

Spotlight on dementia support

Dementia Behaviour Management Advisory Service (DBMAS)

Caring for someone living with dementia can be both rewarding and challenging at times, so it's good to know there is support for carers if challenging times do occur.

The DBMAS is a free service that is available 24 hours a day to assist carers when the behavioural and psychological symptoms of dementia are affecting a person's care. They partner with the person living with dementia and their care network, to understand the causes and/or triggers that lead to changes in behaviour.

Some of their services include:

- Assessment
- Clinical support, information and advice
- Care planning and referrals
- Short-term case management
- Mentoring, education and training for carers.

As well as specialised support for:

- Younger onset dementia
- Aboriginal and Torres Strait Islander people
- People from Culturally and Linguistically Diverse (CALD) backgrounds.

The aim of DBMAS is to improve the quality of life for people living with dementia and their care network, so please don't hesitate to reach out anytime for their professional guidance and support.

Contact Dementia Australia for more information:
1800 699 799 (24 hours a day)
www.dementia.com.au



Free course: 10 Keys to Happier Living



The 10 Keys to Happier Living program from Action for Happiness, is a free program based on the latest research in positive psychology, neuroscience and behavioural science.

Developed during the COVID pandemic, the program is

designed to boost your wellbeing through little actions that can make a big difference, in just 10 days.

Although there are many science-backed ways to be happier, the Action for Happiness team have read the latest peer-reviewed research papers so you don't have to!

And based on the latest research, they've identified 10 Keys that tend to make life happier and more fulfilling and supports to meet those assessed needs.

Here's how it works:

1. Each day you'll receive an email message with a bite-sized chunk on the science of happiness that explores one of the 10 Keys
2. You'll then discover how to apply these positive psychology ideas in your daily routine
3. And at the end of each two-minute video, you're asked to choose one tiny action for that day, to build your personal happiness practice.

Each of the practical action ideas are underpinned by the latest wellbeing research, and the best part is - they only take a few minutes a day!

If you'd like to learn more about the Ten Keys to Happier Living and how you can put them into practice, visit the link below:

www.10daysofhappiness.org



Home Care Connection

Newsletter

VMCH

Welcome!



Dear Reader,

I hope you are well and have enjoyed the start of 2024.

Welcome to our inaugural Home Care Connection newsletter, a monthly publication designed to keep you up-to-date with

topics that may interest you, including health and wellbeing, aged care quality standards, government updates and technological advances.

Closer to home, VMCH is enjoying an eventful start to 2024. We're growing our reach with new initiatives and events, which I look forward to keeping you updated on from time to time.

For those of you who access our allied health programs at Wantirna, I am pleased to share the team has just opened a new gym.



The gym caters to our Commonwealth Home Support Programme clients and will be home to our fantastic group-based programs supporting people with chronic pain, arthritis, and those who would like to improve their balance, brain health and mobility.

I hope you enjoy reading this first edition of Home Care Connection. I look forward to connecting with you again soon.

Sonya Smart
Chief Executive Officer

Aged Care Taskforce report

On 12 March 2024, the Aged Care Taskforce released its much-anticipated Final Report, delivering twenty-three recommendations to support an equitable, financially sound and sustainable sector, to support all Australians in the future.

The Taskforce was established last year following recommendations made by the Royal Commission. One of its main principles is to "support older people to live at home for as long as they wish and can do so safely."

VMCH has long advocated for an overhaul of the aged care sector and welcomes many of the Taskforce's recommendations, including its view to allow older people to pay more for their own care if they have the means to do so.

Other recommendations which may be of interest include:

- Making aged care fees fairer, simpler and more transparent
- Establishing a fee-for-service model for Support at Home (which will replace the Home Care Package program mid-2025) ensuring participants only pay a co-contribution for services received
- Raising awareness of existing financial products that enable older people to utilise their wealth in retirement and for aged care costs.

The government is yet to respond to the report, but it's expected that any accepted recommendations will be incorporated into the new Aged Care Act draft. The Act was scheduled to come into effect on 1 July 2024 but has recently been delayed by up to another year.

If you would like to know more about the Taskforce or the Act, visit: **www.health.vic.gov.au**



Scam awareness

Cybercrime has long been on the rise in Australia, and our Tech Team at VMCH has some information and tips to help protect you from falling victim to scams.



Scams to watch out for:

- **Fake parcel delivery texts** – scammers pretend to be reputable delivery services, like Australia Post, and send messages asking to click on a link to track deliveries
- **Buying and selling scams** – fake websites are set up selling items at bargain prices which don't exist
- **Invoice or bill scams** – increasingly sophisticated scam emails that appear to be from a well-known product or service provider requesting payment of a bill or renewal fee
- **Charity scams** – scammers set up fake donation websites to take advantage of people's generosity
- **Investment scams** – offering quick, high cash for minimal effort. If an offer appears too good to be true, it probably is.

How to protect yourself:

- **Be alert** – criminals often use email, SMS, phone calls and social media to impersonate individuals or organisations you think you know or trust. Always be alert when clicking on attachments or links within emails
- **Update your device software** – this improves your device's performance and makes it secure. Setting up your device to auto-install updates can keep hackers at bay
- **Turn on multi-factor authentication (MFA)** – when activated, you need multiple pieces of information to gain access to your account, making it harder for hackers to get in.

If you would like more detailed information about how to be cyber secure, visit: www.cyber.gov.au.

Product spotlight: Falls prevention

With falls being a major cause of injury and hospitalisation in older adults, we want to highlight products that are specifically designed to increase safety.

Speak to your Case Manager or medical professional to make sure you get the right products for your needs, and whether these products can be purchased from Home Care Package funding.

Say hello to GripSox

Backed up by clinical trials and created by an Australian physiotherapist, these socks have been specifically designed to increase safety in relation to falls prevention.

Have you heard about ISEAL?

These award winning, high tech insoles are designed to:

- Reduce the risk of falls
- Prevent ankle sprains
- Improve dynamic balance.

Send your Seniors Card number via their contact form to receive a 20% discount!

www.iseal-insole.net/



Empowering you to remain the leader in your own life



We take the concept and practice of client engagement and communication very seriously at VMCH and acknowledge that everyone has a part to play in this. When we communicate and engage with you at an individual level, it helps us to identify your needs, goals and

preferences, and align your needs with the most appropriate services and supports. That's why everybody has a different care plan.

VMCH work with you to help you remain in control of your own life. Some ways we do this is direct with you and your family/representatives, and some of it occurs behind the scenes.

We help you stay in the drivers seat by:

- Encouraging participation
- Educating and empowering
- Supporting choices and decision making
- Respecting preferences
- Respecting identity and individuality
- Acknowledging life experiences and strengths
- Promoting partnership
- Challenging ageism
- Accepting risks
- Mentoring and navigating the system
- Inviting feedback
- Respecting diversity
- Challenging assumptions
- Accepting that we don't always have all the answers
- Advocating and participating in government and other consultations relating to aged care.

One of the tangible ways we communicate with our clients is through our regular newsletters! These are designed to inform, engage and empower you to stay up-to-date with current trends, information and events in the aged care sector.

Maintaining an active body



Maintaining our physical health and flexibility is so important as we age. Many older people living at home are keen to receive information and resources to help increase their physical fitness through active body exercises.

Guide Healthcare specialises in physiotherapy and has created free video exercises for older people living with chronic health conditions and reduced mobility.

www.guidehealthcare.com.au/get-up-guide

Their 'Get Up Guide' contains free videos and exercise sheets designed for low-impact, low-intensity exercises. Whilst these exercises are designed for older people to do, it's recommended to have someone (such as a family member or Support Worker) to guide and assist you to do the exercises.

Keeping ageing bodies moving helps improve flexibility, confidence and resilience.

In most circumstances, if you have a Home Care Package, your funds can be used to support your physical health and wellbeing, as long as it meets your assessed needs and is included in your package budget.

If you think you could benefit from some exercises or physiotherapy, please get in touch with our professional Allied Health team on **1300 919 850** or email wellnessreception@vmch.com.au.

