

# Activities Program

## MAY



Mon	Tue	Wed	Thu	Fri
				1 Keep Standing
4 Hydrotherapy	5 JCC Exercise Class	6 Oxley Tavern lunch \$20	7 Morning Melodies at Bronco's \$5. Buy own lunch today.	8 Keep Standing
11 Hydrotherapy	12 JCC Exercise Class	13 "All you can eat Buffet" Richlands Tavern \$20	14 Sight seeing tour on the red Double Decker Bus (90mins) buy own lunch today \$25	15 Keep Standing
18 Hydrotherapy	19 JCC Exercise Class	20 Museum of Brisbane presents 'Costumes from the Golden Age of Hollywood'. \$5 Buy own lunch today at Red Cross Café	21 Museum of Brisbane presents 'Costumes from the Golden Age of Hollywood'. \$5 Buy own lunch today at Red Cross Café	22 Keep Standing Stay Standing
25 Hydrotherapy	26 JCC Exercise Class	27 "Where maps take us" Art Therapy with Janine \$25 inc lunch	28 Banquet "Sun Fay" Chinese Restaurant Taringa \$25	29 Keep Standing Stay Standing

## JUNE

Mon	Tue	Wed	Thu	Fri
1 Hydrotherapy	2 JCC Exercise Class	3 'Commissariat Store' Museum inc lunch Toowong Bowls Club \$20	4 Morning Melodies at Bronco's \$5. Buy own lunch today.	5 Keep Standing Stay Standing
8 <b>Queen's Birthday Public Holiday</b>	9 JCC Exercise Class	10 "The language of flowers" Art Therapy with Janine \$25 inc lunch.	11 Let's visit the amazing Dallas Kampe's Mt Cotton Garden! \$20 M'tea & tour and light lunch.	12 Keep Standing Stay Standing
15 Hydrotherapy	16 JCC Exercise Class	17 The Lighthouse Restaurant, Cleveland \$20	18 Daisy Hill Koala Centre includes m/tea. Buy own lunch Chatswood Hills Tavern \$15	19 Keep Standing Stay Standing
22 Hydrotherapy	23 JCC Exercise Class	24 Stones Corner Hotel inc lunch \$20	25 "Indigiscapes" Environmental Education Centre inc m/tea & lunch \$20	26 Keep Standing Stay Standing
29 Hydrotherapy	30 JCC Exercise Class			



# Jubilee Community Care

## Newsletter May/June 2015

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Indooroopilly

QLD 4068

Call us on:

**3871 3220**

[www.jccagedcare.org.au](http://www.jccagedcare.org.au)

Stay independent ... Stay at home.

### Manager's Foreword

Dear Clients and Family Members,

Welcome to the May/June edition of the Newsletter.

#### Aged Care Reforms

It is not long now until July 1, when changes to aged care commence. We have been advising clients of what these changes will mean via:

- ◆ One-to-one appointments
- ◆ Client Forums

If you have not already attended a forum, I would invite you and your family members to attend our next free forum which will be at Jindalee on May 27th. More information is overleaf.

Meanwhile, if you have any questions or concerns about the changes, please call the office and speak with your Coordinator. You might see some media reports about the changes that are not always entirely accurate. If you are worried, please call us, so we can be sure that you have the right information for your individual circumstances.

There is also helpful information on the My Aged Care website: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

#### Free Flu Shots Available for Seniors

Free influenza vaccine is available for all Australians aged 65 and over. People in this age group are at high risk from influenza and its complications.

The flu shot is usually available from March, but this year was delayed so it could include some additional strains of the disease.

To receive your influenza immunisation, visit your doctor or immunisation provider. It is important to note that whilst the vaccine is free, a consultation fee may apply.

#### Activities and Outings

As usual the back page of the newsletter is full of activities, outings and exercise classes. You are very welcome to participate in any of these—just call the office and book a place.

Regards

*Shaun*

Shaun Riley

Executive Manager



## Clients Forums: Aged Care Reform

During February and March we held forums at Indooroopilly and Ashgrove. Our next forum will be held at Jindalee, and once again will focus on the upcoming changes to aged care. If you haven't already attended a forum, you are very welcome to attend the one at Jindalee. It will be held on [Wednesday 27th May from 10am—midday at the Jindalee Bowls Club, Sinnamon Rd, Jindalee](#). Please call the office on 3871 3220 if you would like to reserve a spot.

### Aged Care Reform Explained



From 1<sup>st</sup> July 2015, all Home Care Packages formerly EACH and CACPs, will operate on a Consumer Directed Care basis. The following only applies to Home Care Packages and not Home and Community Care (HACC).

An important part of Consumer Directed Care is building on what a person can do rather than focusing on what he/she is unable to do. It is a way of delivering services that allows people to have greater control over their own lives by enabling them to make choices about the types of services they can access and the delivery of those services. The person receiving care decides the level of involvement they wish to have in managing their package.

As with all aged care services, the Government expects that a person will contribute to the cost of their care if they can afford to do so. It is important to note that for Government subsidised services, a person will never be denied a service because they do not have the financial ability to pay.

An individual budget will be agreed between the service provider and consumer. The budget will account for the income that will be made up from the *Government Subsidy*, *Income Tested Fees* (if applicable and if a person has entered into Home Care after 1 July 2014) and the *Basic Care Fee*. Expenditure from the income will cover the cost of direct services provided by Care Workers, equipment and supplies to be received by the consumer, and administration and core advisory services provided by a service provider.

#### *Government Subsidy*

The Federal Government provides a service provider such as Jubilee Community Care with a subsidy to provide care and support services to eligible people.

#### *Income Tested Fees*

A person entering into a Home Care Package after 1 July 2014 may have to make a financial contribution to their care services determined by an assessment of a person's income conducted by the Department of Human Services.

A person can only be asked to pay an income-tested care fee if their income is above the following thresholds:

**\$25,118.60 - individual person**

**\$38,984.40 - member of a couple living together (combined income)**

The Government will reduce the subsidy paid to the service provider based on the amount of income tested fee payable by the consumer.

The maximum income tested care fee that a person can be asked to pay each year is:

**\$5,069.84 - per year for part pensioners**

**\$10,139.68 - per year for self-funded retirees**

## Out and About with the Activities Team

During March and April there were many exciting outings including a Lavender Farm and Winery at Boonah, Cork and Chroma Art Studio at West End, and the War Plane Museum at Caboolture.



# Art Therapy



Introducing the first of a series of creative workshops designed to teach you some new skills whilst re-discovering memories and adventures you've enjoyed so far on the creative ride called life. Come along and have some creative fun in a hidden natural sanctuary that is sure to inspire the imagination.

The sessions are taught by Janine Lee a Brisbane graphic designer, yoga teacher and craft enthusiast who's special blend of creativity, patience and calm ensure you will enjoy these unique workshops. You'll come away having learnt something whilst working on your "masterpieces" or even a little more about you - the most individual masterpiece!



The first workshop you will learn some paper weaving techniques and create talking pieces all whilst recollecting your memories of past travels and maybe peaking your wanderlust for some new ones.

These unique map weavings are a creative way to journey and highlight some of the destinations and the places you've lived, worked in, loved, grown into or wanted to stay.

The second workshop sows the seeds of the history and specific meaning of flowers. Whilst enchanted with the process of making a range of blossoms and blooms you'll learn why flower dictionaries and sending secret messages became popular along with a host of floral facts. The process will leave you admiring flowers from a different perspective and planning your bouquets and gardens with a deeper understanding. They are sure to be an enjoyable and social event

## We LOVE our Volunteers!

More than six million Australian volunteers give happiness to others each year. Research shows that those volunteers are happier as a result. This National Volunteer Week (11-17 May 2015), help us make Australia the happiest place on earth! Whether it's one hour of your time or an ongoing commitment, it's easy to share your skills and interests to give happy and live happy.



A big **thank you** to our current volunteers:

- \* Angela \* Betty \* Georgie \* Gwenyth \* Judith \* Karilyn \*
- \* Luciana \* Marjorie \* Paul \* Ross \* Thisuri \* Zoe \*
- \* And also to the Members of our Management Committee \*

We need more volunteers:

- People to staff our shopping centre displays at The Gap Village (3rd Thursday) and Kenmore Village (1st Tuesday) - if you have an hour or two to spare on these days, we will provide the chair and the coffee!
- A cheerful, chatty person to come to the office and phone clients with a social call.
- A bus driver for outings—regular drivers license is all that's required for out little mini-buses. Training provided. Once a week, once a fortnight or once a month.

Once this cap is reached, a person cannot be asked to pay any more income-tested care fees until the next anniversary of the date of when the person first received aged care services. The maximum income-tested care fee a person may be asked to pay in their **lifetime is \$60,838.12. These caps are indexed.**

### Basic Care Fee

Everyone taking up a Home Care Package can be asked by their service provider to pay what is called a Basic Care Fee. This basic care fee is in addition to the income tested fee and has always been charged by service providers. The maximum that can be charged is 17.5% of the single basic Age Pension. This rate increases in March and September each year in line with changes to the age pension.

### Monthly invoice

A person on a Home Care Package will receive a monthly invoice covering the income tested fee (if applicable) and basic care fee, this will be sent in advance at the start of each month with a due date for payment being the 28<sup>th</sup> of the month. The fees will be charged at 1/12 of the annual figure which means these costs will be the same for all months, rather than varying the charges aligned to the number of days in a month.



**The monthly invoice is what a consumer has to pay.**

### Monthly statement

A person will also receive a monthly statement that will inform them of the income and expenditure for the previous month, and the balance of funds to be carried over to the next month.

The statement will include information on:

the total income received for your package from the Government Subsidy, Income Tested Fee (if applicable) and the Basic Care Fee, and, expenditure that will be grouped into three broad categories:

**Care service and supplies;** care workers providing the service, mileage for transport to/from appointments and the costs of equipment and supplies.

**Administration costs;** overhead costs for the service provider and will include the costs of meeting Government quality and accountability requirements.

**Core advisory;** care planning, reviews or re-assessments and case co-ordination.

The administration and core advisory fees will be charged monthly at 1/12 of the annual figure, which means the costs will be the same for all months. These costs are not additional costs invoiced to a person but charged against the total income of the package.

The difference between total income and total expenditure will leave a contingency or balance of funds to be carried over to the following month. The balance carried forward figure will carry over from month to month and from year to year, for as long as the consumer continues to receive care under the package.

**The monthly statement is a statement, not an invoice, and does not need to be paid.**



If services are cancelled by a person at short notice within the working week (Monday to Sunday), the consumer's budget for direct care will be charged, as a service provider has to pay their care workers for work they would have otherwise carried out. If a consumer provides advance notice of services being cancelled ahead of time i.e. by Friday before the following week, the consumer's budget for direct care will not be charged and will flow to the balance carried forward figure. In such circumstances, service providers are able to re-roster care workers to another service.

## Meet Betty...

When Betty goes shopping at Kenmore Coles we think she is the best dressed person in the store!

### Here's Betty's Story:

Favourite colour: PINK!

Favourite food: Fresh Prawns

"My great-grandparents originate from Harris Island, off the coast of Scotland. Their name was Harris. I'm glad I don't live there – it would be too cold!

I was born in Rockhampton, the eldest of 2 girls. My mother says that I was a 10lb baby! I was born on November 8<sup>th</sup>, which I never forgot as a child because it was three days after Cracker Night each year.

My father owned a grocery store and later worked in a bigger food store called Denhams in Rockhampton. During the war, he was made to stay home because he was involved in food distribution. He could help out with army work on the weekends only.

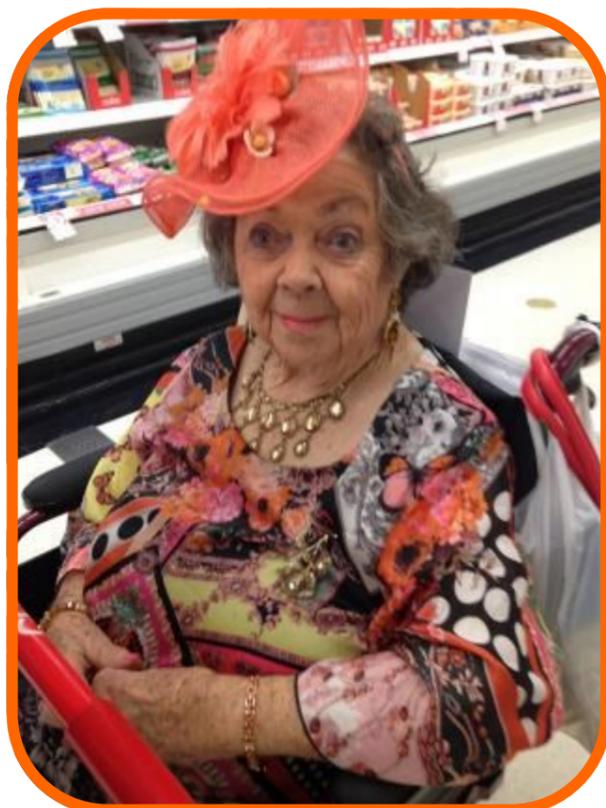
The war was a very scary time. Sirens went off and we would have to rush into the air raid shelter. I remember I was home from school one day with my sister. We were both really sick and the siren went off. The air raid shelter was full of water but we were about to dive into it when the Warden told us it was a false alarm. What a relief!

During my life, I've enjoyed spending time with family and friends. I had an aunt in Cairns and I used to go and stay with her for a month at a time. I had friends on a farm at Archer (near Rockhampton) and I used to visit with them also. These days my sister lives at the Sunshine Coast (Wurtulla) and I visit when I can. I've always loved to paint, crochet and do fancy work."

Betty has some of her artwork displayed on the wall of her home – paintings of scenery from holidays at Redcliffe.

"The reason that I dress up to go shopping is that I was brought up that way. My mother and my auntie would always wear gloves and a hat when they went out, and I do the same. I go to Kenmore Village once each week, and when I get home, I start planning the outfit and jewelry that I'm going to wear the next week."

Betty still buys jewelry these days, but has also inherited some lovely rings and other family jewelry. Betty lives in a unit at Brookfield Village with assistance from Jubilee Community Care. She is visited 3 times each week for assistance with shopping and housework.



"The reason that I dress up to go shopping is that I was brought up that way."

## PUBLIC HOLIDAY SERVICES

Monday 8th June is the Queen's Birthday holiday. Only personal care and other essential services will be provided on this day. If you usually receive a service on this day and want to reschedule the service, please call the office to arrange.



## Never too Old for Exercise!

Like most people, you've probably heard that exercise is good for you. In fact, being physically active on a regular basis is one of the healthiest things you can do for yourself. Studies have shown older adults can gain a lot by staying physically active. Even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging.

### Being Inactive Can Be Risky

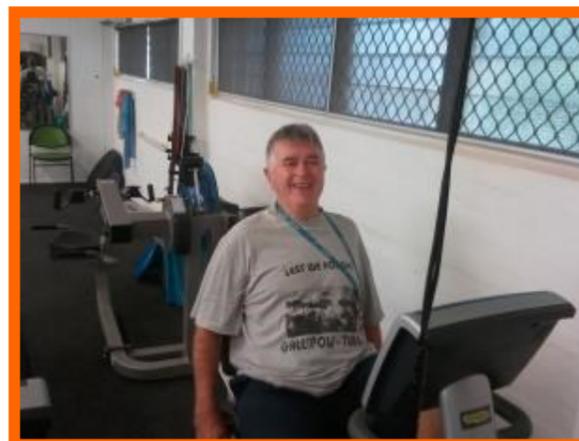
Some older adults are reluctant to exercise. Some are afraid that exercise will be too hard or will harm them. Others might think they have to join a gym or have special equipment. Yet studies show that "taking it easy" is risky. For the most part, when older people lose their ability to do things on their own, it doesn't happen just because they've aged. It's usually because they're not active. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

### Prevent or Delay Disease

Scientists have found that exercising regularly can help prevent or delay many diseases and disabilities. In some cases, exercise is an effective treatment for many chronic conditions. For example, studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise. Exercise also helps people with high blood pressure, balance problems, or difficulty walking.

### Manage Stress, Improve Mood

Regular, moderate physical activity can help manage stress and improve your mood. And, being active on a regular basis may help reduce feelings of depression. Studies also suggest that exercise can improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.



### JCC Exercise Classes

Brian has been attending JCC exercise classes twice per week for sometime now and is noticing significant improvements in his overall health. "My balance has improved. My attention has improved. I'm using my walking stick less and less."

Brian says he enjoys classes at Healthy Connections Taringa because the staff are warm and understanding

and adjust the program to suit the age and fitness of the person. "I'd encourage other JCC clients to come along and have a look-see. They would see how good it is."

Nicole from Healthy Connections said that the gym had 3 goals for the over-50s:

- Improve functional fitness
- Reduce falls risk
- Maintain independence at home

"Some older people are quite fit, because they walk a lot. But they lack strength and this stops them from doing household tasks. This means they will need more care sooner," said Nicole.

"I've noticed great improvements in the clients from Jubilee Community Care over the past few months. They are stronger and you notice that they can get in and out of vehicles more easily and on and off a chair more easily. They generally have better coordination."

There are a few places available in the Healthy Connections classes on Tuesdays and Fridays. Call the office to book your spot! Remember we will pick up and drive you home.