

ACTIVE COMMUNITY GROUP

Home Care Provider

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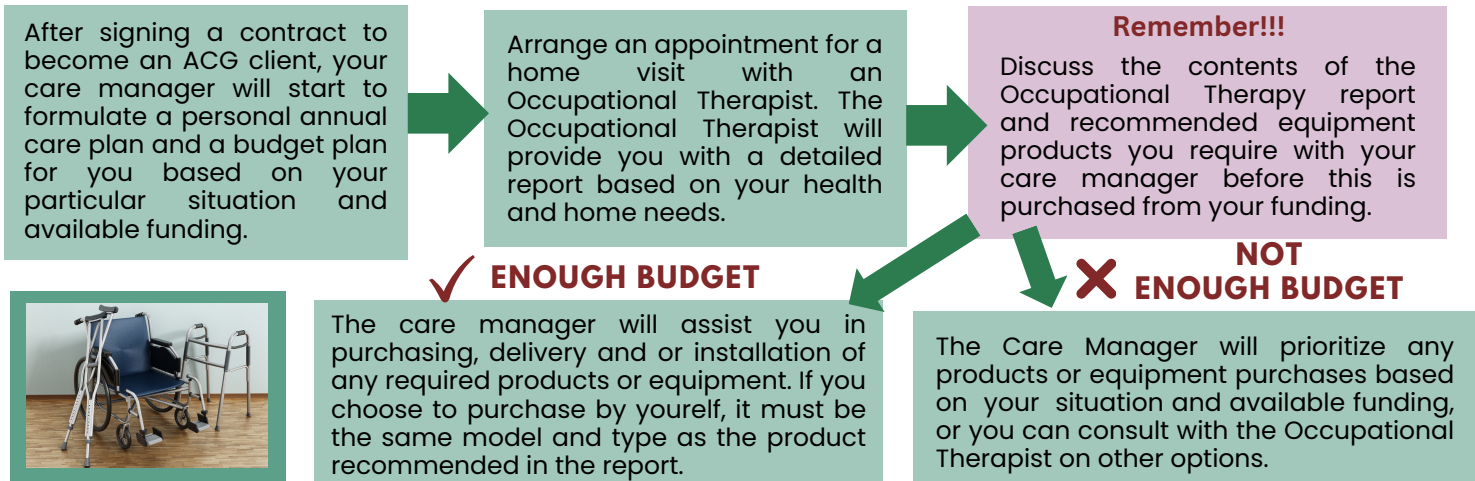
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Why are some products recommended in OT reports not available for purchase?

During the contract signing process between the care manager and the client, we conduct home visits to tailor personalized care plans and budget plans through discussions and inspections of the home environment. The subsidy funds from the federal government are determined based on the individual's physical health and living conditions, making each client's care and budget plan unique. In addition to having a dedicated care manager, we also arrange for occupational therapists (OT) to conduct home visits and provide recommendations based on the client's actual situation and needs. This may include suggesting suitable assistive devices and modification projects to help clients restore normal living conditions at home, enhance independence, and offer product recommendations tailored to the client's need. It's important to note that whether arranged independently or by the manager, occupational therapists are not familiar with the client's personal care plan, and their health reports are only recommendations.

The care manager is one of the individuals most familiar with the client's situation, and this is a part of their job responsibilities. Care managers are responsible for comprehensive client care, gaining in-depth understanding of their needs and background. Therefore, before deciding to purchase any products, it is crucial to consult the manager's opinion to ensure that the chosen products align with the client's personal care and budget plans. This also ensures the smooth progress of the reimbursement process to meet the specific needs of the client.

Furthermore, situations often arise where after calculations, it's discovered that the client's budget is insufficient or there are issues with the plan. In such cases, adjustments may be needed, and the care manager can assist in discussions with the OT. Regardless of the situation, we always contact the client in advance before making any purchases, obtaining written consent to ensure transparency in expenses. This practice allows clients to clearly understand and agree to the purchase plan, while also ensuring the transparency and legality of the entire process. We are committed to ensuring the rights and satisfaction of clients throughout the purchasing process.



ACG Social Care Monthly Group

RN Health Check / Social Support Exercise Program

Highly welcomed by everyone, ACG hosted two sessions of the November Monthly Gathering event on November 21st and 23rd, attracting over 40 enthusiastic participants. The event featured a rich program, including delicious refreshments, on-site health assessments by professional nurses, and a health education lecture that provided valuable information to the attendees.

The main topic of this lecture was arthritis, and the care manager explained the causes of arthritis while highlighting the crucial roles of physiotherapy (PT) and occupational therapy (OT) in arthritis treatment. This not only imparted valuable knowledge but also sparked keen interest among the participants. In the latter part of the event, we arranged a relaxed exercise segment, incorporating simple yet effective stretching exercises to help alleviate the impact of arthritis on the body and enhance overall physical and mental well-being. Throughout the entire event, participants were highly engaged and showed deep understanding of the content.



Walking for Health: Easy Tips for Seniors to Live Longer

Walking, a seemingly simple activity, actually conceals rich secrets to health. Recent studies have revealed that people who walk for 30 minutes or more each day have a 15% lower risk of mortality compared to those who don't exercise regularly. For seniors aged 60 and above, walking has become the most effective method to maintain heart health, with a recommended daily walking goal of 6,000 to 10,000 steps serving as a prescription for overall well-being. Let's delve into the positive impacts that walking has on the body:

- 1. Cardiovascular Health:** Walking, as an aerobic exercise, enhances heart health and reduces the risk of cardiovascular diseases.
- 2. Muscle and Bone Strength:** Walking helps strengthen leg muscles and maintain bone health, preventing osteoporosis.
- 3. Weight Control:** Walking is an effective way to assist in weight management by burning calories.
- 4. Improved Mental Health:** Outdoor walks contribute to stress relief and enhanced mental well-being.
- 5. Enhanced Immune System:** Moderate exercise boosts the efficiency of the immune system, reducing the chances of getting sick.
- 6. Better Sleep:** Proper exercise helps regulate sleep and improves sleep quality.



Despite the numerous benefits of walking, seniors who engage in less physical activity should be cautious about sudden, excessive exercise. For those starting to exercise, it is recommended to gradually increase walking intensity, avoiding setting overly ambitious goals initially to prevent discomfort in the feet. Incrementally increasing step counts by 5-10% is advisable. For example, if the daily step count is 5,000 steps, it can be gradually increased to 5,250 steps, and the cycle can be adjusted to ensure comfort during the adaptation process.

Additionally, incorrect walking posture may increase pressure on knee joints and surrounding structures, particularly for older individuals experiencing faster muscle loss. Therefore, it is advisable to seek an assessment from a relevant therapist if knee discomfort arises and to develop an appropriate treatment and exercise plan, including gait adjustments and strength training.

When walking in the summer, it's essential to pay attention to certain aspects to ensure health and safety. Here are some recommendations:



Come and join the "Australian Senior Connected Care (AUSCC)" and participate in various social support activities!

AUSCC will start accepting new members from January 2nd 2024, offering a range of member activities and benefits, including welfare consultation stations, tabletop games, movie and information sharing sessions, smartphone classes, fun and practical English lessons, handicraft activities, hand-eye coordination activities, and more. Here are the details:

- 1. Membership Enrolment Period:** Starting from January 2nd 2024
- 2. Member Benefits:** Welfare consultation stations, tabletop games, movie and information sharing, smartphone classes, fun and practical English lessons, handicraft activities, hand-eye coordination activities, and more.
- 3. Membership day:** Every Monday (only for members and will charge \$5 for non-members)

The membership fee is \$20. Priority membership application is available to Active Community Group's clients. If you are interested in becoming an AUSCC member, please contact your care manager, who will assist you with the registration. For more information,

please contact us on: (03) 9123 4568

Non-members can also try out various services at the community hubs on Member's day every Monday, with an entry fee of \$5 only. If you apply to become a member within a month, this fee will be deducted from the membership cost.

11. Sunscreen: In Melbourne's intense summer sun, use sunscreen, wear a hat, and sunglasses to protect your skin and eyes.

2. Hydration: With rising temperatures, maintain adequate hydration by carrying a water bottle to avoid dehydration.

3. Appropriate Clothing and Shoes: Wear lightweight, breathable clothing, avoid dark-colored clothing to reduce heat absorption, and wear comfortable, breathable, and supportive shoes to minimize foot discomfort.

4. Weather Awareness: Choose to walk in the early morning (6 am to 9 am) or late evening (5 pm to 8 pm), avoiding midday walks when the sun is strongest and temperatures are highest. Also, select routes with shaded or cool areas to reduce the perceived temperature.

ACG wish all of you who were born in December 2023 a very happy birthday



Deadline for submission of invoices

**08/01 & 22/01/2023
Before 12 PM**

Please send all your invoices to the "Claims Processing Team" to do reimbursement submission