

WHAT'S THE POINT

NOVEMBER 2019



Welcome to the November
Edition of;
“What’s the Point”
The Woods Point Aged Care
Residents/Representatives
Monthly Newsletter

Resident & Representative

Meeting Minutes

October 2019



Menu/Food ~

New summer menu being established – for any suggestions, ideas please let kitchen staff know



Volunteer survey

100% satisfaction.

Thank you to our volunteers who add so much to the day for Residents. Residents and staff are also highly satisfied with volunteers, and we are very lucky to be the recipients of your time and energy.



Resident valuables/cash missing reports

Encourage access the safe at reception which is secure and double sign in and out. Please do not have cash in your room as the temptation is there and difficult to track if taken.



Message sent to care staff and will be raised at staff meeting.

Melbourne Cup Sweep Available to all residents and staff. If you would like to participate – see activity staff. Details are displayed around facility

Inappropriate comments made about staff

We understand residents have needs, however staff are not to be included in personal individual needs.

If there is an issue with a staff member, please see Marita or Sam and this will be dealt with appropriately.



Next Meeting 7th November at 10:30

November Birthdays

Lyn Rainsford 1st

Joan Condick 4th

Joyce Bavage 5th

Patricia Foster 9th

Edith McPherson 12th

John Ryder 12th

Christine Lawford 14th

John Eardley 16th

Noreen Lowie 17th

Noreen Dodds 21st

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

Desmond Nunan

Audrey Parish

Heather Smith

Patricia Rowe

Barry Hanley

May they Rest in Peace

Gone But Not Forgotten, Forever In Our Hearts

Maximise your vision and improve your quality of life

Do you miss some of the activities you used to enjoy, but can't do now because of vision loss?

- Read your mail, books and newspapers
- Check your phone bill or bank statement
- Hobbies such as needlework, collecting or genealogy
- Read prices and labels when out and about
- Crosswords and puzzles
- Use a computer

Yes it's possible for people with vision loss to maintain independence.

Let us assess your needs and lifestyle and help you get started. We can do this in your home or in our showrooms.

Disclaimer: We recommend that you maintain a good relationship with your eye-care specialist, such as your Ophthalmologist and Optometrist. Quantum works collaboratively with eye-care specialists, but does not provide medical advice.

Why is advance care planning important?

Whatever our age may be, we all have values and preferences related to health and personal care. It's important to think about these value and preferences, discuss them and write them down in Advance Care Directive so that your preferences are understood and respected if you were in a situation where you were unable to communicate them yourself.

Advance care planning is particularly important for people who are older and are frail, or people who have a chronic illness, multiple diseases, an early cognitive impairment, or are approaching their end of life.

Advance care planning involves:

- appointing a substitute decision-maker
- Completing an Advance Care Directive.

How do I get Started?

Advance care planning doesn't need to be complicated, but it's important to be open, ready and be heard. It's about starting sometimes difficult conversations with families and close friends.

Be ready to engage others

Speak to your family

Speak to your family and other close to you about your views and preference for your medical care.

A close or loving relationship does not always mean someone knows or understands your preferences.

The more people understands your views and preferences, the easier it is for them to help guide your medical treatment.

The prompts from the “Be open” section should help you decide the information to share with your family and substitute decision-maker.

Speak to your Doctor

Your doctor should provide you with information and advice regarding your current health situation and what may happen in the future.

Select a substitute decision-maker

Your substitute decision-maker will be asked to make medical treatment decision on your behalf if you are not able to do so.

They should be somebody:

- you trust
- Who is over 18
- Who will listen carefully to your values and preferences for future care.
- Who will be comfortable making decisions in difficult situations.

When choosing your substitute decision-maker, you should ask yourself the question: ‘**Am I confident this person will make decisions based on what I would want?**’

Be Heard and Make your Preferences Know

To ensure your preferences are followed, you should write them down in an Advance Care Directive (instructional and /or verbal).

We recommend you discuss your document with your doctor/nursing staff. You do not require a lawyer to complete it.

Forms are available to guide the content of your Advance Care Directive.

It does not have to be written on one of these forms.

Your Advance Care Directive should contain information about your values and preferences. As all future circumstances cannot be predicted, this information will help your substitute decision-maker to decide on what you would want. You should also include name and contact details of your substitute decision-maker

Once it is written, it should be signed and dated by you. Your substitute decision-maker and a clinician (for example, your doctor) may also sign it.

Your Advance Care Directive cannot be followed if people do not have access to it. All emergency services will need to know your preferences and require access to your plan.

Copies of your Advance Care Directive and the form nominating your substitute decision-maker should be given to :

- *your family
- *Your substitute decision-maker
- *Woods Point Aged Care
- *Anyone else who you feel is appropriate.

Changing your Advance Care Plan

You can change your Advance Care Directive at any time. See 'Advance care planning and the law' factsheet for further details regarding revoking documents. Copies of your reviewed plan are distributed to all those listed above. The most recent version available is on the one that will be followed.

Review your Advance Care Directive:

- *When your preferences change
 - *If your substitute decision-maker changes
 - *When your medical condition changes.
-

Remembrance Day Service for Woods Point

8th November 2019

Yarrawonga - Mulwala RSL Sub-Branch

2018 Woods Point Service

Assemble approximately **13.45pm**

Introduction by sub-branch President

Address by guest speaker

2pm Last Post

Minute Silence

Reveille

ODE to the fallen "They Shall Grow not Old"

Lest We Forget

Laying of the wreaths.

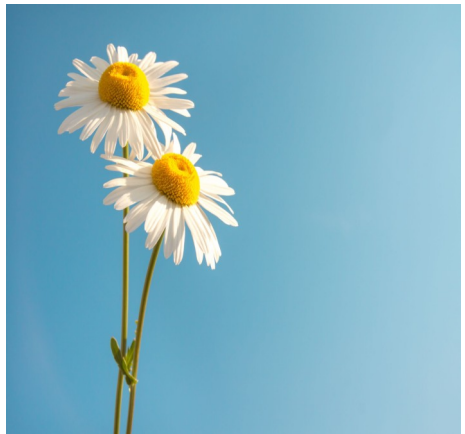
National Anthem

Thank you and close by Sub-Branch President

Residents enjoying the Sunshine!



Lorraine, Margaret, Joan, Shirley
and Barry taking a well earned rest
out in the fresh air!





Birthday afternoon tea
enjoyed by all.



Pets visiting Woods Point



Bill Curtis with staff member Kayla Damore enjoying the cute pets.

Pictured are Ron Duncan, Eve McPherson and Dolly Cassidy with the friendly pets.



Ernie's Surprise Visitor



Someone

(possibly Marg Westgarth?) set up this effigy in Ernie Ives' bedroom. Ernie was in fits of laughter when he saw it



Woods Point Christmas Party

Thursday 5th December

Wing 5

11.30am Country Buddy's preschool visit

12.30pm Christmas Luncheon

All other areas:

4.30pm Ray McCartney—entertainment

5.30pm—finger food

This month we will discuss resident/consumer choice and dignity of risk as well as consumer directed care.

The below is Bentley Wood's policy with regards to consumer directed care.

Consumers' right to make their own choices about their care and services is encouraged and supported, including their right to take risks.

Decision-making includes when and who consumers would like to be involved in their care, making connections with others and maintaining relationships with, including intimate relationships.

Staff work in partnership with each consumer and involve others that they choose to support them in their decisions.

Consumers are provided information in a way that supports them to understand their options and to make an informed decision.

Decision-making capacity means that a consumer has the ability to:

- Understand the information about the decision and its consequences
 - Use the information to weigh up options
 - Retain the information long enough to make a decision and be able to;
- Communicate their decision



It is recognised that consumers may have differing levels of decision-making ability, requiring differing approaches depending on the consumer's capacity, the type and complexity of the decision/s to be made.

Approaches may include:

- Making decisions independently based on the information provided
- Supported decision-making with a trusted person who knows their wishes and supports them through the decision-making process

- Decision-making on their behalf by a legal decision-maker. This approach should be a last resort and should take a “substituted judgement” approach considering what decision the consumer would have made, rather than a “best interests” approach.

The abilities and support each consumer requires for decision-making is assessed and documented in the residents file.

Supported decision-making is the process taken to enable a consumer who requires support to make and or communicate their own decisions about their life.

A balanced approach is taken to manage risk. This involves respecting a consumer’s right to take personal risk whilst providing for the health and safety of the workforce and others in the service environment.

An assessment of the associated risk and an agreed plan to manage the risk rather than avoiding it is documented on a Risk Assessment. A summary is documented in the progress notes and the care plan is updated as relevant.

Consumers’ right to refuse treatment is respected, this includes refusal of procedures and medications.

Staff communicates respectfully with consumers and provide care and services in a way that respects consumer’s individuality.



A strength-based approach is taken when providing care and services. This approach recognises each consumer’s strengths and capabilities and empowers them to be as independent as they can be and supports them to live the life they choose including social and intimate relationships.

Ways staff can provide dignity and respect to consumers include but are not limited to the following examples:

- Referring to consumers by their preferred name

- Communicating in a way that is encouraging and supportive

- By recognising their strengths and empowering them to be independent and to make choice about matters that affect them

- Showing respect to their visitors

- By dressing consumers for room temperature or their individual comfort

- Dressing consumers in clothing that is clean and tidy

- Ensuring consumers look well-groomed related to hair, facial shave and or makeup as preferred.

Staff must at all times ensure they respect each consumer's personal privacy.

Ways staff provide personal privacy for consumers include but are not limited to the following examples:

- Knocking prior to entering rooms and respecting "Do not Disturb" signs

- Using privacy screens and or closing doors when providing care including providing assistance

- By providing adequate personal space in the sitting rooms and dining area/s

Resident/Consumer of the day consultation are conducted monthly and this is a great opportunity for you as the consumer to discuss your care needs and any individual needs you have outside the day to day communications you have with staff. The monthly ROD is an evaluation of care over the past month and care needs moving forward. Please take this opportunity to discuss your care needs and choices you would like to make.

If you would like to discuss anything at any time, please speak to the staff at the time.

Marita Seamer

Director of Nursing

2019 MELBOURNE CUP SWEEP

Tuesday 5th November 2019

Prizes:

1st \$24.00

2nd \$16.00

3rd \$8.00



Every Entry Gets A Horse
(*Money Back If Horse Scratched*)



SWEEP TICKETS \$2-00 EACH

ON SALE NOW

from Activities Staff

MAXIMUM 2 ENTRIES PER PERSON



