

Woods Point Newsletter

September

2021



Christmas in July festivities



Ladies and gentlemen are getting into the spirit of
Christmas in July.

Enjoying a chat, a delicious feast and some drinks to
Celebrate Christmas. Hats and bon bons were all in place for
the spirit of Christmas



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.



September Birthday's

Rodney Zass	2nd
Frank Preston	3rd
Ruth Harris	12th
Betty Jones	18th
Peter Quinn	20th
Lawrence Gleeson	30th

Hope you all have wonderful birthday celebrations during the month of September.

Our tallest staff member—Lauren dresses up as Santa for Christmas in July sending a Ho Ho Ho to all!



Bill Large celebrates his 80th birthday with an awesome St Kilda birthday cake pictured below.

What a fantastic looking cake to go with such a milestone. Hope Bill you had a wonderful day. Everyone enjoyed the cake!





Jess takes the residents on a scenic drive to the weir bridge in Yarrawonga. T

he residents are enjoying a stroll checking out the Murray River in the sun.

They also got the chance to read about the construction of the weir bridge and look at the photos of the weir being built. Nice to be out in the sunshine!





What an awesome day to go for a walk, along the walking track. The residents are enjoying the sun and a scenic walk along the Murray River. Lorraine, Rae, Patricia, Ernie, Elaine, Iris and Noreen pictured above, had a wonderful day on their little adventure out.

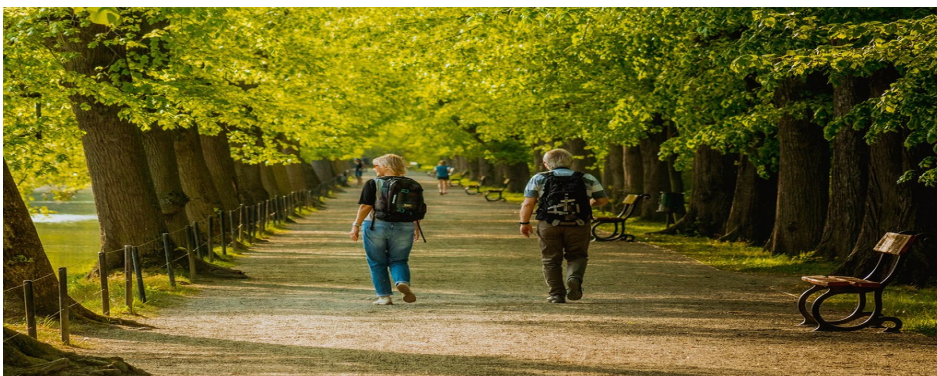
The Benefits of Walking

From a cup of tea to a holiday, sharing something with a friend makes it more enjoyable. It's the same with physical activity - take a friend with you on your next walk, and you'll find you won't even notice you're doing your daily exercise.

Why activity: Not only can physical activity help delay, prevent and manage many conditions, it is also good for our minds. Being physically active promotes mental health and wellbeing and improves self-esteem, mood and sleep quality. Walking is a great way to meet the recommended 30 mins of moderate-intensity activity on most, preferably all days of the week.

Walking: Walking can be done almost anywhere, and the pace and intensity can be adjusted to suit. Along with being a great form of exercise, walking can also be a way to socialize with others, have fun and get to know new destinations. Walking in groups helps connect us to others and with our community.

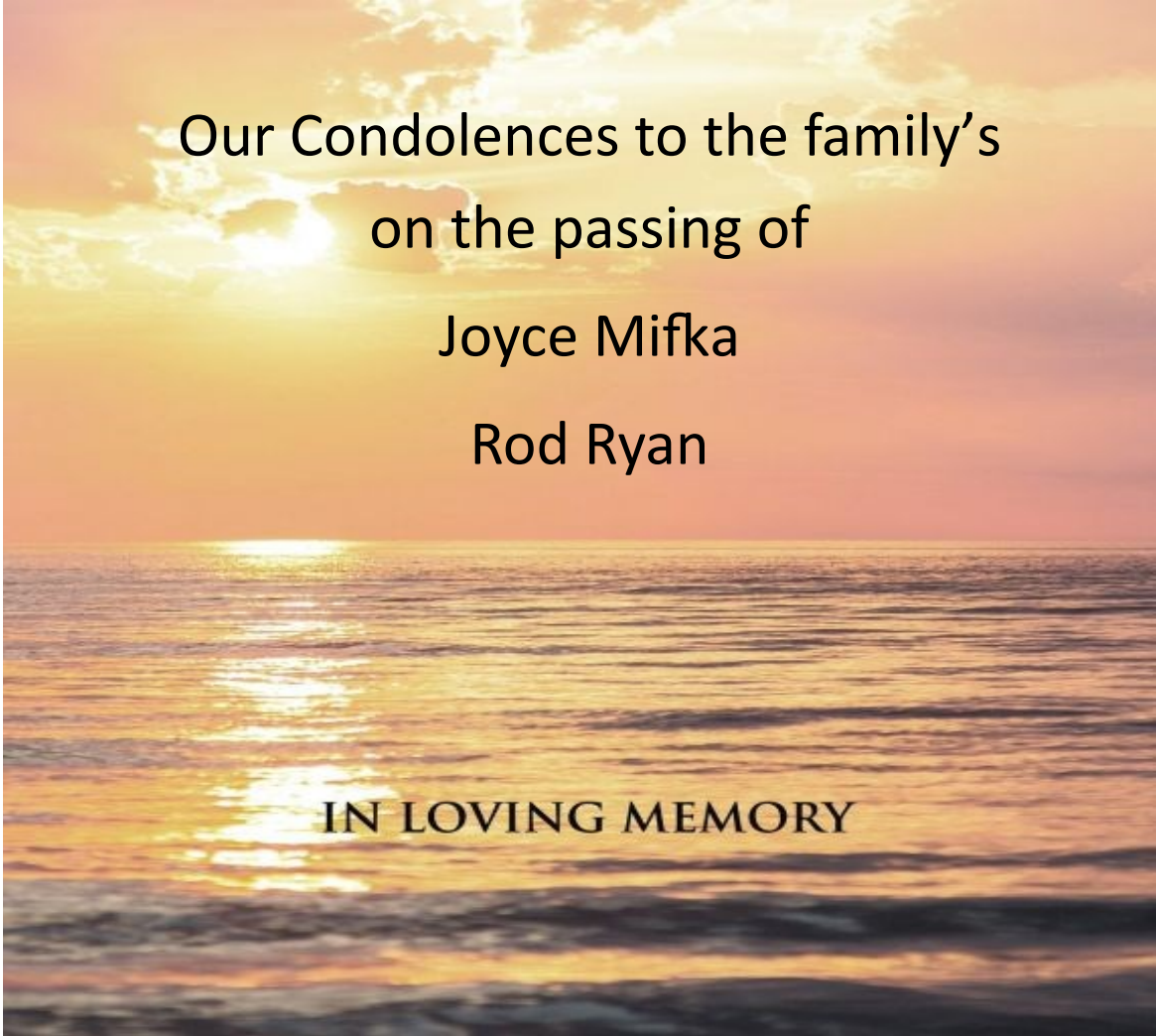
Volunteering: Groups are led by volunteers from the community, called Walk Organisers, who have an interest in improving their own health and fitness. Volunteering as a Walk Organiser helps you and others to stay active while also benefiting from increased self-confidence, learning new skills and meeting new people.



88% Residents have received their 1st Covid vaccination

93% Staff have had their 1st Covid vaccination

All staff by 17th September will have to have received a 1st dose to continue working at Woods Point.



Our Condolences to the family's
on the passing of

Joyce Mifka

Rod Ryan

IN LOVING MEMORY

Footy tipping competition winners:

1st _ Camellia Blackley - 129

2nd—Margaret Norrish - 126

3rd—Harold Wignell - 125

Congratulations to the winners and the 32 participants. It certainly provided many discussions about football winners during the year.



Everyone who celebrated their birthday in August, celebrated together with a delicious colorful cake .

Happy Birthday to Rose, Kathleen , Joan, Rita, Betty and Phyllis

Residents playing a game of scrabble



GOULBURN & OVENS SEPTEMBER 2021

MON	TUES	WED	THUR	FRI	SAT	SUN
		<p>1-Paralympics 9.30-Exercise 10.30-Pamper Morning 1.30-Word Challenge 3.15-Quiz</p>	<p>2-Paralympics 9.30-Exercise 10.30-Res/Rep/Meeting 11.15-Quiz 1.45- BINGO</p>	<p>3 Paralympics 9.30-Exercise 10.30-Bobs 1.30-Kiosk 1.30-Quiz 2.30-Happy Hour</p>	<p>4 Saturday Afternoon Movie</p>	<p>5 NO ACTIVITY STAFF</p>
<p>6 9.30-Exercise 10.00-Catholic Mass 10.30-Bobs 1.30-Scrabble</p>	<p>7 9.30-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 1.45-BINGO</p>	<p>8 9.30-Exercise 10.30-Coffee Corner 1.30-John Porter 2.00-Anglican Church 3.00-Monthly Birthday</p>	<p>9 9.30-Exercise 10.30-Bobs 2.00-BINGO</p>	<p>10 9.30-Exercise 10.45-Scenic Drive 1.30-Word/Quiz 1.30-Kiosk 2.30-Happy Hour</p>	<p>11 Saturday Afternoon Movie</p>	<p>12 NO ACTIVITY STAFF</p>
<p>13 9.30-Exercise 10.30-Cooking 1.45- Word Challenge 3.00-Afternoon Tea</p>	<p>14 9.30-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 1.45-BINGO</p>	<p>15 9.30-Exercise 10.45-Scenic Drive 2.00-Anglican Church 1.45-Word Challenge</p>	<p>16 9.30-Exercise 10.30-Gardening 2.00-BINGO</p>	<p>17 9.30-Exercise 10.45-Scenic Drive 1.30-Bobs 1.30-Kiosk 2.30-Happy Hour</p>	<p>18 Saturday Afternoon Movie</p>	<p>19 NO ACTIVITY STAFF</p>
<p>20 9.30-Exercise 10.30-NAILS 2.00-Col Watson</p>	<p>21 19.30-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 1.45-BINGO</p>	<p>22 9.30-Exercise 10.30-Craft/Football 1.30-Baking 3.00-Afternoon Tea</p>	<p>23 9.30-Exercise 10.45-Scenic Drive 1.45-BINGO</p>	<p>24 Football Theme 9.30-Exercise 10.30-Football Quiz 1.30-Kiosk 2.30-Happy Hour</p>	<p>25 Saturday Afternoon Movie</p>	<p>26 NO ACTIVITY STAFF</p>
<p>27 9.30-Exercise 10.30-Bobs 1.45-Quiz</p>	<p>28 9.30-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 1.45-BINGO</p>	<p>29 9.30-Exercise 10.30-Craft/Coffee/Chat 1.30-Baking 3.15-Afternoon Tea</p>	<p>30 9.30-Exercise 10.30-Gardening 2.00-BINGO</p>		<p>Saturday Afternoon Movie</p>	<p>PROGRAM SUBJECT TO CHANGE.</p>