

Home Care News

Spring 2023

Your friendly Home Care team delivering news to you, from a welcomed visit by respected politician Dai Le to some credible health facts, Ageing Well masterclasses and an outstanding outcome for Shirley.



We couldn't resist sharing this photograph of our Home Care team against this backdrop of Jasmine in full bloom. Left: Carla, Catherine, Diana and Emeche.

CatholicCare Home Care Team welcomes politician Dai Le

It was a very important day at the Home Care office when Federal member Dai Le walked in.

The most important visitors to walk into the Home Care office in Liverpool are without a doubt the families who seek out our assistance and become much-valued clients... but coming a close second was Dai Le, the Federal Member for Fowler and the first refugee and Vietnamese Australian to be elected to the House of Representatives.

Stopping by to meet the team and thank them for the incredible job they do keeping older Australians safe and settled in their own





or allergic reactions, due to physical inactivity, from certain medications, and as a result of poor nutrition.

Addressing an audience of experts including clinicians, researchers, and educators Kerryn explained the vital need for early clinical assessment and intervention and the importance of increasing the skills of clinical teams in aged care facilities. Lower limb Oedema severely impacts the ability of sufferers to walk freely and can cause chronic skin issues, ulcers, and infection. Identifying the cause of the oedema is important and should be investigated early in the aged care assessment process. The benefits of early identification and therefore management should result in a better quality of life and can help prevent more damaging health conditions from developing.

Identifying lower limb Oedema:



- swelling
- difficulty walking
- swollen area may look shiny, stretchy, or discoloured
- stiff joints or aching body parts
- pushing on the swollen area leaves a dimple in the skin

Treating oedema:

- see your GP to rule out any health issues that need to be addressed
- keep feet elevated, when possible, to prevent swelling
- move to circulate the blood and eliminate excess fluid
- wear prescription compression stockings (ordered through a clinician)
- keep the area clean and protected

homes, Ms Le had a keen interest in hearing more about the work done by our Home Care team and the remarkable relationships formed between clients, care support workers, and the community.

Ms Le works tirelessly for her western Sydney community, and proudly supports local businesses – it was a pleasure to host her in our office and to receive her appreciation for the work we do in the home care sector. We look forward to working together to better support older adults in the community.

Oedema (Uh-dee-muh) Fluid retention

When the Australasian Lymphology Association was booking speakers for their 2023 ALA Symposium, they knew Kerryn Tutt, CatholicCare Sydney's Executive Director, Allied Health and Disability Service was a must-have. With over 30 years' experience in the area of Lymphoedema and an interest in the management of chronic oedema in the ageing population, Kerryn was well-placed to deliver a presentation addressing aged care and oedema management.

Oedema is swelling caused by excess fluid trapped in body tissues and happens most often in the feet, ankles, and legs. It can be following surgery, from trauma including burns



Kerryn Tutt
Executive Director



Cruisin' with CatholicCare

30% of individuals aged 65 and older experience social isolation. Don't let this happen to you!

According to a study conducted by the Australian Institute of Health and Welfare in 2022, a substantial percentage of older Australians grapple with feelings of loneliness and isolation. This not only affects their mental and emotional health but also has adverse effects on their physical wellbeing. Social Activity Groups offer a lifeline of companionship and wellbeing to older Australians, with studies showing that older adults who regularly participate in such social activities experience a remarkable improvement in their overall quality of life.

Participants in CatholicCare Sydney's social activity group Cruisin' with CatholicCare enjoy an interesting variety of outings and activities, including nature walks, art classes, and group picnics. A study published in the Journal of Ageing and Health (2021) found that seniors who regularly participated in social activities reported a significant reduction in feelings of loneliness and an increase in overall life satisfaction.



Julia Bull
Program Manager

According to a report by the Australian Bureau of Statistics (2021), over 30% of individuals aged 65 and older experience social isolation regularly. However, Cruisin' with CatholicCare is committed to changing this narrative. By offering a range of engaging activities and outings, we aim to foster connections, combat isolation, and improve the well-being of older adults.

We invite you to come along on our social outings and join a caring community dedicated to enhancing the golden years with vibrant connections, joy, and fulfilment. Ask your Care Support Worker for more information.

Interested in trying out a 'Cruisin with CatholicCare' experience then contact Julia Bull who will set you up for an exciting day with some like-minded people.

Where does the Cruisin' take you?

CatholicCare Home Care clients have spent the last couple of months embracing Cruisin' with CatholicCare and have shared some great adventures and new experiences.

The group has enjoyed:

- High Tea in the Blue Mountains
- 60 Music Mania and matinee lunch
- Cherry Blossom Festival, Auburn
- Exercise and Craft Classes at Lurnea Seniors Hub
- Nepean Belle Paddleboat Cruise
- Frank Sinatra Tribute Show and lunch
- Trip to Balmoral Beach

Join a caring community dedicated to enhancing the golden years with vibrant connections, joy, and fulfilment!



Upcoming Events:

- BBQ in the park – share a meal, make a friend.
- Beach Boys and Frankie Valli show with matinee lunch

The trip to Balmoral Beach proved to be both joyous and emotional for Angelina. She was thrilled to hear we were organising a beach trip and could not wait to attend. She thoroughly enjoyed the day and cherished every minute. Visiting the beach was a treasured memory for Angelina as it was something special, she used to do regularly with her husband and she has not been since he died 20 years ago. The trip brought back all the wonderful memories.



The benefits of movement, more than you might think

Staying active is good for preventing illness, as well as improving and managing any existing health issues. It's even good for your mental health!

Whatever your age, you can enjoy the benefits of physical activity. There's a host of health reasons to stay active and it doesn't have to be 'serious business' — being active can be fun, especially if you can socialise at the same time. Exercise also helps keep your mind active and improves your quality of life.

Even a small increase in daily physical activity can reduce your risk of health conditions such as high blood pressure, high cholesterol, heart disease, type 2 diabetes, bone problems and obesity.

Physical activity can also improve your sleep, improve your mood, give you more energy, reduce stress levels and anxiety, and reduce pain from conditions including arthritis.

You should aim for about 30 minutes of moderate-intensity physical activity every day. Moderate-intensity exercise should make you feel a bit breathless, but you should still be able to talk comfortably.

We have found some great clubs that host easy classes designed for you. For classes closer to your home, search Live Up in your Internet browser, an excellent tool provided by My Aged Care.

CLUB 137	DOOLEYS Fitness	LIVERPOOL CLUB Fitness	Michael Wendon Aquatic Centre
137 Victoria Road, Marrickville 2204 9569 1469	11-15 Church Street, Lidcombe NSW 2141 8745 6202	424-458 Hoxton Park Road, Prestons NSW 2170 8784 4800	62 Cabramatta Avenue, Miller 2168 9607 6598



In the words
of her doctor,
Natasha
saved
Shirley's life!



Giving my time to
see a smile on a
lonely person's face
brings me joy. ”



We know all our Home Care team members go above and beyond their job descriptions and truly do value each and every one of their clients, but Community Services Worker Natasha Saliba took this to the next level when she was visiting one of her clients recently.

Shirley Gilbert was enjoying a regular home visit from Natasha when she began to feel breathless and thought she had picked up some kind of chest infection. Natasha was instantly concerned and advised Shirley to speak to her doctor with some urgency.

Shirley's doctor recognised that she was in tachycardia and having a 'silent heart attack'. Shockingly, 45% of heart attacks are 'silent' and often undiagnosed, meaning adequate treatment may not be received to prevent another heart attack. Natasha's insistence that Shirley speak to and see her doctor allowed for treatment and a reduction in the risk of another attack.

In the words of her doctor, Natasha saved Shirley's life!

Natasha's other appointments for the day were quickly rescheduled so that she could stay with Shirley. It was important to Natasha that Shirley was not left alone and that she had someone by her side to keep her calm and to assist with whatever support she needed.

Shirley has now had major heart surgery and is recovering well in hospital, all thanks to the quick thinking and concern shown by Natasha.

Silent heart attack symptoms include indigestion, fatigue, throat pain, clamminess of skin, and shortness of breath. All Home Care team members are aware of the signs and symptoms to be looking out for when visiting clients or speaking to them on the telephone, and all are extra aware of the importance of acting quickly when they have any concerns for the health and safety of a client.

Natasha Saliba is a hero in Shirley's eyes, and ours as well and we congratulate her and thank her for demonstrating the exceptional level of care and service offered by CatholicCare Sydney to all clients.

"This is a really great story to hear, well done to Natasha for recognising the urgency of the situation and for staying with Shirley to make sure she was ok.

Wonderful to hear that Shirley is doing well now!

Please pass on our congratulations from the NSW office of the Heart Foundation to Natasha!"

Regards

Simon
General Manager, NSW Heart Foundation



Purpose through volunteering

Supporting others to live meaningful lives and build social connections is a rewarding benefit of volunteering, as is the ability to help prevent social isolation and loneliness.

It can be as simple as visiting people in their homes or residential care, spending time talking and reminiscing, or getting out for a coffee or a simple walk. Volunteers come from all walks of life and help older people to stay connected and continue to feel part of their local community.

After her husband died, Teresa needed to fill her time and wanted to remain purposeful. She joined CatholicCare as a Community Support Worker and never looked back. Now, 23 years later, Teresa is transitioning into retirement and wants to remain active and maintain that sense of purpose, she enjoys socialising and has decided to stay with CatholicCare as a volunteer.

"I love the time with my clients, I like to socialise and enjoy their company. We talk and walk together."



If you would like to
volunteer call 13 18 19.

CatholicCare will
support you every
step of the way.



Ageing Well Masterclasses

A six week program covering topics on connection, community, diet, exercise and navigating the many choices around support, financial and legal planning, and why mental health matters.

Cost: Free

Enquire today:

ageingwell@catholiccare.org



5 hacks for hydration

As we move into the hottest months of the year and care deeply about your health habits, the Home Care team would like to remind you about the beauty of good fluids. Here are a few sneaky facts to motivate you to consume beverages and keep you away from dehydration!

It only takes a 2% loss of total water for your body to start feeling thirsty and dehydration symptoms to begin. Once you're at this point, your body is already in a state of dehydration.

If you start to experience: headaches, a high heart rate, dizziness and the obvious dry mouth, these could be signs of dehydration.

When the body doesn't have enough fluids, the amount of blood in the body (blood volume) decreases. This can cause low blood pressure - increasing the risk of losing your balance and falls.



1. Eat foods with naturally high water content
Cucumbers, tomatoes, watermelon, grapes, and oranges have high water content and can ward off a sense of thirst and help you stay hydrated throughout the day
2. Set hydration reminders
3. Consider alternative beverages and fluid sources
4. Wear protective clothing
5. Limit alcohol on hot days



Do you know a friend, neighbour or someone in your community interested in receiving Home Care Services?

Refer them to our friendly, quality services and be rewarded.

Find out more.

- 📞 13 18 19
- ✉ connect@catholiccare.org
- 🌐 Catholiccare.org

CatholicCare
SYDNEY

At CatholicCare, our door has been open for over 80 years to help those dealing with relationships, parenting, ageing, disability, addiction, homelessness, or mental health concerns. With over 70 highly effective support programs, we help people to write the next chapter of their story.

Get in touch

- 📞 13 18 19
- ✉ connect@catholiccare.org
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