

OCTOBER 2017 EDITION



Excursions for Wattle Group

All Wattle Excursions

For catering purposes can we please have money for the Lace and Wildflower excursion to be paid into the office by Thursday 12 October, 2017.

Boddington Open Gardens excursion; can we please have money paid into the office by Thursday 19 October 2017

Melbourne Cup excursion, names and money to be paid into the office by Thursday 2 November, 2017.

Save the date

Wednesday 20 December, for a traditional Christmas lunch with all the trimmings, followed by entertainment, to be held at the Senior Citizens Centre.

Excursions for Wattle Group...

Lace and Wildflowers

Monday 16 October

First stop will be morning tea at Kulin then travel the Tin Horse Highway to Hyden, once in Hyden we have a few options available to us.

Lunch will be had at the Wildflower Cafe, homemade meat pie and a green salad followed by fruit salad and ice cream. Next door is a collection of 10,000 miniatures, men in uniform, horses, vehicles and buildings that illustrate centuries of military strife. A must see for a boy of any age!!

Lace as we know it today, originated in northern Italian cities, particularly Venice. The largest lace collection on display in the world can be seen at Hyden. Take a look at the intricate detail of many handmade antique gowns and wedding dresses. On display are drawers and cabinets full of dainty work that is testament to patience and dexterity, and a piece of Chantilly lace worn by Queen Victoria in 1845. The oldest item in the collection is from the early 1600s.

To top off the day out we will visit the Lazy D Wildflower farm and hopefully be able to feast our eyes on our wonderful native flowers.

Pick up begins 7.15am Leisure Centre approx. 8 am.

Drop off approx. 6pm

Cost \$45.00 includes lunch.

Entry into Lace Place and the Toy Soldiers Collection is at your own cost

Boddington Open Gardens

Monday 23 October

❖ Please note the change of date from 7 October to 23 October.

Inspiration and delight can be found behind every garden gate. Four generous and passionate gardeners from Boddington have invited us into their world to share with us nature's beauty. A two course lunch will be provided by the ladies from the Boddington Arts and Craft Centre.

Pick up Begins at 7am Leisure Centre approx. 7.45am

Drop Off approx. 5pm

Cost \$40.00 includes entry to gardens and lunch.

Seniors Week Wagin

Tuesday 31 October

Wagin Home and Community Care have invited us to join them to celebrate Seniors Week. We shall partake of lunch at the Eric Farrow Pavilion which will be followed by a Workshop on Physical wellbeing and health tips

Pick up begins 8.30am at the Leisure Centre at approximately 9.15am

Drop off approximately 4pm

Cost \$25.00 includes Lunch



Melbourne Cup

Cuballing Tavern

Tuesday 7 November

Prizes for the best hat (Fillies only) and best dressed Filly and Stallion.

A sweepstake will be run so bring along your gold coins. Place your bets then settle down to watch the Great Race. A two course meal will follow after the race.

Las Vegas on Water

(Two Day Excursion) Sunday 10, Monday 11 December

Ever popular, this delightful cruise experience becomes increasingly beautiful each year. Dress for the occasion, sing along with the Christmas carols, be bewitched by the wonderland of Christmas lights illuminated and reflecting onto the water from million dollar mansions. Don't miss out on this spectacular event. Before the cruise share a banquet of Asian and Malaysian Cuisines at the famous Penung House.

Monday 11 December.

Enjoy in Rockingham, when was the last time you treated yourself to a walk along a pristine white beach with the sound of waves rolling into shore, the smell of sea air and the breeze on your face. Catch up with friends and relatives, enjoy lunch that can be purchased from the extensive range of eateries along the foreshore. This will be a rare moment of relaxation before the Christmas RUSH!!

Return to Mandurah and enjoy a two course dinner at your accommodation, after dinner a visit to Meadow Springs to the home of "Mr and Mrs Claus" who have opened the doors to their famous festive house to the public.

Countless amounts of trees, decorations and sparkling lights engulf each room including the Loo!

Continue out into the garden and be enthralled. The one-of-a-kind house is free for all to enter, with the couple asking only for a donation to the K9 Rescue foundation who rescue, care and rehome dogs from the Peel region.

Accommodation: Two Bedroom twin share self contained Apartments at Mandurah Motel and Apartments, two streets from the beach.

Pick up 8.00am Leisure Centre

Approximately 8.45am

Drop off Tuesday 12.00noon

Cost \$287.00 includes two night's accommodation, two evening meals and the River Cruise. Sunday and Monday lunch at own cost. Names and money for this excursion must be in by Thursday 30 November.



From the Manager's Desk

Cleaning Cloths

Further to our recent article with regard to clients providing appropriate cloths for the support workers to use for cleaning, we have decided to purchase some cloths and bundle them up in colours for any client who would like to purchase. We are providing a bundle of red, yellow, green and blue cloths for a cost of \$5.00 a bundle. If you would like to purchase a bundle of cloths please inform the support workers when they come and provide your service or call the office on 9890 0700. This is ideal as we know these cloths work well and then the staff have cloths that can be dedicated for specific tasks, i.e.: Red for the toilets etc. which is much more hygienic. Please note that we have found that the cloths are best after they have been washed once so it is preferable for you to get them from the office and wash them prior to the support workers using them for the first time.



Banding

It seems that we need to explain the fact that with regard to the domestic assistance services we run the timing of the services on the concept of "banding" again.

"Banding" means that a client has an arranged allocated scheduled service time at a time in the morning between 9 am and 12 noon or in the afternoon between 12 noon and 3 pm.

If we have changes to rosters and have to change the services within either the morning or the afternoon we do not call the clients, we just change the time slot.

We do call clients if the services are changed from the afternoon to the morning or from the morning to the afternoon but not if the services are changed within the morning or the afternoon.

For example if a client is scheduled for a service at 1.30 pm we may change the service to 12 noon without calling.

It does therefore mean that clients need to stay home in either the morning or the afternoon on the day that their Domestic Assistance is scheduled just in case the service delivery time has been changed.

Please note that we try not to change service times but clients do cancel their services from time to time which creates the need for changes.



Dementia is memory dysfunction, not memory loss

By: Kirstie Chlopicki in News, Top Stories

Dementia experts are challenging the way those with dementia are treated, and raising awareness of how they could be better supported in their everyday lives.

Neuropsychologist Steven Sabat delivered a presentation during an Alzheimer's Australia tour recently, and is calling on carers, professionals and the community to stop using the phrase 'memory loss' to define the experiences of those living with dementia.

While speaking at the event, professor Sabat stressed the importance of helping those with dementia make new memories and learn new things.

"It is really memory dysfunction rather than loss and therefore what we do around people living dementia, how we treat them, can enable them to function, can support them and build, rather than erode, their confidence," he said.

"If we assume someone is experiencing something called memory loss then we may well be assuming incorrectly that they cannot make new memories and assume that they cannot be affected by what happens to them in the here and now.

"Memory dysfunction is a defining symptom of dementia but how we treat people living with dementia can disempower their ability to remain engaged and involved in their day to day lives and activities.

"Our tone of voice or the way we ask a question can create anxiety for the person diagnosed and lead to that person not wanting to interact with us."

Alzheimer's Australia chief executive Maree McCabe said it was important to erase negative

stereotypes, and create a community where those with dementia could focus on their strengths, and feel empowered to take control of their lives.

"The way we respond as a community can leave people with dementia and their carers feeling socially embarrassed and uncomfortable' but small actions can make a big difference," she said.

"If a person encounters challenges in their everyday activities they are naturally more likely to withdraw socially and become less engaged with their friends, family and their community.

"A diagnosis of dementia does not define a person. As a community, we have the opportunity to support people with dementia by increasing our understanding of the disease and the experience of the person living with dementia."

September is Dementia Awareness Month, and this year's theme is You Are Not Alone.

Alzheimer's Australia is calling on all residents to reach out to people impacted by dementia in their community to let them know they are not alone and to find out more about how they can support them.

There are an estimated 413,000 people living with dementia in Australia and around 1.2 million people involved in the care of someone with dementia.

Without a significant medical breakthrough, the number of people with dementia is expected to grow to more than half a million people by 2025 and 1.1 million people by 2056.



Planning for the future

The Public Advocate provides a telephone advisory service (1300 858 455) that provides information about enduring powers of attorney and enduring powers of guardianship.

Recorded information, including answers to a range of common questions regarding enduring powers of attorney and enduring powers of guardianship, is available 24 hours a day. To speak to an advisory officer, call the service between 9am and 4.30pm, Monday to Friday.

Why do I need to plan for future decision-making?

Throughout our lives we make decisions about how we live based on our personal preferences, beliefs and values. If an accident or illness resulted in some form of decision-making disability that prevented you from making your own decisions you might want to have some control over how these were made.

Planning for the future will enable you to choose how treatment decisions are made in the future and/or who will make personal, lifestyle and treatment decisions on your behalf, if you are ever unable to do so. By preparing for the future you will also have the opportunity to give those people you appoint as decision-makers some guidance about what your personal preferences are which will assist them in making decisions in your best interests.

What planning options are available to me?

In Western Australia there are three legal tools which may assist you to plan for how decisions are made on your behalf in the future. These are an:

Enduring Power of Attorney: which enables you to appoint someone to make financial and property decisions

Enduring Power of Guardianship: which enables you to appoint someone to make personal, lifestyle and treatment decisions

Advance Health Directive: which enables you to write down your decisions about the specific treatment and health care you would want in certain medical circumstances.

Do I have to register any of these documents?

There is no need to register any of these powers. However, to ensure that your wishes are followed, the Public Advocate recommends that you give your enduring guardian and/or attorney, your general practitioner, any other health professionals and family members certified copies of these documents. If you have property and you make an enduring power of attorney, you will need to consider whether you lodge it with Landgate. For more information about this, refer to Information Sheet 8 – Enduring Powers of Attorney or the Enduring Power of Attorney Information Kit.

Do I need to have legal capacity?

To appoint an Enduring Guardian or Attorney and/or make an Advance Health Directive, you must have what is referred to in the legislation as 'full legal capacity'. This means you must be capable of making reasoned decisions and therefore be able to make a formal agreement and understand the implications of statements contained in that agreement, at the time of completing the form/s.



If there is any doubt about the decision-making capacity of a person at the time they wish to make any of these powers, the written opinion of a doctor or other medical/health professional should be sought.

Where can I find more information to assist my planning?

More information about how to complete an enduring power of guardianship and enduring power of attorney is available on the Office of the Public Advocate's website, where you will find:

- ❖ A Guide to Enduring Power of Attorney in Western Australia;
- ❖ Enduring Power of Attorney Information Kit;
- ❖ A Guide to Enduring Power of Guardianship in Western Australia;
- ❖ Enduring Power of Guardianship Information Kit.

All of these publications can be downloaded for free from the Office's website. More information on advance health directives is available from the Department of Health. Telephone: 9222 2300.

Email: acp@health.wa.gov.au

Web: www.health.wa.gov.au/advancecareplanning

FOR FURTHER INFORMATION CONTACT

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Kind regards

Lynne and the Narrogin Regional Homecare Team

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