

All about news!

all about living
choice | support | connection

CONNECTED

SPRING 2026

Welcome

Welcome to our Spring edition, featuring care updates, community news and ways to stay connected, including the latest information on Aged Care Act, Quality updates and more!

Following Leonie's departure, we're pleased to introduce Sharon Stokell, Interim Group Executive, Aged Care. Sharon brings more than 35 years of leadership and operational experience across healthcare and the not-for-profit sector. She is passionate about helping people access the support they need to live the life they choose.

A word from Sharon

Navigating aged care can sometimes feel complex, but our team is here to make things easier and keep you informed. From 1 October, the Australian Government will fully fund personal care services under the Support at Home program, meaning no out-of-pocket costs for approved personal care supports. These changes will be applied automatically through My Aged Care, so no action is required. If you have questions about your budget or care hours, our Care Partners are here to help.



Client Survey Results: Highlights and Valuable Insights

Thank you to everyone who took the time to complete our recent client survey.

We received a mix of positive feedback and constructive suggestions, giving us valuable insight into what we're doing well and where we can improve.

Many clients highlighted the caring, supportive nature of our team and the positive impact our services have on their daily lives.

We were pleased to see strong

satisfaction in areas such as staff friendliness, respect, and overall service quality.

At the same time, some respondents identified opportunities for improvement, particularly around communication, consistency, and access to information.

We appreciate this honest feedback and view it as an important part of our commitment to continuous improvement.

Every response helps us better understand our clients' experiences and ensures we can continue to deliver services that meet their needs and expectations. We are reviewing the survey results carefully and will use this feedback to guide future improvements.

Thank you for helping us make All About Living even better.

Your voice matters, and we're listening.



Einbunpin Festival

All About Living was again delighted to be part of the vibrant Einbunpin Festival in Sandgate, a much-loved community celebration featuring live music, markets, food and family fun. Our team enjoyed meeting local residents and visitors while providing free blood pressure checks to support health awareness and wellbeing.

Understanding and Managing Blood Pressure

Blood pressure is the force of blood moving through your arteries as your heart pumps. High blood pressure often has no obvious symptoms and is a major risk factor for heart disease and stroke. Regular checks are important, especially as we age.

Healthy habits such as staying active, eating a balanced diet, reducing salt intake, maintaining a healthy weight and taking prescribed medications can help keep blood pressure within a healthy range.

Keeping Medications Safe at Home

Managing medications safely supports health, independence and wellbeing. It also helps prevent medication errors, missed doses, accidental poisoning and avoidable hospital admissions.

The Aged Care Quality Standards require aged care providers to support the safe and quality use of medicines, ensuring medications are stored, administered, monitored and reviewed appropriately.

Why medication safety matters

- Reduces medication errors and harmful interactions.
- Ensures medicines are taken correctly and effectively.
- Supports compliance with aged care standards.
- Prevents accidental access by children, visitors and pets.

Tips for safe medication storage and use

- Keep medicines in their original packaging or pre-packed container with pharmacy labels attached.
- Store medications as directed, away from heat, moisture and direct sunlight.
- Use a locked cupboard or secure location for higher-risk medicines.
- Keep an up-to-date medication list and share it with healthcare providers.
- Arrange regular medication reviews with your GP or pharmacist, especially after hospital visits or medication changes.
- Check expiry dates and return unwanted medication to your local pharmacy for safely disposal.
- Never share prescribed medicines with others.

Following these simple steps creates a safer home environment and supports better health outcomes.



Ready to Get Moving?

Regular exercise can improve your health, independence and quality of life. Take the first step towards a healthier, happier lifestyle by joining All About Living's Exercise Group.

Whether you want to improve your movement, fitness, confidence or you simply enjoy staying active, we'd love to welcome you to our friendly community.

Why choose our exercise group?

- **Qualified & supportive instructor**

Our experienced instructors provide guidance and encouragement throughout every class, ensuring everyone feels welcome and supported.

- **Safe & suitable for all abilities**

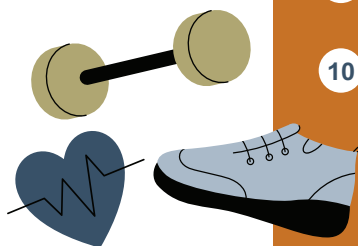
Each session is carefully planned to suit different fitness levels, allowing participants to exercise comfortably and confidently at their own pace.

- **Improve your health & wellbeing**

Regular movement helps build strength, improve balance and flexibility, boost confidence, and support overall physical and mental wellbeing.

- **A friendly & social environment**

Meet new people, make lasting friendships and enjoy exercising in a fun, positive atmosphere that keeps you motivated.



10 Great Reasons to Stay Active:

- 1 Maintain independence and mobility
- 2 Reduce the risk of falls and injuries
- 3 Improve heart health
- 4 Enhance mood and mental wellbeing
- 5 Increase energy levels for all-day vitality
- 6 Help manage chronic health conditions
- 7 Enjoy better quality sleep
- 8 Boost brain function and memory
- 9 Strengthen your immune system
- 10 Connect with others and build lasting friendships

AAL Christmas in July





Staff Spotlight:



This month,
we sat down with
Nicole Barwick,
Ageing Well
Lead

How long have you been with us?

14 months

What do you enjoy most about your role?

I enjoy supporting the Care Partner team achieve the best outcomes for clients, building positive relationships with clients, and working collaboratively with colleagues to find solutions and overcome challenges.

What motivates you at work?

Seeing others grow and develop. I find it rewarding supporting people to building skills, gain confidence, and achieve their goals.

Fun fact:

I start my day bright and early with a 3:00 AM gym session every morning.

Favourite hobby:

I love going on food adventures, exploring new restaurants and discovering great coffee shops.

Favourite quote or motto:

I'm well known for saying "Absolutely yes!" or "Absolutely no!" when making a decision.

Three words that describe you?

Grit, driven and fun.

Coffee or tea?

Coffee and a cheeky Red Bull.

Beach or mountains?

I'm happy anywhere that offers a chance to unwind and explore.

If you could travel anywhere, where would you go?

Mexico to experience the amazing food, explore the local culture, and sample as many authentic dishes as possible, with a few margaritas along the way!



Your Rights, Your Voice, Your Care

Whistleblower Advice – Your Voice is Protected

If you see something wrong in aged care, you have a right to speak up. The law protects you from victimisation and keeps your identity confidential. Click or scan the QR code to learn more.



Know Your Rights in Aged Care

You have the right to safe, respectful, and quality care that supports your independence and choices. Click or scan the QR code to learn more.



We Want to Hear From You

Your feedback, good or bad, helps us grow and become better providers. Share your thoughts anytime. Together, we can make care even stronger. Click or scan the QR code to submit feedback.

