

WHAT'S THE POINT

OCTOBER 2017

Welcome to the October Edition of;
“What’s the Point”

The Woods Point Aged Care
Residents/Representatives Monthly
Newsletter



Residents meeting summary:

Minutes of the September meeting:

: **Foxtel for sports channels.** Suggestion that resident's all contribute for cost/ or request from board of management. Decided by residents – not required

Meals

- Will be changing menu items for spring. If you have any ideas please write down and give to Lauren or Marita.
- Hash browns and fish cakes instead of fish fingers.
- Scrambled eggs on Sunday nights : Sometimes served late. Lauren will investigate to determine why this is occurring and rectify.

Environmental services staff : Would like to acknowledge the efforts of all cleaning staff. The facility looks fantastic and always clean and we see the staff working hard to ensure it is well maintained

Thank you to all staff during gastro outbreak : Thank you to all staff for their efforts during the recent gastro outbreak .Reminder – infection control standards for all staff and residents. Use hand hygiene, alcohol gel and if you are unwell, please stay in your room and advise staff.

Flowers: Please do not cut any flowers- they are for the enjoyment of all residents, staff and visitors

Thank you Joe: assisting in any way he can. Thank you to all the residents that assist with the wide variety of jobs you do. It is most appreciated by all.

Troppo magic performance :performs a one hour comedy magical performance. Booked for October—see notice board for details

Exercises with Harshill: Residents reported how fantastic these exercises are and the benefits to all

Next resident/representative meeting will be held in the main lounge on Thursday 5th October @10.45

Bed poles in Aged Care

This month I thought I would revisit the use of bed poles which is always a contentious issue based on resident choice and safety.

Aged Care Standards and Accreditation Agency reports the recommendation comes following an inquest into the death of a resident who died after becoming entrapped on a double bed pole following a fall from her bed.

The NSW Coroner has recommended aged care facilities to not use bed poles due to “unacceptable risk”. The South Australian Coroner’s court released its findings following an inquest into the death of a resident at an aged care home. The resident had fallen from his bed causing his neck to become trapped. The cause of death was asphyxiation due to neck entrapment between a vertical double bed pole and the side of the mattress.

The Deputy Coroner’s preliminary findings about the use of bed poles in aged care homes stated:

‘That in certain circumstances there is an element of risk involved in their use. In particular, and without intending to limit the circumstances in which a bed pole may place a user at risk, the evidence before me demonstrates that bed poles should not be used in circumstances where there is a gap between the bed pole vertical component and the mattress, or potential gap if the device or the mattress moves, and/or where the intended user has a history of recurrent falls from bed, has a cognitive impairment, with or without limited mobility or where the intended user’s faculties are compromised by medication. Any person or organisation that utilises bed poles must ensure the use of the bed pole is risk assessed in each application.’

As a result of these findings Woods Point has ensured their policy is in place to protect residents and the facility:

All bed poles will be removed from the resident’s bed until the following is completed:

A comprehensive risk assessment completed for each resident requesting a bed pole. This risk assessment will be completed the physiotherapist any myself in consultation the resident/representative.

The areas that will be considered as part of the risk assessment are:

- Informed consent
- Single bed pole use only.
- Any gap between mattress and bed pole eliminated
- Cognitive status assessment – the device should not be used by persons who have cognitive impairment.
- Physiotherapy assessment
- Positioning of bed close to waist and not close to head /upper body; positioning of the stick under the mattress should ensure that the residents weight aids in stabilising the device
- Mobility assessment and
- Mattress height is suitable
- That the bed pole should not be utilised in respect of residents who have a history of falling.
- The gap created between the bed pole and the side of the bed must not exceed 100mm. It is difficult to ensure that the gap between them will remain within the recommended 100mm. A resident getting into or moving around in bed, or a change in bed linen can easily shift a mattress and staff are educated to assess on shift the accurate placing of a single bed pole.



Following this risk assessment a decision will be recommended to the resident and representative which is made in the best interest of resident safety, Department of Health and Ageing guidelines and Occupational Health and Safety Legislation.

If you have any concerns regarding the use of bed poles please do not hesitate to contact me.

Marita Seamer - Director of Nursing



**‘We love the flowers,
We love the hugs,
Please don’t bring us any bugs!’**

If you or a family member are unwell, or have been unwell in the last 48hrs, please delay visiting us.

Thank you.

Outings/Entertainment

Local Musicians:



Limousine:



North East limousine’s kindly offered their time to take a group of our lucky residents for afternoon tea in luxury.

This was appreciated by the residents that attended. What a treat!!

Outings/Entertainment

Residents enjoy their afternoon outings on the bus and usually end up at our local bakery for after tea, with assortments of cakes to choose from. Residents sit and chat whilst enjoying their cuppa and cake.

Mulwala Bakery:



Bundalong Cafe:



Crusty Loaf:



RSL Dementia Week Celebrations



This month the residents from Woods Point performed a concert, organised by Alzheimer Australia, to celebrate Dementia Week. It was held at the R.S.L. Club in Mulwala. We had 10 residents performing, and 6 residents also attending the concert for support. Our residents participated in a daily exercise group, which provides them with a healthy way to start the day and they all

enjoy the fun together. These exercises are implemented by our Physiotherapist – Harshill.



A great morning was had by residents and staff that attended the concert. The spectators enjoyed the efforts the residents went to. Thank you



Spring Dance

Spring is a special time of year when nature opens up her glory. Trees have the white tips of blossom and the birds can be heard. Woods Point held their annual spring dance with plenty of dancing music, the kitchen cooked up finger food for nibbles. Staff enjoyed dancing with the residents all night.

What a joy to see the enjoyment to both residents, representatives and staff. The fallout/wheel chair moves were brilliant!!





Spring Raffle winners

Winners for the spring dance raffle were:

- | | |
|-----------------------|----------------|
| 1 st prize | Doreen Pallott |
| 2 nd prize | Don O'Rafferty |
| 3 rd prize | Eileen Currie. |

Congratulations to all the winners and enjoy your hampers.



Management and staff would like to express their sympathies to the Representatives on the passing of:

- *John Quinn*
- *Shirley Edwards*
- *Margaret Francis*
- *Doris Bell*
- *Nancy Wheeler*
- *Bob Nevin*

May they Rest in Peace.



OCTOBER BIRTHDAYS:

3rd October - Albert Reeves

9th October - Bev Orr

10th October - Ross Stone , Doris Carter

11th October - Bruce Overell

13th October - Wilbur Clough

19th October - Colin Yeoman

22nd October - Joe Tierney

27th October - Joan Cussen



Reminder Dental Visits

Woods Point has been able to secure the services of a visiting dental van for residents to have dental checkups on site. Residents wishing to book an appointment, please see reception. Payment of \$75 is to be made on the day directly to the dental services and can be paid by cash or cheque.

Date: 23rd, 24th and 25th October 2017.

The Dentist requires a completed consent and medical history before you can be put on the list.

Residents and/or their NOK/POA are responsible for completing the form. Please hand the form to Reception when making your appointment.



This month we focus on Expected Outcome:

3.6 Privacy, Confidentiality and Dignity

The expected outcome of 3.6 is that each resident's privacy, dignity and confidentiality is recognized and respected.

Privacy refers to a personal right to keep others from gathering or using information about you in unpermitted ways. It may include confidential information, but more generally includes the right to be "left alone".

Confidentiality refers to the act of keeping documents or objects safely tucked from the hands and eyes of those who are not meant to see or hear them.


Therefore in summary privacy relates to security of information whilst confidentiality refers to only sharing information with others on a need to know basis.

Woods Point ensures that each resident's right to privacy, dignity and confidentiality is respected. This is achieved by the following:

Privacy policies and procedures in place to ensure compliance with the Privacy Act.

- All residents have their own room that is lockable and residents may carry a personal key.
- All rooms contain lockable drawers.
- Personal presentation, hygiene, continence management routines and mealtime assistance are managed to preserve the dignity of the resident at all times.
- Staff knocks and request permission before entering a resident's room.



- Staff ensures that all personal care is conducted with respect to the resident's privacy and dignity.
- Staff ensure that any discussions of a confidential nature are held in a private area
- All residents' documentation is securely stored and confidential documentation that is no longer required is disposed of according to policy and security.
- Archived documents are securely  stored in a dedicated, locked archive room.
- Electronic documentation is password protected with restricted levels of access and there is an automatic back-up process
- Small lounge areas and external courtyards are available for small groups.
- Consent for the use and display of personal information and photographs
- The residents' information booklet, staff handbook, volunteers handbook and suppliers handbook includes expectations related to ensuring residents' privacy, confidentiality and dignity.
- Signed service agreements with external providers include a privacy and confidentiality clause.

As per the charter of rights each care recipient has the following rights:

- a) to be treated with dignity and respect, and to live without exploitation, abuse or neglect;
- a) to personal privacy.

Effectiveness is evaluated through resident surveys, observation of practice, resident meetings, audits, complaints and discussions.

If you have any concerns that your personal information is not protected or you are not being treated with respect, please speak to Marita or Sam, as it is essential these concerns are actioned promptly.

Marita Seamer

Director of Nursing

Outings/Entertainment

Rich Glen:

Rich Glen located on the Murray Valley Highway 8km from Yarrawonga, Woods Point residents were treated to afternoon tea of homemade punch cappuccino, slices, and home-made cakes.



The afternoon was pleasantly enjoyed by sitting outside in the 100 year old veranda taking the view in and relaxing with each other.



Sadie Michael Fashions

visiting

Woods Point Village

on

Friday 27th October, 2017

Time: 10.00am

20% off most items

Catering for all women's fashions – Sizes 10 - 24

Cash, Cheque, Visa or Mastercard accepted

SADIE MICHAEL FASHIONS

192 Hoskins St Temora N.S.W. 2666

Phone & Fax 02 6977 1869

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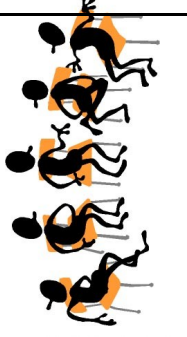

Staff survey

Staff survey 96% satisfaction. Great results!. High satisfaction rates indicate that the majority of staff enjoy their jobs and feel great reward for the care and service they provide, feel valued and respected, feel supported, feel part of a team, participate in making the workplace and working relationships better, work hard to resolve issues, understand that it is everyone's responsibility to improve, and understand they are part of making the lives of residents as happy, healthy and contented as possible.

The results are a reflection of the majority of staff focusing on high standards of Resident care and service, respect and professionalism, and team work.

Great results and Well done!

Goulburn & Ovens October 2017

MON	TUES	WED	THUR	FRI	SAT	SUN
<p>9.30-Exercise. 10.30-Bobs. 1.30-Letter Game. 2.00- Anglican Church, 3.00-Quiz.</p>	<p>31 9.30-Exercise. 10.00-Catholic Church 10.30-Carpet Bowls. 1.30-Trivia. 2.00-BINGO</p>	 <p>4 9.30-Exercise. 10.30-Troppo Bobs Magic Show. 11.30-Bobs. 1.30-Reminiscing. 2.30-Trivia.</p>	 <p>5 9.30-Exercise. 10.30-Res/Rep Meeting. 11.00-Bobs. 1.30-Test your memory 3.00-Quiz.</p>	 <p>6 9.30-Exercise. 9.45-Mens Shed. 11.15-Word Challenge 1.45-Kiosk/Quiz. 3.00-Happy Hour</p>	<p>ACTIVITY STAFF IN WING 5</p>	<p>ACTIVITY STAFF IN WING 5</p>
<p>2 9.30-Exercise. 10.30-Bobs. 1.30-Do you Remember 2.00-Anglican Church. 3.00-Big Quiz</p>	<p>3 9.30-Exercise. 10.00-Catholic Mass. 10.30-Carpet Bowls 1.30-Who am I. 2.00 BINGO.</p>	<p>4 9.30-Exercise. 10.30-Troppo Bobs Magic Show. 11.30-Bobs. 1.30-Reminiscing. 2.30-Trivia.</p>	<p>5 9.30-Exercise. 10.30-Res/Rep Meeting. 11.00-Bobs. 1.30-Test your memory 3.00-Quiz.</p>	<p>6 9.30-Exercise. 9.45-Mens Shed. 11.15-Word Challenge 1.45-Kiosk/Quiz. 3.00-Happy Hour</p>	<p>7 ACTIVITY STAFF IN WING 5</p>	<p>8 ACTIVITY STAFF IN WING 5</p>
<p>9 9.30-Exercise. 10.00-Catholic Church. 10.30-Carpet Bowls 1.30-Trivia 2.00-BINGO</p>	<p>10 9.30-Exercise. 10.00-Catholic Church. 10.30-Carpet Bowls 1.30-Trivia 2.00-BINGO</p>	<p>11 9.30-Exercise. 10.30-Bobs. 1.45-Trivia Quiz. 3.00 MONTHLY BIRTHDAY</p>	<p>12 2.00-Strawberry Farm. 3.30-Target Master</p>	<p>13 1.30-Kiosk/Quiz. 2.15-Meet the Kids. 3.00-Happy Hour FRANK/JENNY SINGALONG.</p>	<p>14 ACTIVITY STAFF IN WING 5</p>	<p>15 ACTIVITY STAFF IN WING 5</p>
<p>16 1.30-Bobs. 2.00-Anglican Church 3.00-Target Master</p>	<p>17 9.30-Exercise. 10.00-Catholic Church 10.30-Carpet Bowls. 1.30-Who Sang What. 2.00-BINGO</p>	<p>18 1.30-Bobs. 3.30 Quiz.</p>	<p>19 9.30-Exercise. 10.30-Bobs. 1.45-Lake Walks. 11.00-Uniting Church 3.30-Memory Card</p>	<p>20 9.30-Exercise. 9.45-Mens Shed. 11.15-Word Challenge. 1.45-Kiosk/Quiz. 2.15- Meet the Kids. 3.00-Happy Hour.</p>	<p>21 ACTIVITY STAFF IN WING 5</p>	<p>22 ACTIVITY STAFF IN WING 5</p>
<p>23 9.30-Exercise. 10.30-Stories. 1.30-Reminiscing. 2.00-Anglican Church 3.00-Target Master</p>	<p>24 9.30-Exercise. 10.00-Country Buddies. 10.00-Catholic Church. 10.30-Carpet Bowls. 1.30-Trivia 2.00-BINGO</p>	<p>25 9.30-Exercise. 10.30-The Golfers 12.30-Fish/Chips On the lake 2.00-Board game Afternoon.</p>	<p>26 9.30-Exercise. 10.00-Bus to Belmore 10.45-Scrabble. 12.00-Bus from Belmore 1.45-Scenic Drive. 3.00-Story.</p>	<p>27 9.30-Exercise. 9.45-Mens Shed 10.30-Fashion Show. 3.00-Happy Hour. FRANK/JENNY SINGALONG</p>	<p>28 ACTIVITY STAFF IN WING 5</p>	<p>29 ACTIVITY STAFF IN WING 5</p>