

SUMMER 2016

# CONNECTIONS

Newsletter of Catholic Healthcare

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LEFT: Catholic Healthcare's Managing Director David Maher; Residential Manager Vincentian Aged Care, Maurice Oliver, Bishop Terence Brady and Chairman of the Board David Robertson, celebrate 50 years of supporting and caring for the community.

RIGHT: St Catherine's Residential Manager Elizabeth Zachulski, Auxiliary President Betty Burke, David Maher and St Catherine's Care Manager Angela Stocks.

## ANNIVERSARIES

### Celebrating our services

Although every birthday should be celebrated, some are more significant than others and deserve a bigger fuss. Hospitality and celebration are part of life at Catholic Healthcare and this year we have marked a number of significant anniversaries across our aged care services.

In June, Vincentian Aged Care celebrated their Jubilee anniversary. For 50 years, this East Sydney service has been a safe haven for those who sought shelter, a cooked meal or family support. Vincentian continues to offer a supportive and nurturing environment for the city's most vulnerable and provides ongoing care to people with mental illness.

Mona Vale's George Mockler House celebrated 40 years in August. The Northern Beaches aged care service has evolved over the years, but has never strayed from a person-centred care approach or helping those less fortunate and vulnerable.

Caring for the local community of Bathurst since 1966, St Catherine's celebrated 50 years by hosting a moving and memorable event. During this event, Catholic Healthcare's Managing Director David Maher presented a special award to the St Catherine's Auxiliary President, Betty Burke, for her 40 years of dedication, fundraising, support and contribution.

Also in Bathurst, The St Vincent's Women's Auxiliary commemorated 90 years of service to the local community. In early 2017, St Catherine's Aged Care will be relocating to the current St Vincent's site on Gorman's Hill Road, after 50 years on Busby Street.

Last month, Maranatha Lodge in Batehaven on the NSW South Coast celebrated 25 years of serving its local community. Catholic Healthcare also marked its 22nd Foundation Day this year, with plenty of festivities held across the organisation.



Ron receives weekly assistance through home services.

### CLIENT STORY

## More than just home care?

Have you ever felt like you're no longer managing everyday tasks?

I've been with Catholic Healthcare for five years now and I have nothing but admiration for all the people who have supported my wife and I, especially when we were both really down and out.

The staff were always there for us, and would help care for my wife in a very compassionate way, as if she were part of their own family.

This made such a difference to the quality of her life and my own.

After my wife moved into residential aged care, the house-keeping was starting to get me down because I was struggling on my own, so I continued receiving home services.

Now I get regular weekly assistance at home, which is very helpful. I am also very fortunate that my carer goes above and beyond the call of duty to give me the support I need.



Jan, a resident from Charles O'Neil Hostel, showcases her art therapy artwork.

### PROJECT

## Changing lives through art therapy

**Celebrating diverse gifts, talents and personality strengths as we live, laugh and learn together across lifespans.**

Capturing the joys of life found a new outlet at Charles O'Neill Hostel, with the introduction of an art therapy program, designed to improve wellbeing and increase the social interaction of residents. A total of 40 LifeCards were created to celebrate the unique talents and personality strengths of those involved.

Through a series of art therapy sessions, residents and staff shared reflections about each other's positive qualities and contemplated the challenges and joys of ageing.

Art therapist Becky Carver and staff member Kristen Grainger worked with residents in groups and one-on-one, to develop the cards and create the amazing art that was placed on display.

Artwork from the residents of Charles O'Neill Hostel in Mayfield West in Newcastle was on show for the local community in September, through a special art exhibition showcasing the results of the LifeCards Art Therapy Project.

The event featured the creative work borne out of the award winning two year project which focuses on residents at the hostel; many of whom come from a background of homelessness, social and financial disadvantage, and are often struggling with mental health disorders.

**Cards are available for purchase by contacting Charles O'Neill Hostel.**



Community Services client, Vince – Australia's first user of Breezie.

### RESEARCH & INNOVATION

## Changing the face of aged care

In another year of positive partnerships and research collaborations, Catholic Healthcare and our Catholic Healthcare Foundation, took part in several separate research projects, joining with organisations such as Charles Sturt University, Macquarie University, Mundipharma Australia, Sydney University and Alzheimer's Australia.

Catholic Healthcare Foundation's research initiatives and the organisation's academic partnerships, play a vital role in improving the health and lifestyle outcomes for our aged care residents and clients.

Focused on addressing the skills shortage in rural and regional NSW, Catholic Healthcare collaborated with Charles Sturt University in a valuable program dedicated to attracting nursing graduates into aged care careers in Dubbo and Forbes.

With Sydney University, the restorative care and reablement program Liful aims to keep seniors out of hospital by helping them to live independently within their home. Bodington Aged Care in Wentworth Falls was the first aged care service to trial the Liful restorative care pilot, recording positive outcomes.

In a first-of-its-kind initiative with Mundipharma Australia, a leader in chronic pain medication, the PANACEA project is reviewing and assessing our Residential Aged Care services to assist with the implementation of best practice guidelines in aged care.

And finally, in an Australian first, Catholic Healthcare has entered into a collaborative partnership with Samsung, Breezie and Ethan Group to provide Community Services clients with a new tablet solution, designed to help support greater independence and improve connectivity to relevant health services and online communication channels. We are looking forward to the opportunity to influence and drive change within residential aged care and community services.



*As people age, the incidence and prevalence of pain increases and it can be difficult to assess the cause of pain and its severity, particularly for people living with dementia. It is an area of concern for aged care organisations, registered nurses and care staff who are providing care and support for the ageing and this program is focused on addressing this concern.*



**If you are interested in learning more, please call 1300 319 011.**

## DEMENTIA

# Offering local support to people living with dementia and their carers

"I was very reluctant to seek outside help. I felt I was failing Dean. Often when I wasn't coping I would feel out of my depth, so I finally admitted to myself that I needed to find additional help for him, as well as some help for myself," said Michelle.\*

Helping to break down the fear and social stigma that often shrouds dementia, Catholic Healthcare's Community Services offers a range of options for people living with dementia, as well as support for their carers.

Michelle was a full time caregiver for her husband Dean, looking after him in their family home for many years. Several months ago, Michelle noticed that he was withdrawing and his cognitive health was declining.

But since commencing a specialised dementia day program on Sydney's upper North Shore, Michelle has seen significant improvements in Dean's demeanour. He now actively engages in his exercise activities, has joined a men's discussion group, regularly smiles and even takes himself off to his room for naps when feeling tired.

Michelle said she was thrilled when Dean showed such positive responses to the program.



Catholic Healthcare's dementia respite services offers a variety of day and overnight programs.

"It became obvious to me that he was clearly feeling at home in the program. As his wife and his carer, it is a huge relief for me and my family that we can now leave Dean in a caring and supportive place during the daytime, overnight or even for weekend respite," explained Michelle.

*\* Not her real name.*

## GIFT OF GIVING

# Christmas Appeal

Catholic Healthcare wishes you and your loved ones a festive Christmas season. Join us in celebrating the season of giving by donating to our annual Christmas appeal.

With your help, Catholic Healthcare is able to share the Christmas spirit and give food hampers filled with Christmas treats to more than a 150 people in need.



You can choose to donate towards a hamper by making a one-off donation or an ongoing contribution.

**To donate please visit:**

**[www.catholichealthcare.com.au/gift-of-giving](http://www.catholichealthcare.com.au/gift-of-giving)**

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