



HOPE

HOPE HEALTHCARE Newsletter

A ministry of the Anglican Deaconess Institution Sydney

Fifteenth Edition

Volunteering time and services

The Northern Beaches Palliative Care Service's cottage receiving a makeover thanks to help from the local community.

When the word went out in the local paper, the *Manly Daily*, for help to beautify and update the cottage housing the Northern Beaches Palliative Care Service at Mona Vale, a wide range of people came forward.

From landscape architects to designers, local individuals to local businesses; all offered their support.

However before any work could begin, plans for the overall project needed to be developed. And this is where the generous offer of three local experts covering design, colour and landscaping came into play. Detailed project plans have been completed by Design Consultant Amanda Walsh, Colour Consultant Michelle McCallum and Landscape Designer Vicki Bowden and handed over for our further action.

Bill McLaren, Chief Executive Officer of Hope Healthcare expressed his gratitude for the work undertaken by Amanda, Michelle and Vicki. "They have listened closely to the needs of the staff and the community and have developed extensive project plans for the interior, building and gardens



Our thanks to (from left) Amanda Walsh, Michelle McCallum and Vicki Bowden of the cottage. They have generously volunteered their time."

"All of us at Hope Healthcare are very grateful for their contribution. It promises to give us an attractive and functional facility to enable us to better

deliver our important services to the local community. It has been a delight to work with them and it is now up to us, working with further support from local businesses and individuals, to deliver their vision for the cottage."

Researching falls prevention for elderly

A falls presentation study involving replacing multifocal with single lens glasses for outdoor use.

This research project aims to determine whether provision of single lens distance glasses to elderly participants currently using multifocal (bifocal, trifocal and progressive) lenses, together with recommendations for using them in outdoor activities, can reduce incidence of falls.

The study's chief investigator, Dr Mark Haran, said that visual problems are the number one preventable factor leading to falls in the over 65 year old group.

"Multifocal glasses are convenient to use and are generally first prescribed when a person is relatively

young, fit and healthy. There comes a point however where as people age and become more frail that such glasses make them twice as likely to fall."

Greenwich Hospital is one of the three sites recruiting eligible participants for the study.

They must be 65 years or older, have fallen in the last 12 months, be a regular outdoor wearer of multi-focal glasses and have sufficient vision to read a newspaper.

If you would like to participate in the study, please contact research assistant



Dr Mark Haran (left) - chief project investigator.

Marcella Kwan on mobile 0434 091 717 or 9399-1065 or email marcy.kwan@unsw.edu.au.

Art that engages, focuses and reaches the inner person

Diversional therapy programs are proving their effectiveness with clients and residents with advancing dementias.

As the resident population at the Graythwaite Nursing Home ages, levels of dementia are progressing and many now fail to respond to other attempts at engagement.

However the Art Therapy program is proving it can reach and connect with both long-term residents and those on short-term respite stays. Art therapist Stephen Dernocoure has found an effective and simple new technique to add to his therapy toolkit.

Working with white rice on a heavy black cloth background, he has found an unexpected engagement and focus. The rice is simply mounded in front of the residents and they are encouraged to work and play with it. Stephen said it was like blank canvas that is devoid of any baggage. The media gave back the use of the hand to people who lacked any vehicle for self-expression. It was engaging and user-friendly and was an activity that can undertaken as a group.



Rice worked to form image of Mt Fujiyama, a lake and train line - memories from 58 years ago.

Many seem to create map-like forms. One recently went back to his time in Japan as a 17-year-old serviceman in 1946. He created Mt Fujiyama with a lake and train line in the foreground, working and re-working the rice.

Stephen said it was his view

that making, particularly using the hands, is instinctive to humans.

In the case of our resident reminiscing as a 17 year old, he was able to remember, feel validated and recognised for something significant he had done.

Wide range support allows early return home

Patients with complex needs are able to be discharged earlier from public hospitals with a range of community support services in place.

Many people have had to remain longer in acute care hospitals than their health needs dictate, because they didn't have anyone to assist with essential care upon returning home.

NSW Health introduced what is called the Compack program in 2003 with coordinators arranging necessary community services to support earlier discharge of patients. The services most needed include personal care, housework, shopping, delivery and transport. With Compack, the services are available for up to six weeks after discharge, with the coordinator referring on to other services if further assistance is required.

Hope Healthcare is now the third largest provider of Compack in the Sydney metropolitan area, with programs in both Northern and Western Sydney. This followed our involvement in an initial pilot program in the north.

Mark Savige joined our team of coordinators in August following expansion of our service areas to include people being discharged to Blacktown and Baulkham Hills in Sydney West Area Health Service.

He brings a wide range of skills to the job, with experience from nursing to tourism management. He has a real advantage in the Blacktown and Baulkham Hills area as he has lived and worked locally.

Mark explained that following referral from the hospital, as a care coordinator, he assesses the patient in the hospital and if eligible arranges the necessary support, tailoring the two or more services to the client's needs.

Mark says he gains a lot of satisfaction from his job, "It is great to be able to offer someone



Mark Savige, Compack Coordinator, Sydney West

six weeks of supporting services enabling their return home. This helps both the discharging hospital as well as the client.

When he goes home at the end of the working day Mark said he feels confident he's been able to do something good in helping someone to return home.

Clubs help Braeside Hospital build equipment loan pool

Donations go towards a range of equipment for loan for use in the community.

Donations by two local clubs under the Community Development and Support Expenditure scheme have helped build the equipment loan pool at Braeside allowing patients to be discharged home, with the loan of the equipment.

Donation of \$11,456 by St Johns Park Bowling Club went towards purchase of an electric adjustable bed and special pressure mattress, a lifting hoist and sling, a set of portable ramps, pressure cushions and contribute to an electric wheelchair. All these are now part of Braeside's equipment loan pool. In addition a portable bio-feedback muscle retraining machine has been purchased for use in the hospital as well as the community.

The Leo McCarthy Memorial Smithfield RSL Club donated \$10,000 to go towards a specialised electric 'tilt-in-space' wheelchair.

What makes this wheelchair special is a fully adjustable headrest and backrest enabling tailoring to the patient and pressure cushion, for those significantly disabled. The wheelchair is available for loan, allowing patients to use the wheelchair at home whilst awaiting supply of a personalised wheelchair.

The equipment assists a range of patients who may be dealing with stroke, spinal cord injury, multiple sclerosis or other neurological problems.

Bill McLaren, Chief Executive Officer, Hope Healthcare, expressed his gratitude to the clubs. "These clubs have been major supporters of our work at Braeside Hospital since we opened in 1996. They have come to our aid again, now helping us provide better health outcomes for patients dealing with a range of disabling illnesses or injuries. We are very grateful for their help."

Relaxation space

Graythwaite's sensory room slowly taking shape with help from donors.

The development of a relaxation environment at Graythwaite Nursing Home, using equipment to trigger visual, auditory and olfactory senses has been given a move along with recent donations.

However the more sophisticated equipment costs \$2,000 to 3,000 an item and more community support is needed.

Relaxation environments have been proven to be especially effective in quietening the confused elderly.

(From left) Trying out the electric 'tilt in space' wheelchair - Occupational Therapist Michelle Bowden, Smithfield RSL Senior Vice President Mick Lightowler and President Brian March (in the wheelchair), Braeside Director of Rehabilitation and Clinical Services Dr Friedbert Kohler and Hope Healthcare Director of Nursing and Patient Services Clare Neems.



We are dependant on our friends and supporters to provide funds to purchase additional equipment and for enhancement of our services.

CAN YOU PLEASE HELP?

DONATIONS ARE TAX DEDUCTIBLE

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

I enclose my cheque/money order (payable to Hope Healthcare)

OR, once only, debit my credit card (details below)

OR I pledge a regular credit card donation of \$ (write amount)

Monthly 3 monthly 6 monthly Yearly

until I advise otherwise, commencing from (write date)

Please debit my: Bankcard Mastercard Visa

Card No.

Expiry date Signature

Mr/Mrs/Miss/Ms/Dr/Rev

Address Postcode

Telephone Email

Mail to Hope Healthcare, Reply Paid 42, Wahroonga NSW 2076

THERE ARE MANY OTHER WAYS YOU CAN HELP US

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 send me, in confidence, information on how I can help Hope Healthcare through my Will

Catering to needs of an aging community

Tom O'Neill Centre provides day respite for older people suffering from dementia – their oldest client is now 100 years old.

With a delicious cake and some favorite music, the Tom O'Neill Centre last year helped celebrate the birthday of their oldest client, Cremorne resident Mrs Gladys Breese. Gladys has since turned 100.

The Tom O'Neill Centre provides dementia specific services, with day respite for the carers and people suffering dementia through a centre-based and an in-home service. Staff also facilitate a Carer Support Group and provide community education. Activities provided include social outings and picnics, recreational sports and exercises, music and singing, art appreciation, poetry and visiting performers and speakers.

Mrs Breese has been a client at the centre since February 2002. Her principal carer, her daughter Mavis Breese, said her mother loves the activities at



Listening to her favourite music last year before the arrival of her birthday cake, Gladys Breese (left)

the centre, especially the group music therapy sessions, “she’s always loved her music”. She said she personally greatly appreciates the occasional provision of an in-home carer for her mother for a few hours so she can attend to shopping and family matters,

“even going to the hairdresser”.

She said the workers at the Tom O'Neill Centre were special people, “They always want to do things to help, they were like a security blanket, so wonderful, she cannot speak highly enough of them.”

Caring for older people’s mental health in the community

Two year’s after its inception, Braeside Hospital’s community mental health team is delivering great outcomes for the clients of the service.

In November 2002 Braeside was funded by South Western Sydney Area Health Service Mental Health to provide community based mental health services to older people in the Fairfield and Liverpool Local Government Areas.

Today, there is a multidisciplinary team working in the community that has six clinical positions.

These include a Psychiatrist, a Registrar, a Clinical Nurse Consultant who is also team leader, two Registered Nurses, a Psychologist and a Social Worker.

The establishment of the team has enabled the development of both the inpatient and community Aged Care Psychiatry Service at Braeside as a whole, into the one integrated service. Importantly, this means the service is able to focus on the provision of quality mental health care in the homes of older people, wherever possible.

When people can no longer be supported at home they can then be readily admitted to the hospital.

The clear advantage is earlier assessment and treatment, with people being initially assessed in the familiar environment of their own home.



Providing mental health care for older people in their own home means important ongoing involvement with family, such as grandchildren.

Home visits have allowed for more than three-quarters of new referrals to be assessed at home first.

By the team coordinating links with other services within Health and non-government organisations providing support in the home, patients are able to live in their own home for as long as practical, and by doing so, effectively improving their quality of life.

the patient, by working in the home, the team is also better able to support their carers.

It’s anticipated that this home focus to managing mental health problems of older people will increase in importance in future years.

Hope Healthcare Limited

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

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In addition to the benefits to