



HOPE

HOPE HEALTHCARE Newsletter

A ministry of the Anglican Deaconess Institution Sydney

Sixteenth Edition

Music more than makes the heart sing

Music used as therapy has been proven to effective in a wide range of areas, people who are dementia affected being one group who benefit.

Music therapy can be defined as the specialised use of music in the service of person with needs in both physical and mental health. The purpose is to help individuals maintain their maximum level of functioning. Music therapists in Australia work in a variety of settings from pre-natal to aged care and beyond. Hope Healthcare employs two music therapists, based in our Community and Aged Services. "We provide music therapy in the areas of community, dementia and challenging behaviour, palliative care, residential aged care and aged care psychiatry," said music therapist Olwen Assheton.

Since 2002, Flexible Carers Respite Solution program has provided a community service for those dealing with dementia including those with a challenging behaviour who choose to live in the community. Music therapy in the home provides relief for both the person with dementia and the caregiver. It can provide a means for creative expression and as a means of communication for those who otherwise find it difficult.

One of the greatest struggles a caregiver faces is trying to relate to a loved one with dementia. They

Our jobs now on-line

If you know anyone who is looking for a job in health or community services, you can now refer them to hopehealthcarecareers.com.au

In August our new jobs website went 'live'. While linked from our corporate site, hopehealthcarecareers.com.au has been set up as a stand-alone site to make it easier for those looking for careers in our sub-acute health specialities or community services.

In addition to a range of information about our mission, services and facilities, visitors to the site can download newsletters and our annual report. Those interested in positions are able to download



Focusing on the music. Maryjo Rowley (left) at the piano, with music therapist Keryn Traversi. Maryjo's husband and carer, David said 76 year old Maryjo who has been dealing with dementia for six years, really looks forward to her weekly music sessions. She is happier, much more relaxed and quieter. The benefits for him as her carer are considerable; he said it makes life bearable.

can often respond to music when they respond to nothing else. Music therapy provides an environment that reduces agitation as well as providing stimulation to help maintain mental and physical capabilities.

Research involving comparison and analysis of multiple music therapy studies

have found significant improvements in many areas of function. "From simply listening to music through to vocalisation, movement to music, song writing, improvisation, reminiscence and life review; all aspects of the human condition can be enhanced with music therapy", suggests music therapist Keryn Traversi.

job descriptions and lodge or even build their resume on-line.

If there aren't any positions available in their profession when they visit the site, they can still register through a 'job agent' to be notified by email when matching positions become available.

Hope Healthcare Chief Executive Office Bill McLaren said that with the increasing use of the World Wide Web for recruitment, the move to place our jobs on-line was a cost-effective measure to ensure we



Search on-line for jobs at our careers website www.hopehealthcarecareers.com.au

reached out as widely as possible to recruit the best personnel to job vacancies in our organisation.

Volunteering, demanding but rewarding too

Within Hope Healthcare our Volunteers form an integral part of the care team, especially in areas like palliative care.

Palliative care involves a coordinated team approach from medical, nursing and allied services, caring for people who are terminally ill. Working together they provide physical, psychological, emotional and spiritual support for patients, and support for patients' families and friends. Grief and bereavement support for the family and other carers during the life of the patient and continuing after death is a differentiating aspect of palliative care.

Wendy Pocket attributes her own experience of palliative care, culminating four years ago with her mother's death, following a five-year fight with cancer, for motivating her to want to give something in return. An article seeking volunteers in the local paper 18 months ago, was the trigger for her approach to our Volunteer Services.

Following her successful selection and subsequent initial training, Wendy completed a volunteer's bereavement-training program about a year ago; to better equip her to assist those dealing with the loss of a loved one.

Today she is involved with both working in the community with families that need help and undertaking follow-up telephone calls to families following a bereavement.

Being comfortable to talk on a wide range of issues facing the terminally ill and their carers and even more importantly, to listen are important attributes.

Regular monthly support meeting for volunteers allow for critical feedback on progress with families as well as 'debriefing'. As well, the availability of the Volunteer Coordinator and Chaplain at any time plays a crucial support role for Volunteers too.



Volunteer Wendy Pockett (left) with Nadia Teinert and Ilia Schaldew.

Wendy said she really appreciated that she could fit the volunteer work she did around the responsibilities of caring for her children.

The first patient Wendy was assigned to assist was Harbord resident 82 year old Ursula Schaldew who with help of her husband Ilia and daughter Nadia, had been dealing with a cancer since 1997 that was finally to affect her spine. Ursula had been in the care of the team from the Northern Beaches Palliative Care Service based at Mona Vale in recent times. Ilia said that they were extremely grateful for the wide range of care and support provided.

Nadia said that she had found it unbelievable someone would come and volunteer their time as Wendy had done. Her mother looked forward to the visits by Wendy, "It was a big help and toward the end Ursula really brightened up in anticipation of Wendy's visits. In addition to the time she spent talking with my mother, Wendy took her out to local restaurants a couple of time, providing a break. She was such a fantastic help."

Ursula died in the care of the inpatient team at Greenwich Hospital in April. Wendy said she would not forget Ursula's wonderful positive outlook.

Honoured on Australia Day 2006

The work of two of our former Hope Healthcare Directors of Nursing was recognised in the 2006 Australia Day honours with the awarding of the Medal of the Order of Australia (OAM) in the General Division.

Joan Hartley received her Medal of the Order of Australia (OAM) in the General Division, for service to the community through the Anglican Church of Australia and to nursing in the area of aged care.

Sue Miller received her Medal of the Order of Australia (OAM) in the General Division, for service to nursing as a practitioner and in the provision of palliative and aged care services.



(photo courtesy Anglican Media)
Deaconess Joan Hartley OAM (above) had been Director of Nursing at Eversleigh Hospital at Petersham from 1980 to 1997 and had worked with us for over 34 years. Joan is Honorary Deaconess at St George's Earlwood and edits the Ageless Newsletter for the ADISL's To and By the Aging.

Sue Miller OAM (below) had been Director of Nursing at Neringah Hospital from 1989 then for Hope Healthcare North from 1998 until her retirement in 2004. She began her nursing career in 1960 at Royal North Shore Hospital.



Donation with prospect of better mental health for elderly

Funding provides for a pilot program of day socialisation and support for older adults with mental health problems who are living in the community.

A \$10,000 donation by Leo McCarthy Memorial Smithfield RSL Club under the Community Development and Support Expenditure scheme will go towards establishing a pilot program at Braeside Hospital for the local community in the Fairfield and Liverpool areas.

The program will provide transport to the venue and activities coordinated by a Diversional Therapist in consultation with the participants, including on-site as well as tours to places of interest in the area. With this funding, the pilot program would typically run from morning to mid afternoon, one day a fortnight.

The program would effectively be an extension of Braeside's Aged Care Psychiatry service with initial referrals from that service's Community team.

The proponent of the program, Clinical Nurse Consultant Regina McDonald said that the benefits were many. "It represents a significant illness prevention and health promotion activity. It offers ready access to early intervention should it be necessary and it should be seen as part of a continuum of care focussing on rehabilitation and recovery for those that may have experienced

Living gifts

Donations made in memory of a loved one will help others in need.

For some time now Hope Healthcare has had what we call 'In memory' packages available at our reception areas to facilitate the giving of gifts in memory.

Typically the family of someone who has been cared for in one of our hospitals want a worthwhile option to the many flowers that are often given at the funeral of their loved one.

The alternative of making a tax deductible memorial gift to Hope Healthcare to honour a loved one and friend is a worthwhile option to the flowers or other means that might have been considered. It makes for an ongoing memorial.

As a not-for-profit organisation, we rely on the support of the community to improve the quality of life of those in our care. Often the cumulative amounts given as gifts in memory enables the purchase outright of much needed equipment or provide enhancement of services to improve the comfort of those we are caring for.

mental health problems, or are at risk of developing such problems, in late life."

In acknowledging the donation from the club, Bill McLaren, Chief Executive Officer of Hope Healthcare said that in the club's ongoing support for health care initiatives at Braeside Hospital, the Smithfield RSL have demonstrated their own concern to improve the health and wellbeing of the local community. "This project promises to address a real need for the older members of our community by offering them social networking opportunities and improving their quality of life."



Regina McDonald, Clinical Nurse Consultant for the Area's Older People Mental Health based at Braeside Hospital.

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, PO Box 5084, Greenwich NSW 2065

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

Respite and carer support program awarded

The high quality of the service provided by our Flexible Carer Respite Solutions to clients on the lower north shore is acknowledged with award.

Hope Healthcare's Community and Aged Services staff were delighted to be recipients of the 2005 Northern Sydney Central Coast Area Health Service's Special CEO's Quality Award for Carer Support for their Flexible Carer Respite Solutions program.

Funded by the Commonwealth's National Respite for Carers initiative, Flexible Carer Respite Solutions provides respite and support to carers of people with dementia and associated challenging behaviours.

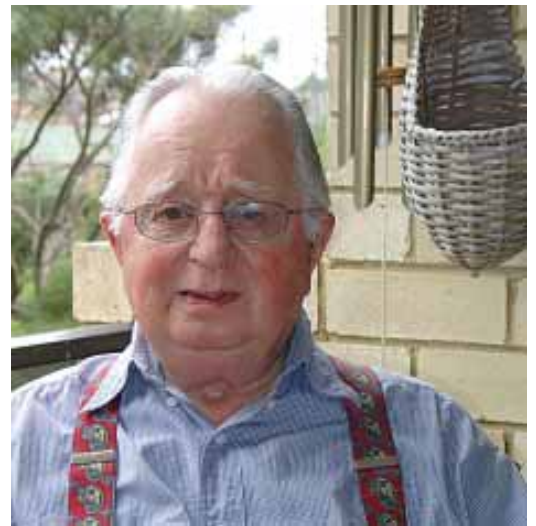
In the past carers of people with challenging behaviours such as high anxiety, aggression or wandering were not easily able to gain access to mainstream dementia specific services such as day

centres, and thus missed out on much needed respite.

Our Flexible Carer Respite Solutions uses a dementia educator, music therapist and flexible respite options in the program.

Experienced staff support education and behaviour management strategies, teamed with music therapy.

This three-pronged approach results in supported access to much needed respite services as well as carer education.



Retired engineer Daniel Barton is taken for a drive for a couple of hours, twice a week, under the Flexible Carer Respite Solutions program, giving his wife Sheila an opportunity to attend to personal matters or simply to have some much valued personal quiet time in a local park.

Disability from cancer responds to rehabilitation

Cancer rehabilitation study outcomes reported at rehabilitation world congress.

Cancer used to be perceived as a rapidly progressing disease, usually with a fatal outcome. Today's reality may often be very different - with advances in cancer therapy, people can live with their cancer for many years, and just as with other chronic conditions, disability in daily living may be a real problem.

When Braeside Hospital opened in late 1996, there was very little published about this topic, so a pilot Cancer Rehabilitation project, looking at outcomes of therapy in cancer-related disability was commenced. Upon completion in 2004, a total of 130 people with a cancer-related disability had completed full rehabilitation programs at Braeside.

These individuals had disabilities arising from four major causes - brain tumours; spinal cord tumours; bony metastatic tumours causing fractures; and general debility, often related to the combined effects of infection and cancer malnutrition.

As the project continued, it became apparent that people with cancer-caused disability were able to improve their daily living function, in exactly the same way as other individuals with disability arising from more "benign" illnesses.

To evaluate the outcome of the project, each person with cancer-related disability was matched with a person having a similar non-cancer-related disability. The individuals were also matched for patient gender, age decade and cultural background.

The final outcomes were quite clear - each group of cancer patients improved in their

functional ability, at the same rate as the matched group of non-cancer patients.

The International Society of Physical and Rehabilitation Medicine Congress in Brazil in 2005 devoted a full session to Cancer Rehabilitation. Alongside other papers from the USA National Institutes of Health and from Hannover in Germany, our Director of Medical and Allied Health Services A/ Professor Andrew Cole reported on the results of the study from Braeside.



Hope Healthcare's Director Of Medical and Allied Health Services Associate Professor Andrew Cole spoke in Sao Paulo about the positive role for rehabilitation for people recovering from cancer.

Hope Healthcare Limited

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

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