



HOPE

HOPE HEALTHCARE Newsletter

A ministry of the Anglican Deaconess Institution Sydney

Eleventh Edition

Showing their talent

Using simple visual art materials, art therapy allows expression of difficult or confusing feelings in a safe and non-threatening environment. It facilitates the exploration of identity and self-awareness.

In November Graythwaite Nursing Home hosted its first Art Show of resident's artwork, completed during art therapy sessions.

Invited guests including close family members expressed surprise at the depth of expression in the dementia-affected resident's artwork.

Director of Nursing at Graythwaite, Ella Wallin said very positive feedback had been given to the high quality of art on show, "The artworks displayed a great sense of colour, detail, form and expression and family members said they were a joy to view."



Diversional Therapist John Schilt admires the artwork with a resident.

She said that thanks went to Stephen Dernocoure, facilitator of the Art Therapy service who had initiated the show and had encouraged, empowered and enabled the residents to communicate through their art.

The outcome was a credit to all involved. "The success of the show can be gauged by the numbers of works that were sold to carers, staff and the invited guests and is testimony to the quality of the art."

Responding to consumer feedback

Lack of a kiosk, inadequate toilet facilities; just some of the issues addressed in the new building work at Braeside Hospital.

Work began in April on the \$3.5 million improvement and building extension at Braeside. General Manager of Hope Healthcare South West, Thelma Thoms said that consumer feedback since Braeside's opening in 1996 had identified a number of shortcomings in the existing building.

"Our new self-service tearoom with its enclosed outdoor space will address a commonly identified shortcoming. Other improvements include five extra public toilets and an improved entrance to the Aged Care Psychiatry unit."

"Something that will address a real community need is the new rehabilitation day hospital and therapy centre. This is designed to provide a range of rehabilitative therapy to people who are admitted to the hospital just for the day. The new education centre with seating for up to 100 people meets another need, with its movable walls it can cater for small to large meetings and will enable us to handle



Pictured in October 2001, Thelma Thoms (right) discussing the project with site foreman Ryan Morrison.

larger Memorial Services."

The development, which has been a joint project between Hope Healthcare and the South Western Sydney Area Health Service will support and enhance both existing services and provide for emerging health care needs across the community in the south west.

In partnership for better health outcomes

Exciting plans to redevelop palliative care facilities in Northern Sydney.

In partnership with other members of the Northern Sydney Health Service, Hope Healthcare offers comprehensive palliative care services that include hospital care, community and in-home care as well as working with Northern Sydney Home Nursing Service and local general practitioners.

Speaking at a Palliative Care Australia function recently, John Stuart, General Manager of Hope Healthcare North said considerable planning effort has gone into developing a new service model for palliative care in Northern Sydney. "Services based on population demands are central to the model. Three sectors will provide an integrated service of community based and hospital care, linking specialist providers with nurses, allied health specialists, general practitioners and specialist medical services. The volunteer network is an important part of this service too."

"Over the next few years we have some exciting plans to redevelop our own palliative care facilities. While development of the service model affected the timing of the foreshadowed relocation of Neringah Hospital to Hornsby Ku-ring-gai Hospital campus, the postponement has had some significant benefits. The main one is agreement to purpose build a state of the art palliative care facility, rather than refurbish an existing building. This will also serve as a centre for the community based palliative

care team and accommodation for relatives. The project is now expected to be completed in the middle of 2003."

"At Greenwich we are revising our master development plan for the site, and this includes a new specialist palliative care facility.

Planning for this is not as advanced as Neringah as there are a number of other services on this site and our planning includes those as well as provision for relocated aged care services."

"There are real opportunities to grow and develop the existing palliative care services on the northern beaches. Hope Healthcare is in partnership with Northern Sydney Health in this development and we are looking forward to building on the already excellent community based services and participating in the planning for the overall development of the health services on the northern beaches."

"Our aim is to lead in palliative care services through partnerships; cooperation and a shared belief that through collaborative endeavour we will ensure that our services reach those who need them."



(Left) Hope Healthcare Chief Executive Officer Tim Philips discussing the Neringah plans with John Stuart, General Manager Hope Healthcare North.

Benefits of chaplains in healthcare

Long-term research concludes that a high level of involvement of chaplains in health care units brings many benefits.

Chaplains and pastoral care workers have long played a crucial part in the health care teams of Hope Healthcare facilities. The basis for this has derived from not only the founding of the organisation but it's ongoing mission and purpose for operating.

There is now clear evidence of both health and economic benefits for close engagement of chaplaincy across all specialised medical units.

A five-year research project by PhD student Ms Hazel Elliot examined the role of chaplains in specialised medical units and concluded that where there were high levels of involvement by chaplains, patient's recovery was accelerated. This led to earlier discharge and reductions in overall stress levels for the patient and staff. And importantly in these days of stretched health care dollars, consequential cost savings.

The research work looked at hospitals including Greenwich, Royal North Shore and Mt Druitt, Royal Prince Alfred, the Austin & Repatriation Medical Centre in Heidelberg and Princess Alexandra in Brisbane.

A number of recommendations are made including establishment of ecumenical postgraduate degree course for chaplains following their theological studies, changes to hospital funding to bring chaplains within the



Neringah's Chaplain Johanna Bakker talking to a patient's relative.

system and expanding the role of chaplains to include outpatient and day clinics, dementia units and nursing homes. Ms Elliot is confident that the potential for cost savings will give impetus for her recommendations to be considered by government.

New bus benefits dementia-affected and carers

Rotary Club of North Sydney excels in fundraising.

The Tom O'Neill Centre at North Sydney needed a new bus and in response, the members of the Rotary Club of North Sydney excelled. They raised near \$70,000 enabling purchase of a 19-seater Nissan Civilian bus. North Sydney Leagues Club and Reckitt Benckiser and many others generously supported the Club in their magnificent endeavours.

The staff of the Tom O'Neill Centre as well as the clients and carers of the service hosted an old fashioned afternoon tea at Tom O'Neill Centre in May to personally thank the members of the club and supporters for their



great efforts. The bus was formally handed over to the Centre during the afternoon.

Tom O'Neill Centre is a specialised public facility providing day respite for the carers and people suffering dementia through centre-based and in-home service as well as related services. Clients from across the lower north shore benefit from their services.

Centre Coordinator Nickie Griffiths said a bus was crucial to the provision of the service and the assistance of the Club came just in time. "Our old bus had become unreliable, requiring increasing service and disrupting provision of our day respite care. I cannot thank the members and supporters of the Rotary Club of North Sydney enough. Their great efforts will bring ongoing benefit to our clients."

Cremorne resident Sue whose 69-year-

All aboard! Clients of Tom O'Neill Centre off on an excursion.



Jenny Thomas of North Sydney Rotary presents Tom O'Neill Centre driver Michael Baxter with the keys to the bus.

old husband Kevin has been a client of Tom O'Neill Centre paid tribute to the efforts of the club. She said transport was so important to the service provided at Tom O'Neil Centre - in their case it had enabled her husband to use the Centre once a week, giving her some respite and the opportunity to fully focus on her work.

The scale of North Sydney Rotary's efforts is demonstrated by their win of the Rotary District's Annual Community Service Award (and that District covers the Harbour to the Central Coast!).

Giving in memory

A living memorial instead of flowers.

More and more family and friends are electing to give a donation instead of flowers or other commemoration for a loved one.

In Memory packages were first introduced in May 1999 to provide an accessible alternative for those wanting to make a monetary gift. The packages are readily available at the front desk and other areas in our facilities.

The cumulative total of tributes for a loved one can amount to a considerable total to go towards a service or piece of equipment that can make a real difference in the comfort or quality of life of the people in our care.

If you have any query, please contact our Fundraising Coordinator Annie Vandervaere on 02 9488 2285.

We are dependant on our friends and supporters to provide funds for all additional equipment and services and ongoing support for the chaplaincy services we provide.

CAN YOU PLEASE HELP?

Yes, I would like to make a donation of \$ 135 45 95 Other

I enclose my cheque/money order

OR please charge my: Bankcard Mastercard Visa

Card No. | | | | | | | | | | | | | | | | | | | | | |

Expiry date _____ Signature _____

DONATIONS ARE TAX DEDUCTIBLE - Authority to Fundraise CFN14229

Mr/Mrs/Miss/Ms/Dr/Rev _____

Address _____

Postcode _____

Telephone (H) _____ (W) _____

Please make cheques payable to Hope Healthcare. Mail to Chief Executive Officer, Hope Healthcare, PO Box 42 Wahroonga NSW 2076

THERE ARE MANY WAYS YOU CAN HELP US

- Please send me, in confidence, information on how I can help Hope Healthcare through my Will
- I would like information about becoming a Friend of Neringah/Greenwich/Braeside (circle hospital you wish to support)
- I would like information about being a Volunteer

Please indicate if you do **not** want to be kept informed about Hope Healthcare activities

Volunteers – an integral part of the caring team

Our Volunteers bring lots of skills to enhance our care, here's just one Volunteer's story.

On Thursday mornings for more than 10 years you would see Mosman artist Jill Mercer having lots of interesting conversation, bringing laughter, and importantly the creation of some fantastic artworks to Greenwich Hospital.

Jill is one of a many wonderful Volunteers who contribute a range skills to a wide variety of activities in our facilities, varying from sitting and talking - providing emotional support, to driving patients on outings

Jill originally volunteered her art skills in gratitude for the support the palliative care community service had provided in helping her care for her terminally ill mother.

"They were so sympathetic and supportive, enabling us to care for her at home where she had wanted to remain. After my mother died I telephoned and said 'you'd helped me so wonderfully, what can I do for you?'"

She began running a once-a-week art group with the assistance of other Volunteers and with a Diversional Therapist coordinating the activity.

Jill said that some really good artists have joined in with the group over the years and it's been

delight to see their work. But most are not practising artists. "Many who have taken part rediscover long forgotten skills going back to their school days and are amazed to see what they have created."

"One of the participants took up drawing again, a skill abandoned at school. She went on to win a North Sydney Council art prize."



Jill Mercer with rehabilitation patient Dorothy White.

For Jill the rewards from her volunteer work are real. She said, "You get so much more back the more you give".

Help at hand with flexible respite options

Carers face constant challenges in caring for someone with a dementia, often affecting their own health and well-being.

The most prevalent caring responsibility in our community involves looking after someone with Alzheimer's disease or another dementia. But caring for a loved one comes at some considerable cost to a carer's own physical and mental health.

Common effects of being a full time carer include ongoing exhaustion or tiredness, stress, back problems from lifting someone, disturbed sleep, lack of time off from caring, depression, worry, grief and a sense of loss and the often overlooked social isolation.

It is very important that carers

reach out for help and support whenever they feel the need.

Flexible Carer Respite Solutions, a Commonwealth funded initiative located at Greenwich Hospital, provides

flexible in-home community based respite care, assessment and education on managing challenging behaviours associated with dementia.

The major focus is to care for the primary carer and provide a range of support services as well as education to meet a carer's individual needs.

Respite offers a break away from the responsibility of caring for someone. While it doesn't pretend to provide all solutions to the demanding role of caring for someone with dementia, it is an important resource.

The service is provided to eligible people living in Lane Cove, Mosman, Willoughby and North Sydney and is free.

For information telephone Service Coordinator, Chris Mackenzie on 9906 8244.



Chris Mackenzie taking a call from a carer.

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- a not-for-profit provider of specialised public health services

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