



Campbelltown HSP Newsletter February 2023

Campbelltown HSP Team

We are pleased to announce that Marjon Burgess has been appointed as the new Volunteer Transport Coordinator replacing Sharryn Macgowan who recently resigned. Marjon is from our council area and has experience working in aged care. Some of you may recognise Marjon from her last role as Practice Manager from Back in Motion. You can contact Marjon on 8366 9283 for all your transport requirements.



Welcome to the team
Marjon!

A New Program for In-Home Aged Care

In home aged care supports about 1 million older Australians. These services range from transport and house cleaning to clinical care, such as nursing and allied health.

Most people like to remain in their homes for as long as possible, and therefore it is vital that services are accessible and effective in supporting their independence.

The current in-home aged care system includes 4 government-funded programs:

1. Commonwealth Home Support Program (CHSP) provides entry-level services to support older Australians with daily living.
2. Home Care Packages (HCP) assists older Australians with more complex care needs to live independently and safely at home
3. Short-term Restorative Care (STRC) helps older Australians to manage and adapt to their changing aged care needs
4. Residential respite enables older Australians to stay at an aged care home for a short time. Respite can be organised in advance and available in unexpected situations.

As outlined by the Royal Commission in Aged Care Quality and Safety (the Royal Commission), the current in-home aged care system needs improvement.

The Australian Government is committed to resolving issues in the current aged care programs and in line with the Royal Commission's recommendation, the Government is developing a new in-home aged care program, which will begin on 1 July 2024.

The new in-home aged care program should

- Be simple to access and understand, with one assessment process.
- Give people timely access to the safe and high-quality services they need
- Give people real choice and control in determining the service they receive
- Have fair and transparent fees that direct funds to delivering high quality care.

The Government have committed that people supported through existing Commonwealth-funded aged-care programs will not lose any existing services under the new program.

We will continue to keep you updated as more information becomes available.



What is SIRS ?

Everyone who receives support at home through aged care services has the right to be safe, treated with dignity and respect and receive high quality care and services.

To help keep you safe, the government has introduced the Serious Incident Response Scheme or SIRS to reduce the risk of harm to aged care consumers.

If a serious incident happens we will:

1. Check you and others are okay
2. Record what happened in the incident management system, so that we can learn from the incident and improve our practices
3. Report the incident to the Aged Care Quality and Safety Commission if appropriate.

Reportable incidents include:

- Unreasonable use of force
- Unlawful sexual contact or inappropriate sexual conduct
- Psychological or emotional abuse
- Unexplained absence from care or a missing client
- Stealing or financial coercion by a staff member
- Neglect
- Inappropriate use of restrictive practices
- Unexpected death



SIRS means we can prevent incidents from happening and respond quickly when they do to get you support as soon as you need it.

You can raise a concern or make a complaint by contacting Campbelltown HSP on 8366 9203.

SIRS is here to keep us all safe, let's stay safe together!

Active Ageing Exercise Class

Eastern United FC in partnership with Altaira invite you to join their FREE Active Ageing 1 hour exercise session. This is your opportunity to improve your physical and mental wellbeing – for FREE!

- Reduces the risk of chronic disease
- Improves mental and physical wellbeing
- Improves balance and agility to walk more confidently & safely
- Meet others in your community

Times

Tuesdays 8am

Eastern United Football Club, 267 Lower Athelstone Road, Athelstone

Thursdays 9.30am

Altaira, 629 Lower North East Road, Campbelltown

Fridays 10am

Altaira, 629 Lower North East Road, Campbelltown.

No booking required, simply turn up.

For further information contact Tony 0475 623 506.





Special Trips – Shopping Centres and Cemetery Visit

Our visits to various shopping precincts and cemeteries across Adelaide are on again. We will be visiting the following:

Shopping Centres

Central Market	Monday 6 February 2023
Jetty Road, Glenelg	Monday 13 February 2023
Tea Tree Plaza	Tuesday 21 February 2023
Newman's Nursery	Tuesday 28 February 2023
Marion Shopping Centre	Tuesday 21 March 2023
Brickworks Market	Monday 27 March 2023
Harbour Town/Ikea	Tuesday 11 April 2023
Gaganis Bros Hindmarsh	Monday 24 April 2023

Cemeteries

Enfield/Dudley Park	Tuesday 7 February 2023
Centennial Park	Tuesday 14 February 2023
Enfield /Dudley Park	Monday 27 February 2023
Enfield/Dudley Park	Monday 6 March 2023
Centennial Park	Monday 20 March 2023
Enfield/Dudley Park	Tuesday 28 March 2023
Enfield/Dudley Park	Tuesday 4 April 2023
Centennial Park	Monday 10 April 2023
Enfield/Dudley Park	Monday 17 April 2023

Clients who have not received transport in the past, you will be required to register with My Aged Care on 1800 200 422 advise that the Campbelltown City Council is your preferred provider.

Standard transport costs will apply. To find out more information please contact, Volunteer Transport Coordinator on 8366 9283.

LiveUp

Welcome to the upside of ageing

LiveUp is a FREE digital, healthy ageing guide that can be accessed from the comfort of your own home.

It provides you with the ideas, tools, and guidance to keep doing the things you already love or to try something a bit different.

Take our simple quiz with expert advice and connect to your local activities, social connections and assistive products.

For further information phone 1800 951 971 or check the website liveup.org.au



Chicken Pasta Salad

For a speedy, simple meal this chicken pasta salad dish is just the thing.

Prep 10 mins, Cook 20 mins. Serves 4.

Ingredients

- 1 red pepper, deseeded and thickly sliced
- 1 red onion, thickly sliced
- 1 tbsp olive oil
- 300g penne or fusilli pasta
- 4 skinless chicken breasts
- 2 tbsp each chopped thyme and oregano
- Pinch dried chilli flakes (optional)
- 2 garlic cloves, crushed
- 150g pack cherry tomato, halved
- 50g bag rocket
- 1 tbsp white wine vinegar

Instructions

1. Heat oven to 220C. Mix the pepper and onion with 1 tsp oil and roast for 20 mins
2. Cook the pasta following pack instructions. Drain and set aside.
3. Meanwhile put the chicken breasts between two sheets of cling film and bash with a rolling pin until they're about 1cm thick. Mix remaining oil, herbs, chilli and garlic then rub all over the chicken. Heat a skillet or barbecue and cook for 3-4 mins each side.
4. Slice the chicken on a board, scrape into the pasta with any juices, plus the roasted onion and pepper, cherry tomatoes, rocket, vinegar and seasoning. Toss together and eat warm or cold.

Enjoy!



Volunteers

Campbelltown HSP are excited to introduce the following new volunteers:

Adam Fantasia, Elaine Sykes, Gary South, Helen Gerrad, Mark Fergusson and Rod Fraser.

who have recently joined our team to assist clients with transport, shopping and social programs.

A special welcome to them all.

Friday Friends

Held first and Third Friday of the month from 10 am – 12 noon

Friday Friends is a relaxed place to come and play some games, do a jigsaw, some craft (BYO), or simply just catch up with friends!

There is usually a laugh or two going about the room and plenty of coffee and morning tea to share

We also have a couple of 'knowledgeable blokes' who love to help people with their phones/tablets or other technology.

For further information contact Colin on 0422 173 377 or the church office

Magill Church of Christ, 61 St Bernards Road, Magill

Phone: 8332 6044
