

The Byron carer



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Improve mood with music

Music creates relaxation, a return to fond memories and feelings of calm and security.

Music can help reorient the person or be a useful distraction from the stresses of life.

According to Dementia Australia, music can activate the long term memory and restore a sense of 'remembered self'. But best of all, it can help to improve the mood of a person with dementia.

How to use music at home with your friend or relative:

1. Relax together

Music can promote relaxation. There are many different kinds of relaxation music such as nature CDs or classical music compilations of slow and regular movements. Music that is familiar to the person may often be most effective.

2. Listen together

Find time to sit down and listen together. It doesn't have to be a long session. Music becomes a vehicle for communication and provides opportunities for sharing and relaxing. Gentle massage of hands, shoulders or feet can become part of a regular ritual. Ask a friend, family member or volunteer to help out if you are too busy.

3. Sing together

Use a sing-along CD or DVD or sing without recorded music. Pick favourite songs to sing together. Sing while in the shower, dressing and during other everyday tasks.

4. Move and dance together

Try moving to music – position yourself in front of the person, hold hands and sway from side to side. Dancing together is good, especially if the person used to enjoy dancing. You don't have to be an expert. Just try moving together while holding hands, or try a traditional ballroom position.

5. Invite friends to visit and perform live

Listen to other people sing or play instruments, particularly children. This is a social activity that your friend or relative with dementia may well enjoy.

6. Get the kitchen band working

Bang with a wooden spoon on a pot in time to some rhythmic music. Invest in a small hand drum, a set of maracas or sleigh bells from your local music shop to add interest. If you feel unsure about playing percussion instruments, ask a young child to show you what fun it can be!

General tips

1. Use repetition

Repetition provides reassurance in a world of increasing confusion.

continued overleaf ►



Joyce, Ruth, Alma, Chris, Fran and Don enjoy a Hawaiian themed music session!

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.



2. Use reminiscence

Reminiscence is often stimulated by a particular song.

3. Offer simple choices

Offering choices can be very empowering for a person with memory loss but keep it simple and predictable. Give a choice of two songs, dancing or not dancing, music or no music.

4. Be alert to the mood of the day

Check the person's mood on a given day. Some days are better than others.

5. Avoid over stimulation

Be aware that a person can become over-stimulated. Be on the lookout for signs of irritation or agitation.

To view or download the original transcript of this article and other great fact sheets, visit Dementia Australia at: <https://carers.dementia.org.au/files/helpsheets>

Byron Shire Respite Service Inc. Charter of Rights and Responsibilities

Care recipients have the following rights:

1. General

- to be treated and accepted as an individual, and to have individual preferences respected

- to be treated with dignity, with privacy respected

- to receive care that is respectful of the person, their family and home

- to receive care without being obliged to feel grateful to those providing care

- to have full and effective use of all human, legal and consumer rights, including the right to freedom of speech regarding care

- to be treated without exploitation, abuse, discrimination, harassment or neglect.

2. Participation

- to be involved in identifying the community care most appropriate for their needs

- to choose the care and services that best meet assessed needs, from the community care able to be provided and within the limits of the resources available

- to participate in making decisions that affect them

- to have a representative participate in decisions relating to care if they do not have capacity.

3. Care and services

- to receive reliable, coordinated, safe, quality care and services appropriate to assessed needs

- to be given before, or within 14 days after the commencement care, a written plan of the care and services that the care recipient can expect to receive

- to receive care and services as described in the plan that take account of the person's lifestyle, other care arrangements and cultural, linguistic and religious preferences

- ongoing review of the care and services received (both periodic and in response to changes personal circumstances), and modification of the care and services as required

4. Personal information

- right to privacy and confidentiality of their personal information
- right to access their personal information.

5. Communication

- to be helped to understand any information given

- to be given a copy of the Charter of Rights and Responsibilities

- to be offered a written agreement that includes all agreed matters

- to choose a person to speak on their behalf for any purpose.

6. Comments and complaints

- to be given information on how to make comments and complaints about the

care and services received

- to complain about the care and services received, without fear of losing the care or being disadvantaged in any other way

- to have complaints investigated fairly and confidentially, and to have appropriate steps taken to resolve issues of concern.

7. Fees

- to have fees determined in a way that is transparent, accessible and fair

- to receive invoices that are clear and in a format that is understandable

- to have fees reviewed periodically and on request when there are changes to their financial circumstances

- not to be denied care and services because of their inability to pay a fee for reasons beyond their control.

Responsibilities

Care recipients have the following responsibilities:

1. General

- to respect the rights of care workers to their human, legal and industrial rights including the right to work in a safe environment

- to treat care workers without exploitation, abuse, discrimination or harassment.

2. Care and services

- to abide by the terms of

the written agreement

- to acknowledge that needs may change and to negotiate modifications of care and service when care needs do change

- to accept responsibility for their own actions and choices even though some actions and choices may involve an element of risk.

3. Communication

- to give enough information to assist the approved provider to develop, deliver and review a care plan

- to tell the approved provider and their staff about any problems with the care and services

4. Access

- to allow safe and reasonable access for care workers at the times specified in their care plan or otherwise by agreement

- to provide reasonable notice if they do not require a service.

5. Fee

- to pay any fee as specified in the agreement or negotiate an alternative arrangement with the provider if any changes occur in their financial circumstances

- to provide enough information for the approved provider to determine an appropriate level of fee.

Need support?

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

If you require emergency respite, please call: 1800 052 222 (24hrs)

- **Call Colin or Barbara at Byron Shire Respite Service Inc. to discuss any aspect of your role as a carer.** ph: (02) 6685 1921

- **National Dementia Helpline** ph: 1800 100 500

- **Carers Counselling Service** ph: (02) 6628 6416

- **Carers NSW** ph: 1800 242 636

- **Sandra Kimball Counselling** ph: 0458 175 962

- **Far North Coast Commonwealth Respite & Carelink Centre** ph: 1800 052 222

- **National Continence Helpline** ph: 1800 330 066

- **NSW Elder Abuse Helpline** ph: 1800 628 221

Aids:

- **Byron Ballina Home Maintenance and Modification Service (HMMS) Inc. 1/65 Centennial Circuit, Byron Bay** ph: (02) 6685 7312

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

Need Transport?

- **Tweed Byron Ballina Community Transport** ph: 1300 875 895

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.

Travel for medical appointments free with travel voucher or for Veteran and Widow Gold Card holders:

- **Byron Shire Limousines** ph: (02) 6685 5008

- **Brunswick Limousines** phone David on: 0412 855 747.

International Day of the World's Indigenous Peoples Thursday 9th August

- There are an estimated 370 million indigenous people in the world, living across 90 countries. According to the United Nations, Indigenous people make up less than 5% of the world's population, but account for 15% of the poorest. They speak an overwhelming majority of the world's estimated 7,000 languages and represent 5,000 different cultures.

- Indigenous peoples are inheritors and practitioners of unique cultures and ways of relating to people and the environment. They have retained social, cultural, economic and political characteristics that are distinct from those of the dominant societies in which they live. Despite their cultural differences, indigenous peoples from around the world share common problems related to the protection of their rights as distinct peoples.

- Indigenous peoples have sought recognition of their identities, way of life and their right to traditional lands, territories and natural resources for years, yet throughout history their rights have always been violated. Indigenous peoples today, are arguably among the most disadvantaged and vulnerable groups of people in the world. The international community now recognizes that special measures are required to protect their rights and maintain their distinct cultures and way of life.

For more information visit the United Nations website at:

<http://www.un.org/en/events/indigenousday>

Did you know?

Most of our Richmond Tweed Regional Library branches have fantastic Indigenous collections. Be sure to take a look next time you drop in, or visit the library's online catalogue at: <https://rtrl.spydus.com>

Byron Shire Respite Service Inc. Activity Timetable

monday	tuesday	wednesday	thursday	friday
10am – 2:30pm Changed Behaviours with Dementia	10am – 3pm Dementia Specific	10am – 3:00pm Changed Behaviours with Dementia	10am – 3pm Older people	10am – 3pm Dementia Specific

Lunch, morning and afternoon teas are provided and the cost for the day including transport is \$20.



dementia
friendly
communities

Help make the Northern Rivers Dementia-friendly

A dementia-friendly community is a place where people living with dementia are supported to live a high quality of life with meaning, purpose and value.

Visit Dementia Australia to sign up to be a dementia friend and receive your free Dementia Friend badge raise dementia awareness.

www.dementiafriendly.org.au



Enduring Guardian and Advance Care Directives

An **Enduring Guardian** is someone you appoint to make lifestyle, health and medical decisions for you when you are not capable of doing this for yourself. Your Enduring Guardian may make decisions such as where you live, what services are provided to you at home and what medical treatment you receive. Discussions around these issues are best done with people who are important to you and your doctor.

Enduring Guardianship only comes into effect if or when you lose capacity and will only be effective during the period of incapacity, therefore, it may never become operational. However, it is a good way to plan for the future, particularly for unforeseen situations.

An **Advance Care Directive** which is a different document, (sometimes referred to as a 'Living Will') can be attached to your Enduring Guardianship appointment. Advance care planning should be a routine part of a person's health care. When a person's values are discussed openly, their healthcare preferences can be respected at a time when they cannot voice their decisions. It's an ongoing process that needs cooperation between individuals, their families, as well as their care workers, health professionals, community organisations and healthcare organisations.

For more information, visit Advance Care Planning Australia: www.advancecareplanning.org.au
To learn more about Enduring Guardian visit: www.tag.nsw.gov.au

MS Readathon

Do you remember doing the MS Readathon as a child? This year the MS Readathon is 35 years old! The MS Readathon was launched in 1979 and has long been a tradition in schools, with many people remembering taking part.

The MS Readathon is Australia's longest-running and most respected reading-based fundraiser which has fostered a love of reading in generations of Aussies, fuelling their desire to make a difference to the lives of Australians living with multiple sclerosis (MS).

You can help celebrate, read, raise funds and start making a difference in the lives of people living with multiple sclerosis by registering at www.msreadathon.org.au.

This year the target is \$500,000 which will support the ongoing provision of essential services and programs while the search for a cure for MS continues.

August 1 – 31st is the 2018 MS Readathon reading period.

Some people with multiple sclerosis experience a loss of some of their mental abilities. This happens if damage caused by the MS occurs in certain parts of the brain. The MS Readathon encourages people of all ages to read and improve their literacy whilst at the same time raising their community awareness and empowering them to make a difference in the lives of people living with MS.

It's not just schools and children that can take part. This year, the shout-out to get involved also goes to child care centres, retirement villages, mother's groups, scouts, girl guides, sporting groups – there's no age limit.

Everyone who completes the program will receive a Certificate of Appreciation and will be in the running to receive great reading rewards.

All the money raised from the MS Readathon will support the provision of essential services and programs. For example, as little as \$350 will fund a home visit to a person living with MS to discuss their needs, develop an individual plan that addresses their symptoms and lifestyle needs and link them into relevant support services.

Taking part in the MS Readathon is easy. Go online to register, ask family and friends to sponsor you and get reading during the month of August! There is no set book list so anything you read counts – school books, novels, comic books, poster books, magazines, websites, audio books, and books that family read to children.

Visit: www.msreadathon.org.au.