



The Byron carer

January 2022

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www.byronrespite.com.au

Byron Shire Respite Service is located at the Brunswick Valley Community Centre, South Beach Rd, Brunswick Heads.

Our incorporated non-government community based organisation is managed by a local committee and covers the shires of Byron, Ballina and Lismore.

NDIS Registered Provider

Respite care is delivered through our Flexible Respite, Day Respite and Social Support projects, with a person centred enablement approach across the respite continuum.

Telephone Karen on: 02) 6685 1619
or Emma on 02) 6685 1629

Website: www.byronrespite.com.au
Email: caremanager@byronrespite.com.au



Byron Shire Respite Service acknowledge and pay respect to the Arakwal people of the Bundjalung nation, the traditional owners of the land on which we live and care – and pay respect to the Elders past, present and emerging.

Staying Steady & Preventing falls

Slips, trips and falls are common in older people. As we age, our bodies change and we lose strength and balance. This can increase the risk of tripping over or having a fall. A fall can be a life changing event, resulting in serious injury, a loss of confidence and reduced independence.

The good news is that falls are not an inevitable part of growing older. Falls can be prevented. According to the NSW Ministry of health, research has shown that it is possible to reduce the risk of tripping, slipping and falling by staying active and doing some simple exercises to improve your balance.

By improving your balance and strength, you can reduce your risk of falling and causing an injury or breaking a bone. Activities which are particularly good for balance and strength include dancing, gym sessions, group exercise classes, home exercises, Croquet, Pilates, Tai Chi, yoga and lawn bowls. If you remember lawn bowls as something your Aunty did – think again. Grab a friend and head down to your local bowling club for a fun day out.

There are many other things you can do to help yourself stay active and on your feet. Visit the Active and Healthy Website at <https://www.activeandhealthy.nsw.gov.au> to find information, photos and short videos that not only provide information about exercises, but also about your health, making your home environment safe, what to do if you do have a fall, and home and lifestyle checklists to help you reduce your risk.

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This month's newsletter has arrived to you courtesy of our friends at the Brunswick Heads Bowling Club

The club is COVIDSafe, so why not stop for some lunch and try some barefoot bowls! You may even like to try out the club's pool table. Pool is a great way to break the ice and enjoy the company of friends and family. Playing pool doesn't require a lot of strength, so it's a great way for different generations to enjoy time together.

Continued from overleaf

Dementia & preventing falls

The best living environment for a person with dementia is one which helps the person to be as happy and independent as possible. Familiarity is important for a person with dementia. Dementia Australia believe the home environment should help people know where they are and to find where they want to go. Changes in this environment may add to confusion and disorientation.

General safety tips

- Arrange furniture simply and keep the environment uncluttered
- Remove loose rugs and seal carpet edges that may be safety hazards
- Replace long electrical cords on appliances with coiled or retractable cords.
- Check the battery of any smoke detectors and that the alarm is loud enough.
- Replace more dangerous forms of heating, such as bar radiators, with safer heating options such as column heaters. Install safety switches throughout the home.

● Easy to read clocks and large calendars will help a person orient themselves.

In the kitchen

- Reduce the temperature of water from the hot water tap using the thermostat
- Check appliances, such as heaters and toasters, to make sure they do not present any safety hazards
- Automatic cut offs for hot water jugs and other appliances are recommended
- Dispose of or store any hazardous materials such as kerosene
- List of contact names and numbers in large print placed by the telephone.

In the bedroom

- Electric blankets and hot water bottles can be a safety hazards for a person with dementia and are therefore best removed.

● Nightlights in the bedroom can help a person find their way out of the room at night.

In the bathroom

- Hand-held shower hoses allow a person to direct the flow of water as desired
- A shower or bath seat allows a person to be seated while bathing and eliminates the need for a person to lower themselves into the bath
- Install hand rails at bath, shower and toilet to avoid falls
- Reduce the temperature of water from the hot water tap using the thermostat
- Dispose of or safely store all medications
- Nightlights in the hallways and in the toilet may be useful to assist a person to find their way to the bathroom at night.

Safety outside the home

- Some people with dementia may become disoriented and get lost in unfamiliar, or even in previously familiar surroundings. Therefore it is important at all times that they carry appropriate identification, including their name and address and an emergency contact number. An engraved identity bracelet is ideal.

Safety outside the home

- Check catches on gates
- Keep paths well swept and clear of overhanging branches
- Remove poisonous plants and dispose of hazardous substances from sheds and garages.

Try a safety checklist for the home

It may be useful to go through the house room by room to assess for any safety hazards. A checklist for each room may help. This should include asking if each room is uncluttered, is any furniture protruding out, is the lighting adequate, are floor coverings non-slip and are your appliances and heating safe for a person living with dementia.

To find out more, visit: <https://www.dementia.org.au/national/support-and-services/carers/safety-in-and-around-the-home>

Byron Shire Respite Service Inc. is supported by the Australian Government Department of Health. Visit www.health.gov.au

Although funding for the Commonwealth Home Support Programme (CHSP) has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

Parkinson's and Lewy Body Disease Online zoom event

10th February 6:00–8:30pm

This session is designed for people living with dementia, their family carers and family members, and will provide information on similarities and differences between Lewy body disease, Parkinson's disease and Parkinson's dementia. It offers practical tips for family carers.

Participants will gain knowledge in:

- the relationship between Lewy body disease, Parkinson's disease and Lewy body dementia
- the signs and symptoms of these conditions
- accessing support and information.

Dementia Australia's facilitators have specialist dementia knowledge, skills and experience. This session is delivered interactively, and you will be encouraged to share your experiences alongside other participants giving you an opportunity to develop new support networks.

For event related enquiries please contact Lisa Reed on 9815 7822 or email Lisa.Reed@dementia.org.au. Alternatively for general enquires you can contact the National Dementia Helpline 1800 100 500, 8am to 8pm Monday to Friday or email helpline@dementia.org.au.

To register online, please visit:

<https://www.eventbrite.com.au/e/parkinsons-and-lewy-body-disease-online-vic-registration-221120075097?aff=DAwebsite&ga=2.44265376.584355951.1641609617-1014392133.1636342326>

If you require emergency respite care, please call the Carer Gateway on: **1800 422 737**

Need support?

● **Carer Gateway** telephone: 1800 422 737 for information about planned & emergency respite & other carer supports. www.carergateway.gov.au

● **Australian Government Department of Health** For more information about COVID-19 call the Coronavirus Health Information Line on 1800 020 080 or www.health.gov.au

● **My Aged Care** telephone: 1800 200 422 for information about the Australian Government's aged care system and services. www.myagedcare.gov.au

● **Telephone Karen or Emma at Byron Shire Respite Service to discuss your role as a carer.** telephone: 02) 6685 1619

● **National Dementia Helpline** telephone: 1800 100 500

● **Carers Counselling Service** telephone: 02) 6628 6416

● **Carers NSW** telephone: 1800 242 636

● **Sandra Kimball Counselling** telephone: 0458 175 962

● **NSW Elder Abuse Helpline** telephone: 1800 628 221

Aids:

● **National Continence Helpline** telephone: 1800 330 066

● **Byron Ballina Home Maintenance and Modification Service 1/65 Centennial Circuit, Byron Bay** telephone: 02) 6685 7312

● **Lismore Home Maintenance and Modification Service 43 Habib Dr, South Lismore** telephone: 02) 6622 2323

● **Bright Sky Cards for Continence Aids Payment Scheme (CAPS)** telephone: 1300 886 601

Need Transport?

● **Byron Shire Respite Service** can assist with transport to medical appointments. Telephone Emma or Karen on: 02) 6685 1629

● **Byron Shire Limousines** telephone: 02) 6685 5008 Travel for medical appointments free with travel voucher or for Veteran and Widow Gold Card holders

● **Brunswick Limousines** telephone David on: 0412 855 747

● **Tweed Byron Ballina Community Transport** telephone: 1300 875 895

Tweed Byron Ballina Community Transport provide transport to medical appointments, weekly & fortnightly shopping outings & monthly social outings. The service is funded to support older people living at home independently or have a permanent disability or Indigenous Australians aged over 50 years. Phone Kathryn in the Byron office on: 1300 875 895 for transport to medical appointments or Amanda for any shopping bus or social bus enquiries.

The Understanding Dementia MOOC is on again!

Understanding Dementia is a Massive Open Online Course (MOOC), offering university-quality education about the latest in dementia research and care. This free course provides an opportunity to engage with the perspectives of an international community, without requiring exams or assignments.

Understanding Dementia is designed to be accessible and appealing to people from diverse backgrounds, including people in the early stages of the disease, their families and caregivers, health professionals, community and residential facility support staff, social scientists, health policymakers and any individual with a general interest in dementia.

Understanding Dementia addresses the foremost issues surrounding dementia, providing avenues for discussion as

well as rich global networking opportunities to engage with this major international health issue. The course provides knowledge designed to maximise quality of life across the trajectory of dementia for people with the condition, their families and caregivers.

Next course opens February 2022 – Enrol Today!

To obtain the most from this course, participants should expect to spend approximately 3 hours per week engaging with the content and completing related course activities. There are 7 weeks of scheduled content. After completing the final quizzes for all three modules of the course: 'The Brain', 'The Diseases' and 'The Person', participants will be eligible to download a certificate of completion.

Visit: https://www.utas.edu.au/wicking/understanding-dementia?gclid=EAlaIqobChMlmeLZzo6h9QIVTImAh37xwLIEAAYASAAEgLine_D_BwE&gclid=aw.ds

Dementia Friendly Northern Rivers

The Byron and Ballina Shires both boast Dementia Friendly Communities. If you are a business, or if you know of an organisation that would like to get involved, please contact Karen or Skye at Byron Shire Respite Service. We are looking for community members and people living with dementia to join our local alliance. For more information, please email: dementiafriendly@byronrespite.com.au



Ingrid, Claire and Mary agree that dancing is a great way to stay fit

Dementia-Friendly Communities can be defined as communities of any size and scale where people with dementia are understood, respected and supported.

The concept has been embraced and developed on a global scale over the last decade. In its analysis of dementia-friendly communities, Alzheimer's Disease International identified two core objectives that underpin successful dementia friendly communities.

The first is the desire to **improve understanding of dementia and reduce stigma by meaningfully engaging people with dementia of all ages in their communities.** Secondly and equally important, these communities **recognise the rights and capabilities of people with dementia and empower them to make decisions about their lives according to their individual capacities.**



HOTLINE FOR OLDER AUSTRALIANS during the COVID-19 pandemic

If you have questions about the pandemic or would like information on the up-to-date guidelines, call 1800 171 866 to speak to friendly, specially trained staff from a senior's advocacy organisation. This is a dedicated free call support hotline for Senior Australians, their families and carers.

Carers Coffee Club

Are you caring for someone with dementia?

If so, we'd love to see you at our monthly Carers Coffee Club held in Brunswick Heads.

Our next meeting will be held on Wednesday the 16th of February from 10:30-12:00pm

If you are interested in joining us, please email Emma on:

emmawhite@byronrespite.com.au or telephone (02) 6685 1629 for more information.

2022 Byron Shire Respite Service – Day Program Timetable

monday	tuesday	wednesday	thursday	friday
<p>10am – 3pm centre-based day respite <i>dementia friendly</i></p>	<p>10am – 3pm centre-based day respite <i>dementia friendly</i></p>	<p>10am – 3pm centre-based day respite <i>dementia friendly</i></p> <p>10am – 3pm Fortnightly Bus Outings & shopping days</p>	<p>10am – 3pm centre-based activities for older people</p>	<p>10am – 3pm centre-based day respite <i>dementia friendly</i></p>

Lunch, morning and afternoon tea is provided.
The cost for the day for CHSP clients, including transport is \$30.00 (Fees subject to change).

For more information, please telephone: (02) 6685 1629 or email: caremanager@byronrespite.com.au