



PREPARING FOR TRAVEL

The summer holidays are an opportunity to catch up with family and friends. However, travel or visiting others as a carer can be challenging. Even a short, overnight trip involves breaking routine. If your traveling this holiday season, give yourself enough time to research and carefully plan the trip.

Carer Astrid, recently told Dementia Australia her tips for a happy holiday with her husband Paul who is living with younger onset dementia:

- Discuss your travel plans with your loved-one's medical professionals as they will have more specific advice and can discuss with you whether it is a good idea or not based on abilities and individual circumstances.
- Be prepared to do everything for two. Caring while travelling is extra challenging as you are away from familiar routines and support.
- Make sure you build in down time for yourself to recharge your batteries. It's important to enlist the help of family and friends you may be visiting or travelling with, to give you some valuable respite.
- Get plenty of sleep and be prepared to change plans to suit how your loved-one is going.
- Allow plenty of time for activities and getting to places.
- Ensure you consider travel insurance and find a policy that meets your situation.
- Ensure your loved one has some identification and details of where they are staying. Have contact phone numbers and some simple descriptors of how best to help your loved one.
- Keep a photo of your loved one with you for easy identification if you get separated. Consider joining the 'Safely Home' program, a partnership between Dementia Australia and the Missing Persons Unit of the NSW Police Force. It can help people living with dementia by providing rapid and accurate identification if they get lost. Visit: www.dementia.org.au or telephone 1800 100 500. for more information.
- Ensure you have enough medications for the entire trip.
- Pack light so that luggage is not a big problem.
- Give lots of reassurance and encourage loved ones to still do as much for themselves as they can.
- Involve your loved-one in preparing a memory album of the trip to reminisce with on your return.

Main photo of Brunswick Heads at day break by Wendy from Byron Shire Respite Service. Visit www.dementia.org.au for more ideas about travelling with a person with dementia

The Byron carer

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

Telephone Barbara Chambers on: 02) 6685 1619
or Colin Munro: 02) 6685 1921

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

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.

Holiday closures at the Brunswick centre

The staff at Byron Shire Respite Service would like to wish you all an enjoyable and safe holiday season.

The last day of centre-based respite will be Friday the 21st of December and the centre will re-open again on Monday January 7th. If you think you may require service during this time, please contact Barbara on: 6685 1619.

If you require emergency respite during the holidays, please telephone the Commonwealth Respite and Carelink Centre on 1800 052 222.

New to caring?

Join our Carer Coffee Club

If you and your loved-one have only recently visited us at Byron Shire Respite Service or are a new carer in our area, we would love to meet you. Byron Shire Carers is an opportunity to chat to others new to caring or the Byron shire.

If you are interested in attending a meeting at the Brunswick Valley Community Centre, South Beach Road, Brunswick Heads, please register your interest by telephoning Barbara on: 6685 1619.

If you need assistance, or would like to discuss any aspect of your caring role before that time, please call Barbara on: 6685 1619

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.

Seniors Rights Legal Service provides legal advice, assistance, referral and education for older people throughout NSW including rural, regional and remote areas. This service is for people over 60, particularly those who are socially or economically disadvantaged.



Seniors Rights Service

Seniors Rights Legal Service solicitors give advice on:

Consumer issues

- Debt management
- Certain contractual matters and unfair contracts
- Provision of goods and services.

Human rights matters

- Age discrimination
- Financial abuse, including by relatives and carers
- Assistance gaining access to the administration of State and Commonwealth law and programs.
- Alternative decision-making
- Issues involving the capacity to make financial and non-financial care decisions
- Legal advice and assistance on Powers of Attorney and Enduring Guardianship issues.

How does Seniors Rights Legal Service operate?

Seniors Rights Legal Service is a small legal team with a remit to assist older people who are disadvantaged. To broaden its reach, Seniors Rights Legal Service partners with Legal Aid NSW to deliver the Older Persons' Legal and Education Program.

This program aims to improve older people's access to legal services through advice, assistance, advocacy, representation, referral and education. Legal Aid also offers a number of publications relating to legal issues for older people.

If your legal matter falls outside Seniors Rights Service's remit, the service can provide you with a copy of our referral list of private solicitors by email or post. It details which areas of law the solicitors have experience in. Some of the firms provide discounts to callers to the Seniors Rights Service.

Seniors Rights Legal Service advocates assist recipients of all Commonwealth funded aged-care services, their carers' or family

members to understand their rights under the Aged Care Act 1997. They help them to advocate for themselves to resolve issues and complaints with aged care providers to ensure optimal care is achieved.

Issues include:

- consumer issues (such as debt management, unfair contracts),
- human rights (elder abuse including financial, discrimination), planning ahead (wills, power of attorney, guardianship),
- accommodation issues (granny flats) and other issues.

Solicitors also provide advice to the residents of retirement villages (self-care units and serviced apartments) about issues arising from disputes with management or interpretation of contracts under the Retirement Villages Act (NSW) 1999.

Seniors Rights Legal Service provide education across all areas of NSW to aged care facilities his means offering free and confidential support to aged care

recipients and also promoting the rights of older people to aged care service providers. It can also provide a broad range of service providers as well as community groups such as Probus, bowling clubs and similar community organisations.

Seniors Rights Service offers advocacy, information and legal advice including:

- Telephone and face-to-face advocacy for people getting aged care services at home or in an aged care home
- Legal advice and advocacy for people living in retirement villages
- Legal advice and information to all older people in NSW.

Contact Seniors Rights Legal Service to discuss your issue:

Ph: 1800 424 079

Fax: (02) 9281 3672

Telephone Interpreter Service
(TIS): 13 14 50

Alternatively you can call the NSW Law Society Solicitor Referral Service on 02 9926 0300.

DEMENTIA & HOSPITAL STAYS

According to Dementia Australia CEO, Carol Bennett, evidence showed hospitals could be a dangerous place for people with dementia.

Dementia Australia is supporting a campaign that aims to make hospitals safer and less confusing places for people with dementia.

Cognitive impairment is often not detected or it is misdiagnosed. Delirium (a common condition of cognitive impairment that can occur during hospital stays) can be prevented in 30-40% of cases.

What causes delirium?

Delirium is most commonly due to a medical cause including severe illness, constipation, dehydration, infection, pain, drug effect or withdrawal (especially alcohol and sedative drugs). However, causes of delirium are numerous, complex and often mixed (multifactorial).

In some people the cause cannot be identified. Currently the nature of delirium and what happens in the

brain is not fully understood but there is extensive international research being undertaken to unravel this mystery.

The Australian Commission on Safety and Quality in Health Care's (ACSQHC) Caring for Cognitive Impairment Campaign recognises that people with dementia or delirium are at significantly higher risk of preventable adverse events such as falls, pressure injuries, longer stays and even death, while in hospital.

Dementia Australia welcome the Commission's leadership in this important area, calling for action to unite everyone who cares for people with cognitive impairment, from doctors and nurses, to carers and families to get involved and do what they can to improve the prevention,

Delirium

(or acute confusion) is a serious acute medical condition whereby a person's mental ability is affected. It develops over a short period of time (usually within hours or days) and symptoms tend to fluctuate throughout the day. It is a common condition in older hospitalised people, but it can also occur less commonly in people who are not in hospital.

Delirium is potentially preventable in up to two thirds of hospitalised patients and is often treatable if it develops. Delirium causes distress for the person with delirium, their families and treating health care providers.

recognition and treatment of delirium and to reduce the risk of harm for people with dementia in hospitals.

A website has been set-up as part of the campaign, where people are able to sign-up and support the campaign. There are tailored practical action lists, videos, access to webinars and an online community to share tips and stories. You can access the campaign website at cognitivecare.gov.au.

Dementia & meaningful activity

People with cognitive impairments may become anxious when away from the familiar and not occupied in activities during their hospital stay. It is worthwhile collecting activities and small items that interest your loved-one and take them to the hospital.

Objects can be placed inside an 'activity box' or kit that travels with the person throughout the healthcare system.

Pop some items in a strong transparent and cleanable box (available from a variety of hardware store (approx cost \$15). Avoid valuable or special personal items as these may be misplaced.

Goodies might include items bought cheaply from variety stores or op shops. These might include:

- Small photo album
- Postcards
- National Geographics
- Stress balls
- Women's magazines
- Colouring book
- Office highlighters or pencils
- Magnifying glass
- Calculator (solar power)
- Gardening gloves
- Balloons
- Colouring pencils
- Playing cards
- Glue stick
- Cellotape
- Stickers
- Puzzle book
- Favourite board game