

AGEING WELL



For residents who live in the City of Charles Sturt
and use Home Support Services.

Summer 20/21 Issue 16



Community Care is Now... Ageing Well

We are excited to let you know that we have changed our name to the Ageing Well team which we think better reflects all the great work that we do to support your wellness.

We are still providing the vital low level Commonwealth Home Support services to our community but are excited to launch new programs that will support you to live your best life and remain connected to your community.

Programs include Standing and Seated Tai Chi and PERMA plus – Resilience training, we received grants to start Fishing with Friends (which is on the Henley jetty each week), Mindset for Life (which started in September to support those thinking about retiring or recently retired) and look out for the Meaningful Ageing Workshops that will cover subjects such as nutrition, grief and loss, diversity and ageing, connecting to the digital world and much, much more!

We want to help you to remain strong and healthy in mind body and spirit and ... age well!



Learning to Cope With Change

Staying healthy and feeling your best is important at any age. Over the next few editions of our Ageing Well newsletter we will share tips to help you cope with change and live life to the fullest.

Coping with change can be difficult, no matter what age you are, and even more so in these uncertain times. When nothing feels certain around us it can ripple down into our lives, affecting our day to day living.

The number of changes and transitions that start to occur all at once as we get older is particularly challenging. It's natural to feel some losses with change but if that sense of loss is balanced with positive ingredients, you have a formula for staying healthy (both mentally and physically) as you age.

As you age, there will be periods of both happiness and ease, as well as moments of sadness and stress. It's important to build your resilience and find healthy ways to cope with challenges. This ability will help you make the most of the good times and keep your perspective when times are tough.

- **Focus on the things you're grateful for.** The longer you live, the more you lose and life becomes even more precious. When you stop taking things for granted, you appreciate and enjoy what you have even more.
- **Acknowledge and express your feelings.** Sometimes it's hard to show emotions, perhaps thinking such a display is inappropriate, a sign of weakness or a burden to others. However burying your feelings can lead to anger, resentment, and depression. Find healthy ways to process your feelings, perhaps by talking with a close friend, counsellor or writing in a journal.
- **Accept the things you can't change.** Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humour.



- **Look for the silver lining.** As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.
- **Take daily action to deal with life's challenges.** When a challenge seems too big to handle, ignoring it appears the easiest option, however it doesn't make the problem go away; instead it allows both the problem and your anxiety to build. Try to take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.
- **Staying healthy through humour, laughter, and play.** Laughter is strong medicine for both the body and the mind. It helps you stay balanced, energetic, joyful, and healthy at any age. A sense of humour helps you get through tough times, look outside yourself, laugh at the absurdities of life, and transcend difficulties.

Contact the Ageing Well team for organisations or opportunities to assist you on 8408 1529.

Next edition – Finding meaning and joy.

Keeping Our Community Social During COVID-19

My role as Social Participation Coordinator involves coordinating the day to day operations of client service delivery for many of our social support groups both at Arch Paterson Centre and in the community with monthly bus trips (including the Around Town and Men On The Move programs).

The COVID19 pandemic has been something that has truly changed many elements of our lives. When the pandemic first started, we had to close many of the services we offered and re-open in modified forms, which were all under the direction of the Department of Health. During this time we changed our service delivery model and began making wellbeing phone calls and delivering fortnightly

activity and support packs, to assist clients both socially and holistically from afar.

Our activity packs, hand delivered safely to the door, included brain training, word finds, art/craft, gardening tips, armchair travel, holistic therapy and group challenges along with service updates and contact phone numbers. We also partnered with third parties such as the Rotary Club West Lakes who sent beautiful kind messages to our clients and provided small gifts to brighten up their day.

One particularly fun challenge was the 'Walk The Walk' challenge. Wearing pedometers, we encouraged our clients to walk at home and count their daily steps. One of our clients Marion, shared a whopping 70,000+ steps in her month, all whilst staying home and walking locally.

We have also put additional measures in place including extra cleaning, minimising staff change overs, working with smaller groups to reduce



transmission and liaised effortlessly with third parties to ensure we are complying with COVID19 precautions. We'll continue to keep our clients and families/carers in the loop of any changes and contingencies and look forward to re-opening the community social support bus programs in the near future.

I would like to truly thank the staff, volunteers and clients who have continuously remained positive and adaptive to the unpredictable changes we have faced throughout this year. We could not have done this without all of you. ~

Lissy Oxford, Social Participation Coordinator



New Faces – Lissy Oxford

Lissy Oxford began working with the City of Charles Sturt in January 2020 as a Social Participation Coordinator based down at Arch Paterson Centre. She worked in the health and wellbeing sector in the aged and disability field for 10 years in multiple roles ranging from support worker, coordinator, holistic therapy and training and assessing in the sector.

"I am relishing my time as the Social Participation Coordinator as I feel it truly is a council that is dedicated to

the wellbeing of our residents and the ageing community. I love the focus on social participation that my role brings as I am so passionate about supporting people to feel empowered, included and socially valued within their networks and local community."

If you would like to chat further about the importance of social support and what we may have on offer, contact Lissy on 8408 1355.

Meaningful Ageing Workshops

A series of workshops will be run over the next year, thanks to a grant from the Office for Ageing Well.

Based on the Eight Dimensions of Wellness of emotional, spiritual, intellectual, physical, environmental, financial, occupational and social wellbeing, the 12 stand-alone workshops will support our older community to identify what ageing well means in today's world.

The workshops are for anyone and everyone aged over 50 who is working, volunteering, retired, living with a disability, who identify as LGBTQIA or is culturally and linguistically diverse. Through participation, sharing their stories and returning to their own communities, we can all shine a light on the importance of creating community spaces and opportunities when we look out for each other, connect, share and learn. We look forward to you being a part of the conversation.

The first in the series of Meaningful Ageing Workshops will commence in October. **Keep an eye on our website or socials or contact Robyn Janssan, Community Project Officer, on 8408 1309.**



Older Persons COVID-19 Support Line

If you need information or support, the Older Persons COVID-19 Support Line is available for older Australians, families and carers.

**Available Monday – Friday,
except public holidays,
8.30am – 6pm.
1800 171 866**

Planning AHEAD

Now more than ever, it is important for all adults to understand the benefits of planning ahead. Various legal tools, such as an Enduring Power of Attorney, Advance Care Directive, Will and registration for Organ and Tissue Donation can help you safeguard your future financial, health, legal and personal choices.

It is never too early to plan ahead:

- Talk to your family now about your future wishes.
- Act now to safeguard your future rights, wishes, values and preferences.

For more information and resources in English, Greek, Italian and Vietnamese visit
sahealth.sa.gov.au/planningahead

Making the Most of Your Garden



If you love gardening and growing your own vegies but have trouble with movement, our Easy Gardens Program can support you by installing easy reach raised garden beds or Vegepods in your garden or patio area.

Funded by the Commonwealth Government, the program provides a once-off garden modification service to help eligible residents maintain their home gardens and provide safer outdoor living.

We can also assist with:

- Adding weed matting with bark chips or pebbles
- Installing or relocating clothes lines with a safe walk pathway
- Installing synthetic lawn.
- Replacing old letter boxes with easy reach sturdy cast stone mail boxes.

A referral from My Aged Care is required and a waiting list applies. Approved contractors are assigned to undertake works and a client contribution fee is negotiated in line with funding subsidy. For more information please contact the **Ageing Well Coordinator Cosi on 8408 1529.**



Finding It Hard To Maintain Your Garden?

We have a number of different gardening programs to suit your gardening needs. The Volunteer Gardening Program is a low level program which assists residents who are 70 years and over with an annual gardening service

for a small contribution fee. Our actively ageing Volunteers provide basic duties such as light trimming of shrubs, small trees and hedges (height limits apply). Volunteers can also assist with re-potting of plants, mulching of garden beds, raking of leaves, de-cobwebbing of outdoor areas.

Unfortunately we do not provide hand weeding, but we can arrange a weed poisoning service with the Home Maintenance Officer. You may need to first register with My Aged Care to receive this service. Eligibility criteria and limitations apply. **For further details contact us on 8408 1532.**

Respite Assistance

With quite a few activities closed, it has been especially tough for those who care for a loved one living at home.

With carers unable to attend regular activities and/or their loved one's activities have been put on hold, the added stress can take a toll on carers.

Taking a break from your caring role to rest and recharge will support your wellness both mentally and physically.

Our Ageing Well Team deliver a Commonwealth funded low-level respite service that allows you to have a weekly or fortnightly break.

There are also other great resources in the community for carers, for example the Carer Gateway, which is an Australian Government initiative, to help carers connect with each other and find support. carergateway.gov.au

For more information regarding respite services, please contact the Social Participation Coordinator - Ageing Well on 8408 1355.



Do You Need Help Walking Your Dog?

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

Our 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 home at least once a week to take their pup for a walk around the local area.

There is no cost involved, and further information can be provided by phoning 8408 1111. Please note that COVID-19 restrictions are in place for volunteers and dog owners.



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.

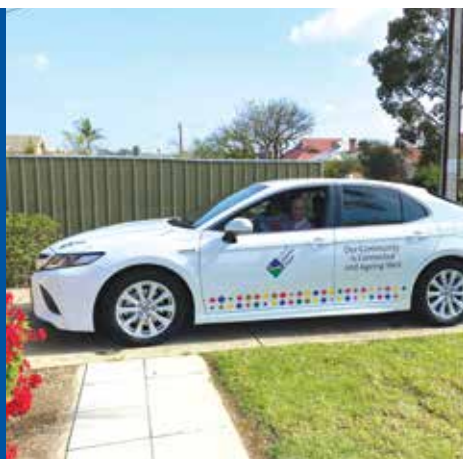
My dog (a miniature poodle) has greatly improved with the walking support and is much appreciated as I cannot walk him due to my own incapacities. His health is greatly improved with regular exercise.”

How Home Maintenance Can Help

With the hot weather just around the corner, the Home Maintenance Officer can assist you to prepare for summer:

- Clean air conditioner vents
- Seal drafts from doors and windows
- Slash weeds
- Pest control – outdoor surface spray
- Change smoke alarm batteries (competitive price of \$3 per battery)

Our Home Maintenance program offers a variety of services, including assistance with essential tasks to help you remain in your home, support to help you safely and comfortably continue tasks you prefer to do yourself and can also discuss your ongoing property needs, so as to minimise future emergencies and help you to plan ahead. **To discuss your home maintenance needs contact on 8408 1529.**



Look Out For the New Cars on the Streets

Have you seen the new Ageing Well team cars?

These cars are used by staff in the Ageing Well team as part of the shopping program and to visit clients in their homes. While some restrictions are still in place, we have started to recommence the Shopping Assistance program. If you need someone to take you to the shops please contact Sarah on 8408 1367 to find out more. Staff carry our Ageing Well booklet in the cars too, so if you see them out and about and would like some information, please ask them for a booklet.

WE'RE HERE.

If you are self-isolating, wanting details on a change of service, or are feeling unsure about how we can support you during COVID-19 as restrictions change, please get in touch:

- Call us on 8408 1111
- Call our Libraries on 8408 1333
- Call our Ageing Well team on 8408 1529

- Chat with us online charlessturt.sa.gov.au
- Connect via our Social Media facebook.com/CityofCharlesSturt, instagram.com/CharlesSturtSA

The health and wellbeing of our Charles Sturt community, and our broader state and national

community continues to remain a priority.

charlessturt.sa.gov.au/COVID-19