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Wound Care

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



Spring has arrived, but not so beautiful weather that usually hails the arrival of our fantastic wild-flowers and one of my favourite bulbs, the daffodil. So too have Christmas decorations begun to appear in department stores.



## ARTIFICIAL INTELLIGENCE

Another arrival that is hitting us is the increase in the way that Artificial Intelligence (AI) is becoming a part of our everyday lives. It is rare these days that there is not a mention of AI in the general media and industry reports and in health care magazines. Some examples of AI that have become a part of my everyday life include GPS tracking; and the use of Siri on my phone but where is it going and will we have any chance to limit our own exposure to its impacts.

AI has been unleashed into the public sphere but not even the developers of these tools fully understand their capabilities, and they continue to plead with governments to regulate AI. Here in Australia, the Government is taking the rapid rise of AI technology seriously and has recently ended a consultation for public submissions on safe and responsible AI for Australia.

## INSTALLATION OF LISTENING AND VIEWING DEVICES

We have become aware that many clients are installing listening and viewing devices in their homes. Whilst our awareness has come about in fruitful ways it is something that we have regulate so as not to find ourselves in any legal wrongdoing.

We have found that the installation of such devices in your own home can have legal, ethical, and privacy implications, depending on your intentions and the State and Federal laws applicable to their use.

Legal and Ethical Considerations:

### 1. Consent:

In WA it is illegal to record audio or video of individuals without their consent. Even in your own home, if you have guests or family members who are unaware of the recording devices you may be violating their privacy and potentially breaking the law.

## 2. Privacy:

It is important to consider the ethical implications of recording people in your home, even with their consent. For example, it is necessary to have clear guidelines in place regarding when and where recording will take place.

## 3. Notification:

Even if you have legal consent, it is good practice to inform people that they are being recorded. This can help prevent misunderstandings and maintain trust.

We are investigating ways to help us deal with all this extra red tape and we would appreciate you advising us if you do have listening and viewing devices installed. We can then note this in your file on our client database and let staff know about it.

## SCAMS

Another way that AI is impacting on all of us is its use in sending us text messages advising us of a range of issues, from not having paid our tax to the latest one which is rolling out through WA at the moment and it applies to anyone who holds a WA Seniors' Card. The following information may be of use to you.



### WA Seniors Card Scam

Western Australian seniors are being targeted by scammers through a fake WA Seniors Card website requesting money and multiple forms of personal identification. The fake website [seniorsportal.au](http://seniorsportal.au) claims to be "officially approved" and charges WA Seniors Card applicants a fee of \$29.

The WA Seniors Card is free of charge and applicants are never requested to pay a fee or disclose

personal identification such as bank or credit card details in exchange for membership.

***WA Seniors Card does not accept Seniors Card applications made by third party organisations.***

WA ScamNet is concerned for seniors who have been targeted by these cyber criminals and handed over their personal identification, such as bank details, driver's licence and passport.



### How to protect yourself:

If you have engaged with this scam website and provided any form of ID:

- Contact IDCARE as soon as possible on 1800 595 160 or visit their website [www.idcare.org](http://www.idcare.org).

Made a payment:

- Contact your financial institution immediately and report the transaction as fraudulent.

Remember, the legitimate WA Government website address should always end with [wa.gov.au](http://wa.gov.au). Be aware when searching online (eg. Google search) the first couple of listings may not be the legitimate website and not the service provider you are searching for.

## FALLS PREVENTION

The number of clients who have been hospitalized lately because of a fall is higher than usual. As you and I both know falls can lead to serious injuries and a loss of confidence, which can result in reduced mobility and social isolation. Here are some ideas to help prevent falls in the elderly:

1. **Regular Exercise:** engage in regular physical activity to improve strength, balance, and flexibility. Activities like walking, tai chi, and yoga can be particularly beneficial.

## 2. Home Safety Measures:

- Remove tripping hazards such as rugs, clutter, and loose cords.
- Install handrails on stairs and in the bathroom.
- Use non-slip mats in the bathtub or shower.
- Ensure adequate lighting in all areas of the home.

3. **Vision and Hearing Checks:** check and address any issues with vision or hearing, as impaired senses can contribute to falls.

4. **Foot Care:** throw out the old slippers and use footwear to prevent trips and falls.

5. **Home Modifications:** consider making structural modifications like installing grab bars, raising toilet seats, or using a shower chair.



## FUNNIES FOR YOU 😊

What musical genre do older people with arthritis listen to every time they sit down and stand up?  
Pop.

I was told by my doctor that I should start exercising. So I joined an aerobics class for seniors. I bent, twisted, and jumped for an hour. By the time I put on my clothes, the class was over.

You know you're getting old when your birthday cake has more candles than cake.

Aging is like owning a classic car. In order to keep looking beautiful, you'll need more than a few tune-ups and a fresh coat of paint.

