

*Read all about it!*

# Senior Moments

SPRING 2024



## A Message from Adssi

Welcome to our Spring 2024 Newsletter!

As the warm breeze of spring ushers in new beginnings, we're excited to bring you our latest newsletter packed with valuable information and exciting updates. To our cherished clients and a hearty welcome to those who've recently joined Adssi – we're thrilled to have you with us!

This season's edition is brimming with articles to keep you informed and engaged. Discover how Fire and Rescue NSW offers free home safety visits, perfect for ensuring peace of mind as the weather warms up. We're also shining a spotlight on an important topic: scam awareness for seniors. In our ever-evolving digital world, staying informed is your best defence.

Our new Activities Officer, Caitlin, has been hard at work crafting a vibrant calendar of events for those looking to stay active and social. From gardening clubs to knitting groups, there's something for everyone to enjoy this spring.

Don't miss our 'Clinical Corner,' where we dive into nutrition tips tailored for seniors – essential reading as we embrace the season's fresh produce. And for our tech-savvy readers, have you downloaded the Adssi App yet? It's your gateway to staying connected with all things Adssi.

As always, we're here to support you. Enjoy the newsletter, and here's to a beautiful spring season!

Live your best life with care at home.

*Tez Wrathall*

Site Manager



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## Celebrating Jenni Allan



ADSSI Limited (which Adssi is part of) recently shared news about CEO Jenni Allan's retirement closing a remarkable chapter. Jenni came on board in 2004, and her bold vision has sparked major growth in the organisation. This includes successful mergers and the launch of important services like Out-of-Hospital Care.

Her smart planning has put us at the forefront of community care making sure we deliver top-notch service and keep growing. While the Board looks for a new CEO, Jenni is working hard to make the change smooth, so our mission keeps going strong without interruptions.

## Aged Care Reforms and Changes to Aged Care

In September, the Australian Government announced a \$5.6 billion investment in a "once-in-a-generation" set of reforms to the aged care system. The reforms aim to address the growing needs of our aging population, as the number of Australians over 65 is set to double in the next 40 years.

### The Aged Care Bill 2024

The Aged Care Bill 2024 was introduced to Parliament on 12 September 2024. It sets the foundation for a new Aged Care Act, which will transform how aged care services are provided in Australia. The new Act is a rights-based approach that places older people and their needs at the centre of the legislative framework. It is expected to commence on 1 July 2025, and will focus on:

- Improving care for older people in their homes, communities, and residential aged care facilities.
- Ensuring aged care providers offer high-quality care with better accountability and oversight.

The Department of Health and Aged Care's website has comprehensive information about the new Aged Care Act: [health.gov.au/our-work/aged-care-act](https://health.gov.au/our-work/aged-care-act)

### The new Support at Home program

The new Support at Home program will launch in 2025 and replace current Home Care Packages and Short-Term Restorative Care. The Commonwealth Home Support Programme (CHSP) will transition to the new program no earlier than 1 July 2027 and continue as usual until then.

### Funding

The reform includes a "no worse off" principle, ensuring that existing aged care recipients will not pay more under the new system. This applies to those currently receiving a Home Care Package, those waiting in the National Priority System, or those assessed as eligible as of 12 September 2024.

### Where to now?

If you are already a Home Care Package client with us, the 'no worse off' principle applies to you. From 1 July 2025, you will move to the new Support at Home and maintain your level of funding.

**Remember, you can contact our friendly customer service team, your support advisor, or your care manager for more information.**

## Have You Been Approved or Assigned a Home Care Package? Here Are Five Questions for Adssi

When you receive a Home Care Package, it helps you get the support you need to stay independent and maintain your quality of life at home. Transitioning to this new support can raise many questions. Knowing your options and the benefits of continuing your care with a trusted provider like Adssi is essential.

### Five Key Questions

#### What Services Are Included in My Home Care Package?

It's important to know the services included in your package. Understanding what's included will help you make the most of your package.

#### How Can My Care Plan Be Tailored to My Needs?

Everyone has different needs, so your care plan should reflect that. Asking this question helps us to ensure that we consider your specific requirements and preferences when providing personalised care.

#### What Are My Out-of-Pocket Expenses?

It's essential to be clear about any costs you might incur. Understanding your financial obligations helps you plan and manage your budget effectively, avoiding surprises.

#### How Will My Care Be Managed and Monitored?

Knowing how your care is coordinated and monitored gives you peace of mind. It makes sure that your support is consistent and that any changes in your needs are promptly taken care of.

#### Why Should I Continue with Adssi?

This question helps you understand the unique benefits and quality of services Adssi offers. Our commitment to personalised care and experienced staff ensures you receive the best possible support.

Choosing the right provider for your Home Care Package is important to ensure your well-being and peace of mind. At Adssi, we are committed to providing personalised, high-quality care tailored to your needs. If you have any questions or need assistance, contact us at 1300 578 478. We can help you understand your care options confidently and easily.



Our office is closed on public holidays,  
with only essential services taking place.

In an emergency, call 000 or press the  
button on your personal alarm.

Daylight saving time is here. Don't forget to  
change your clocks and check your smoke alarm!



**At Adssi, we want to make your experience with us better.**

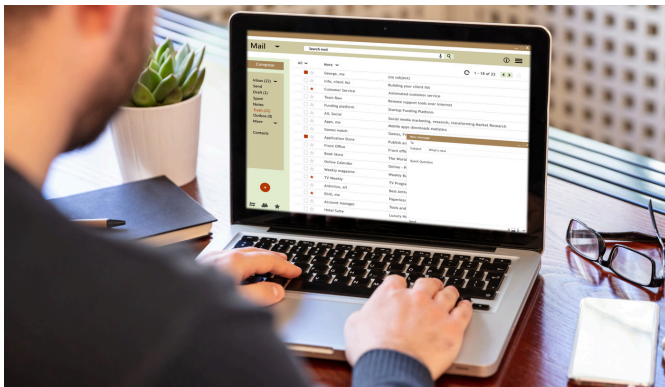
We're curious about how you'd like to receive our quarterly newsletter and other updates. This information will help us serve you better. Please take a minute to fill out this quick survey. Just scan the QR code. You can always unsubscribe or opt-out later.

We care about your privacy and will keep your information safe.



## Invoices via Email!

To request your invoice by email, please send a message to [accounts@adssi.com.au](mailto:accounts@adssi.com.au)



## Stay Safe, Stay Savvy: Scam Awareness for Seniors



In today's digital age, scammers are becoming increasingly sophisticated, targeting seniors with various schemes. As your trusted home care provider, we want to ensure you know how to protect yourself from these threats.

### The Three-Step Approach to Scam Prevention

- 1. Stop:** When you receive a suspicious call, email, or text, take a moment to pause. Legitimate organisations won't pressure you to act immediately.
- 2. Check:** Contact someone you trust or contact the organisation directly using official channels to verify the message's authenticity.
- 3. Reject:** If unsure, it's best to hang up, delete the email, or block the phone number. Always remember to change your passwords if you suspect any compromise.

Remember, you're not alone in this. If you suspect you've been scammed, report the incident and inform loved ones. By staying vigilant, you can enjoy the benefits of modern technology while keeping yourself safe from scams. **To report a scam, visit [www.scamwatch.gov.au/report-a-scam](http://www.scamwatch.gov.au/report-a-scam)**

## Safeguarding Your Home: Free Fire Safety Visits



**Fire and Rescue NSW** offers free home fire safety visits to improve community safety. Firefighters will check and install smoke alarms and provide personalised safety advice.

### Who Benefits?

It is especially beneficial for seniors, those living alone, individuals with mobility or sensory impairments, residents who are supported by carers, family and friends, and non-native English speakers.

### Schedule Your Visit

Contact your local Fire and Rescue NSW station. Protect your home and loved ones today!



## Nourishing Your Golden Years: A Guide to Healthy Eating for Seniors

As we age, our nutritional needs change. At Adssi, we're here to help you maintain a healthy diet and lifestyle. Here are some key tips to keep you thriving:

### The Importance of Calcium and Bone Health

- Over 65% of adults aged 50+ have osteoporosis or osteopenia.
- Calcium needs increase with age, especially for women.
- Dairy products (milk, yoghurt, cheese) are excellent calcium sources.
- Vitamin D and regular exercise also contribute to bone health.

### Your Recipe for Healthy Ageing

- Enjoy variety: Eat from all five food groups.
- Limit: Foods high in added salt, fat, and sugar.
- Hydrate: Drink more water.
- Be mindful: Watch your alcohol intake.

### Smart Shopping for Seniors

Stock up on these shelf-stable staples for easy, nutritious meals:

- Canned fruits and vegetables (low-salt options)
- Whole grains (rice, pasta, cereals)
- Long-life milk and canned fish
- Healthy oils (olive or canola)

### Putting It All Together

- Include plenty of fibre in your diet.
- Stay active with exercises you enjoy.
- Keep up with dental check-ups.
- Don't hesitate to ask for help with meal planning or shopping.

### Remember:

Eating well and staying active are key to managing conditions like arthritis and maintaining overall health.

At Adssi, we're here to support you every step of the way.

Eat well, keep moving, and let's make these golden years truly shine!

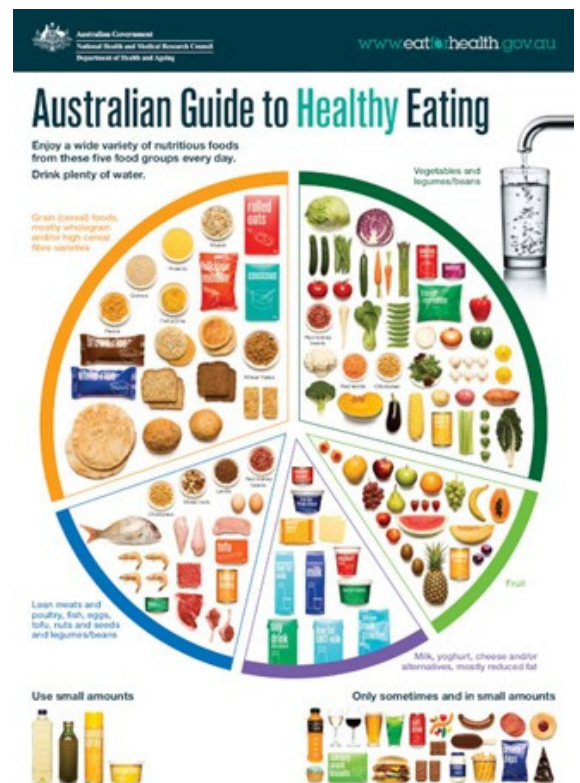
### For more information, visit:



<https://nutritionaustralia.org/fact-sheets/nutrition-and-older-adults-2/#Eat-well-to-age-well>



<https://www.eatforhealth.gov.au/food-essentials/five-food-groups>



## Life's Too Short To Stay At Home

**Adssi In-home Support proudly hosts regular social group activities and individual social support for our Commonwealth Home Support Programme (CHSP) and Home Care Package (HCP) clients. With plenty of events, we are here to help you stay socially connected.**

If you are interested in participating in any social support activities, contact Caitlin, our new Activities Officer on **1300 578 478 (ext 241)** or speak to your Care Manager.

## Introducing our new Activities Officer



Caitlin recently joined Adssi as our new full-time Activities Officer. She looks forward to creating a full social calendar for our CHSP and HCP clients.

## Expressions of Interest

Caitlin is busy working on our social support (group and individual) calendar. We are considering providing transport to the following activities at our local libraries:

- **Gardening Club at Umina Beach Library**  
2nd Friday of each month, at 9.30 am
- **Colour Me Calm @ Bateau Bay Library**  
1st & 3rd Friday each month, 10 am-12 pm
- **Knit and Natter at Gosford Library**  
1st & 3rd Friday each month, 9.30 am-12 pm
- **Kindred Spirits (family history) at Umina Beach Library**  
1st Thursday each month, 10-11 am.

If this interests you, contact Caitlin to go on the list.

## Upcoming activities

We have some fabulous social activities for our CHSP and HCP social support clients. To assist with transport, our activities are divided into two regions and noted below.

(N) is for our clients who live north of Wyong Road.  
(S) is for clients who live south of Wyong Road.

If you would like to receive notifications of upcoming activities, please let our Activities Officer know. Also, check out Adssi App's social feed for more information on upcoming events including:

### October

- **18:** Pearl Beach Singers and a light lunch (S)
- **22:** Breakaway Day at Blue Haven Community Centre (N)
- **24:** Breakaway Day at Blue Haven Community Centre(N)

### November

- **4:** Melbourne Cup Picnic at Blackbutt Reserve (N)
- **11:** Palm Beach Cruise and Lunch (S)
- **21:** Pre-Christmas Shopping Trip to Erina Fair (S)
- **28:** Pre-Christmas Shopping Trip to Westfield Tuggerah (N)

### December

- **11:** Morning Melodies - All Aboard at Laycock Theatre. Lunch and/or coffee afterwards at McDonalds, Wyoming.



**Caitlin, Social Activities Officer**  
**1300 578 475 Ext 241.**

## The Adssi Linen Service



Would you like someone to provide clean towels, sheets, pillowcases and bed pads, pick it up, wash it, and return it to you nice and as fresh as a daisy?



If so, consider Adssi's coast-wide linen service.

Adssi clients can access this service. Linen is collected, washed, and delivered up to twice a week throughout the Central Coast.

### What it covers:

- Towels
- Sheets
- Pillowcases
- Bed pads

### What it doesn't cover:

- Items for non-clients

Call 1300 578 478 or speak to your Care Manager



## The Adssi App's Social Feed

Keep up to date with what is happening at Adssi by checking out the Social Feed in the **Adssi App**. We post regularly post links to our latest blogs, promote social activities, and more.

If you have any questions about the Adssi App, speak to your care manager or support worker.



**The Adssi App**  
Your care is now in your hands.



Scan the QR code and download the Adssi app today!



[www.adssi.com.au/app](http://www.adssi.com.au/app)

- ✓ Meet new people
- ✓ Learn new skills

## VOLUNTEER

with Adssi In-home Support

Office Administration

Phone Call Reachout

Mini Bus Driver

Social Support Assistance



1300 578 478

✓ Help a community



**Ideas? Compliments? Feedback?**

Scan the QR code and let us know. We'd love to hear from you.



## Word Search



Find and circle the words below. Look for them in all directions:

- CARBOHYDRATE
- CHOLESTEROL
- DAIRY
- DEFICIENCY
- DIGESTION
- ENERGY
- FAT
- FOOD GROUP
- FRUIT
- GRAINS
- GROWTH
- HEALTH
- MEAT
- MINERAL
- NUTRIENT
- NUTRITION
- PROTEIN
- PYRAMID
- STRENGTH
- VEGETABLES
- VITAMIN



## Important contact details

- |  |              |  |
|--|--------------|--|
| • My Aged Care                           | 1800 200 422 | <a href="http://myagedcare.gov.au">myagedcare.gov.au</a>                           |
| • Carer Gateway                          | 1800 422 737 | <a href="http://carergateway.gov.au">carergateway.gov.au</a>                       |
| • The Older Persons Advocacy Network     | 1800 700 600 | <a href="http://opan.org.au">opan.org.au</a>                                       |
| • Seniors Rights Service                 | 1800 424 079 | <a href="http://seniorsrightsservice.org.au">seniorsrightsservice.org.au</a>       |
| • NSW Ageing & Disability Abuse Helpline | 1800 628 221 |  |
| • 1800 ELDERHelp (Elder Abuse)           | 1800 353 374 |  |
| • Beyond Blue                            | 1300 224 636 | <a href="http://beyondblue.org.au">beyondblue.org.au</a>                           |
| • Lifeline                               | 13 11 14     | <a href="http://lifeline.org.au">lifeline.org.au</a>                               |
| • Mental Health Line                     | 1800 011 511 | <a href="http://health.nsw.gov.au/mentalhealth">health.nsw.gov.au/mentalhealth</a> |

## ADSSI Limited T/A Adssi In-home Support

3A Pioneer Ave, Tuggerah NSW 2259

E [info@adssi.com.au](mailto:info@adssi.com.au) W [adssi.com.au](http://adssi.com.au) P 1300 578 478



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.