

Welcome to Bromilow's newsletter!

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Christmas is just around the corner and we look back in wonder asking where the year has gone! Can it really be twelve months since last Christmas?

In the article below I look back on 2011 and some of the achievements and developments within Bromilow over this year.

Some of your scheduled visits may be impacted by the public holidays on the horizon. On Page 2 we talk about the arrangements for Christmas and New Year.

Bromilow's recent training workshops have focused on how

we, as a community care organisation, might better empower our clients. On Page 3, I discuss this in more detail.

At the beginning of December I attended an industry briefing on the transition of HACC aged care services from the States to the Commonwealth. There is more information on this on Page 2.

This month we welcomed Danae to our office. Danae is a welcome addition to our Admin Team and will provide valuable support to all of us. You will no doubt get to

meet Danae when you periodically 'phone the office.

On a personal note, this is a very special Christmas for me. My wife and I have just become grandparents for the very first time! We have a beautiful, brand new grand-daughter who will be only be two and a half weeks old on Christmas Day.

As John Lennon once sang, I wish you "a very merry Christmas and a happy New year, let's hope it's a good one without any fear".

Regards,
Paul Hawting

THE YEAR IN REVIEW

What a year it has been (and it's not even over yet)! Here are some of the highlights:

- Our collaboration with industry partners through Community Care Solutions
- Bromilow's very successful involvement in the EACH & EACHD programs under Marie's management
- The launch of our volunteer program, RSVP
- The restructuring of our care coordination

- resources, the redevelopment of our office space and the appointment of Gill as CACPs coordinator and Susan as NRCP coordinator
- Receiving additional HACC funding
- A significant expansion in our care staff numbers
- Coming through our Quality Review with the Commonwealth Government with flying colours

- An expanded staff training program
- Renewed focus on Bromilow's mission, client independence
- In October, achieving the milestone of 18 years service to clients on the Coast
- Driving WH&S as a key priority within Bromilow with Jan as our WH&S Officer
- The appointment of a new Administration Assistant, Danae, in the office

2011 has been an amazing growth year for Bromilow.

Despite everything, I feel we have kept true to the values we hold close—our connection with clients and our staff.

CHRISTMAS / NEW YEAR SERVICE ARRANGEMENTS

Christmas and New Year are fast approaching. Inevitably, the public holidays at this time may impact on your usual service arrangements.

We try to maintain consistency in scheduled services during public holiday periods. Cleaning services, for example, are transferred, wherever possible, to an alternate day. How-

ever, there are other services, like in-home respite, that we do not usually provide on a public holiday.

We will contact you about any cancellation of a scheduled service because of it falling on a public holiday.

It is also possible that you may not require services because you will be away or have family staying. Please

tell one of Bromilow's visiting carers or 'phone the office if this is the case.

Please note that Bromilow's office will only be open between Christmas and New Year on December 28, 29 & 30—and only with a skeleton crew. However, an Admin Team member will be on-call to take emergency calls outside these dates.



Please note!!

BRAINY APP

Alzheimer's Australia and BUPA Health Foundation have developed an iPod BrainyApp to

raise awareness of the risk factors for Alzheimer's disease and other types of demen-

tia, and to help people live a brain healthy life. Go to:

www.brainyapp.com.au



ALL IT TAKES IS ONE JAB

Advances in medical research continue to be amazing.

However, if you do not like needles, then you may not be too thrilled about this latest discovery which could reduce symptoms of Parkinson's disease, perhaps for life. British scientists recently revealed that they have

developed an injection which, when injected directly into the brain, can reduce the symptoms of Parkinson's disease.

The disease is caused by death of brain cells that produce a chemical called dopamine which is essential for co-ordination. Treatments

include a drug called L-dopa, which boosts dopamine but can cause muscle problems.

The Oxford BioMedica team of scientists recently developed the new injection which contains three genes which are central to the manufacture of dopamine.

Advances in medical research continue to offer hope for future treatment of medical conditions

HACC TRANSITION

Early in December I attended an industry briefing on the transition of the aged care component of HACC (Home and Community Care) from the States to the Commonwealth.

As I have previously mentioned in newsletters, the Commonwealth is assuming responsibility for all aged care services in Australia from 1 July 2012. This means that the aged care component of HACC services (i.e. services for people aged 65 years and over) will now be funded by the Commonwealth. HACC services for people aged under 65 years, mainly disability services, will be funded by the States. There will be no impact on HACC clients—service delivery will continue as usual and the transition will be quite seamless. In my view, it makes good sense for one form of government to assume sole responsibility for aged care.

YOU'VE GOTTA LAUGH.....

An old farmer wrote to his son in prison:

"Son, this year I won't be able to plant potatoes because I can't dig the ground. I know if you were here you would help me."

The son wrote back, "Dad, don't think of digging the ground because that's where I buried the guns."

Police read the letter and the very next day the whole ground was dug

over by police looking for guns but nothing was found.

The next day the son wrote again, "Now plant your potatoes Dad, it's the best I could do from here!"



CLIENT EMPOWERMENT

Bromilow's publicly declared core mission is "help at home.....to maintain your independence and life-style". The emphasis here is very much on client independence.

We devoted our staff training workshops in October and November to exploring this theme. We are keen to ensure that everyone at Bromilow, the Admin Team, our coordinators and the whole care team is working cooperatively with clients to achieve this goal. How can Bromilow better work with our clients and their families to assist clients to live as independently as possible? How might we better empower our clients to continue to do as much as possible for themselves so that they might truly be as independent as possible? How might we focus less on what we do for clients but more on what clients can do for

themselves? How might Bromilow adopt an approach to service delivery that focuses on client enablement?

These are important issues and require something of a change in mindset from *doing for* to *working with*.

We believe that the client enablement approach is critical in maximizing the extent to which our clients may continue to remain living independently at home. We also feel that this approach shows real respect for clients and allows them true control over their lives.

There are certainly many of our clients who have significant care needs and require high levels of assistance from Bromilow and our care team. However, many, many clients are able to do so much for themselves—and also, wherever possible, with the support of family. Our aim will always be to encourage and motivate our clients to continue to do whatever they can for

themselves, albeit with a helping hand at times.

Bromilow's Community Care Agreement with clients states that, "in working with you, Bromilow and its staff have three main aims:

- To provide you with a range of services that will enable you to remain living in your own home for as long as you wish to do so;
- To encourage you to do as much as possible for yourself and to manage the services in a way that prevents your over-dependence on others or Bromilow itself; and
- To encourage and motivate you to enjoy your life, to promote good health and well-being, and to stimulate your interest in the community and family matters."

These aims sum up our approach to service delivery.

How can Bromilow better work with our clients and their families to assist clients to live as independently as possible?

We are on the web!

www.bromilow.com.au

**BROMILOW
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Help at home.....

**to maintain your independence
and lifestyle**

GET OUT OF THE CAR!

(This is supposedly a true account, recorded in the Police Log of Sarasota, Florida, USA)

An elderly lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, screaming at the top of her lungs, "I have a gun and know how to use it. Get out of the car!" The four men didn't wait for a second threat. They got out and ran like mad.

The lady, somewhat shaken, proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she couldn't get the key into the ignition. She tried and tried and then she realized why. It was for the same reason she had wondered why there was a football, Frisbee and two 12-packs of beer on the front seat. A few minutes later she found her own car parked a few spaces further down. She loaded her bags into her own car and drove to the police station to report her mistake.

The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter where four pale men were reporting a car-jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair and carrying a large handgun. No charges were filed.

Moral of the story? If you're going to have a senior moment...make it memorable!

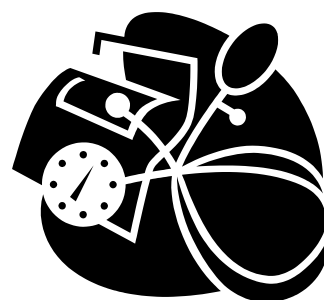
SALT INTAKE LINKED TO HIGH BLOOD PRESSURE

Salt intake has been linked to high blood pressure in Australian adults for the first time in new research published in the Medical Journal of Australia.

A joint Deakin Univer-

sity and Cancer Council Victoria investigated blood pressure measurements and 24 hour urine collections of more than 780 older people living in the Melbourne metropolitan area. They found

that patients with high levels of sodium in their urine (a measure of daily dietary salt intake) were twice as likely to have hypertension as those with the lowest levels of sodium.



SENIORS GET ONLINE

About 94,000 older Australians across the country are now enjoying free access to broadband internet and computer kiosks through the Government's *Broadband for Seniors* initiative. The kiosks provide seniors with

free access to broadband internet, as well as training in basic computing, internet browsing and email skills. The free computer and internet kiosks are located in places that older Australians regularly visit, such as sen-

ior citizens centres, aged care centre and bowls clubs. For a full list of kiosks and more information visit www.necseniors.net.au

