

All about news!

all about living
choice | support | connection

CONNECTED

Welcome to our September Newsletter, this month we are focused on your wellbeing and aim to keep you updated, informed and connected with everything that's happening at All About Living.

Aged Care Reform: Understanding Person-Centred Care

As the nation gears up for the new Aged Care reforms, All About Living has been exploring some of the changes already shaping the industry. At the core of these reforms is person-centred care, but what does this actually mean for you?

Person-centred care is all about treating you as a unique individual and tailoring care to meet your specific needs and preferences. Gone are the days of a “one size fits all” approach. This new model focuses on creating a care plan that is as unique as you are, helping you maintain independence and wellbeing in your own home.

Research shows that many older Australians prefer to stay in their homes as they age. Person-centred care supports this by offering services that help you live comfortably and independently, no matter your health needs.

Here's how person-centred care works:

Personalised Care Plans: Your care plan is based on a comprehensive assessment of your medical, physical, and emotional needs.

Promoting Physical Health: Support services have an increased focus on exercise and active routines that help you stay strong and independent.

Emotional Support: Caregivers focus on your emotional and mental wellbeing, offering companionship and engaging activities.

At All About Living, person-centred care has always been part of the foundations of our organisation. As reforms roll out, we're committed to continuing this approach, ensuring your care is designed with you in mind.

Looking to connect?

All About Living Groups offer fun, social adventures, like our recent trip to the Maleny Rainforest Discovery Centre. It was a great day spent with friends, enjoying good times and a peaceful lunch in the fresh air.

Our group activities are open to eligible CHSP and HCP participants in North Brisbane areas. For more details, call us on 1300 503 886 or visit our website!



Caring for Yourself While Caring for Others

Being a carer for an elderly partner, parent, or friend is a rewarding but often demanding role. It's easy to forget about your own health and wellbeing, but it's essential to look after yourself so you can continue to provide the best care possible.

Taking time for self-care isn't selfish, it's necessary. Physical and mental health go hand in hand, and when you're well-rested, active, and supported, you'll feel more energised and positive.



Here's a simple checklist to ensure you're looking after yourself:

Sleep: Aim for 7-8 hours of sleep each night to stay refreshed.

Exercise: Even a short walk can boost your mood and energy levels.

Nutrition: Eat balanced meals to keep your body fueled.

Connection: Stay connected with family and friends to maintain a support network.

Remember, you don't have to do everything alone. All About Living offers help with domestic assistance, support work, and nursing to lighten the load. We also have social groups that your loved one can join, giving you a break for some well-deserved "me time."

Reach out when you need help, it's available, and you deserve it. And remember, be kind to yourself. You're doing a great job!

Staying Connected: Tips to Avoid Loneliness

As we get older, it's common to spend more time alone, which can sometimes lead to feeling lonely. Staying connected with others is important for both your happiness and your health. Being socially active can help prevent issues like heart disease, depression, and memory problems. Here are some simple ways to stay connected.

Join activities you enjoy Think about hobbies you love or try something new! Joining a group or taking a class can help you meet new people.

Keep in touch Make time to call or visit family and friends. Even sending a letter or card can make a big difference in staying connected.

Use technology Email and social media are great ways to stay in touch. If you're not familiar with these, local community centers often offer classes to help you get started.

Stay active Join a walking group or try a fitness class. Exercising with others not only helps you stay healthy but also gives you a chance to meet new friends.

Consider a pet Pets can be wonderful company, whether it's a dog, cat, or even a goldfish! They can brighten your day and keep you company.

Remember, staying connected doesn't have to be complicated. Little efforts can make a big difference in feeling happier and healthier.

DID YOU KNOW?

The **Older Persons Advocacy Network** (OPAN) offers resources and support to help you stay connected. Chat with a volunteer Monday-Friday, 8am-8pm, and Saturday, 10am-4pm. Call **1800 001 321** or visit www.opan.org.au for more information.

Meet Our Scheduling Team: The Heart of Your Care

At All About Living, we believe that great care starts with great communication, and our Scheduling Team is at the heart of it all. They are the friendly voices on the other end of the line, dedicated to ensuring that your care is delivered just the way you need it. Whether it's confirming your appointments, adjusting services to fit your needs, or simply checking in to get your feedback, our team is here to support you every step of the way.

We know that life can be unpredictable, and your care needs may change from time to time. That's where our Scheduling Team comes in. They work hard behind the scenes to make sure everything stays on track, so you don't miss out on the care and support you deserve. Their goal is to keep things running smoothly, ensuring that you're always connected to the care that meets your needs.

Meet Our Scheduling Team:

With over 80 years of combined experience, our scheduling team has a lot of knowledge to make sure your care goes smoothly. Here's a bit about each team member to help you know them better:

- Kim has been with us for six months and brings 11 years of aged care experience. She enjoys getting to know you and having friendly chats to brighten your day.

- Donna has 22 years of aged care experience and has been with us for six years. She loves working closely with the team to make sure your care is always seamless and supportive.
- Rachal, our Team Leader, has 36 years of experience including 25 years as a support worker. She takes pride using her experience to truly understand your needs and make sure your care is always a priority.
- Tanya has been a Scheduler for nearly a year and has seven years experience in the aged care industry. She strives to schedule according to your preferences and needs, ensuring the best possible care.
- Tamika completed her traineeship with AAL and has been with us for five years. She thrives on solving challenges and finding the best solutions to ensure your care is tailored to you.

Help Us Help You Better

Scheduling can be tricky with changes or delays, but our team is here to ensure you get the best care. Your support can make a big difference. Here's how you can help us help you:

- ✓ **Let Us Know Early:** If you need to cancel or change an appointment, please let us know as soon as possible. This helps us plan and avoid delays in your care.
- ✓ **Update Your Needs:** If your care preferences or needs change, please tell us so we can adjust your service.
- ✓ **Share Feedback:** If there's anything we can do better, please let us know. Your feedback helps us improve.
- ✓ **Be Ready for Us:** Prepare ahead of time to make sure everything goes smoothly during your care visit.

Our Scheduling Team is here to support you. Thank you for trusting us with your care!



Scheduling team (left to right): Kim, Donna, Rachal, Tanya and Tamika

September North Brisbane Groups

Our North Brisbane Groups Program offers a variety of activities to brighten your weekdays. Whether you want to learn a new skill, stay active, or make new friends, we promise a great time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 All About Living Choir Bracken Ridge Hall \$20 per person	3	4 Body Movement Class \$20 per person	5 Thursday Group St John's Cathedral Concert \$20 per person	6 Lifestyle Program \$20 per person
9 Ladies Group Sea Salt and Vine \$20 per person + M'tea All About Living Choir Brighton Bowls Club \$20 per person	10 Men's Group Mount Glorious Café \$20 per person + Lunch	11 Body Movement Class \$20 per person	12 Thursday Group Brighton Bowls Club Legal Aid from Northside Connect \$20 per person	13 Lifestyle Program \$20 per person
16 All About Living Choir Brighton Bowls Club \$20 per person	17	18 Body Movement Class \$20 per person	19 Thursday Group The Nurso \$20 per person + Morning Tea	20 Lifestyle Program \$20 per person
23 Ladies Group Brighton Bowls Club \$20 per person All About Living Choir Brighton Bowls Club \$20 per person	24 Men's Group Broncos League Club \$20 per person + Lunch	25 Body Movement Class \$20 per person	26 Thursday Group Brighton Bowls Club The Price is Right \$20 per person	27 Lifestyle Program \$20 per person
30 All About Living Choir Brighton Bowls Club \$20 per person	 <p>Group activities are available to eligible All About Living clients. Bookings are essential on 1300 503 886.</p>			

R U OK?™

This R U OK? Day, we encourage everyone to check in with those around them and start a conversation. Whether it's a friend, family member, or neighbour, asking 'are you OK?' can make a world of difference.

At All About Living, we understand the importance of connection, and our **Groups** are a great way to stay engaged and meet new people. Whether you enjoy singing, going on outings, or solving puzzles, there's something for everyone! Our groups are open to eligible HCP and CHSP North Brisbane customers, so reach out on **1300 503 886** to check your eligibility and learn more.

To add a bit of fun to this month's newsletter, we've included a Sudoku challenge from the R U OK? website. Answers will be published in next month's **Connected**, so give it a try and remember, a simple conversation could change a life.

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AAL Groups Calendar

Get the latest Groups calendar and full run down of activities by visiting our website www.allaboutliving.com.au/activities-program/

