

Winter 2026

CatholicCare Sydney's winter newsletter explores staying safe and prepared this season; from keeping our bodies moving and our minds engaged, to keeping ourselves protected online.



Message from our Home Care team:

Welcome to the winter edition of the Home Care Newsletter!

In this newsletter, we're getting winter-ready, and Integritas Allied Health Services is here to help. This includes making sure we're physically where we want to be and keeping mentally healthy.

Over June, you'll hear more about **World Elder Abuse Awareness**. For this issue, we cover the rise of cyber scams and some tips to keep you aware and diligent.

For any more resources or information about elder abuse, please reach out to your Care Partner or call **02 8778 4222**.



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PACKAGE*



*T&Cs apply



Get Winter Ready with Integritas Allied Health

With winter here, it's important that we continue staying safe and independent all season long.

Many people face physical challenges in winter that can exacerbate existing conditions. These commonly include joint stiffness and pain, an increased chance of falls, and difficulty with general everyday tasks. By engaging in Integritas Allied Health Services, you can work closely together with physiotherapists, occupational therapists, and exercise physiologists to stay active, safe, and independent this winter.

What are some winter risks for older people?



Joint stiffness and pains

As colder weather increases joint stiffness, individuals with conditions like arthritis may find everyday movement more challenging.

Our Allied Health team can create personalised, low-impact exercise programs to help you stay flexible and strong, while relieving pain.



Increases hazards and falls risks

Winter typically increases the risk of falls with the slippery surfaces and a reduction in stability.

With occupational therapy, you can arrange assessments of your home environment to get some tips for modifications. This can include things like non-slip mats, grab bars, or better lighting in your home. Other services, like physiotherapy, can help with gait and balance training to keep you mobile and stable.



Nutritional deficiencies

Dehydration and decreased immunity are common risks for seniors during winter.

Combat this by working with a dietitian to create personalised nutrition plans. This can be focused on boosting your immune system and managing dietary needs that support chronic conditions, such as diabetes.

TAKE THE NEXT STEP

Ready to implement Integritas Allied Health services into your Care Plan?

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





Beating the Winter Blues

Shorter days and colder weather, winter can be a challenging month for some. Prioritising mental wellbeing is often an afterthought during the colder months; however, it's a crucial part of overall health and safety.

Older adults are more likely to experience isolation during winter. This is due to factors like limited mobility, health concerns, and the overall impact of seasonal weather. It's important to limit isolation and prevent the associated loneliness, depression and overall decline in mental health.

Staying mentally and physically fit this winter:



Community events

Explore your local council programs. This is a great way to try out new indoor activities, classes, or clubs. This is also a great way to meet new people in your community.



Indoor hobbies

Discover or rediscover some indoor hobbies to keep you fulfilled. Whether it's reading, painting, knitting, or puzzle-solving, these activities are great for combatting boredom while keeping you mentally engaged.



Embracing technology

Connecting with loved ones is a great way to stay in touch during harsher weather conditions. Through video calls or social media, you can maintain a connection with friends and family when physical gatherings are limited.



Cultivate an indoor garden

Bring a piece of nature indoors to create a positive balance for your mental wellbeing. Indoor gardens are a great way to keep you engaged and moving in a fresher and calmer environment.

As we navigate the winter months, it's important to prioritise our mental wellbeing and look out for those around us.

Implementing some of these practical tips is a great way to contribute to reducing isolation, fostering meaningful connections, and beating the winter blues!

Reach out to your local council to explore available community programs and events to keep you active and reduce isolation this winter.



Spotting the Signs: Recognising and Combatting Cyber Scams

As cyber scams become more prominent and sophisticated, it's important to stay informed and diligent. This **Elder Abuse Awareness Day**, CatholicCare Sydney is urging clients and carers to have conversations about how to best protect themselves against this risk.



According to the Australian Banking Association, older Australians are more likely to fall for cyber scams or be victims of financial abuse. Being aware of the types of scams and knowing how to identify them is crucial to staying digitally protected.

Common scams



Phishing scams

Phishing scams occur when criminals trick you into providing them with your personal information by impersonating organisations you are familiar with. This is seen commonly with Services NSW, the ATO, or your bank.



Data breaches

A data breach occurs when your information is accidentally shared as a result of a hack. If you use the same password across multiple accounts, you are at a higher risk of your information being compromised. For example, if your social media account was a part of a breach, and you used the same password for your online banking.

Tips to stay digitally protected

✔ Keep your personal information safe

The simplest way to remain digitally secure is to keep your information private. This includes:

- Use different passwords for different accounts
- Set up two-factor authentication where possible
- Try to avoid using the same security question across your accounts

✔ Get in the habit of double-checking

Scammers send convincing-looking emails and texts. To avoid scams, always run a quick safety check for any unsolicited calls, messages or emails:

- Check the email and phone numbers contacting you, and whether they match what is listed online
- Don't click any links. You can always log onto the organisation's website to check for messages or notifications

✔ Keep your software updated

Try your best to keep your phones and tablets updated. Keeping your devices running with the latest software updates keeps you safer and at a lower risk of having your information compromised.

✔ Trust your instincts!

If something doesn't feel right, don't rush it. Double-check the information and consider calling the organisation through their online contact information.

It's always better to be safe, rather than sorry!

WHAT TO DO IF YOU'VE BEEN SCAMMED



If you suspect you're a victim of a scam, it's important to act quickly (even if you aren't sure).

- Report it to your bank immediately to block payments or explore recovery options.
- Contact IDCARE (idcare.org), a cyber support service for Australia and New Zealand, for a free consultation.
- Report the scam to Scamwatch (scamwatch.gov.au)
- Beware of follow-up scams (1 in 3 victims are scammed more than once)

Sources: Australian Banking Association. June 2025.

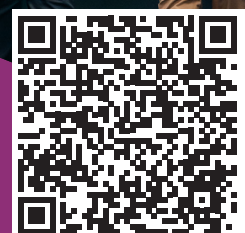
Navigating Aged Care Workshops

The Navigating Aged Care Workshops are an engaging and informative initiative run by our Home Care services team. These workshops empower older Australians and their loved ones to understand and navigate the aged care system.

CatholicCare Sydney's Home Care Services team have recently run Navigating Aged Care Workshops at DOOLEYS and Liverpool Catholic Club. With these workshops, our team presented to over 300 seniors, offering insight into how the Aged Care system functions and how seniors and their families can get started with aged care support.

Know someone looking to start their Aged Care journey?

Scan the QR code with your phone and follow the link to refer seniors and their families to the Navigating Aged Care information pamphlet.





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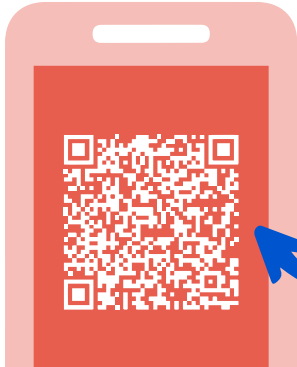
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**Sudoku
Puzzles**

Fill the grid with numbers 1 to 9. Each number can only be used once in each row and column.

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

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



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 85 years to help those dealing with relationships, parenting, ageing, disability, addiction, homelessness, or mental health concerns. With over 40 highly effective support programs, we help people to write the next chapter of their story.

GET IN TOUCH

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