

NARROGIN REGIONAL HOMECARE
Jessie House, 30 Clayton Road, Narrogin
Telephone: 98 900 700
www.narrogin.wa.gov.au

Statement of Purpose: The purpose of Narrogin Homecare is to assist frail aged and younger people with a disability to live independently and prevent premature or inappropriate admittance to residential care.

NEWSLETTER FEBRUARY 2017

EXCURSIONS FOR WATTLE GROUP:

Live Lighter Games Boddington 23 February 2017 10 – 2pm

The Live Lighter Aged Care Games is designed to offer seniors an opportunity to once again experience being part of a team and enjoying social interaction with others, along with an element of competition.

Seniors Recreation Council of WA conduct the LiveLighter Aged Care Games competitions, these games are held as annual events in various Regional and Metro locations and to that end SRC provides Perpetual Trophies, medals and plaques for the winning teams and participation medals for all participants. The events on the day will be Seated Hockey, Pass Ball, Bean Bag toss, Skittles and a Staff event.

Calling on all seniors with the “Get up and go”.... and those who are not so able.. as these games adapt for disability. Come on!!! Let’s get a couple of teams together.

Pick up begins at 8 a.m. Leisure Centre approx. 8.45am

Drop Off 4 p.m.

Cost \$18.00pp includes Morning Tea and a Light Lunch.

PLEASE NOTE THAT DUE TO LACK OF INTEREST THE ADVERTISED PROPOSED OUTING TO THE Takuto-Ballet at the Quarry, City of Cambridge IS NOT TAKING PLACE.

Katanning

Saturday 18 March

Experience something different, taste something delicious and learn something new at the Katanning Harmony Festival.

This street festival showcases the positive aspect of Katanning’s cultural diversity as the community comes together to offer a festival that promises colour, culture, connection and excitement. Enjoy live entertainment, cooking demonstration, hands on activities, market stalls and international food.

Pick up begins at 10 a.m.

Drop Off 6 p.m.

Cost \$18.00

Lunch at own cost can be purchased from Food Stalls and the festival.

Jarrahdale

Sunday 26 March

Visit the lovely, historically rich town of Jarrahdale and enjoy an old fashion village market. Fresh fruit, vegetables, honey, home produce, homemade wooden items bric-a-brac and food stalls. Wander on to Necessiteas Tea Merchant@ Accessories. Partake of lunch at the Café on the Dam a Two Course meal .Choice of three dishes for Main Course followed by Chef's Dessert of the Day, Tea and Coffee.

Pick up 7.am Leisure approx. 7.45 a.m.

Drop off Approx. 5.00 p.m.

Cost \$42.00 Includes Lunch.

Expression of Interest

By popular request; a five day Excursion to Geraldton end of April early May. To break the journey there will be a sleepover at Cervantes on the way up to Geraldton and another on the return trip home.

Please call the office on 98900700 and register your interest by the end of February.

FROM THE MANAGER'S DESK

Rights and Responsibilities

As a Client you have both rights and responsibilities.

Rights

Your rights are:

General

- To be treated and accepted as an individual, and to have your individual preferences respected
- To be treated with dignity, with your privacy respected
- To receive support that is respectful of you, your family and home
- To receive support without being obliged to feel grateful to those providing your support
- To full and effective use of all your human, legal and consumer rights, including the right to freedom of speech regarding your support
- To be treated without exploitation, abuse, discrimination, harassment or neglect.

Participation

- To be involved in identifying the support most appropriate for your needs
- To choose the support that best meet your assessed needs, from the support services able to be provided and within the limits of the resources available
- To participate in making decisions that affect you
- To have your representative participate in decisions relating to your support if you do not have capacity.

Support

- To receive reliable, coordinated, safe, quality support which is appropriate to your assessed needs
- To be given before, or within 14 days after you commence receiving support, a written plan of the support that you expect to receive
- To receive support as described in the plan that takes account of your lifestyle, other support arrangements and cultural, linguistic and religious preferences
- To ongoing review of the support you receive (both periodic and in response to changes in your personal circumstances), and modification of the support as required.

Personal Information

- To privacy and confidentiality of your personal information in accordance with the Australian Privacy Principles (as far as legally permissible), and the use to be made of the information
- To access your personal information.

Communication

- To be helped to understand any information you are given
- To be given a copy of the Charter of Rights and Responsibilities for Community Care
- To be offered a written agreement that includes all agreed matters
- To choose a person to speak on your behalf for any purpose

Fees

- To have your fees determined in a way that is transparent, accessible and fair
- To receive invoices that are clear and in a format that is understandable
- To have your fees reviewed periodically and on request when there are changes to your financial circumstances
- Not to be denied support because of your inability to pay a fee for reasons beyond your control.

Responsibilities

Your responsibilities are:

General

- To respect the human, legal and industrial rights of Support Workers including the right to work in a safe environment
- To treat Support Workers without exploitation, abuse, discrimination or harassment.

Support

- To abide by the terms of the written agreement
- To acknowledge that your needs may change and to negotiate modifications of support when your needs do change
- To accept responsibility for your own actions and choices even though some actions and choices may involve an element of risk.

Communication

To give enough information to assist the Narrogin Regional Homecare to develop, deliver and review your support plan

- To tell Narrogin Regional Homecare about any problems with the support.

Access

- To allow safe and reasonable access for Support Workers at the times specified in your support plan or otherwise by agreement
- To provide reasonable notice if you do not require support.

Fees

- To pay any fee as specified in the support plan or negotiate an alternative arrangement with Narrogin Regional Homecare if any changes occur in your financial circumstances
- To provide enough information for Narrogin Regional Homecare to determine an appropriate level of fee.

CARERS SUPPORT GROUP

The February Meeting will be held on 27 February. All meetings other than the last meeting for the year will be held at the Cottage of Jessie House between 10 and 12.

For carers who care for a loved one with Dementia. If there are any clients who haven't attended the Carers Support Group previously and are looking after a loved one with a diagnosis of dementia this group is a Support Group which provides an environment in which carers of people with dementia can discuss issues with people in similar circumstances in a safe and supportive environment. New Members will need to telephone the Regional Assessment Service on 1300785415 to request to be assessed for attendance to the group. The service is called Client Support, Information and Advocacy or CSIA.

GOD'S PLAN FOR AGEING

Most seniors never get enough exercise. In his wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach and stretch. God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So, if you find as you age, you are getting up and down more, remember it is God's will. It is all in your best interest even though you mutter under your breath.

NINE IMPORTANT FACTS TO REMEMBER AS WE GROW OLDER

Number 9: Death is number 1 killer in the world.

Number 8: Life is sexually transmitted.

Number 7: Good health is merely the slowest possible rate at which one can die.

Number 6: Men have two motivations: hunger and hanky panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

Number 5: Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

Number 4: Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

Number 3: All of us could take a lesson from the weather. It pays no attention to criticism.

Number 2: In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.

Number 1: Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

Angels can fly because they take themselves so lightly.

G.K. CHESTERTON

Warm Regards

From Lynne and

The Narrogin Regional Homecare Team



