

# Western Living



This newsletter is for residents who live in the City of Charles Sturt and use Community Care Services.

Autumn 19/20 Issue 13

## Are you a caregiver?

Managing stress for caregivers is important, as it helps prevent burnout. The following are signs of stress:

- You constantly feel worried and/or overwhelmed
- You're always tired
- You're sleeping too much or not enough
- You're easily angry or irritated
- You're losing or gaining weight
- You're no longer interested in the types of activities you used to enjoy
- You're often sad
- You frequently have body pain or headaches
- You find yourself using drugs, alcohol, or prescription medication to cope.

If any of the above sounds familiar, you may be experiencing caregiver stress. Here are some tips for caregivers of elderly people:

### Use relaxation techniques

- Tip: Relaxation techniques can help you slow your heart rate, lower blood pressure, reduce stress hormones, reduce chronic pain and muscle tension, and improve your mood and concentration. Techniques like meditation are a good way to decrease agitation and anxiety and increase our ability to step back from a stressful situation. Take time out for yourself to meditate - even if only for a short time, get a massage, engage in visualization or aromatherapy.



### Find social support and stay connected

- Tip: Social support can be just as important as setting aside "me time," whether it's the professional help of a counsellor, the sympathetic ear of a good friend or just time out of the house having fun. There are many social groups available for carers - connect with people who have had some of the same experiences as you.

### Stay active

- Tip: Exercising is valuable 'You Time'. Block out the world for an hour and enjoy the endorphins that come with physical activity - even if it is just for a brisk walk outside in nature.

### Visit your doctor regularly – take a preventative approach

- Tip: Take time to get regular

check-ups and be aware of what your body is telling you. Pay attention to any exhaustion, stress, sleeplessness or changes in appetite or behaviour. Ignoring symptoms can cause your physical and mental health to decline.

### Take a break

- Tip: Make arrangements for some respite so you can take a few days or even a week of vacation time – read a book, watch a movie, take a nap and talk about different things. It's important for you to recharge and refresh.

Contact My Aged Care 1800 200 422 for information on respite services in your area or call **Community Care Respite Officer on 8408 1846.**

## Digital literacy at the library



The term 'digital literacy' encompasses a broad range of skills which assist a person to be able to use technology and be an active participant in the digital world. This includes everything from how to use digital devices – computers, iPads and smart phones, online government services and internet, email and internet safety basics to using Skype and Virtual Reality. Residents interested in taking those first steps in discovering how

technology can help people to stay in touch with family and friends can book into a variety of programs and events focused on building these skills from the absolutely beginner to intermediate level. All sessions are free, and can be booked throughout the year.

For further information on all adult digital programs and locations please phone the library on 8408 1333.

## Respite



Carers come from all walks of life and may be caring for a family member or a friend. Taking this break is vital in order for the carer to maintain their physical and mental wellbeing.

Our respite services can provide a much needed break for everyone concerned. There are a range of options available, i.e. in-home respite, assistance to get your loved one to a group/activity or even a drive and a coffee.

For more information, please contact the Community Care Officer – Respite on 8408 1846.

## Companion Animal Program

Are you a dog owner over the age of 65 who is no longer able to walk your dog? or do you know a dog owner over the age of 65 who is unable to walk their dog?

The Companion Animal Project has a waiting list of willing volunteers who have police clearances and a love of dogs.

When accepted into the Companion Animal Project, a volunteer will visit the older person's house at least once a week to walk their dog around the local area.

This is a free service for eligible residents within Charles Sturt. Further information can be provided by phoning 8408 1111.

Testimonials:

*"My dog loves her walker. She gets excited when her harness is put on, watches at the door, knows the sound of the car and barks to let me know. The walker is very nice, reliable and loves my dog."*

*"My dog (a miniature poodle) has greatly improved with the walking support and is much appreciated as I cannot walk him due to my own incapacities. His health is greatly improved with regular exercise."*



## Winter warmth – keeping warm without breaking the bank



It might surprise you to know that in Adelaide we use more electricity to heat our homes in winter than we do to cool them in summer.

While our summers can be ferociously hot, with many using air conditioning to maintain a level of comfort, our winters are long and protracted by comparison. What this means is that we use large amounts of electricity in summer at peak times (think about a 40 degree day); while in winter we might run a heater at some point every single day, resulting in higher consumption overall.

With the heat and record high temperatures of this summer receding into memory it is worth turning attention to the ways we can heat our homes efficiently, keeping us warm and in good spirits, when it's chilly outside.

Simple, low cost measures are often the easiest to implement. One thing to pay attention to is eliminating drafts, particularly in the rooms that you would spend most time in. Door snakes to block drafts under a door, self-adhesive door and window seals to block unwanted air leaks and fitting self-sealing exhaust fan covers (e.g. a DraftStoppa) are all simple fixes available from your local hardware store. If you have a ducted evaporative air conditioner, that is dormant in winter, you might want to consider fitting covers over the outlets to block heat escaping.

Many older homes, especially brick cavity construction, will have air vents mounted high in the wall. These are designed to allow air flow when a combustion heater is used – e.g. wood or liquid heating fuel and are essential to stop the build-up of carbon monoxide. However, if you are using electricity and never plan to switch to a combustion heater (in most circumstances) these vents can be sealed, either permanently or using a variety of sealing kits available from your hardware store.

There are a lot of resources available online for more hints and tips on keeping warm in winter, you can also go to **[www.sa.gov.au/energy](http://www.sa.gov.au/energy) or call the South Australian Energy Advisory Service for free advice on 1800 671 907.**

## Home Library Service



**Are you a resident of the City of Charles Sturt and want to access the library's collection but find it difficult to visit our library branches?**

**Then the Library's Outreach Service is for you!**

A free, personalised delivery service that brings the library to the comfort of your own home. You can request certain titles, authors or genres available from our libraries or, as a service to you, we can tailor library material based on your interests and ability. We also have a collection of large print books, talking books, CDs and DVDs, Audio-Read Navigators, Daisy Players and Envoy Connect players where you can listen to your favourite books with the push of a button.

**If you are interested in this service please contact us on 8408 1333.**



# How do you get to the shops?

- Are you finding it difficult to get to a shopping centre?
- Do you need help carrying your bags or pushing a trolley?
- Do you need assistance reaching high or low items?
- Do you find it difficult to read the prices and use by dates in the supermarket?
- Do you need someone to go to the shops for you?

The City of Charles Sturt Commonwealth Home Support program offers a range of entry level in home support services for older people, younger people with a disability and their carers, to assist residents to remain living independently in their community. These services are jointly funded by the Commonwealth and State Governments and the City of Charles Sturt.



## Shopping Assistance

The shopping program provides a fortnightly shopping service which can include taking eligible residents to their local shops to assist with grocery shopping, bill paying, the chemist and banking. For people who are too frail or unwell we can also arrange a shopping list service.

## Community Bus

The community bus provides regular fortnightly door-to-door transport to your local shopping centre. Volunteer drivers can assist with shopping bags and buses are fitted with steps and handrails for easy access. The community bus is designed to support eligible residents who are unable to access normal public transport and no longer drive.

If you or someone you care for would like more information about these services, please contact Sarah on 8408 1367 or Samantha on 8408 1369.

## Volunteer Bus drivers

The community bus relies on volunteers to help deliver this service to our residents. We are currently seeking drivers on a regular rostered basis and casual or back up drivers.

**If you would like more information about becoming a Community Bus Volunteer please visit [www.charlessturt.sa.gov.au/volunteer](http://www.charlessturt.sa.gov.au/volunteer) or phone Vanessa on 8408 1828.**

## PERMA+

Positive Psychology is the scientific study of the strengths, characteristics and actions that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of life, love, work, and play. The sense of “wellbeing” is therefore not a one-dimensional idea but a multifaceted construct composed of different elements. Professor Martin Seligman, founder of positive psychology, created the PERMA+ model with five core elements of

psychological wellbeing and happiness which can help people reach a life of fulfillment, happiness, and meaning.

The five key areas are:

- Positive Emotion – remember to adopt a positive perspective as often as you can
- Engagement – find the things that make you happy and engaged
- Relationships – focus on your relationships with family and friends and find ways to connect
- Meaning – search for meaning and lead a life of purpose
- Accomplishment – savour your

accomplishments and strive for further achievement

PLUS

- Physical Activity
- Nutrition
- Sleep
- Optimism

The City of Charles Sturt invites older residents to attend a free 6 week program where participants learn skills designed to enhance resilience and wellbeing by learning how to apply the PERMA+ model to their lives. If you would like to register your interest in attending a workshop, please contact Deb on 8408 1373 or Sarah on 8408 1367.

## AGEING WELL EXPO – save the date!

The City of Charles Sturt, in partnership with the Western Linkages Executive Group, will be hosting an information Expo on the Tuesday 15 October in the Woodville Town Hall.

The day will host a variety of information stands and guest speakers. It is hoped the event will support the sharing of important information that will assist our older residents, their carers and families to live a good life. More information will be available online closer to the event.



## COMMUNITY BUS

Community Care welcomes 2 new buses to the fleet. These buses provide regular transport to local shopping centres and Community Centres within the City of Charles Sturt.

Current passengers have provided positive

comments on the new buses being much more comfortable and enjoyable to ride in, and they certainly stand out when out and about in the local area.

If you would like to access shopping transport on a regular basis please contact Samantha on 8408 1369.

# 12 Benefits of Volunteering



People volunteer for many reasons, with the most common reasons being to help others and because it makes a difference. We know that volunteering can make us feel good, but did you know that when you volunteer, you are improving your life and maybe even your health?

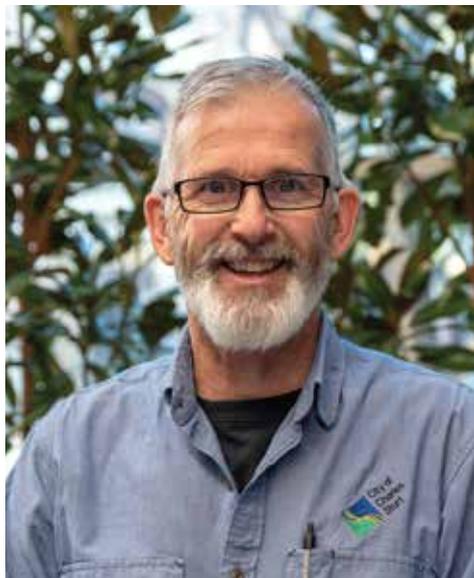
Here are twelve proven benefits of volunteering:

- 1. Builds Community** – strengthens your community and your own social network
- 2. Ends Loneliness** – loneliness and social isolation are two of the most severe epidemics in the world today - volunteering reverses this
- 3. Increases Socialising** – which supports a better brain function and immune system and a lower risk for depression and anxiety
- 4. Builds Bonds, Creates Friends** – creates stronger bonds between friends, family and other volunteers
- 5. Develops Emotional Stability** – increases sense of purpose and connection
- 6. Improves Self-esteem** – helps develop personal confidence and self-esteem, particularly in young people
- 7. Promotes Longevity** – studies show that long-term volunteers have longer lives, less disease and better overall health
- 8. Reduces risk of Alzheimer's** – any social interaction can help delay or prevent Alzheimer's
- 9. Burns that stubborn belly fat** – even if volunteering is not a physically demanding project, we still get up and get moving
- 10. Improves the Education Experience** – for young people volunteering builds social skills and develops awareness
- 11. Provides Better Job Prospects** – on a resume, volunteering can often showcase skills and reveal an openness to teamwork
- 12. Add fun to your life** – make friends, improve your mental and physical health, and maybe develop new skills along the way, whilst changing the life of someone else – what fun!

*Adapted from an article by Joanne Fritz, July 2018*

If you are interested in volunteering with the City of Charles Sturt, please see our website for current vacancies [www.charlessturt.sa.gov.au/volunteervacancies](http://www.charlessturt.sa.gov.au/volunteervacancies) or contact the Volunteer Service Development Officer, Vanessa Shepperd on **8408 1828**.

## New Faces



**ROB OWENS**

Hello, I'm Rob Owens and I started work with the City of Charles Sturt in April 2018. I'm really happy to be working for a Council that cares and provides great services to its valuable community. Previously I have worked in maintenance for various residential care facilities, retirement villages and SA Housing Trust homes, however, it is my current position as a Home Maintenance Officer in Community Care that provides me with the most satisfaction as it enables me to have more meaningful interactions with our clients. To book in a home maintenance service call my friendly colleagues on 8408 1529, we'd be happy to have a chat with you.



**MIRYANA CVETANOVIC**

Hello, I'm Miryana Cvetanovic and I started work with the City of Charles Sturt in December 2018 as a Community Aide. Originally from Serbia, I immigrated to Australia 23 years ago and have studied and worked in the fields of therapeutic massage and community care during this time. I'm now really enjoying my new role as a Community Aide and think it's the best job I've ever had to date. I am married with 3 children and in my spare time you'll see me supporting the local White City (Beograd) Soccer Club where my youngest son plays.



**DEB DOUGHERTY**

Hi my name is Deb Dougherty. I started working for the Community Care team in December 2018 as a Community Aide. I have worked within the health industry for over 20 years. I feel that the more time people can stay in their own homes, the better their health is. Working with the City of Charles Sturt is giving me the opportunity to broaden my skills, I really enjoy my time with other staff, groups and clients.

## Winter Home Maintenance

Our Home Maintenance Officers can assist with all sorts of tasks around the home in winter such as cleaning heating vents/air-conditioning vents, switching ceiling fans to winter mode, flipping your mattress over, smoke alarm maintenance,

gutter cleaning, weed control and winter pruning.

As well as assessing your immediate requirements, our Home Maintenance Officers can consult you with you about ongoing property needs, so as to minimise future emergencies

as far as possible and assist you to plan ahead. Please call Community Care on 8408 1529 to discuss how our experienced Home Maintenance Officers can carry out a range of essential tasks to assist you in your home.

## Down-Sizing – Should I Stay, Or Should I Go?



Become fully informed about your future housing options to enable you to live an active and independent life and stay in control.

Your home contains a lifetime of memories but perhaps it's decision time - should I move or not? These seminars are for older residents to help raise awareness of their future housing options. A light lunch will be provided so you will have plenty of time to ask questions and get the right answers.

**Tuesday 25 June 2019**  
**The Lakes Resort**  
**(Northbank Room)**  
**10.00am – 12.00pm**

**Thursday 19 September 2019**  
**Civic Centre (CC1)**  
**10.00am – 12.00pm**

**Wednesday 11**  
**December 2019**  
**Findon Community**  
**Centre 10.30am –**  
**12.30pm**

Bookings are essential for each session. Please call 8408 1333 or book online at [bit.ly/CCSShouldIStay](http://bit.ly/CCSShouldIStay)

## Fish Feeders – fancy a fish with friends?



City of Charles Sturt has recently received with a number of other coastal Councils a small grant from the Office of Ageing Well to start a social jetty fishing group. This has been very successful in

the City of Onkaparinga and now they are sharing their knowledge and support to the City of Marion, City of West Torrens, City of Charles Sturt and City of Port Adelaide Enfield.

The program development is in its infancy stage however, the plan is to have the group meet weekly (day yet to be decided) on the Henley Jetty. The program will offer opportunity for socially isolated persons who have a real love of being outdoor and throwing a line in with the opportunity to meet and be with like-minded people. We will begin recruiting interested Volunteers and taking a register of interest from residents who would

like to join the group. If you are interested in Volunteering please call Vanessa Shepperd on 8408 1828.

It will be a supported program through the Commonwealth Home Support Program with a staff member and transport potentially available to eligible persons. Everyone is welcome to join in the day to mix and mingle. If you think that this activity might be for you please contact Deb Whetstone on 8408 1373.