

All about news!

 all about living
choice | support | connection

CONNECTED

Welcome to our Summer Newsletter! This edition covers key health and wellbeing topics, including EPOA, nutrition, and a quick look at the new Support at Home Program.

What is an EPOA and Why Do I Need One?

An Enduring Power of Attorney (EPOA) is a valuable legal tool that lets you appoint someone you trust, such as a family member, friend, or even a professional such as the QLD Public Trustee, to make important decisions on your behalf if you're unable to do so. This appointed person, called your "attorney," can manage various aspects of your life, from handling finances and paying bills to making personal care and health-related decisions. Importantly, an EPOA remains valid even if you lose the ability to make decisions due to illness, injury, or aging, making it a secure plan for the future.

Having an EPOA means that if anything unexpected happens, you'll have someone reliable to act in your best interests, honouring your values and wishes. This can be especially important in managing legal matters, such as signing documents or addressing financial needs, as well as in making healthcare choices that align with your preferences. An EPOA offers peace of mind for you and your loved ones, ensuring that your personal, financial, and healthcare needs are managed by someone you trust if you're unable to do so yourself.



What is a Care Plan and an Advance Care Plan? How are they different from an EPOA?

Each of these plans serves a different purpose, but all are important to have in place:

- **Care Plan:** Created with your provider, such as All About Living, a Care Plan is designed around your needs and preferences. It outlines your goals and wellbeing priorities, helping us deliver personalised care. As your needs change, your Care Plan adapts. You should keep a copy for reference. If you don't have a copy, contact your Case Manager who can provide it to you.
- **Advance Care Plan (ACP):** A future-focused document, the ACP specifies your healthcare wishes for situations where you may not be able to express them. It guides your family and healthcare providers on how you wish to be cared for if you're unable to communicate.

While your Care Plan and ACP focus on health, an EPOA includes broader decision-making, covering finances and legal matters. Together, your EPOA, Care Plan, and ACP ensure comprehensive support in all areas important to you. If you update your EPOA or ACP, please notify us so we can include the latest information in our Care Management system, AlayaCare.

If you would like more information, reach out to your Case Manager. They can also provide contact details for advocacy groups like OPAN and COTA if you need more support.

The Importance of Good Nutrition in Later Years

As we age, our bodies experience natural changes that impact how we process food and nutrients. This makes nutrition even more important, as a well-balanced diet can enhance our energy, strengthen our immune system, and improve overall wellbeing. Aging also brings new challenges in maintaining a healthy diet, making it crucial to adapt our food choices to meet our changing needs.

For seniors, one major change is the decrease in metabolism, which means we need fewer calories than before. However, our nutrient requirements often stay the same or even increase. This means we need to focus on nutrient-dense food options that provide essential vitamins and minerals without excess calories.

One of the key dietary changes for seniors is the need for more protein. Protein helps maintain muscle mass, which naturally declines with age. Including lean meats, beans, lentils, and low-fat dairy supports muscle strength, which is essential for mobility and reducing the risk of falls.

Calcium and vitamin D are also critical as they play a vital role in maintaining bone density, reducing the risk of osteoporosis and fractures. Many older adults don't get enough of these nutrients, so including dairy, leafy greens, and fortified cereals can be beneficial.

Fibre intake is another area of focus. It promotes good digestion, supports heart health, and helps manage blood sugar levels, which is important as diabetes risk rises with age. Whole grains, fruits, and vegetables are excellent sources of fibre.

Finally, hydration is essential. Seniors often have a reduced sense of thirst, which can lead to dehydration. Remembering to drink water throughout the day – not just with meals – is vital for maintaining energy levels and supporting overall health.

Adapting to these dietary needs can help seniors stay healthier, feel more energetic, and reduce health risks as they age. Eating well truly makes a difference, allowing us to live life to the fullest.

Keeping you healthy

All About Living works with several providers who offer a range of nutritious, balanced, and easy meal options to suit your needs. You can reach out directly to these providers or contact your All About Living Case Manager, who can guide you through the process.



Meals on Wheels™
Australia



Lite n' Easy

Top Nosh Meals
We Cook - We Care

Healthy Connections

We know that great food and good company go hand-in-hand! That's why so many AAL Group outings feature both. During October, participants enjoyed a tasty trip to Maleny Cheese Factory for some protein-packed goodness and a trip to Strawberry Shack for a boost of vitamin C! These fun, flavour-filled excursions aren't just about delicious bites – they're about nurturing health and friendships. With AAL Groups, staying healthy has never been more enjoyable!



AAL Groups enjoying scones, jam and other delectable treats at the Strawberry View Coffee Shack in Bellmere.

Aged Care Reform Update

You may have heard that the government plans to replace the Home Care Package with the **Support at Home Program**. We understand this may raise questions, and we're committed to keeping you informed as we learn more, including hosting information forums throughout 2025. Here's a quick update on what we know so far:

What's Changing: Support at Home will combine existing in-home care programs to make it easier for older people to live at home safely and independently.

More Support Available: The program aims to support 300,000 more people by 2035.

Faster Service: Wait times should be reduced, with a goal of three months by 2027.

Funding Changes: The government is reviewing care categories, funding amounts, and how these will be applied to participants in the Support at Home Program to ensure a fairer and more sustainable system.

New Support Options: Early help will be available for assistive technology (like walking aids) and home modifications (like shower rails).

End-of-Life Pathway: Provides up to \$25,000 over three months for those nearing end of life, helping them stay at home with dignity.

This is a big change and we have limited information at the moment, but we'll keep sharing updates as they come!

A letter from the CAB to Leonie

On behalf of the Consumer Advisory Board, I congratulate Leonie Fowke on her appointment as Executive Director of AAL and extend our best wishes. I also want to thank Leonie for her exceptional guidance in forming the CAB, acting as a strong rudder in steering us forward. She informed us of government guidelines, discussing ways to enhance service while building open communication between AAL and its clients.

Leonie's effective leadership has shaped us into a proactive team. While her new role means she must step down as CAB co-chair, we warmly welcome Amanda MacDougall to continue this work.

Personally, it has been a privilege to co-chair with Leonie. She's done a remarkable job.

Thank you,

Dot Jones

Thank you for your feedback!

We love hearing from you, as it helps us understand what we're doing well and where there's room for improvement.

You can share your thoughts by completing our online feedback form www.allaboutliving.com.au/feedback-form/, calling us at **1300 503 886**, or emailing feedback@allaboutliving.com.au.

New games to keep your brain active!

Word Ladder: Transform a starting word into a target word by changing one letter at a time, forming valid words with each change. The goal is to reach the target in the fewest steps.

C	O	L	D	T	A	K	E	B	A	R	K	D	U	C	K
C	O	R	D	—	—	—	—	—	—	—	—	—	—	—	—
C	A	R	D	—	—	—	—	—	—	—	—	—	—	—	—
W	A	R	D	—	—	—	—	—	—	—	—	—	—	—	—
W	A	R	M	G	I	V	E	B	I	T	E	B	I	L	L

October puzzle answer

8	7	1	4	2	6	9	5	3
2	9	6	3	1	5	4	7	8
4	5	3	8	9	7	2	1	6
9	2	5	1	4	3	6	8	7
1	4	7	5	6	8	3	2	9
6	3	8	9	7	2	1	4	5
7	8	9	2	3	1	5	6	4
5	1	4	6	8	9	7	3	2
3	6	2	7	5	4	8	9	1

November & December Groups Calendar

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
28 All About Living Choir Brighton Bowls Club \$20 per person	29	30 Body Movement Class \$20 per person	31 Thursday Group Black Cat Café \$20 per person + Lunch	1 Lifestyle Program \$20 per person
4 Ladies Group Brighton Bowls Club \$20 per person All About Living Choir Bracken Ridge Hall \$20 per person	5 Men's Group Fishing & Redcliffe RSL \$20 per person + Lunch	6 Body Movement Class \$20 per person	7 Thursday Group Brighton Bowls Club AAL Home Care Package Information Forum \$20 per person	8 Lifestyle Program \$20 per person
11 All About Living Choir Brighton Bowls Club \$20 per person	12	13 Body Movement Class \$20 per person	14 Thursday Group Slaughter Falls BBQ \$20 per person + Lunch	15 Lifestyle Program \$20 per person
18 Ladies Group Brighton Bowls Club \$20 per person All About Living Choir Brighton Bowls Club \$20 per person	19 Men's Group Slaughter Falls BBQ \$20 per person	20 Body Movement Class \$20 per person	21 Thursday Group Brighton Bowls Club Christmas Card Craft \$20 per person	22 Lifestyle Program \$20 per person
25 All About Living Choir Brighton Bowls Club \$20 per person	26	27 Body Movement Class \$20 per person	28 Thursday Group Wolston Farmhouse \$40 per person	29 Lifestyle Program \$20 per person
2 Ladies Group Christmas Shack \$20 per person + Lunch All About Living Choir Baskerville Hut \$20 per person	3 Men's Group Strawberry View Coffee Shack \$20 per person + Morning Tea	4 Body Movement Class \$20 per person	5 Thursday Group Brighton Bowls Club AAL Christmas Party \$45 per person	6 Lifestyle Program \$20 per person

All About Living Groups activities will take a break over the holiday season finishing on **Friday, 6 December 2024** and returning on **Monday, 20 January 2025**. On behalf of All About Living, we'd like to thank you for a great 2024 and look forward to seeing you in 2025!

Join the Fun with Our Community Groups Program!

We offer weekday activities for all interests, learn new skills, stay active, and make friends.

Need a ride? Our convenient pick-up service has limited seats, so reserve early at **1300 503 886**.

AAL Groups Calendar

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

We hope to see you there soon!



*Don't miss the All About Living Choir,
 All Directions, performing at:*

Carols by the Creek

VMR Brisbane Function Centre,
 95 Allpass Parade, Shorncliffe

Date: Sunday, 24 November

Time: 3 pm - 7 pm