

WOODS POINT NEWSLETTER

JUNE 2021





Resident & Representative Meeting Minutes May 2021

Menu/ Food:

Food residents would like added to menu

Special fried rice/Curry in chow mein – add noodles/cabbage and peas to chow mein/Chicken Caesar salad.

All agreed that when they did not like the options offered they always had other options that met their needs.

All agreed the feedback on the texture of soup raised previously has been resolved and soup now enjoyable.

All agreed the change to the fish to beer battered fillets is enjoyable.

Residents would like to be able to do some cooking – activity staff to include on the calendar.

Covid Update:

The first Covid vaccine was given to residents on the 13th May 2021 with the follow up Covid vaccine to be given on the 3rd June.

The flu vaccine will need to wait 2 weeks after final Covid Vaccine is given.



Resident and Representatives meeting is scheduled monthly. The meetings are held on the **first Thursday of the month at 10.30 in the main dining room.** Next meeting will be 3rd June 2021. All residents & representatives are invited to attend these meetings.

This month we will highlight the importance of Standard 8 – Organisational Governance

We acknowledge the negative press on aged care currently but are confident in the care and services we provide as an organisation. There are political agendas that are driving the unnecessary attention on aged care facilities as a whole. Whilst we understand there are improvements to be made in the industry, we will continue to strive for the delivery of a safe quality care and continue to obtain your feedback.

The consumer outcomes are:

To ensure consumers are confident the organisation is well run. I can partner in improving the delivery of care and services.

The organisations' governing body is accountable for the delivery of safe and quality care and services.

The organisation needs to demonstrate the following:

Consumers are engaged in the development, delivery and evaluation of care and services and are supported in that engagement.

The organisation's governing body promotes a culture of safe, inclusive and quality care and services and is accountable for their delivery.

Effective organisation wide governance systems relating to the following: (i) information management (ii) continuous improvement (iii) financial governance (iv) workforce governance, including the assignment of clear responsibilities and accountabilities (v) regulatory compliance (vi) feedback and complaints.

Effective risk management systems and practices, including but not limited to the following: (i) managing high-impact or high-prevalence risks associated with the care of consumers (ii) identifying and responding to abuse and neglect of consumers (iii) supporting consumers to live the best life they can (iv) managing and preventing incidents, including the use of an incident management system.

Where clinical care is provided – a clinical governance framework, including but not limited to the following: (i) antimicrobial stewardship (ii) minimising the use of restraint (iii) open disclosure

The intention of this Quality Standard is to hold the governing body of the organisation responsible for the organisation and the delivery of safe and quality care and services that meet the Standards. The governing body sets the strategic priorities for the organisation. It's expected to promote a culture of safety and quality, and to include this in the organisation's governance systems. The governing body is expected to drive and monitor improvements to make sure the organisation is committed to quality care and services and the best interests of consumers.



It's expected the organisation has governance systems in place to assess, monitor and drive improvement in the quality and safety of the care and services they provide.

Organisations are expected to plan for, and manage internal and external emergencies and disasters and have effective infection prevention and control procedures in place.

There are also particular requirements related to the following key areas:

- managing high-impact or high-prevalence risks in the care of consumers
- identifying and responding to abuse and neglect of consumers
- antimicrobial stewardship
- minimising the use of restraint
- practicing open disclosure.



Bentley Wood sources input from a wide range of consumers about their experience and the quality of the care and services they have received, through formal meetings, informal discussions and care plan reviews. We review and respond to the information we receive from consumers. This includes addressing, and working to fix, any issues consumers raise, and using the information to plan improvements and show that they have been made.

If you would like any further information on how we meet Standard 8 and demonstrate organisational governance do not hesitate to contact management to discuss.

www.agedcarequality.gov.au

Marita Seamer

Monthly Reminders

WOODS POINT HAPPY HOUR!

FRIDAY FROM 3PM

We host 'Happy Hour' in the main lounge every Friday at 3pm. We invite all to come and socialise, enjoy your beverage of choice and some music.



Hair Salon Appointments

Wednesday & Thursday appointments can be made directly with Kylie or by leaving your name at Reception

Happy Mother's Day to all
our wonderful Mother's at
Woods Point



M~ is the million things she gave me.
O~ means only that she's growing old.
T~ is for the tears she shed to save me.
H~ is for her heart of purest gold.
E~ is for her eyes, with love & light shining.
R~ means right, and right she'll always be.

Happy Mother's Day

June Birthday's



Eileen Keatley 1st

Norma Edis 4th

Robert Burke 8th

Joyce Duus 13th 101yrs young

Carmel Levett 13th

Brian Bennett 15th

Teresa Mitchell 15th

Camellia Blackley 19th

Mary Hann 19th

Shiela Abnett 23rd

Janet Drinnan 28th

Allan Hargraves 29th



The winner of the
Mother's Day Raffle was
Jo Fitton pictured here
with her brother Laurie



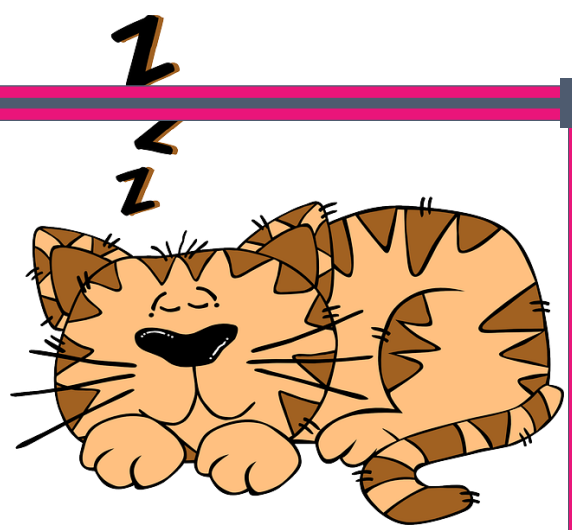


Brian looking very proud of his Jigsaw achievements.



Rita McDonald visiting her sister Mary for her 100th birthday





- As a result of the ageing process;

Older people sleep lighter and awaken more easily.

Stage IV of sleep is decreased or absent in some residents which means that they do not achieve a deep sleep which can cause depression, apathy or tiredness.

The frequency of naps increases and are healthy for residents.

- Other causes and contributing factors of sleep disturbances include;

Pain and or discomfort requiring re positioning

Stress, anxiety or fear

Inactivity during the day

Needing to void at night

Interruptions for instance, noise, turning

Respiratory conditions for example, coughing

Alzheimer's disease and Parkinson's disease which decreases relaxation achieved from deep sleep and increases total waking time.

· These include but are not limited to:

Staff ensuring noise levels are kept to a minimal particularly when residents are going to asleep

Afternoon naps and individual bedtime

Provision of supper to ensure resident is not hungry before bed.

Reduce night time lighting.

Reduced caffeine intake.

Music / TV / Radio on or off , allow resident to read

Closing doors.

Light on /off

Aromatherapy and hand massage

Encourage activities during the day for example; board and ball games, music and simple crafts 1-2 hours/day in 15-30 minute sessions.

Treatment of respiratory conditions

Only those residents identified at risk of pressure sores are turned over night. Pressure relieving strategies are used to reduce the need to turn residents at night.

Residents are not woken for personal hygiene prior to 7 am unless it is their preferred waking time or there is an assessed need.

Only use sedation when absolutely necessary and only those which disturb the normal sleep cycle the least for example, diazepam.

Staff provide checks overnight according to each resident's care plan.



Residents Pocket Money

Residents need pocket money to enable purchasing of items and attendance to appointments.

Pocket money is stored securely in the safe and 2 personnel sign in and out any transactions.

We require representatives to ensure there is adequate funds at all times in the residents petty cash. You can drop cash off at reception during business hours or contact reception to arrange for a direct transfer into an account for the resident to access these funds.

We want residents to have access to the services they enjoy and require your cooperation in ensuring the funds are made available. If you would like to discuss further please do not hesitate to contact reception to arrange a suitable arrangement. No longer can the facility offer loans to residents.

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

Brian Hooper

Carmel Nunn

Jim Marks

Peter Richmond

Marie Suckling



'MY BOARD'

Aged Care is all about getting to know the people you provide care and service to. Residents are more content and settled and have the opportunity for the best possible quality of life, when staff in an Aged Care facility know what to talk about, what makes people happy, sad or agitated, and how to calmly redirect if people become agitated.

We can find ways to create smiles and laughter, and still calmly provide the care and service they need.

Getting to know the people who live at Woods Point Aged Care:

- smiling and talking to them
- talking to families, NOK, friends
- making everyone feel welcome and safe
- finding information during admission process, assessments
- using the Life Story & Lifestyle information which has a great deal of useful information if Residents and families have chosen to provide it.
- Autumncare and clinical file is where to look
- passing on anything significant to other staff, and taking the opportunity to read what others have discovered

'Person-centred care' is a term used to describe the way people are treated as individuals, with individual life experiences and individual care needs. Everyone is a unique person who lives a unique life with unique needs.

Knowing a persons history, likes, dislikes, significant events, family, friends, pets, interests will allow them to feel safer, calmer, and more at home, especially if they have been diagnosed with dementia. When someone feels safe and comfortable with you – they are more likely to accept the care and service you provide and they need.

A great project to support this will be undertaken this year.

'MY BOARD' A picture frame with glass removed, that can be placed in Resident rooms, and can be taken off the wall and touched. It will contain 3 or 4 significant or engaging items, or memories that will immediately connect for the Resident. The backing will be favourite colour, or design, or something that connects for the Resident.

Residents already have family photos around their room so this board will be other things.

We can start in Wing 5, using the information already gathered from Life Story and Lifestyle assessments, and then ask families and friends for more information. There will be some families and friends who will get excited and become closely involved and provide lots of information. Some staff may also know a Resident very well and be able to help complete the board. We need as many staff as possible to be involved which will be of great benefit to Residents and to all staff.

Activities staff are involved in Life Story and Lifestyle assessments so will be able to help drive the project with information they have discovered. Activities department is also the one with all the paper, material, craft things, equipment to make items, etc.

MY BOARD can be used by all staff in all departments to engage with the Resident, in conversation or distraction, or just smiling together, and to help calm a situation if needed.

E.g. What a great name for a dog – Bubbles Wow – what a car Did you knit for everyone? Isn't Darwin interesting – and hot

Oh that looks like fun That's so clever to be able to make/do that That looks like a happy time Etc etc.

Include tactile items when possible, and the items or photos can relate to anything – examples:

dog/cat/bird/horses/snakes/lizards – football – cricket – golf – wool/wheat/



grain/cattle/sheep/pig/chicken/cotton farming – knitting needles and wool – craft item – bling / glitz / fashion / jewellery – woodwork / created things – movies – favourite car / motorcycle / truck / boat – drove race/rally cars and bikes - fishing, biggest fish – waterskiing – surfing – beach holiday – family holidays – caravan - camping – gardening – occupation – prolific letter writer – starred in plays – singer – musician - volunteered at church – climbed mountains – skydived – helicopter muster pilot – stargazer - sewing machine – defence forces – lifesaver – surf rescue – wildlife rescue – firefighting – run/cycle marathon – glass blowing – artist – inventor – cake decorator tools – gem fossicking – dancing – ballet -




The invitation to families and friends will be distributed via Resident newsletter after staff have been given time to become involved. The conversations with families will be many and varied. We can photocopy photographs so originals don't need to be given away or cut up. If we have a dog – a name with it please. If we have e.g. a car or motorcycle – the type if we can't make it out. If families have many photos they may also wish to create a photo album which can include photos, letters, baby footprints, etc and which considers the era of life their loved one is living in if they are living with dementia.

More Residents will be included throughout the year, and a number of Residents in Low Care can likely make their own or let us know what to add, but we can talk with them later in the year.



What a fantastic day the ladies
had having their hair done



GOULBURN & OVENS JUNE 2021					
MON	TUES	WED	THUR	FRI	SAT SUN
	1. 9.30-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 2.00-BINGO	2. 9.30-Exercise 10.30-Craft 1.30-Word Challenge 2.00-Anglican Church 3.15-Hands/Nails	3. 9.30-Exercise 10.30-Res/Rep Meeting 11.30-Bobs 2.00-BINGO	4. 9.30-Exercise 10.30-Men's Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz 2.30-Happy Hour	6 NO ACTIVITY STAFF
7. 9.30-Exercise 10.30-Bobs 1.45-Scenic Drive 3.15-Hangman	8. 9.30-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 2.00-BINGO	9. 9.30-Exercise 10.30-Craft 2.00-Anglican Church 3.00-MONTHLY BIRTHDAY	10. 9.30-Exercise 10.30-Word Challenge 2.00-BINGO	11. 9.30-Exercise 10.30-Men's Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz 2.30-Happy Hour	13 NO ACTIVITY STAFF
14 PUBLIC HOLIDAY Queen's Birthday FAST QUIZ WHO IS WHO	15. 9.30-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 2.00-BINGO	16. 9.30-Exercise 10.30-Craft 1.45-Scenic Drive 2.00-Anglican Church 3.15- Residents 1.1	17. 9.30-Exercise 10.30-Scenic Drive 2.00-BINGO	18. 9.30-Exercise 10.30-Men's Shed 11.15-Word Challenge 1.30-Kiosk/Quiz 2.30-Happy Hour	20 NO ACTIVITY STAFF
21. 9.30-Exercise 10.30-Scenic Drive Barooga Gardens 2.00-COL WATSON 3.30-Hand Massage Nails	22. 9.30-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 2.00-BINGO	23. 9.30-Exercise 10.30-Craft 1.30-Quiz 2.00-Anglican Church 3.15- Hand Massage	24. 9.30-Exercise 10.30-Word Challenge 2.00-BINGO	25. 9.30-Exercise 10.30-Men's Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz 2.30-Happy Hour	27 NO ACTIVITY STAFF
28. 9.30-Exercise 10.30-Quiz 2.00-JOHN PORTER 3.30-Reminiscing	29. 9.30-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 2.00-BINGO	30. 9.30-Exercise 10.30-Craft 1.45-Scenic Drive 2.00-Anglican Church 3.15- Residents 1.1 Nails			PROGRAM SUBJECT TO CHANGE. Saturday Afternoon Movie