

Home Care Connection

Newsletter

July 2024

VMCH

New Senior Victorians Advisory Committee

The Senior Victorians Advisory Committee, created by the Victorian Minister for Ageing, Ingrid Stitt MP, provides an opportunity for older Victorians to share their insights and lived experiences with government.

Almost 1.5 million Victorians are aged 60 years or over (22 per cent of our state's population). This cohort is also Victoria's fastest growing age group.

The Committee will provide advice on the needs and rights of older Victorians and inform related government priorities and programs, including the implementation of the Victorian Government's Ageing Well Action Plan.



The Committee will work together to:

- Provide a community voice to government by highlighting the lived experiences of issues impacting older Victorians
- Raise awareness of the positive contributions and meaningful participation of older people in social, economic, cultural and community life
- Promote the rights of, and respect for older people.

The Minister for Ageing has encouraged people 60 years and over, and First Nations people 50 years and over, to apply for the Committee.

"It's important that we hear from older Victorians about the issues that impact their wellbeing, which is why the work of this committee will be so important. We are giving a voice to older Victorians from every walk of life to hear directly from them about how we can improve their lives."

The Committee will include a Chairperson and up to 12 members.

For more information and to apply, visit www.seniorsonline.vic.gov.au/advisory-committee

White Road Community Centre

VMCH's White Road Community Centre is a warm and inviting place for older people to enjoy day respite. The centre is a caring environment where engaging activities are tailored to the group's interests.



"I like the company. It's nice to have a chat... I'm all about the word games; we play scrabble."

– José, participant aged 71.

Respite brings so much value to both participants and carers. It allows the carer time to recharge and reduce stress while the participant engages in enriching activities and social interactions.

"I want to come every Monday... To find new friends and meet new people."

– Sotheary, participant aged 69.

If you think White Road Community Centre might be the right support for you or a loved one, please call our friendly team at **1300 698 624** or visit the VMCH website below.

vmch.com.au/whiteroad



What is Person-Centred Care?

Everyone receiving home care support has the right to be safe, treated with dignity and respect, and receive high quality care and services.

Person-centred care supports you to be an active partner in your care and to shape services and support to suit your specific needs.

You can help VMCH tailor your care by sharing what's important to you, be that relationships, activities or goals that you wish to achieve.

To provide person-centred care, home care providers are expected to:

Talk with you about your preferences

Person-centred care involves lots of conversations about you and your preferences. We will assist you to be as independent as possible, support your wishes and help you maintain connections with your community.

Support you to take risks

Dignity of risk is a big part of person-centred care. This means you have choices and should be supported to take risks. If something you want to do involves risks, we will help you understand the risk and work with you to manage it.

Work with you and your representatives or family

You may like to have others, such as a family member, friend or representative, involved in discussions and assessments which inform your care plan and services. Understanding and respecting each person's individuality, diversity, culture and preferences is paramount to creating a care plan that truly meets your care needs.

