

### Autumn 2026

Stay updated with CatholicCare Sydney's Home Care services. Keep reading to get to know one of our Care Partners, the benefits of Allied Health, and get a taste of healthy Autumn recipes for the self-care you deserve.



## Message from our Home Care team:

Welcome to our first Home Care Newsletter of 2026! At CatholicCare Sydney, our priority remains consistent: providing our clients and their families with quality care and support.

With the launch of Support at Home, all clients can expect their care to continue uninterrupted.

Your care and wellbeing are at the heart of everything we do, and we're excited to be by your side on this journey.

As always, your Care Partner is here to support you and your family. Please reach out with any questions or feedback about your care and services.



## Mass of Hope and Healing

Join us as we honour the shared journey of ageing, its challenges, the courage and dignity.

**Date:** Thursday, 30 April 2026

**Time:** 10:30am

**RSVP:** 0426 773 658 (Jacqui)

**Where:** All Saints Catholic Church, Liverpool

# A Care Partner with Purpose

Before moving into her role as a Care Partner, Sam started her career working as an Endorsed Enrolled Nurse. Working so closely with other Care Partners, Sam saw great value in supporting older Australians to navigate their aged care experience.

Working as a Care Partner with clinical experience has made Sam a crucial member of the Home Care team. With her clients, she's able to create a safe space for them to thrive in their independence, with the unique ability to provide an extra level of clinical care.

With CatholicCare Sydney, Sam is surrounded by a team of like-minded people with the experience and empathy to make a real difference every day.

## Support at Home

With the new Aged Care Act, she's seen how difficult the process can be for older Australians. "It's been challenging to understand the new system which, was rolled out last November," she says. "It's been a bit surprising." Providing additional support is crucial to helping clients navigate such drastic changes.

As someone who enjoys connecting with people, Sam has always gone the extra mile to make sure her clients were always aware of these new changes and how to navigate them.



## Building lasting connections

Sam's days are never the same. Working with such different clients, she's finding a sense of joy and excitement that comes with connecting with people every day. "I really enjoy getting to listen to their life stories."

She describes the importance of being an advocate for her clients, especially those who have had difficult past experiences. "When you work so closely and intimately with someone, trust is crucial," she explains. "Over time, I can build trust through communication and ongoing care to get our relationship to a place where they feel safe and supported."

A memorable experience Sam has had with CatholicCare Sydney was pushing for extra support for a client. "I was able to get an upgrade to their support level really quickly after a change in circumstances," she says. Ensuring clients are receiving an appropriate and sufficient level of support is essential for her clients in her eyes.

## Uplifting older Australians' voices

Sam finds great joy in helping her clients thrive in their Home Care journey. She sees great value in taking the time for connection. "I enjoy listening to their stories and learning about the lives they've lived," she says.

She's also passionate about creating a world where older people can continue to live and grow safely and comfortably. "I enjoy being an advocate for older people in our community," she says. "It's important to create a space where they can be free from ageism and patronising attitudes. Providing great care is all about their rights and their choices."



When you work so closely and intimately with someone, trust is crucial. ”

Sam



# Independence at Home with Integritas Allied Health

At CatholicCare Sydney, we believe it's never too late to start investing in yourself.

With age, care needs can sometimes become complex. For many people, maintaining independence is a crucial consideration in their care needs. With the right support, thriving at home is always a possibility.

Our in-house clinical service, Integritas Allied Health, provides the expertise to support your aged care journey. Integritas Allied Health Services offers simple ways to maintain independence safely and comfortably.

## What can Allied Health do for you?

Allied Health services aren't just about pain management; they offer both preventative and strength-building exercises and practices for life-changing benefits for



older adults living at home. Allied Health services are completely personalised, offering a unique treatment plan for everyone, whether you've had a recent injury or want some more independence in your everyday life.

Some everyday benefits from at-home Allied Health services include:



### Creating safer living spaces

Did you know physiotherapists and occupational therapists can help you identify risks and suggest home modifications? These are designed to reduce injuries and fall risks in your everyday life.



### Everyday functional support

Your therapy sessions will focus on your day-to-day activities. This can include mobility support for climbing stairs, cooking meals, or showering. These supports aim to make your home a safe and viable option for independent living as you age.



### Reducing carer and family stress

With improved mobility and strength, your friends and family can trust that you're receiving the care you need to maintain the independence you want.

## How can CatholicCare Sydney provide this support?

Integritas Allied Health is an interdisciplinary team with a diverse team of professionals collaborating to deliver whole-person care. Our team offers holistic care, incorporating:

- Physiotherapy
- Occupational therapy
- Exercise physiology
- Speech therapy

By working together, our team can provide detailed and dedicated care plans for stronger and more reliable long-term outcomes.

## Integritas Allied Health

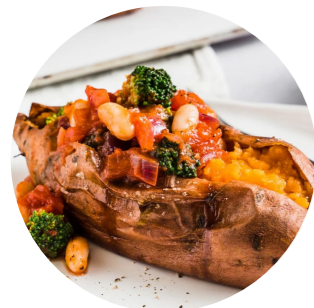
With Integritas Allied Health, at-home Allied Health care is available for all Home Care clients. Our team can support your recovery from injury or illness, strengthen your mobility, or assist with any chronic conditions.



Call 02 8778 4222 or contact your Care Partner to discuss your Allied Health options today!

# Energy, Immunity and Safety as the Weather Cools

With Autumn's cooler weather now in season, it's a good time to get a taste of some healthy dishes for the self-care you deserve. Read ahead for some nourishing, cosy and nutrient-packed meals, along with tips to ensure your home is free of hazards.



## Roasted stuffed sweet potatoes

Dress up simple roasted sweet potatoes with a rich tomato bean stew.

**Difficulty:** Easy

**Servings:** 4

**Preparation time:** 5 minutes

**Cook time:** 60 minutes

### Ingredients

- 4 medium sweet potatoes
- 1 x 400g tin diced tomato
- 1 x 400g tin cannellini beans, drained
- 1 red onion, diced
- 1 head broccoli, chopped
- 2 tbsp grated Parmesan, optional
- 1 1/2 tbsp olive oil
- salt & pepper

### Method

#### Step 1

Preheat the oven to 200°C. Line an oven tray with baking paper.

#### Step 2

Place sweet potatoes on prepared tray and prick all over with a fork. Drizzle with 1 tsp olive oil and use your hands to evenly coat the potatoes. Sprinkle with a pinch of salt.

#### Step 3

Bake sweet potatoes approximately 1 hour, or until golden on the outside and very soft on the inside. Prepare tomato topping while potatoes roast.

#### Step 4

Place a large saucepan over medium heat, add onion and remaining olive oil. Cook onions 3 – 4 minutes until starting to soften. Add tomatoes, beans and broccoli to pan. Reduce heat and gently simmer 10-15 minutes until thickened. Season with salt and pepper.

#### Step 5

To serve, place sweet potatoes onto plates and split lengthwise. Spoon over tomato stew, and sprinkle with Parmesan if using.

Sourced by Meals on Wheels Australia



## Beef, Barley and Vegetable Soup

This heart-warming soup feels good for the soul. The combination of ingredients is not only tasty but can make the perfect lunch or dinner! Make a day before and simply pop in the microwave to heat to boiling point before serving.

**Difficulty:** Easy

**Servings:** 4

**Preparation time:** 15 minutes

**Cook time:** 90 minutes

### Ingredients

- 15ml olive oil
- 250g beef blade steak, excess fat trimmed, cut into 2cm pieces
- 60g brown onion, peeled and finely chopped
- 1 clove (5g) crushed garlic
- 1/4 tbsp dried oregano
- 200ml water
- 400ml chicken stock, hot
- 1/2 cup pearl barley, rinsed and drained
- 80g potato, peeled and coarsely chopped
- 60g carrots, peeled and coarsely chopped
- 60g celery, trimmed and coarsely chopped
- 85g cans crushed tomatoes
- Salt and pepper

### Method

#### Step 1

Heat half of the oil in a large saucepan over high heat. Add the beef and brown, stirring often, for 2 to 3 minutes. Remove and set aside.

#### Step 2

Heat the remaining oil in the same pan over medium-high heat. Add the onion and cook, stirring occasionally, for 5 minutes or until soft.

#### Step 3

Add the garlic and oregano, and cook, stirring, for a further 1 minute.

#### Step 4

Return the beef to the pot, and add water, stock, barley, potato, carrot and celery. Bring to the boil and skim the surface with a metal spoon to remove any sediment. Reduce heat and simmer, partially covered, for 1 hour or until the beef is tender.

#### Step 5

Add the tomato and cook for another 5 minutes or until heated through.

#### Step 6

Season with salt and pepper as required.

#### Step 7

Reheat to boiling before serving.

Sourced by Meals on Wheels Australia

# Autumn Safety at Home

As the weather cools and autumn sets in, it's important to be mindful of potential hazards around the home. Wetter conditions, fallen leaves and earlier sunsets can all increase the risk of slips and falls. Taking a few simple precautions can help you stay safe and comfortable throughout the season.

### Our safety tips to keep in mind include:

- ✓ Asking a friend or family member to remain close by or help with garden work
- ✓ Make the most of the earlier hours, when it's both warmer and lighter out
- ✓ Try to keep pathways visible from fallen leaves to avoid falls by raking whenever you can
- ✓ Use the lighter hours to go on your daily walks, rather than later in the day



**Refer  
and be  
Rewarded**

**Receive  
\$300**

**WHEN YOU REFER A  
FRIEND FOR A HOME CARE  
PACKAGE\***

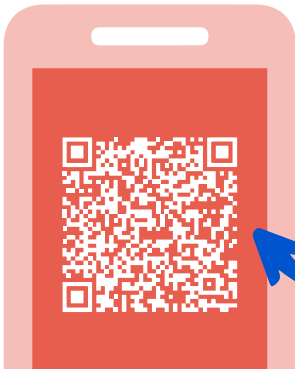


\*T&Cs apply

**Sudoku  
Puzzles**

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		8		3			1	5
		5			7		8	
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	5		8			6		
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	7		8			3	1	5
3		2				4	5	
7	6						9	1
	5	1				8		3
2	1	6			3			
8			1	4	9			
5	4		7		6			



**Feedback and Complaints**

At CatholicCare Sydney, we strive to ensure you are satisfied with the service we provide. Your feedback helps us improve the way we do things.

Scan the QR code to provide feedback or complaints about your service and a member of our friendly team will reach out to you.

At CatholicCare Sydney, 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**

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