

ACG
Continued Excellence
Government Approved
 Commonwealth Home Support
 Program (CHSP)
 Successfully passed government
 auditing

ACTIVE COMMUNITY GROUP



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Act Now for a Dementia Friendly Future !



From the 16th to 22nd September 2024 is Dementia Action Week, the theme of the week is '**Act now for a dementia friendly future**'.

Dementia can be caused by many things including genetics, poor diet and social isolation. It is a major health issue and can have an impact on individuals, families and the community. People living with dementia might notice changes in their memory, behaviour, rational thinking and ability to communicate. Over 400,000 Australians and over half the people in aged care homes are living with dementia.

What action should be taken?

There's no cure for cognitive impairment, but there are ways you can keep your brain healthy which include:

- maintaining a good diet and exercise
- limiting alcohol consumption and smoking
- keeping mentally stimulated

The government recently awarded Dementia Australia \$385,000 in funding for 29 community groups, so they can deliver dementia-friendly initiatives specific to their local areas.

MindAge is one of this community groups.

They are a one-stop organisation established within the Melbourne and metro Chinese community to provide care and support services for people living with Dementia and their families.

MindAge is collaboratively working with **Active Community Group** launching an event to raise the awareness of cognitive impairment, providing information and screening tests to seniors and their families. This screening promotes early detection and timely intervention.

If you are interested in participating in activities related to dementia, please contact your Care Manager.



www.mindage.com.au
info@mindage.com.au

Home Support Worker (Domestic Assistant)

The service of a Home Support Worker (Domestic Assistant) is the most popular service in ACG. In Victoria, Australia, the duties and limitations of a home support worker are governed by various regulations and guidelines set by Australian government agencies like the Department of Health and Human Services (DHHS) and WorkSafe Victoria. Also, individual employers or care providers have their own guidelines.

Limitations of Home Support Workers' Duties?

1. Medical or Clinical Care:

- Cannot administer any medication.
- Cannot provide nursing care, such as wound management, injections, and / or catheter care.
- Cannot Perform medical procedures.

2. Financial or Legal Tasks:

- Cannot manage the client's finances, including paying bills and / or handling money.
- Cannot engage in legal matters, such as signing contracts and / or making legal decisions on behalf of the client.

3. Heavy Lifting and / or Hazardous Work:

- Cannot perform tasks that involve heavy lifting (e.g., moving heavy furniture).
- Cannot engage in high-risk tasks, such as cleaning windows at a high level and / or using dangerous chemicals without proper safety measures.

4. Driving :

Home support workers may not be allowed to drive clients with personal assistance, unless they have appropriate certificates.

5. Tasks Beyond Their Training and Certification:

Cannot provide specialised care that requires formal qualifications, such as mental health support and / or complex aged care.

Additional Regulations in Victoria:

WorkSafe Victoria enforces regulations to ensure the safety of Home support workers. Home support workers must follow safe work practices and avoid tasks that could cause injury.



What They Can Do?

- Light cleaning such as vacuuming, mopping, dusting, cleaning bathrooms and kitchens. (However, Deep cleaning requires a professional cleaning company to handle).
- Laundry and ironing
- Changing bed linens and making beds.
- Meal preparation and light cooking.
- Grocery shopping and running errands.
- Taking out the garbage.

Do you know that this service will account for the largest portion of home care funding in the coming year?

As governments continue to expand home care package funding, Allied Health services are expected to take a more prominent role. These packages, are designed to support individuals with varying levels of care needs, now more frequently include allied health as part of their core offerings. This reflects a broader understanding that healthcare is not limited to medical treatment but includes preventative care, rehabilitation, and lifestyle support.

The inclusion of allied health in home care packages allows for more personalised, holistic care plans that address not only physical needs but also cognitive and emotional health needs. For instance, occupational therapists can help seniors rearrange their living spaces in order to prevent falls, while physiotherapists assist with mobility issues, ensuring clients can stay independent for longer.

With the integration of allied health services into home care funding, the future of aged care is shifting towards a more balanced, wellness-oriented approach. This trend will likely result in better health outcomes for older adults, reduced hospital admissions, and a more sustainable healthcare system overall. The recognition of allied health's importance in these packages signals a new era in home-based care, where maintaining independence and quality of life are the top priorities.

Contact your Care Manager to arrange immediately professional therapy services

SUCCESS STORIES

Case 1: Occupational Therapy

Mr H, is an 89-year-old man, who experienced significant challenges in daily activities due to reduced upper limb strength, joint pain, and mobility issues. He had a history of falls, including a fall from a ladder, and struggled with tasks such as feeding, dressing, and transferring himself in and out of bed. His home environment also posed risks, with steps at the front and back access areas of his home with no ramps or rails, and unsafe furniture that hindered his mobility. This situation required the following actions:

- A comprehensive Occupational Therapy intervention plan was implemented.
- Recommendation was put in place for a Hi-Lo bed, a four-wheeled walker, and a recliner chair to improve safety and comfort.
- Adaptive feeding aids, such as an anti-spill cup and enlarged handle cutlery, were provided to enhance his independence during meals.
- Home modifications, included the installation of a handrail and non-slip mats, further reduced the risk of falls.

As a result, Mr H's daily functioning improved. He became more independent in performing activities of daily living such eating, experienced fewer difficulties with mobility, and his risk of falls was reduced. The intervention not only enhanced his comfort and safety but also alleviated much of the stress on his wife, who also received elderly HCP support from ACG.

Case 2: Physiotherapy

Mr SHEN complained of low back pain for more than 10 years. He had tried TCM acupuncture for treating his back pain but was ineffective.

Physiotherapist designed a specific exercise program to help him strengthen his back muscle as well as relax his tightened muscles.

After 3 sessions of exercise, he said his back pain relief improved and he was able to manage walking with a more upright posture and experienced better walking endurance.

Raise awareness of Allied Health

Increasing awareness of Allied Health is crucial because it encompasses a wide range of essential healthcare professionals, such as physiotherapists, Occupational therapy, and dietitians—who play a pivotal role in patient care, rehabilitation, and disease prevention. Despite their significant contributions, many people remain unaware of the diverse services and expertise these professionals offer. By raising awareness, we can improve public understanding, encourage greater utilization of Allied Health services, and support a more comprehensive, team-based approach to healthcare. This benefits both patients and the broader health system.

Social Support Day Moon Festival Celebrations



The Mid-Autumn Festival is an important traditional holiday for the Chinese community. This year, AUSCC and Shine & Salt organised a lively group event at China Bar for ACG clients to celebrate.



ACG wish all of you who were born in September 2024 a very

HAPPY BIRTHDAY!



Deadline for submission of invoices

07/10 & 21/10/2024 Before 12 PM

Please send all your invoices to your Care Manager directly



Do you need to pay the income tested care fee (ITCF)?



If clients need to pay income tested care fees, they must pay them in full as required on the bill and before the payment due date.

Failure to do so will create outstanding **debts**. If you have questions about this fee, please contact your Care Manager as soon as possible.