

Showcasing skills and achievements

Fun and games at Braeside Hospital to celebrate International Day of People with a Disability.

From wheelchair sports, volleyball, to guest speakers, entertainment, prizes, Tai Chi demonstrations, show bags, a barbecue lunch and information display stalls. Just some of the activity at Braeside Hospital as part of the 2008 Braeside Games in December showcasing the skills and achievements of people with disability.

Celebrity parenting book author Dr Christopher Green and Paralympian Branka Pupovac shared their own experiences of disability, while the NSW Wheelchair Sports Roadshow team provided education and entertainment with an interactive wheelchair basketball event.

The aim of the 'International Day of People with a Disability' is to raise awareness of disability and to acknowledge that people with a disability play a vital part in our community.

The IDPwD was established in 1992 by the United Nations General Assembly to promote awareness of the contributions and experiences of people with a

Children grieve too

The needs of children who have a member of their family dying are often misunderstood in our society.

Bereavement Coordinator for our northern services, Sue Hearn, said we are a society that tries to deny the reality of death and this is especially true where children are involved. "As parents, grandparents and caring adults we try to protect and guide our children when difficulties arise. When someone in our family is dying we are all very concerned about what effect this may have on the children. Sometimes we try to protect them by not telling them what is happening or speak in euphemisms, to soften the blow."

"Children are resilient and often they are more aware than we give them credit for. However, children can become fearful when caring adults are not truthful with them."

Sue said that we can do a number of things to help children at these times. "Children need honesty and



Trying their hand at wheelchair basketball. Braeside Hospital Rehabilitation staff specialist Dr Carol Connolly has just thrown the ball to guest speaker Dr Christopher Green. Dr Green had earlier spoken about his own journey to recovery following a stroke in 1999. He is a well know paediatrician, and author of parenting books including 'Toddler Taming' and 'Beyond Toddlerdom'.

disability. This world-wide event is held on 3 December each year.

The 2008 Braeside Games was our third 'Games' and was bigger and better than ever.

The day was made possible by the generous support from the

Mounties, Canley Heights RSL, Krispy Kremes Liverpool, John Williamson, Trim's Fruit & Vegetable Market, Illusions hair design, Able Rehabilitation, Travel Training, Independent Living Specialist, YADA, Men's Shed and Flavour Creations.

clear information and answers to their questions. Information needs to be given in a way that they can understand. For example talk about their feelings; they may need reassurance that they will be looked after, that they did not do anything to cause the illness or death. Involving children in funerals and other rituals can be useful too."

"Death is something that can be explained clearly and gently to any child and no one can do it better than family."

Our Bereavement service in the north has assembled a collection of resources and books for children, adolescents, families and health professionals made possible through donations in memory of Michaele & Jeanne Ercole. Some



Sue Hearn with some of the resource material designed for grieving children.

material is available for loan and counselling and support services are available too.

Caring for carers

Worn out from caring for someone? Or do you know someone exhausted from being a constant carer? It's okay for carers to ask for help!

A carer is someone who provides ongoing care and assistance to a person, without receiving income other than the Carers Allowance or Payment. Carers may be providing assistance to frail older people, people with disabilities, people with mental health disorders, people with dementia, people with a chronic or terminal illness. In addition to their caring role, carers may be working full-time or part-time.

The caring role is not an easy one. Often the carer feels overwhelmed by all that they are trying to cope with. They may feel that others don't understand what they are dealing with. They may lose touch with friends. They may get little or no time to do something for themselves - and feel guilty for even wanting time out. They may feel sad or angry about lost hopes and dreams for the future.

We are providing a new counselling and advocacy service to carers living in the Northern Sydney area, from North Sydney to Ryde, to Wisemans Ferry, to Brooklyn, to Palm Beach and all in between. The program is funded by the Department of Ageing Disability and Homecare.

A life of service

Acknowledging a lifetime given to helping and supporting others

Mrs Sita Carter former Chairperson of the Hope Healthcare Board (1984-1997) died in early September 2008 in hospital in Bowral after a short illness. Her husband Ellis had died a few weeks previously.

As a teenager during the Great Depression, Mrs Carter had lived for a short time on a poultry farm in Polding Street Wetherill Park, close to the present site of Braeside Hospital.

Her voluntary service began in World War II. She worked at an accountancy firm, but as a volunteer she drove ambulances and worked at a hostel for service personnel run by St Matthew's Manly. Involved with the St Matthew's Manly Circle (supporting the Home of Peace Hospitals) for many years, she was invited to join the Board in 1966. Mrs Carter went on to chair the House and Executive Committees for 21 years.

She also served on the Council of the Anglican Deaconess Institution for many years and was appointed a director when the organisation became incorporated as a company in 1996.

Her truly outstanding record of voluntary service - 59 years - was recognised with an OAM in 1998.

In a letter to our CEO earlier in 2008 Mrs Carter recollected that when she was with the Hope

Julie Waddy has been appointed as counsellor and advocate specifically to support carers. Julie said she is there to listen to carers and all that they are struggling with in relation to their caring role. "I may also be able to provide information about other appropriate services or support

groups, to make referrals or to advocate on the carer's behalf for additional services. Importantly, there are no fees for the service."

"Carer feedback has been very positive. A few days after our first session, one carer told me she felt

different already and back in control of things. She was very grateful for the time spent with her and finding out things on her behalf."

To contact Julie Waddy, telephone 02 9903 8367.



Counsellor and advocate Julie Waddy providing new support service for carers.

Healthcare Board, life was always full of challenges but with God's loving guidance, amazing things happened, far exceeding expectations and she was sure this would continue in the years ahead.

Hope Healthcare remembers Sita Carter with fondness for her contribution to this organisation and her unswerving faith in her Lord and Saviour.



Top, Board member Mrs Sita Carter with her back to the camera, joining in Christmas celebrations along with patients and staff at Greenwich Hospital in the late 1970s and above, photographed in the mid 1990s when Chair of the Board.

A great outcome

Diversional therapy is an important part of our range of care provided across all our services, from rehabilitation to our mental health care for older people. As a fundraising project it proved a winner for Neringah Hospital.

According to Ethel Schofields, Secretary of the Residents Committee at Lutanda Manor Retirement Village, they had achieved the best fundraising outcome ever, when they decided to fundraise for Neringah Hospital this year.

In September they presented a cheque totalling \$8,145 to Clinical Nurse Consultant Gerry Dixon representing Neringah, at the culmination of their fundraising activity. Their most recent event was a 'High Tea' held at the end of August with about 90 attending. Each Friday they had a fundraising raffle as part of their Happy Hour activity. During the year they also held a fashion parade with an outside firm giving a percentage of sales of items, to their fundraising.

Ethel explained that residents had been particularly inspired by Our Diversional Therapist's presentation on the importance of diversional programs and activity in the palliative care environment.

Their target was to raise money to go towards diversional therapy equipment including flat screen LCD televisions for the patient wards and a Nintendo Wii sports game pack and television for the new day hospital. They have exceeded even their own expectations.

Ethel said that most residents had an empathy with the work undertaken at Neringah. "Some felt they might end up there some day," she joked.

In-memory options

Online and printed options to give a donation in memory.

An online giving option plus new printed forms containing a response coupon and packaged with a Reply Paid envelope provide easy choices for those wanting to make a donation in memory of a loved one. If you would like to encourage family and friends to give an In-Memory donation to Hope Healthcare, we can provide you with the new forms. Simply telephone 02 9903 8146.

Alternatively family and friends can be directed to our website to make a secure donation online (www.hopehealthcare.com.au/in-memory.htm).



Residents of the Lutanda Manor Retirement Village made a special effort to fundraise for diversional programs at Neringah Hospital, raising over \$8,000.

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 \$ 160 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: Mastercard Visa

Card No.

Expiry date Signature

Please direct my donation to: Hope Healthcare Greenwich

Braeside Northern Beaches Neringah Tom O'Neill

To be used for (optional)

Mr/Mrs/Miss/Ms/Dr/Rev

Address

Postcode

Telephone Email

Mail to Public Relations Hope Healthcare, PO Box 5084, Greenwich NSW 2065
Enquiries - telephone 02 9903 8146 or email fundraising@hopehealthcare.com.au

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

You can also donate online:
www.hopehealthcare.com.au/donations

Service expands to meet local needs

A full-time aquatic physiotherapy service is now available at Greenwich for the community in the northern Sydney area.

You may not have realised it, but Greenwich Hospital has a hydrotherapy pool. Due to service changes in the area, Greenwich Hospital has expanded their service and is now running a full-time aquatic physiotherapy service to cater for the northern Sydney community.

Aquatic physiotherapy can assist people who have arthritis, joint replacement or other orthopaedic surgery, back and neck pain, sporting injuries and neurological conditions. Physiotherapists and physiotherapy assistants together with secretarial support form our "hydro team".

The service has been doubled and further expansion of the aquatic physiotherapy on offer is planned this year.

Any doctor or allied health team member can refer patients for therapy at Greenwich Hospital.

Currently classes are run for lower limb, back, maintenance, rheumatology, general and as well we provide one-on-one classes (for spinal patients).



Clients enjoying aquatic physiotherapy in the Hydrotherapy pool at Greenwich.

Patients require a hydrotherapy clearance form and a physiotherapist will assess the patient before they enter the program. The hydrotherapy clearance form is available from the "hydro team". Patients can then get

their togs on and jump into the hydrotherapy pool at Greenwich twice a week for six weeks!

If anyone has any questions, give the "hydro team" a call on 9903 8387 or email hydrogreenwich@hopehealthcare.com.au

Research to improve care for our patients

Ongoing research is crucial to improving symptom control in palliative care, including alleviation of pain and issues such as confusion. But that is only part of the focus of research being undertaken to improve care for our patients.

The Palliative care team at Braeside Hospital has been developing a research program over the last 18 months with the aim of improving access to medications for symptom control at the end of life, and also to foster interest in the development of new agents for symptoms where current therapeutic options are limited.

The team has recently been successful in obtaining additional funding from the National Health and Medical Research Council (NHMRC) palliative care development grant round, enabling expansion of the work looking at medications that can assist patients who develop confusion.

Research projects are being undertaken in collaboration across Australia through the Palliative Care Clinical Studies Collaborative, funded by the Commonwealth Department of Health and Ageing, for which Sydney South West Area Palliative Care Service is a lead site. In this capacity Braeside will participate in studies including with various drugs for cancer pain, vomiting, appetite, and delirium.

Director of Palliative Care at Braeside Hospital, Dr

Meera Agar said the key purpose of the overall research program is to improve both access to and provision of information to guide quality use of palliative medicines in the community.

"For example, the regulatory agency the Therapeutic Goods Administration and the Pharmaceutical Benefits Scheme which approves access to medicines at a Government-subsidised price need to be persuaded as to the efficacy and economic arguments in favour of drugs and these projects also set out to address these issues."

"As with all our services, collaboration and connection with the wider health professional and health services community is vital. We have had collaborative contributions from colleagues at the University of New South Wales in the areas of cell biology, geriatrics and Old Age Psychiatry to provide scientific and clinical input into our research studies."

"Our other successful NHMRC grant heralds an exciting collaboration with the Intensive



Dr Meera Agar.

care team at Liverpool Hospital, which will allow us to explore the issues around communication and goals of care in a medical emergency crisis for someone with an advanced illness. This project will inform service models for the patients we serve in our inpatient and community capacities."

HOPE HEALTHCARE

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

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