

Bentley Wood Newsletter

Incorporating Myrtleford and Yarrawonga Facilities

February 2023





Are you sick? Be aware of COVID and Gastroenteritis and the impact it can have on the elderly.

We remind all visitors to our aged care facilities of the importance of not attending if you are unwell in any capacity.

As you can appreciate, our residents are at high risk of contracting infections and transmittable diseases including Covid and its variants and gastroenteritis. Whilst we understand your need to visit your loved ones, please be considerate of other residents and staff and do not visit if you have any illness symptoms. Please understand that we are doing our very best to always ensure safety of our residents.

Let's clean up!

Family members we ask that the next time you visit your loved one that you consider having a bit of a clean out of their belongings. As you can appreciate, over time, our Residents accumulate bits and pieces and given the size of their rooms, it can get a bit cluttered.

Of course, have the discussion with them first about what might need to be cleared away.

Thank you.



Audit

An independent auditor has completed the annual financial audit for Bentley wood. This audit was compliant in line with prudential reporting and the *Aged Care Act 1997*.

If you would like a copy of your Deposit statement, please contact reception.

Case Plans

Case Plans are available for reading for residents and nominated representatives .



If you would like a copy of the case plan - please ask care staff or notify reception.

End Stage of Dementia

The end stage of dementia is the most difficult stage for those suffering from the disease and, also for family members, caregivers, and healthcare professionals. A person's body may continue to be physically healthy, however, dementia causes the gradual loss of thinking, remembering, and reasoning abilities, which means that people with dementia at the end of life may no longer be able to make or communicate choices about their healthcare. **Patients lose what is left of their intellectual and physical capabilities** and become completely dependent on others. The model is still shifting in considering end stage dementia and end of life condition; experts are pushing this model to advocate for quality of life with **better pain and distress management** for those suffering at their end. These medications may also control some of the behavioural symptoms experienced by patients with mild to moderate Alzheimer's or a related dementia.

What Happens

In the end stages of dementia, many of the symptoms are a result of the body shutting down. The patient will probably be bedridden and uncommunicative. Other common symptoms can include:

- Difficulties communicating
- Weight loss
- Seizures
- Skin infections
- Difficulty swallowing
- Groaning, moaning, and grunting
- Increased sleeping
- Incontinence
- Loss of mobility (if not bedridden)
- Puzzling behaviour, including agitation late into the day known as "sundowning", aggressive reactions, rocking back and forth or repeating words as soothing mechanisms, hallucinations, restlessness, and excessive hand activity.

Late-stage dementia sufferers may experience a range of symptoms and symptom severity, especially as the person continues to deteriorate. The Alzheimer's Society offers tips on how to help minimise discomfort and distress for someone suffering these symptoms.

Caretaking

In a recent study, researchers found end-stage dementia patients were being “slammed around the healthcare system” by being **transferred back and forth between hospitals and nursing homes in the last days of their lives**. This treatment is detrimental to the health of the patient, not only causing more distress and confusion, but also increasing the number of serious health complications. For example, patients with dementia transferred from nursing homes to hospitals were **two times more likely to be in an intensive care unit** in the last month of their life and **three times more likely to have a bedsore**.

Based on these findings and additional research, experts are now advocating end-stage dementia patients be treated with an approach like terminally ill cancer patients. Using a palliative care, or a pain-management approach to care, in which caregivers and doctors **aim to keep the patient as comfortable as possible** during the end of their life, end-stage dementia patients retain a higher quality of life. More aggressive treatment, like restraining patients to place feeding tubes, or transferring them to hospitals, **does not seem to either extend their lives or improve the quality of them**.

Introducing the Approach

Researchers are actively examining how to introduce a palliative care approach to more end-stage dementia patients, family members and medical professionals. Some advocate more education and awareness around palliative care approaches and what that looks like specifically for individual families. Others suggest there are simply not enough medical providers educated in palliative care approaches and this inability to meet the demand for care remains as a strong barrier for patients receiving appropriate care.

The end-stage of dementia is tough on everyone involved in the love and care of the person suffering from the disease. Experts also acknowledge **family members must care for themselves** during this incredibly demanding time in their lives, as they, too, must acknowledge the beginning of the end of their loved one's life.

National Dementia Helpline

1800 100 500

For language assistance
call 131450

How to access the National Dementia Helpline

Free call: 1800 100 500

Webchat: dementia.org.au/helpline/webchat

Email: helpline@dementia.org.au

Towards the end of life

It can be very difficult for family and carers to prepare for the end, but by thinking about it and making some plans, it may be a little easier. When someone reaches the final stages of life one of the main concerns is to ensure that they are comfortable and as pain free as possible. If you are concerned that the person with dementia may be in some pain or discomfort, discuss this with the doctor and nursing staff.

Caring for a person with late-stage dementia at home

If you are caring at home for someone who is in the later stages of dementia the Aged Care Assessment Team (ACAT) can help with advice and referrals for all aspects of care. You can contact your nearest ACAT by calling the number listed in the Age Page of your telephone directory. Your doctor or hospital can also help you to contact your local ACAT.

Causes of death

The actual death of a person with dementia may be caused by another condition. They are likely to be frail towards the end. Their ability to cope with infection and other physical problems will be impaired due to the progress of dementia. In many cases death may be hastened by an acute illness such as pneumonia.



Management and staff of Bentley Wood wish to pass on their condolences to family and friends of residents who have sadly passed.

With Deepest Sympathy

Yarrawonga

Ernie I

Peter Q

Judith S

Janet D

Alex B

Bill C

Myrtleford

John D

Frances B





Yarrowonga Residents

- 3rd John Lodge**
- 8th Carmel Dowling**
- 15th Jenny Stuttard**
- 18th Olive Ryan**
- 19th Lois Worrell**
- 26th Florence Mathieson**

Myrtleford Residents

- 13th Yvonne Sutton**
- 16th Cecelia Sguariglia**
- 19th Lucy Bannister**

RESIDENT ACTIVITIES



December was a busy month leading up to Christmas with lots of activities including visits from pre-school and school aged children. A very talented troupe of elves came along and provided a song and dance routine much to the delight and appreciation of our Residents.



Christmas at Woods Point

Betty sporting her Christmas Hat



Olive with her best Christmas smile and outfit.



Brian and Helen have cracked their bon bons and wearing their party hats



Gwen and her son, Chris



Des and Thomas enjoying the festivities.



Harold and Noel ready for lunch



Mr Green Thumb



Yarrowonga Resident Stan, spends a lot of time in the garden at Woods Point and is often bringing in flowers, vegetables and herbs that he grows in pots.

This week he brought in a spectacular cactus flower - Starfish Flower Stapelia.

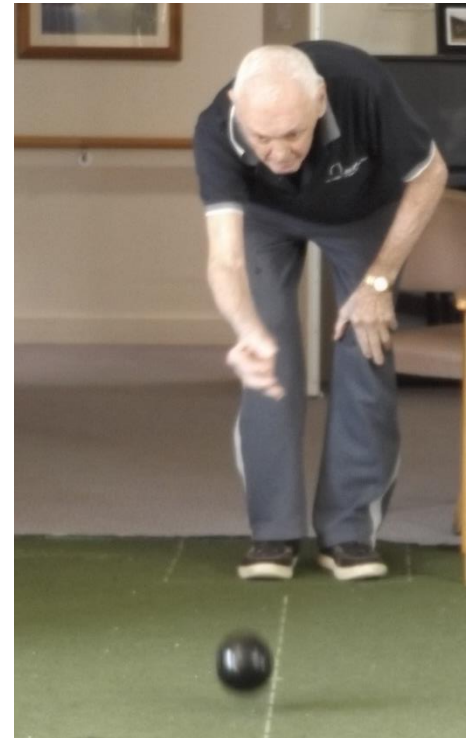
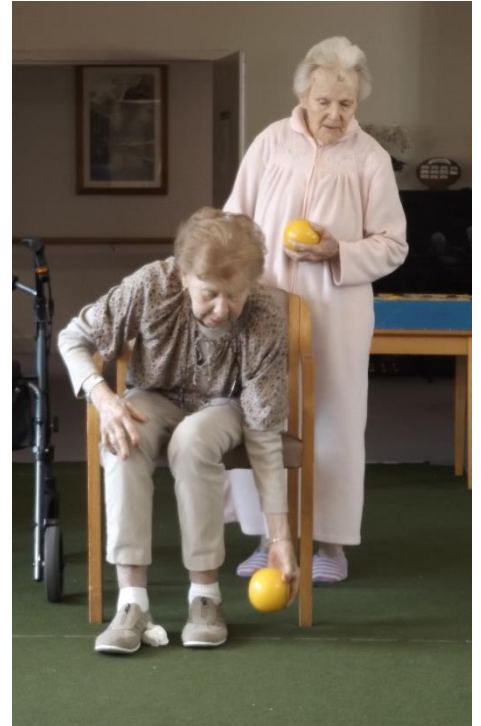
This variety is a very hardy cactus without the spines. It is a carrion variety cactus and whilst the flower is beautiful, unfortunately the smell isn't. Some liken the smell to rotten meat!! Fortunately, we couldn't smell that, but we were just amazed at the flower!



Resident Activities

Our Residents have been busy participating in regular activities at Woods Point. Here we have Muriel keeping a close watch on June's bowling style and Brian below appears to have it well and truly worked out!

Another popular activity our residents participate in is noodles and big balls. This physical activity assists our Residents with their motor skills, low impact muscle exercise and not to mention it's also a bit of fun.



Resident Activities



Residents continue to enjoy the daily activities and actively contribute to some great ideas that have been recently incorporated into the Activities Program at our Myrtleford facility.

Betty and Roy (who was a picture of concentration) enjoy doing puzzles and playing games.



Jenny enjoying her "Spider" drink above and opposite the residents are taking their morning tea under the gazebo on one of our milder mornings.



Resident Activities

The Residents at Myrtleford recently participated in the “Myrtleford Open” over one of the days during the *Australian Open Tennis*. Participants came together in D wing and the event provided much laughter amongst residents. Fly swats and balloons replaced tennis racquets and tennis balls.

Chair Pin Bowling was another fun activity enjoyed by the residents. These activities whilst provide a lot of fun and social interaction, also assist with getting everyone moving.

Each Wednesday our “Italian Morning Teas” are held in A wing lounge for the enjoyment of residents.

Our residents from both facilities continue to enjoy “Happy Hour” each Friday.



Resident Birthdays



Both Noel and Doreen celebrated Birthday's recently and were lucky enough to have some relatives drop by.



Dolly received some beautiful flowers for her recent Birthday.