

WINTER 2016

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Newsletter of Catholic Healthcare



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Mary was a participant in Catholic Healthcare's community services Short-Term Restorative Care pilot.

RESTORATIVE CARE

Setting new goals with restorative care

Mary's* ongoing frozen shoulder continued to impact on her mood and capacity to do what she once loved.

Catholic Healthcare's community services approach to health and wellness is being embedded across its varying programs and services. In an exciting new restorative care pilot, it is continuing to roll out its Health and Wellness Framework and has shown what's possible when a senior citizen is empowered and put at the centre of a health coach guided restorative program.

Mary was a participant in Catholic Healthcare's community services' Short-Term Restorative Care (STRC) pilot. She was central in designing the "how-to-steps" of her restorative goal so that she could get back into the ocean pool.

According to project lead Dr Cathie Buckley, lead of the organisation's STRC pilot, the organisation has been increasingly focused on promoting client health and wellness since 2010, informed by its overarching Health and Wellness Framework, which underpins its programs and approach.

According to Daniel Davies, Health and Wellness Manager and clinical lead on the STRC pilot, the organisation has adopted the World Health Organisation's definition of wellness, which outlines it as an "active process of becoming aware of and making choices towards a healthy and fulfilling life, a state of complete physical, mental, and social wellbeing, and not merely the absence of disease or infirmity."

"The long summer is one to remember, especially in my 90th year," says Mary. She feels that she can once again manage her health condition through exercise; she feels motivated and plans to keep on having fun. "Every day is a blessing. I was lucky to be selected for the pilot program and feel younger than I have in a long time. Thanks Catholic Healthcare for your health and wellness guidance."

* Name has been changed to protect identity and image used is for illustration purposes only.



There must be something in the Illawarra water combined with the great lifestyle in our Villages. Joan celebrates her 95th Birthday with a visit from Manager of Housing and Retirement Villages, William Crowley.

VILLAGE LIFE

A Resident's Story

Joan and Paul signed the agreement to purchase a unit and moved into Bishop McCabe Village in Wollongong's northern suburbs in December 1982.

Joan and her husband loved their new lifestyle and felt like they were on an extended holiday. They spent their time riding bicycles to the beach and exploring their different surroundings.

Joan laughed when recalling how she and Paul would sometimes feel like the caretakers of the village. Tradesmen would often come to them for information, as they were the first residents to arrive in the village.

After Paul's passing, Joan continued to be involved with village life. Joan regularly brings all the residents together with games in the recreation room and loves a game of carpet bowls with her local community.



Alda and Endeavour today and Big Red and Alda taken in 1957.



A CLIENT'S STORY

Scootering for mobility

"Alda can't wipe the smile from her face as she points out all the features of her new glittery cherry red scooter, complete with horn, blinkers, hazard and head lights along with a specially designed rack for her four wheeled walker," said Community Services Care Worker Maureen. "As a female motorbike rider myself, my hat goes off to the ladies who were once motorbike riders, especially at a time when it was a rare thing for girls to ride," continued Maureen.

Maureen is based in Bathurst and in her line of work often meets interesting clients with colourful stories to share. Recently, while visiting Alda, (a community client) Alda spoke about her sadness over the need to give up driving as a result of her failing eyesight.

On a happier note, Alda was intrigued by the prospect of getting herself a scooter, which would enable her to maintain her independence and mobility. It reminded Alda of the time she began driving with a scooter nearly 60 years ago, and now she would finish driving with another style of scooter!

Alda chuckled when retelling an encounter she and her sister had had with a cheeky truck driver who leaned out of his window and plucked her sister's beret right off her head. Her sister had been riding pillion on the back of Red at the time. The truckie was rather lucky her sister never caught up with him because she was far from pleased and had quite the temper.

"Alda is my new hero and I hope I can be just like her when I'm done growing up," concluded Maureen.



Bathurst Federal Member for Calare John Cobb, Catholic Healthcare Managing Director David Maher and Father Paul Devitt at the sod-turning ceremony in March.

DEVELOPMENTS AND REFURBISHMENTS

What's old is new again!

Catholic Healthcare is currently undergoing an exciting period with a number of new development projects across New South Wales and Queensland.

The Sister Anne Court is a newly refurbished residential service centrally located in Sydney's Surry Hills, now offering 68 rooms including 18 brand new premium rooms with ensuites. Providing both long-term, short-term, respite and pastoral care with convenient access to both shops and public transport, this multi-storey service (with lifts) offers comfortable private rooms with ensuites, close to the city.

In Sydney's inner-west a new secure 16 bed dementia unit is now available on site at our Lewisham Nursing Home. This specialised unit provides care for residents who have dementia or exhibit wandering behaviours in a welcoming residential service renowned for quality care.

McQuoin Park on Sydney's upper north shore recently commenced the first construction phase of development. Once completed, McQuoin Park will offer a new integrated development with a state of the art designed residential aged care service, retirement living units, a Health and Wellness Centre, on site respite and community support services for seniors together with specifically designed dementia areas.

In regional New South Wales, construction began in March at St Vincent's Aged Care, Bathurst. Once completed this state of the art designed service will offer 130 private rooms with ensuites within an integrated aged care campus along with community care and healthcare services. This development will add an additional 31 new aged care beds for the central west region.

"We are committed to delivering care and supporting the ageing population today and into the future. Currently we have numerous projects under construction with even more in planning," said Managing Director of Catholic Healthcare, David Maher.



McQuoin Park site prepared for development in April.

Interested in learning more about our developments and improvements, please join our email list: marketing@chcs.com.au or visit catholichealthcare.com.au



Julia Abrahams has worked as the Chief Counsel and Director of Mission at Catholic Healthcare for over 11 years.

MISSION

Serving in different ways

Australia's Catholic aged care services seek above all, to promote the quality of life of their residents. Supporting residents as they age and as they face death is part of the day-to-day work of these services.

Catholic Health Australia recently published 'Code of Ethical Standards: Supplementary Papers for Catholic Health and Aged Care services in Australia', a collection of essays providing thought leadership in the catholic health and aged care bioethics field. An essay, 'Serving in Different ways,' written by Julia Abrahams, Director of Mission and Chief Counsel for Catholic Healthcare is included in this publication.

This publication covers a number of emerging health and aged care ethical issues across the aged care sector today. 'Serving in Different Ways' is an insightful and personal account of Julia's experience over the loss of her mother while in residential aged care.

"Trying to support the dignity, identity and voice of seniors whose health is gradually declining is critical...finally, one of the most important aspects of all residential aged care is assisting and supporting residents as they face death," says Julia Abrahams, in 'Serving in Different Ways'.

The death of a parent is never easy and Julia describes how the care and support shown by the service for her mother and family was immensely profound. Over time, relationships and bonds were formed with carers and residents; Julia refers to this as... "aged care at its best".

"Every feature of aged care service is designed to try to promote residents' quality of life as they live, sometimes for long periods, in the residential service and also as they die. Building a sense of community is key, with the community encompassing all residents, family members, staff and volunteers," said Julia Abrahams.

Next month, Julia will be a guest speaker at the Law for Aged Care Managers Conference NSW 2016 - 'Residents Who Take Risks – Rights, Obligations and Learnings from the Field'.

Plan for the future... support aged care research

In the next 30 years, Australia will have **1.2 million more** people aged 85+ and the average older Australian will live 5 years longer than today.

The Catholic Healthcare Foundation believes in the influence of evidence-based research that improves the lives of those in our care and meets the needs of the disadvantaged.

The aged care sector is undergoing some major reforms and the demand for services is high. We need to make some fundamental changes now to ensure we deliver diverse care options as Australia's population ages.

The Catholic Healthcare Foundation has embarked on a research partnership with Charles Sturt University (CSU), the first of its kind within residential aged care.

Funded by the Catholic Healthcare Foundation, this important body of work will inspire innovative products and services within the aged care sector and will support the advancement of clinical nursing research and education.

Please help us to expand our research program so we may best benefit our loved ones and the needs of our ageing population.

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