

AUGUST 2023 EDITION

Cottage Memories

Bingo has Begun

Heads down! Look in! Bingo is happening at Jessie House every Monday afternoon 1.30pm - 3.30pm.

Fun, laughter and prizes fill the room so if you'd like to join us, phone reception to put your name down.

Afternoon tea is included, and transport can be provided.

Come and join us, we'd love to see you, and hear you call BINGO!!



From the Coordinator's Desk

As we are well and truly still rugging up and collecting firewood, August will bring with it the end of winter, on the calendar at least! Another highlight for this quarter is that wildflower enthusiasts can dust off their hiking boots and prepare for leisurely days out and about in the bush hunting the rarest orchid species.

We have been busy here at Homecare over the past month or two. Amongst other activities we have had the Quality Audit conducted by the Aged Care Quality and Safety Commission of which I am pleased to say that the outcome was successful. The Audit presented us with the ideal opportunity to gauge how we fare as a Service Provider and all staff at Homecare will continue to work hard at delivering a high quality service.

Our team welcomes Chloe McDonald who is starting with Narrogin Homecare as a support worker. Chloe brings with her a wealth of experience and knowledge as a support worker, in both community and residential care, from all over WA. She is currently orientating into a variety of service types and moving forward, Chloe will be a regular support worker on the weekend Personal Care shift.

Those who visit Homecare and talk to us on the phone regularly will have come to know Bree Hughes in reception. We are pleased to say that soon, Bree will take on the role of Homecare Client Services Officer working closely with Melissa, Homecare Client Services Supervisor. In this role, Bree will be a case manager for a portion of our CHSP funded clients and she is certainly looking forward to embracing her new role.

Of late staff have been approached by clients with questions regarding the relocation of Narrogin Regional Home Care. Be assured that no firm plans are in place at present and should this change, it will be made public via the appropriate platforms and channels. For time being it is business as usual at 30 Clayton Road.

Best regards

Phyllis and the Homecare Team



Dates for your Diary

- **August Gadabout Trip** - 23rd August Koala Park Byford
- **Jessie House Games Afternoon** - Every Monday 1:30pm to 3:30pm

General Information

Wagin Historical Society Visit

On Friday 30 June the JH group went to Wagin and enjoyed the hospitality of the Wagin Historical Society. We had a fabulous day. The displays are amazing and so well curated.

Even though it was a cold winter day the sun was out, and we were able to enjoy our lunch on the verandah of the tea rooms, it was delightfully warm and comfortable. Lesley made a beautiful lunch of potato salad, a garden salad and popcorn chicken followed by a terrific trifle. Here are some pictures showing the fun and laughs we all enjoyed. Sincere thanks to the Wagin Historical Society for being so welcoming - we'll be back for sure!



Cottage Memories

Interview with our JH Volunteer Lisa

What do you like to do in your spare time?

I enjoy reading, being creative, walking, seeing and trying new things. I love seeing birds first thing in the morning (and during the day) and enjoying all the elements of nature.

Tell us your favourite food, favourite place and favourite colour!

I love any food as long as it's Italian and served in Italy!

My favourite place is anywhere in the world as long as it is at peace.

All colours are my favourite, they are all beautiful.

What do you enjoy about volunteering at JH?

I love being creative and listening to everyone laugh. Being of use is important to me. I enjoy listening to the client's stories.

What is something about you that people would be surprised to know.

I was the first white person to be seen in a village in India. I was attending a wedding there, it was about 1990.

Anything else?

"The power of finding beauty in the humblest things makes me happy and life lovely"



Cottage Memories

Ivy and Norma are our 'Jigsaw Queens' at Jessie House. Recently they finished a beautiful picture and everyone declared that it was to be put in a frame and displayed.

Gordon cut some wood to size and painted the outside frame, then with a bit of help from some contact and glue the jigsaw was placed in its "frame". It looks amazing and has been a wonderful way to celebrate and acknowledge the many, many hours that Ivy and Norma give to their jigsaw projects.



Here is a photo of John enjoying another beautiful meal at JH. John's delights us with his piano playing. Thank you, John, for the gift of music that you bring to JH.



General



NARROGIN REGIONAL HOMECARE – 2023/24 Commonwealth Home Support Program Fees

| | | |
|--|--------------------------------------|---|
| Domestic Assistance - Home cleaning - Shop by list | \$11 per hour | Minimum ½ hr service |
| Personal Care - Standby - Full Assistance - Welfare Check | \$11 per hour | |
| Medications - Prompt / Assistance | \$11 per hour | |
| Social Support Individual | \$11 per hour | Minimum 1 hr service. |
| In Home Respite | \$11 per hour | |
| Jessie House Respite | \$97.50 per 24 hrs | Funding can be sourced through WA Carers to pay for this. |
| Nursing Care | \$11.00 per hour | Minimum ½ hr service |
| Home Maintenance | \$11.00 per hour | |
| Social Support Group – Jessie House | \$11.00 fee & \$9.00 for meal (\$20) | |
| Social Support Group – Jessie House Transport | \$3.50 each way | Additional to costs apply to group attendance and meal. |
| Transport (within 10 kms of townsite) | \$4.50 each way | |
| Transport Shoppers Bus | \$5.00 each way | |
| Excursion cost | \$20.50 | Includes morning tea, lunch at own cost. |
| Meals on Wheels | As set by WACHS | |

Payment information:

- Billed services must be paid in full each month. Accepted payment methods are direct debit, eftpos or cheque.
- Cancellations of rostered services received less than 24 hours' notice will incur an hourly charge fee.
- If you are experiencing financial difficulties to pay your Homecare service bills, you can apply for a fee reduction to your contribution costs.

Focus on Care Plans

What is a care plan review?

Your services are funded by the government to support you at home.

Overtime, your needs may change. It could be either that you don't need us as much, or for health reasons maybe a few extra tasks could make things easier.

Its really important to monitor these needs and take stock of what help would be most useful to you. This is where a review of your care and services help you.

When do I review my care plan?

If your needs change, you need to tell us so we can adapt these changes as soon as possible. It may not mean additional services, it could just involve reflecting upon your personal goals which can guide your decisions around the type of care and services you want.

If your needs haven't changed, then reviewing your services with your provider should occur at least annually. Your case manager from Homecare will contact you to advise you when it is due and arrange a time to visit you for a chat.

How do I prepare for my care plan review?

Put together a list of ways you have improved since you started receiving support. And anything you are concerned about with your wellbeing.

Think of goals you would like to achieve.

Think about the quality of the services you have received, and how our staff have treated you. Perhaps there are ways that Homecare can improve.

What happens during my care plan review?

Your case manager will visit you at your home and will talk to you about how you are managing your health and wellbeing, and if there are any impacts upon your abilities.

Your current services will be discussed, as well as exploring other types of options that may assist you.

Everything is kept confidential with your case manager.



Focus on Aged Care Quality Standards

To further familiarise ourselves with the Aged Care Quality Standards, this month we'll be looking at Standard 2. It provides a great opportunity to better understand how the Standards affect you as a client as well as Homecare as the service provider.

Our second standard is:

Standard 2. Ongoing assessment and planning with consumers



Consumer outcome

(1) I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and well-being.

Your service provider (Homecare) encourages you to actively participate in the design of your care plan to ensure that it is person centred and caters for your specific needs. This Standard is implemented by conducting regular assessments, corresponding with clients on a regular basis and encouraging clients to provide their feedback as their needs change.

Organisation statement

(2) The organisation undertakes initial and ongoing assessment and planning for care and services in partnership with the consumer. Assessment and planning has a focus on optimising health and well-being in accordance with the consumer's needs, goals and preferences.

The assessment and planning process is based on an ongoing partnership with the consumer and others that they wish to involve in assessment, planning and review of their care and services.

It includes other providers, organisations and individuals involved in the care of the consumer and considers the infection prevention and control strategies necessary to ensure the safety and wellbeing of consumers and staff.

Monthly Activity

Solution on last page

Word Search

FAMOUS SINGERS



V S H I R L E Y B A S S E Y
A M K J B I N G C R O S B Y
F T G U A E E F C Q P S R J
V I I E V N R T D J Q X E U
F R A N K S I N A T R A N D
D I A N A R O S S O B P D Y
Y R B E L T O N J O H N A G
C J Q K Z L U L U O U R L A
Z B C C X D P R Y O P V E R
V E R A L Y N N N U P L E L
P A T S Y C L I N E R G I A
C X J L D E A N M A R T I N
Q W M R O Y O R B I S O N D
H E L V I S P R E S L E Y P

Dean Martin

Judy Garland

Bing Crosby

Vera Lynn

Janis Joplin

Lulu

Elvis Presley

Frank Sinatra

Brenda Lee

Patsy Cline

Diana Ross

Elton John

Tina Turner

Roy Orbison

Shirley Bassey

Monthly Activity Solution

Word Search

FAMOUS SINGERS



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| F | R | A | N | K | S | I | N | A | T | R | A | N | D |
| D | I | A | N | A | R | O | S | S | | | | D | Y |
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| | E | L | V | I | S | P | R | E | S | L | E | Y | |

NARROGIN REGIONAL HOMECARE

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Shire of
Narrogin
Love the life