment restraint – is the practice or intervention that restricts, or that involves restricting a consumer's free access to all parts of the consumer's environment including items and activities, for the primary purpose of influencing a consumer's behaviour.

Mechanical restraint – is the practice or intervention that is the use of a device to prevent, restrict or subdue a consumer's movement for the primary purpose of influencing the consumer's behaviour.'

Physical restraint – is the practice or intervention that is or involve the use of physical force to prevent, restrict or subdue movement of a consumer's body or art of a consumer's body for the primary purpose of influencing the consumers behaviour. It does not include the use of hands on techniques in a reflexive way to guide or redirect the consumer away from potential harm or injury.

Seclusion – is the practice or intervention that is or that involves the solitary confinement of a consumer in a room or a physical space for the primary purpose of influencing a consumer's behaviour.

Restrictive practice is used only as a last resort to prevent harm to the care recipient or other persons. Consideration of the likely impact of the use of the restrictive practice on the care recipient must form part of the assessment.

Alternative strategies must be trialled and clearly demonstrated and to be used for the shortest times and least restrictive strategy in place.

A comprehensive assessment has been undertaken for any resident that has restrictive practices in place to identify that there is a risk of harm to either the consumer or another person, and that the use of a restrictive practice is necessary.

Informed consent to the use of the restrictive practice is to be given by the consumer or substitute decision maker for consumer's that lack the capacity to give that consent.

The necessity and effectiveness of the use of restrictive practice is considered on an ongoing basis and ceased or altered if the practice is no longer required or ineffective.

An individual support plan is established for residents that have restrictive practices in place with documented strategies trialled and their effectiveness for all care staff to access and implement on a regular basis.

Restrictive practices must only be used as a last resort and in the least restrictive form.

Bentley Wood has clear guidelines on the use of restrictive practices and has provided training to staff to ensure compliance with the legislation.

If you would like to discuss further restrictive practices and behaviour support plans, please do not hesitate to contact Marita, Amanda or the Registered Nurses.

Marita Seamer

Director of Nursing

www.agedcarequalityandsafetycommission. Regulatory bulletin – regulation of restrictive practices and the role of the Senior practitioner, Restrictive Practices 2021.

Activities at Myrtleford Lodge

Jill Weight,
Shirley
Mitchell

and Jennifer
Seewitz

enjoying some
ladies time
preparing
fresh

apple pies for

dessert. They were delicious, and enjoyed by all the residents at Myrtleford Lodge. Locally grown apples from Stanley were purchased to make the pies, and they were served hot with freshly whipped cream, cream, ice-cream or custard.



Activities at Myrtleford Lodge

Arthur and Laurel celebrated their 67th Wedding Anniversary recently at Myrtleford Lodge. Many years of happiness, with many more to come.



Fresh fruit

Residents are reminded that fresh seasonal fruit is always available from the main Kitchen, please ask one of the staff for assistance.



Activities at Myrtleford Lodge

Residents have thoroughly enjoyed watching the recent Tokyo Olympic games with that enthusiasm transferred to participation numbers being extremely high to enjoy the Olympic challenges held at Myrtleford Lodge.

Our medallists from the bowls competition are pictured below; Pat Wait and Sheila Kennedy shared the bronze medal, as such they were awarded half each, I'm not sure this occurred in



Tokyo though, perhaps the Olympic commission may take a further look into this idea as the medallists were certainly happy.



Activities at Myrtleford Lodge

Kath Evans is pictured sending down her first bowl in the bowls challenge and pictured below are the participants in the Balloon kite challenge.



With the closing ceremony completed and the athletes returning to home countries we will again look forward to watching our Australian athletes take on the world in the Paralympics that have just commenced.



Activities at Myrtleford Lodge

The winter sunshine and the chance to go on one of the bus drives brings us all outdoors. Pictured patiently waiting for the bus is Judith Johnson, Kath Evans, Pat Wait and Shirley Mitchell.



Pictured below is Vera Traini, Irma Peruzzo, Silvia Cabai and Denis Garoni who also enjoyed an outing to Bright, stopping along the way to enjoy an ice-cream.

Bus drives are listed on the monthly calendar and weather permitting additional bus outings are added to the daily calendar where possible to make the most of the sunshine.

Diversional Therapy staff endeavour to ensure that all residents have the opportunity to enjoy one of the outings





Special Events Calendar

1st September ~ First Day of spring.

1st September ~ Country Drive

5th September ~ Fathers Day

We wish all of our fathers and Grandfathers, Happy Fathers Day, we hope that you all enjoy this very special day that we can celebrate and thank you for all of your care, guidance, support and love that you have brought to our lives.

6th September ~ Discussion group

7th September ~ Market Day

8th September ~ Birthday Breakfast

8th September ~ Country Drive

14th September ~ Resident Meeting

21st September ~ Cooking Dutch Pancakes

22nd September ~ Country Drive

27th September ~ Carpet Bowls

29th September ~ Country Drive

30th September ~ Pampering afternoon

All Residents are welcome to attend the activities, further activities are listed on the whiteboards daily, If you have any ideas for further activities please come along to the next Resident meeting .



September Birthdays

Ingrid Lein ~ 7th September

Audrey Busst ~ 10th September

John Byrne ~ 16th September

Beryl Morgan ~ 24th September

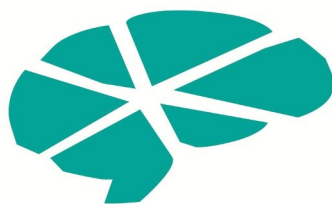
Eva Meier ~ 30th September

Myrtleford Lodge Residents and Staff wish you all a very Happy Birthday, we hope that you enjoy your special day.

Pictured is Angela Squires who celebrated her 82nd Birthday. Angela enjoyed a special sponge cake and received some beautiful flowers from her family



Pictured is Mary Farquharson who celebrated her 85th Birthday, Mary enjoyed an afternoon tea in her honour sharing her Birthday cake with everyone.



**dementia
australia™**

The new voice of Alzheimer's Australia

Dementia Action Week
20 – 26 September 2021

Dementia affects close to half a million Australians. That number is set to double in the next 25 years.

Many Australians will start experiencing the impact of dementia amongst their own family and friends in the coming years.

With so many people impacted now and into the future, it is vital we clear up some of the prevailing misconceptions about dementia. People living with dementia can continue to live active and rich lives many years after diagnosis.

It is our role as a community to do the best we can to support people living with dementia to live well for as long as possible.

The concept for Dementia Action Week 2020 was developed in consultation with [Dementia Advocates](#), who have a lived experience of dementia.

Dementia Australia's 'A little support makes a lot of difference' campaign, launched during Dementia Action Week 2020, was the result of engagement with Advocates which indicated a prevailing attitude that people living with dementia are old, frail and living in care.

These misconceptions lead to judgements by the community about the capacity of a person living with dementia and condescending behaviours. Such beliefs can lead to significant discrimination against people living with dementia.

Let's talk
about
dementia

The 'A little support makes a lot of difference' campaign demonstrates that many people living with dementia can continue to live well for many years after their diagnosis. Many continue to make significant contributions to our community, they engage, make their own choices and live rich and active lives.

Visit the ['A little support makes a lot of difference' campaign website](#) for practical tips and tools to support people impacted by dementia.

Covid Immunisation Update:

92.5 % residents have received their 1st Covid vaccination

96% staff have had their 1st Covid vaccination—All staff by 17th September will have to have received a 1st dose to continue working at Myrtleford Lodge.

Staying hydrated; With the onset of spring and the expected warmer weather we remind our Residents of the importance of drinking water and being mindful of their fluid intake.

Sun smart: A further little reminder that it's time to be sun smart and apply sunscreen and a hat when going outdoors to sit in the sun.



Could we also ask our families to provide Residents with a hat to wear whilst enjoying the many scheduled outdoor activities.

In loving memory of;

Wendy Cant

15/09/1942 ~ 14/08/2021

Residents and staff extend sincere condolences to Wendy's family and friends at this sad time, we remember Wendy with much love.

May she rest in eternal peace

Suggestions, Complaints, Improvement forms:

Residents /Resident Representatives are reminded that as part of our Continuous Improvement we welcome your thoughts and feedback.

Improvement forms are available from the front entrance area, please ask Administration Staff for any assistance that you may need.

Medicare, Pension and DVA Cards:

Residents that receive new Medicare, Pension or DVA Cards are asked to please allow Administration Staff to take a copy so that your details remain current and up to date at all times, these details are especially important to our Allied Health Professionals and in emergency situations.

Newsletters and Calendars of events:

Newsletters and Calendars of daily events are distributed throughout the facility, however if you would like to receive the Newsletter by email, please advise Administration Staff of your email address or alternatively send an email to;

admin@myrtlefordlodge.com.au

and we will happily add you to our contacts list, alternatively the Newsletter can be viewed on our Website;

www.bentleywoodpl.com.au



Bentley Wood Aged Care acknowledges the Traditional Custodians of the land and pays respect to Elders both past and present.



Bentley Wood Aged Care acknowledges and respects the diversity of our community and our consumers.



What is a Dad?

A Dad is a person
Who is loving and kind,
And often he knows
What you have on your mind.
He's someone who listens,
suggests, and defends
A dad can be one
of your very best friends;
He's proud of your triumphs,
but when things go wrong,
A dad can be patient
and helpful and strong.

In all that you do,
a dad's love plays a part
There's always a place for him
deep in your heart

And each year that passes,
you're even more glad,
More grateful and proud
just to call him your dad!

Thank you Dad...
for listening and caring,
for giving and sharing,
but, especially, for just being you.

Author Unknown