

Read all about it!

AUTUMN | 2023

What's News?



Message from the Manager

Hello and happy 2023 to our Maitland Community Care Services' clients and loved ones.

Welcome to our first client newsletter for the year, and if you're new to MCCS, a very special welcome!

We send out informative newsletters four times per year. Soon we'll also launch email newsletters: MCCS news delivered straight to your inbox! Be sure to scan the code below and subscribe.

In this issue of 'What's News', we introduce you to a new member of our Management team, and share some important aged care updates from the Federal Government.

We have included a reminder about our COVID-19 safety protocols, an article on Falls Prevention and a fun Easter word search - a perfect activity with your morning cuppa.

We also want to let you know that we have extended our Community Transport Service for essential travel on weekends.

I hope you enjoy this jam-packed first issue for the year and I speak for everyone at MCCS when I say we look forward to supporting you to live your best life.

Kind regards,

Sarah Twaddell

Manager
Maitland Community Care Services



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subscribe to
our email
newsletter



Welcome to our new People & Culture Manager

We would like to introduce you to **Lisa**, our People and Culture Manager, who joined ADSSI Limited in January.

Lisa is a very talented HR professional who has experience in both the aged and disability sectors.



COVID Update

It seems the recent COVID wave is beginning to recede, but it hasn't gone away. The clinical team at ADSSI continues to monitor the situation. We still have protocols in place to help protect clients and staff, such as screening and mask-wearing. Thank you for your support with this.

2023 Booster Advice

The following advice has been issued by the Australian Technical Advisory Group on Immunisations (ATAGI):

- ATAGI recommends a 2023 COVID-19 vaccine booster dose for adults in the following groups, if their last COVID-19 vaccine dose or confirmed infection (whichever is the most recent) was 6 months ago or longer, and regardless of the number of prior doses received:
- All adults aged 65 years and over
- Adults aged 18-64 years who have medical comorbidities that increase their risk of severe COVID-19, or disability with significant or complex health needs.

We are also able to support you accessing your 2023 Covid Booster Vaccination.

Your patience and understanding is appreciated

We appreciate your ongoing patience and understanding regarding service reductions and changes.

Covid-19 continues to impact our Community Support Workers team and we are recruiting additional staff. As you may be aware, this is an ongoing issue in the in-home aged care sector.

Daylight Savings Time ends Sunday 2 April

Daylight Savings Time comes to an end at 3:00 am on Sunday 2 April.

Don't forget to turn back your clocks one hour before you go to bed.



Code of Conduct for Age Care

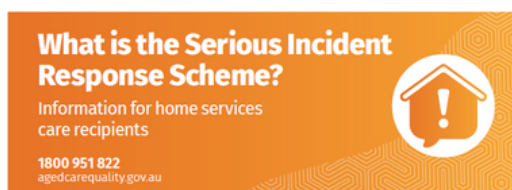


On 1 December 2022, the new Code of Conduct for Aged Care (known as the Code) was launched.

The 8 elements of the Code are:

- Act with respect for people's rights to freedom of expression, self-determination and decision-making in accordance with applicable laws and conventions.
- Act in a way that treats people with dignity and respect and values their diversity.
- Act with respect for the privacy of people.
- Provide care, supports and services in a safe and competent manner, with care and skill.
- Act with integrity, honesty and transparency.
- Promptly take steps to raise and act on concerns about matters that may impact the quality and safety of care, supports and services.
- Provide care, supports and services free from i. all forms of violence, discrimination, exploitation, neglect and abuse, and ii. sexual misconduct.
- Take all reasonable steps to prevent and respond to i. all forms of violence, discrimination, exploitation, neglect and abuse, and ii. sexual misconduct.

Serious Incident Response Scheme



The Serious Incident Response Scheme (or SIRS) helps reduce the risk of abuse and neglect for people who receive aged care.

On 1 December 2022, the SIRS was extended from residential aged care to include home care and flexible aged care delivered in a home or community setting.

What home services providers must do

- Your provider must record all incidents when delivering aged care and services in their incident management system. This includes recording an incident that nearly happened or when someone suspects something happened. This is so they can learn from the incident and improve their practices so that incidents don't occur again.
- Your home services provider must notify the Aged Care Quality and Safety Commission (the Commission) of certain reportable incidents that happen while delivering your care and services. The Commission will determine if any regulatory action should be taken.

Maitland Community Care Services is committed to upholding the Code and continuing to deliver the quality service our clients expect. For more information, go to the 'Documents & Publications' page at the bottom of our website.

Starts: 1 April, 2023 Theme: Better Balance for Fall Prevention

April Falls Month® is an annual campaign to raise awareness about the impact of falls. The overall campaign goal is to get active and improve balance for fall prevention.

For optimal physical and mental health, it is recommended that all adults (regardless of age, health, or ability) do 30-60min of physical activity most days. To prevent falls and maintain independence this should include exercise or activities that improve strength and balance. Every bit of activity helps.

How to fall-proof yourself

Things you can do to prevent falls and stay independent:

- Be physically active and involved in an exercise program to improve your leg strength and balance. Visit activeandhealthy.nsw.gov.au for more information.
- Ask your doctor or pharmacist to review your medicines.
- Is your vision changing? Get annual eye check-ups.
- Healthy eating, have a diet rich in calcium and vitamin D for healthy bones
- Stop or reduce smoking; those that smoke can lose more calcium than others
- Wear safe footwear

Make your home safer by:

- Removing clutter, slipping (e.g., moss) and tripping hazards.
- Installing railings on stairs and grab bars in the bathroom.
- Having good lighting, especially on stairs.

APRIL FALLS MONTH.

Exercise for fall prevention

As part of the recommended guidelines: **150-300mins/week**



Emphasis on
functional
**balance &
strength training.**

Variety is the key!



Every bit of
activity helps.

**At least 3 days
a week.**



If it's too easy...

**...safely increase
the challenge!**

Managing Medications

Did you know? People who take 4 or more medicines each day are at a high risk of falling?

Tips for Managing Medications

- Talk to your doctor about your current medications and whether there are any that could be discontinued.
- Make a list of every medicine you take, and take it with you when you go to see a doctor or pharmacist. This list should include any herbs, tablets or supplements you buy from a health food store or from the health food section of the supermarket, as well as any medicines you buy from a pharmacy.
- Ask your doctor to review this list thoroughly. Doing this every 6 months is a good idea if you take four or more medicines a day. Otherwise, once a year is enough.
- If you find it difficult to remember which medications you take and when to take them, ask your pharmacist or doctor about devices that may help such as pill boxes or Webster-paks®.
- If you feel dizzy or find it hard to concentrate, contact your doctor or pharmacist straight away.
- If you take anticoagulant medicines (blood-thinners), you should always see a doctor if you have a fall, as you may be at risk of severe injury and bleeding.
- Avoid sleeping tablets if possible.
- Only take your own medicines and don't use someone else's, even if they are for the same condition.



Webster-pak



As we lead up to Anzac Day, Maitland Community Care Services would like to express our gratitude towards the brave men, women and animals who brought us freedom.

Never forgotten. Always remembered. Let us give thanks.

✓ **Meet** new people

✓ **Learn** new skills

✓ **Help** a community

VOLUNTEER

with Maitland Community Care Services

Meals on Wheels deliveries

Transport Driver

Bus Assistant

Social Support Assistance

☎ (02) 4932 5755

✉ intake@mccs.org.au



Social Support Group

Get out and about and make some new friends. Transport is provided!

March's **Social Outing Calendar** is now available, and we have some exciting group activities coming up, including:

- Aboriginal Art Group
- Aqua Fit
- Bingo
- International Women's Day at Destiny Haven
- Men's Day Out to the Shark and Ray Centre
- Movies
- Scenic drives with counter lunches
- Super Seniors visit to the Koala Sanctuary
- Thursday Craft
- Variety Fun Day

All venues have been risk-assessed as safe and wheelchair friendly.

To book, call us on 4932 5755.



Social Support Individual

Social Support Individual is about meeting your needs for social contact and/or the companionship to participate in community life.

We are here to help you stay socially connected!

If you have any questions, please call Deborah on 4932 5755.

NEW! MENS DAY OUT

MCCS has launched its new **Men's Day Out** group activity once a month.

In March we will be going to the Shark and Ray Centre at Bob's Farm, Port Stephens.

MCCS's updated COVID-19 Safe practices for group outings include:

- Staff and volunteers are 100% vaccinated
- Clients are to be 100% vaccinated
- Conduct RAT on the day of the event
- Before entering the bus, screening questions and temperatures are taken.
- P2 masks to be worn on the bus
- Clients are asked to wear a mask when not eating and drinking



Reminder:

If you need to make a change to your rostered service, please call us on **4932 5755**.

Our Support Workers and Volunteers are unable to make changes to your roster.



The latest **Social Outing Calendar** has been distributed. We have some exciting activities planned.

To book your preferred outing, please call us on **4932 5755**.

NDIS Glossary of terms

Are you new to the NDIS and get a little confused with the terms?

The NDIS has compiled a glossary list with explanations of common acronyms, concepts, words and phrases used within the NDIS.

There are also Auslan videos for key concepts and an easy-read version of the glossary.

Go to their website or scan the QR code:
<https://www.ndis.gov.au/about-us/glossary>



Please let us know:

- ✓ If there are any changes to your NDIS plan.
- ✓ If your plan has moved from **NDIA Managed** to **Plan Managed**.
- ✓ If you have a new plan.
- ✓ If the things you are funded for have changed.

Call us on 4932 5755 so we can make sure you are getting the right service and support.



If you need help with the NDIS, or anything else in this newsletter, call us on **4932 5755** and we can help you.

Easter Word Search

A	K	H	R	J	J	T	Z	W	S	K	D	E	X	O
E	M	N	S	E	A	E	S	L	P	G	Q	Y	G	M
O	X	C	J	A	T	P	X	R	P	L	A	L	G	R
J	C	S	U	B	M	A	L	N	E	W	Z	U	V	I
E	A	L	S	I	Y	I	L	F	N	W	S	Y	M	U
L	K	L	Y	R	Y	N	G	O	K	M	O	D	Y	E
L	I	S	G	G	E	D	N	N	C	J	T	L	M	E
Y	V	D	W	U	D	T	N	U	Y	O	M	A	F	I
B	Q	M	O	T	E	K	S	A	B	L	H	N	Z	A
E	N	S	Y	F	R	N	A	A	C	H	I	C	K	S
A	H	O	D	Z	F	A	L	U	E	A	O	L	L	D
N	U	M	J	L	B	A	B	U	H	Q	R	P	U	N
G	N	I	L	K	C	U	D	B	U	J	D	R	P	C
A	T	C	C	K	U	M	G	N	I	R	P	S	O	H
F	N	D	N	W	O	Z	F	P	Y	T	V	F	E	T

Basket
 Bunny
 Candy
 Carrot
 Chicks
 Chocolate
 Daffodil
 Duckling
 Easter
 Eggs
 Flowers
 Hop
 Hunt
 Jellybean
 Lamb
 Lilly
 Rabbit
 Spring



Maitland Community Care Services is closed for the Easter and Anzac Day public holidays

Only essential services* will take place on the **Good Friday, Easter Monday and Anzac Day** public holidays: **Friday 7 April, Monday 10 April and Tuesday 25 April**. If you have other services on these days, you will be contacted to reschedule or cancel.

*Essential services include personal care, medication assistance and half-hour welfare checks.

In an emergency, call 000 or use your personal alarm.

ADSSI Limited T/A Maitland Community Care Services

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We are situated on Darkinjung, Wonnarua, Awabakal and Gringai lands and acknowledge the Traditional Custodians of these lands. We pay our respects to the Elders, past, present and future, and recognise their continuing connection and contribution to this land.

We affirm the right to equality, respect and fairness for the LGBTIQ community and all community members.