

STRATHALBYN SHOPPING SHUTTLE



The Strathalbyn Shopping Shuttle is a door-to-door transport service for eligible residents of Alexandrina Council living in the Strathalbyn area. Once a week passengers are picked up from their door and taken to the shopping centre in Strathalbyn for shopping and banking. Once a month the service takes passengers to shopping centres outside of Strathalbyn.

Who delivers the Strathalbyn Shopping Shuttle?

Hills Community Transport uses a minibus to deliver the service. Volunteers drive the bus and assist with shopping bags.

When does the Shuttle run?

The local Strathalbyn shuttle service is run each week on Thursdays and the monthly shopping trip out of Strathalbyn is run on the first Wednesday of every month.

How do I book?

Bookings are essential. You can make a permanent booking or book occasionally by calling Hills Community Transport on 83917234

ONE FULL DAY'S NOTICE IS REQUIRED TO MAKE A BOOKING

For more information, or to book, please contact Hills Community Transport on 8391 7234.

What if I want to cancel?

There may be times when you want to cancel your booking for these services.

Please contact Hills Community Transport as soon as possible on 8391 7234.

Am I eligible to use the Strathalbyn Shopping Shuttle?

To be eligible to use this service you must be an Alexandrina Council resident living in the Strathalbyn area without any other means of transport.

People aged over 65 must be referred by My Aged Care.

How much does it cost?

The weekly shuttle is \$3.00 for full pensioners, \$4.00 for part pensioners and \$5.00 for self funded retirees. The monthly shuttle is \$5.00, \$6.00, \$7.00 respectively.



Community Connect Newsletter

Autumn 2019



Connecting Communities

Welcome

From July 1 2019 the Commonwealth Home Support Program (CHSP) will be required to meet eight standards of care. Those standards will be known as Aged Care Quality Standards and as a program Community Connect will need to be able to demonstrate those standards are met. For the participant there are statements on what those standards look like when delivered. *(Article continues on page 2)*



Would you like to volunteer at Cards?

In This Issue:

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- ◆ Community & Family Support Service
- ◆ Community Connect Program Highlights
- ◆ Dementia Friends
- ◆ Strathalbyn Shopping Shuttle

Supported by the
Australian Government
Department of Health



We need help!

Do you like engaging with people?
Would you like to volunteer your time to assist your community?

**Can you spare 1 hour, 1 morning,
1 day or more per week?**

We think our volunteers are **pretty special**. We have 52 volunteers giving their time towards our programs across the Alexandrina Council region. Their roles include reception, driving people to medical appointments or shopping, driving or assisting on outings, recording people's stories, helping people maintain and enjoy their gardens and running programs such as cards, art or knitting.

If you think that you have some time to give, or know someone else who may, please contact Community Connect on 8555 7230, and join our fantastic group of volunteers.

Standard 1 - Consumer dignity and choice

I am treated with dignity and respect, and can maintain my identity. I can make informed choices about my care and services, and live the life I choose.

Standard 2 - Ongoing assessment and planning with consumers

I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and wellbeing.

Standard 3 - Personal care and clinical care

I get personal care, clinical care, or both personal care and clinical care, that is safe and right for me.

Standard 4 - Services and supports for daily living

I get the services and supports for daily living that are important for my health and well being and that enable me to do the things I want to do.

Standard 5 - Organisation's service environment

I feel I belong and I am safe and comfortable in the organisation's service environment.

Standard 6 - Feedback and complaints

I feel safe and am encouraged and supported to give feedback and make complaints. I am engaged in processes to address my feedback and complaints, and appropriate action is taken.

Standard 7 - Human resources

I get quality care and services when I need them from people who are knowledgeable, capable and caring.

Standard 8 - Organisational governance

I am confident the organisation is well run. I can partner in improving the delivery of care and services.



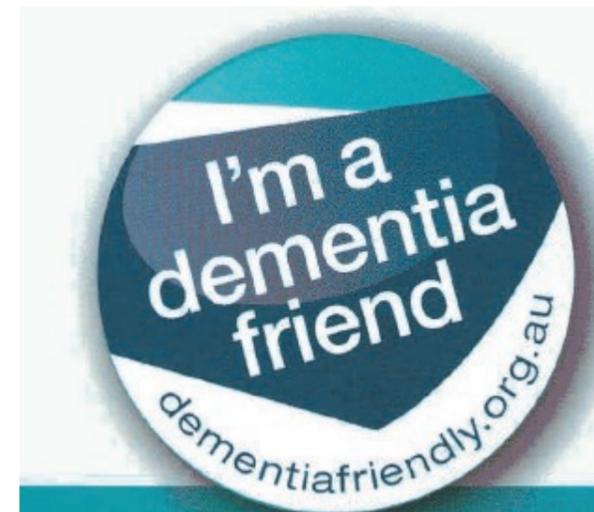
Why become a Dementia Friend?

An estimated 425,000 Australians are living with dementia. It impacts the individual living with the condition as well as their loved ones who often provide the support and care.

People living with dementia can find it challenging to participate actively in the community due, in part, to a lack of knowledge or understanding of the condition among the general public and how it can impact people.

By becoming a Dementia Friend, and increasing your awareness of dementia and its impacts you can help a family member, friend, neighbour or co-worker living with dementia feel accepted, safe, included and involved.

A little understanding and kindness can go a long way.



What is a Dementia Friend?

A Dementia Friend is someone who wants to make a positive difference to the lives of people living with dementia through increased awareness and support.

Even small changes can help support people living with dementia to remain included, accepted and connected with their community.



For more information about dementia and support

Call the **National Dementia Helpline on 1800 100 500** or visit **dementia.org.au**.

Dementia Australia is the national peak body and charity for people of all ages, living with all forms of dementia, their families and carers. Dementia Australia provides advocacy, support, education and information for the estimated 425,000 people living with dementia in Australia.

Community Connect Goolwa	Community Connect Strathalbyn
The Community Hub 1 Loveday Street Ph. 8555 7230 Monday - Friday 8:30am - 4:30pm	Strathalbyn Library 1 Colman Tce Ph. 8555 7277 Monday - Friday 9:30am - 3:30pm
Community Services Coordinator	Beth Moore
Community Connect Project Officers	Deb Gregory and Angela Fleming
Community Connect Program Development	Judy Payne, Chris Atkin and Kylie Markow

Nature Play Forest Festival

Tues 16 & Wed 17 April
10am to 3pm
Kuitpo Forest

Bring the kids and grandkids—come and join us as we celebrate the holidays with wild nature play adventures and make magical memories with family and friends!

Activities include a low ropes course, natural loose parts play, wild cubby building in the eucalypt forest, story time amongst the pines, autumn nature mask making, and much more!

Children \$15 (plus booking fees)
Adults and under 12 months free
For more information and to purchase tickets visit www.natureplaysa.org.au



Shared Skills is an intergenerational program run by the Goolwa Community Centre, supported by Alexandrina Council. It is designed to engage young people (10-17 years old) to come together with our more senior community members to share their skills.

A space to create new relationships and connections, have fun, broaden community knowledge and learn a new skill. The greatest outcome is for the participants to see one another out in the community, say hello, have a conversation and strengthen the network of people in our region.

Do you have a skill that you could teach our younger generation? It can be something very simple or something very technical... it doesn't matter.

Your skill is the catalyst for community connection. We are looking for people willing to spend some time sharing their skill on a Tuesday from 3:45pm to 5:45pm for 2 or 3 weeks, to support this incredibly important and worthwhile program. If so, please call Jane OR Gen at the Goolwa Community Centre on 8555 3941.

THANK YOU TO ALL OF OUR VOLUNTEERS!

Our Community Connect programs could not operate without volunteers as drivers, receptionists, program facilitators, gardeners, story collectors and editors, bus assistants. Imagine Community Connect without volunteers? And if we had to pay everyone who volunteered, imagine what the cost would be and what services we would not be able to deliver!

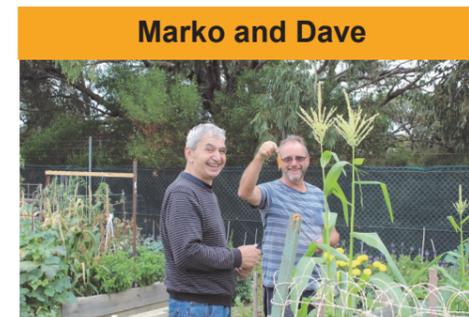
52 people volunteer with Community Connect, providing 8012 hours per year.

At Community Connect we rely on the commitment, skills, time and energy of our volunteers and can't imagine what we would do without them.

Thank you to all the volunteers who are contributing to make our service work. Whenever you get a chance – please make sure you “Just Say Thanks” to our volunteers.



Ann



Marko and Dave



Joyce



Owen



Ken



Di and Sue



Maralyn



Pat



Jan

The Flu Vaccine: What you should know this season

The flu is a highly contagious respiratory illness caused by the influenza virus. The flu ranges from being mild to severe and can cause severe complications for babies, seniors, pregnant women and people with other health conditions. Currently, the best way to prevent the flu is to get a flu vaccine each year. This is important for seniors who often have lower immune systems and are susceptible to complications, such as pneumonia. These complications can lead to long stays in hospital and can even be fatal.

Where can I get a flu vaccine?

In Australia, general practices (your local doctor) generally give flu vaccines.

In addition, you can get a flu vaccine through:

- Local council or community health clinics
- Aboriginal Medical Services
- Workplaces.

In some situations, vaccinations may also be given at:

- Public hospitals
- Aged care facilities
- Pharmacies.

Alexandrina Council provides flu vaccinations through our Immunisation Clinics. Monthly clinics are offered at the Council offices in Goolwa and at Strathalbyn Library by the City of Onkaparinga on behalf of Alexandrina Council. For more information, including clinic dates, please visit the Alexandrina Council website www.alexandrina.sa.gov.au or contact the City of Onkaparinga on 8384 0666.

Is the flu vaccine free?

Vaccines covered by the National Immunisation Program, such as the flu vaccine, are free for people who are eligible. This includes people aged 65 years and over, Aboriginal and Torres Strait Islander people aged 15 years and over, and people under 65 years who have a chronic medical condition. Eligible people get the vaccine for free, but your health care provider (for example, your doctor) may charge a consultation fee for the visit. You can check this when you make your appointment.

If you are not eligible for a free vaccine, you may need to pay for it. The cost depends on the type of vaccine, the formula and where you buy it from. Your immunisation provider can give you more information.

Information from: www.beta.health.gov.au/health-topics/flu-influenza



The knitting group from Elliot Gardens, Port Elliot recently presented local Breast Care nurse, Cheryl with a selection of the hand knitted breast prostheses to be given to local women who have had a mastectomy. These lovely soft prostheses are given away free to local women who request a pair. The prostheses are provided through a local Knitted Knockers branch based at the Community Hub in Goolwa. If you would like a pair contact the Hub to arrange delivery 8555 7230 or Cheryl can also be contacted directly on 0429 123 115.

Unleash your creativity with Creative Expressions

Would you like to grow your creative side? Or have you always been artistic but are looking for a new creative outlet? Come and try Creative Expressions. Participants bring their current projects such as mindful colouring or card-making and enjoy working on these in the company of like-minded people. Bring along your own project, or we can help you find one.

When: Wednesdays, 9am to 11:30am
Location: Community Hub, 1 Loveday St, Goolwa
Cost: \$3 subsidised or \$5 non-subsidised
 For more information or to book, please contact Community Connect staff on 8555 7230.

Special Card-Making Workshop

Learn the art of card-making with Creative Expressions at this special workshop. We'll show you how to recycle old cards, wrapping paper and card into a beautiful card for Mothers Day, an upcoming birthday, or just to let a friend know you're thinking of them. All materials provided.

When: Wednesday 1 May, 9am to 10am
Location: Community Hub, 1 Loveday St, Goolwa
Cost: \$3 subsidised or \$5 non-subsidised
 For more information or to book, please contact Community Connect staff on 8555 7230.

Fancy a movie anyone?

Join us for afternoon tea and a movie in the company of a friendly group at Movie Afternoon. Films shown span a range of genres including comedy and classics, through to animated films and musical concerts. If there is a particular film that you would like to see please let us know.

Upcoming Movies

April: Hugo
May: Steel Magnolias
June: The Second Best Exotic Marigold Hotel

When: First Friday of the month, 1pm to 3pm

Location: Angas Room, Strathalbyn Library, 1 Colman Tce, Strathalbyn.

Cost: \$3

For more information or to book, please contact Community Connect staff on 8555 7277.





New Drug and Alcohol Support Service

Health Options Australia – Drug Awareness Rehabilitation & Management (Drug ARM) have recently opened a new location in Victor Harbor at 2 George Main Road. They run the Community and Family Support Service – a free counselling program for people who are experiencing difficulties due to their own or another’s alcohol or other drug use.

The program offers support and practical help including treatment interventions and referrals to reach your goals and create sustainable change. Counselling sessions are conducted in a caring, empathetic, confidential and non-judgemental manner with experienced counsellors. Home visits and telephone sessions are available if transport is an issue. Participants are able to access 12 weekly one-hour counselling sessions, and if you need additional support you may enrol for a further 12 weeks.

For more information or to book an appointment, please contact Drug ARM Victor Harbor on 7099 7290.

Healthy Options Australia – Drug ARM are funded by Country SA PHN.

TELECROSS SERVICES

A phone call each day to check you’re OK

Red Cross can provide you with a daily phone call to check on your wellbeing through a service known as Telecross. This provides peace of mind if you are at risk of an accident or illness that may go unnoticed, such as falling and being unable to call for help. The volunteer will check that you are well and provide a friendly voice to wake up to each day.

Is this service for you?

Telecross is for people who live alone and are at risk of an accident or illness that may go unnoticed. In particular, people who:

- are frail and aged
- have a disability
- are housebound
- are recovering from an illness or accident.

Telecross is also available to carers of people who are eligible for the service. When family and carers are away, or if someone has just returned home after a hospital stay, Telecross can also be used on a temporary basis.

About the service

Friendly volunteers make calls each morning, 365 days a year. If the call is not answered, Red Cross will take action to make sure you are ok. Even if you have visitors during the week, a phone call first thing in the morning can make a difference if an emergency response is required.

The calls provide reassurance as well as help to maintain independence. This service is available through the National Disability and Insurance Scheme (NDIS) and My Aged Care. For more information, please call Red Cross on **1300 885 698** or visit www.redcross.org.au/get-help/community-services/telecross

MENS’ HEALTH WEEK

The best investment you can ever make is in your own health. While this goes for everyone, we’d like to make a special mention about men. On average, men live 4.3 years less than women, experience more illness and more accidents, and take their own lives at four times the rate of women (that’s five men a day, on average).

Studies show that a preventative health approach encouraging men to take the lead in their own health outcomes has proven results. So what can men do to improve their health and wellbeing? And how can their families and friends support them? Here are a few tips from the Australian Men’s Shed Association:

- Keep moving—walk daily and do other

activities that keep you fit and well.

- Eat healthy food with plenty of fruit and veg.
- Many men are affected by depression or emotional problems. Speak to your family, your mates or your GP if you are feeling down or depressed.
- Stay connected—keep in touch with friends and family, and get out as much as possible.
- Visit your GP for regular check ups. Don’t be embarrassed to talk about any problems.
- Laugh lots, and loud!

Men’s Health Week will be celebrated 10 to 16 June, 2019. Keep an eye out for events in your local area. For more information on men’s health visit www.menshealthweek.org.au or www.mensshed.org/mens-health

DADS’ & KIDS’ DINNERS



DAD’S & KID’S DINNERS & RAMS (RESPONSIBLE ADULT MALES)

WHY COME ALONG?

- HANG OUT WITH THE KIDS -
- COOK & EAT A DELICIOUS DINNER -
- SOCIAL & FUN ACTIVITIES -
- IT’S A FREE NIGHT OUT -

TWO LOCATIONS:

COOLWA CHILDREN’S CENTRE - BROOKING STREET
STRATHALBYN KINDERGARTEN - CORONATION ROAD

FOR FURTHER INFORMATION & TO FIND OUT DINNER DATES:
WWW.ALEXANDRINA.SA.GOV.AU
OR PHONE GOOLWA CHILDREN’S CENTRE 8555 2509
RSVPS APPRECIATED

Supported by the Australian Government Department of Health



'Like' Alexandrina Council on Facebook for updates on Dad's & Kid's Dinners

YOUR NEXT DAD’S & KID’S DINNER IS;

Monday evenings, 6-8pm

GOOLWA

Goolwa Children’s Centre
Brooking St, Goolwa

STRATH

Strathalbyn Kindergarten
9 Coronation Rd, Strath

3 June

24 June



Activities suitable for children up to 10 years

Other male caregivers such as granddads and uncles VERY WELCOME!

Subscribe to our mailing list by contacting David Hammond on 8555 2509 or email david.hammond2@sa.gov.au

Stop elder abuse

Elder abuse is any action, or lack of action, deliberate or unintentional, which causes distress, harm, or serious risk of harm to an older person.

Older South Australians have the right to be safe and to be treated with dignity and respect. Decisions about their lives, finances, where they live, health care, lifestyle and relationships are important and older people have the right to make these decisions as they wish. The **South Australian Charter of the Rights and Freedoms of Older People** helps you to understand what these rights are.

Every year, approximately 5% of older people will experience some form of mistreatment, abuse, neglect, by someone known and trusted to them. For every reported case, another five cases remain hidden and unreported.

But only 4% of elder abuse is reported. Why?

Older people may: Fear retaliation; Worry about getting the abuser in trouble; be mentally incapable; Feel ashamed or embarrassed

Elder abuse is preventable — and everyone has a role to play. We can all help ensure that older people live in safety without fear of being hurt, exploited, or neglected. The public can: Watch for signs of elder abuse and learn how to get help and report abuse. Older people can: stay connected to family and friends; learn more about their rights; Use professional services for support where available; make sure their financial and legal affairs are in order. Family and informal caregivers can lower their risk of committing abuse by learning ways to cope: Get help from family or friends; take breaks; get support from local health and community services.

Know the signs. Speak up and help stop elder abuse. Call the South Australian Elder Abuse Prevention Phone Line on **1800 372 310** Monday to Friday 9.00am - 5.00pm. Trained staff will provide you with free, confidential, culturally sensitive advice, or you can leave a message and they will contact you. Phone line staff can help you find services, and provide you with important information about your rights, or advice that can assist you. The South Australian Elder Abuse Prevention Phone Line cannot respond to emergencies. If your situation is an emergency, call t 000 to speak with police or the ambulance services.

Other helpful contacts include:

Relationships Australia, ph. 1300 364 277
Aged Rights Advocacy Service, ph. 1800 700 600



Information accessed 22/2/19 from www.sahealth.sa.gov.au/wps/wcm/connect/lic+content/sa+health+internet/health+topics/health+conditions+prevention+and+treatment/stop+elder+abuse

pub-

In September 2018 the Australian Government established a Royal Commission into Aged Care Quality and Safety in response to public concerns regarding the quality of care being provided to older Australians.

The Royal Commission will seek to determine the full extent of issues around quality and safety within the aged care sector. It will also help to inform the Commonwealth Government how to meet the challenges and opportunities of delivering in-home and residential aged care services now and into the future. It is also hoped that the Royal Commission will help to foster a culture of respect for ageing and older people in Australia.

To assist with this process, the Royal Commission will be accepting submissions from interested people and institutions up until at least the end of June 2019. A date for the closing of submissions will be announced in the second half of 2019. Submissions can be made by completing an online form available on the Royal Commission’s website www.agedcare.royalcommission.gov.au

Online submissions can be made anonymously and you may choose not to provide contact details.

If you are not comfortable using the online form, you can make your submission by:

- writing to the Royal Commission at GPO Box 1151 Adelaide SA 5001.
- emailing ACRCenquiries@royalcommission.gov.au
- phoning 1800 960 711 (between 8:00am-8:00pm AEDT Monday-Friday except on public holidays. Interpreter service available).

For more information please see the Royal Commission’s website www.agedcare.royalcommission.gov.au

Your submission will be reviewed by the Royal Commission and used to inform the Commission’s work. The Royal Commission will provide an interim report by 31 October 2019, and a final report by 30 April 2020.

