

TPG aged care NEWS

September 2020 Issue No. 120

Inside this issue of the TPG Aged Care News:

- ◆ From the Director
- ◆ Veterans Home Care Contract
- ◆ Services available to Gold Card Holders
- ◆ COVID19
- ◆ Keeping Well at Home
- ◆ Conversation Starters

COMMUNITY NURSING SERVICES

Personal Care
Medication Prompts
Catheter Management
Wound Care
Medication Administration
Bowel Care

All Gold Card Holders are eligible for any of the above services and they are free of charge.

HOME CARE PACKAGES

Our Client Liaison Co-ordinator is available to meet with you at no cost to give you an understanding of how you can have extra services.

FROM THE DIRECTOR

This time last year I wrote about our footy teams and noted that Tim Kelly and Justin Longmuir were coming back to the West. It is pleasing to note now that they are both doing well in their respective clubs and I look forward to them even more now than I did last year because of their performances to date.

Let's hope that the Eagles can do well in the finals in this very unusual football year.

VETERANS HOME CARE CONTRACT

I wish to advise that the Department of Veterans' Affairs have extended our contract for another year.

COVID19

Over the past few months we have listened and acted on government advice to help protect us from the coronavirus outbreak. We can report that we are still incident free and thank all of our clients and staff for their attention to infection prevention and control. We are still not out of the woods as our borders remain closed and

we are monitoring our staff and PPE requirements very closely.

KEEPING WELL AT HOME

It is also important for you to look after yourselves at home and it is especially so if you have been unable to get out and about very much.

There are resources available on line that give you reminders about things that you can do to ensure your own safety. The booklet 'Keeping Well at Home' has tips on keeping our minds well and active; moving more and moving well; strength and balance exercises to assist in the prevention of falls; and keeping nourished.



You can check out the booklet 'on the internet at fallsnetwork.neura.edu.au.

The falls prevention information provided by the WA Department of Health is very good and worth checking out as well. They have a booklet called Stay on your Feet (at stayonyourfeet.com.au) along with videos to assist you to work on balance and mobility issues.



As a Gold Card recipient you are also eligible to receive allied health services such as podiatry in your own home. All you need to do is ask your GP for a referral to an allied health provider .

SERVICES AVAILABLE TO GOLD CARD HOLDERS

Linda has been very busy since the report in our last newsletter about the additional supports available to eligible veterans. More of our clients are now taking advantage of transport support, regular gardening and other services that are available through a Home Care Package. She is available to meet with you and your family members at no cost to discuss your support needs and can be contacted by calling her on 9408 1100.

CONVERSATION STARTERS

Running out of things to say to each other – try these conversation starters. And, remember to be kind to each other!

- ◇ If you could ask God a question, what would it be?
- ◇ If you could make a movie, what would it be about?
- ◇ If you had one super power, what would it be?
- ◇ What three things would you take with you if you had to leave your home in an emergency?
- ◇ If you won a prize of \$5,000 what would you do with it?
- ◇ If you could outlaw a vegetable, what would it be?
- ◇ If you could make a rule for a day and everyone had to follow it, what would it be?
- ◇ If I were a pair of shoes, what kind would I be?
- ◇ What is the craziest thing you've ever done?
- ◇ If you could only speak one word today, what would you say?
- ◇ What are the four most amazing places that you have ever visited?
- ◇ What is the one thing that you refuse to share?