

Welcome to 2023

We are kicking this year off with some great opportunities to not only connect with our communities but to give all of our clients a chance to get involved.

Our CEO Ashley is heading your way. From 12-2pm on the dates below, a free lunch will be provided.

He could fire up the BBQ, bring cold meats and salads or even a platter depending on the weather that day.

Ashley would love you to drop by for a chat, to ask any questions you may have, share feedback (good or bad,) or just to say hello and enjoy some lunch with him.

Here are the dates and venues:

Month	Date	Region	Town	Location
January	11/01/2023	Barossa	Lyndoch	Lyndoch Village Green
January	25/01/2023	Gilbert Valley	Auburn	Auburn Centenary Park
February	8/02/2023	Wakefield Plains	Balaklava	Balaklava Square
February	22/02/2023	Copper Coast	Moonta	Queen Square
March	8/03/2023	Lower YP	Minlaton	Harry Butler Red Devil memorial
March	22/03/2023	Gawler	Gawler	Clonlea Park

Coffee, Tea and IT Sessions

We're excited to let you know that in February 2023 we're kicking off 'Coffee, tea, and IT' sessions in our Country Home Services offices. Come along for a cuppa and if you've got questions or need help with your phone, laptop, or tablet, bring them along. If we can't help, we'll try to find someone who can!

- CHS Kadina office, Suite 2, 12 Taylor Street: 1st Friday of each month, 10am – 1pm
- CHS Clare office, 40 Blyth Road: 2nd Friday of each month, 10am – 1pm
- CHS Nuriootpa office, 30-38 Barossa Valley Way Level 1/ Chateau Building Beckwith Park, 3rd Friday of each month, 10am -1pm

If you'd like to book ahead, call Kalie on 0448 577 973 or email marketing@countryhomeservices.org.au

We've had great feedback from you, so we're planning more activities (things like archery, live music, dancing, nature-based activities, cooking demos and more) The next client newsletter in February will have more details, so stay tuned!

Right tools for the job – Domestic Assistance

It is the client's responsibility to supply the equipment and cleaning materials the worker needs to be able to complete their tasks safely and to a required standard. Sometimes a client and worker will negotiate to use the workers equipment. Primarily what is required is a good vacuum cleaner and floor mop. It is really important to have a good mop, one that will absorb as much water as possible and not leave floors wet or slippery, as this can create a slipping/fall hazard for clients. If you are unsure about your mop, have a chat with your worker regarding a replacement. We can provide advice on a range of really good options at affordable prices as ultimately we want you to be safe at home.

Dementia Australia's Nightingale Program

The Nightingale Program is a palliative model of care, provided by specialist nurses and an occupational therapist throughout South Australia. It's available free of charge and provides strategies and advice to support people living with dementia, their families and care providers, with a focus on promoting choice, well-being and forward planning. The program supports people living at home, in residential homes and in residential aged care.

Using a person-centred approach, we can develop care strategies to enable people living with dementia to:

- Stay at home longer and maximise their independence.
- Promote quality of life and positive relationships
- Have a voice in their future care options and decision making
- Avoid unnecessary presentations to acute hospital settings
- Have clinical advice including co-morbidity management, pain management, delirium and palliation.

For more information and to access this program, please contact the National Dementia Helpline 1800 100 500 or email helpline.nat@dementia.org.au. This program is funded by The Rosemary Foundation for Memory Support and Country SA PHN.

Summer - preparations for the hot weather

As we enter the summer months it is important to remember the basic tips for taking care of yourself in periods of extreme heat.

Heatwaves kill far more people than natural disasters like bushfires, cyclones and floods. It's essential you prepare — especially people at high risk, like the elderly, babies, young children and people with health and mobility problems. The Bureau of Meteorology will issue "heatwave warnings" when the forecast is well above average temperatures maximum and minimums for three consecutive days.

The higher overnight temperatures are what makes heatwaves so dangerous as our bodies can't cool down. It's also what makes a heatwave different from just a few hot days.

Get your home ready - Draw your curtains, blinds and awnings and turn on your air conditioner at the start of the day to keep as much sun out of your home as possible.

Stay hydrated - Drink two to three litres of water each day, even if you don't feel thirsty. Avoid alcohol and caffeine.

Dress light - Lighter clothing helps your body stay cool. Light-coloured clothing reflects heat and sunlight. Stay out of the sun - take shelter. If you need to be out in the sun, wear a shirt, hat, sunglasses and sunscreen. Sunburn will affect your body's ability to cope with the heat.

Seek airconditioning - If you don't have air conditioning at home, spend the day somewhere that does, like a library, cinema or shopping centre. If you do have an air conditioner at home, make sure it has been serviced. Fans will also help you stay cool.

Look after your pets - Make sure your pets have plenty of shade and enough cool water to last the entire day. Putting ice cubes in their bowl will help keep their water cool for longer. Check on them regularly.

A Code of Conduct for Aged Care

A Code of Conduct for Aged Care (the Code) has been introduced to improve the safety, health, wellbeing and quality of life for people receiving aged care and to boost trust in services.

To learn more about the code of conduct, visit <https://www.agedcarequality.gov.au/consumers/code-conduct-aged-care-information-consumers>

Serious Incident Response Scheme

On 1 December 2022, the Serious Incident Response Scheme was extended from residential aged care to home care and flexible care delivered in a home or community setting.

This includes the Home Care Packages and the Commonwealth Home Support Programme that is delivered through Country Home Services.

For more information visit:

<https://www.agedcarequality.gov.au/consumers/serious-incident-response-scheme>