

## This holiday season, involve the person living with dementia

Ask the person you care for to help you prepare food, wrap packages, help decorate or set the table. Avoid using candles, artificial fruits and vegetables as decorations because a person living with dementia might confuse them with real food. Be mindful of flashing or blinking lights that may also confuse your loved-one.

When making holiday plans, consider what will be most

comfortable and enjoyable for the person living with dementia, while keeping safety in mind. Maintain their normal routine as much as possible, to ensure that holiday preparations don't become disruptive or confusing.

Try to build on traditions and memories and experiment with new, physically distanced traditions that might be less stressful or a better fit with

your caregiving responsibilities, such as watching seasonal movies.

If you live away from family, find ways to adapt gift giving. Ask people to send gifts in the mail rather than delivering them in person. Opening gifts over a video call like Zoom or Skype or even over a phone call can still feel very personal.

Provide people with suggestions for useful and enjoyable gifts for the person, such as an identity bracelet with name, address and telephone number that can be

very helpful when a person is missing or found. Another great option is a MedicAlert bracelet that gives a telephone number. If family members want to give gifts to your loved-one, suggest comfortable, easy-to-remove clothing, favorite music, photo albums of family and

friends or favourite lollies or baked items.

Ask people not to give gifts such as dangerous tools or instruments, utensils, challenging board games, complicated electronic equipment or pets.

Depending on your loved-one's abilities and preferences, they may enjoy being involved in gift giving. For example, someone who once enjoyed baking may enjoy helping to make cookies and pack them in tins or boxes. Or you may want to buy the gift so that the person can wrap it.

If friends or family members ask you what **YOU'D** like for a gift, you may want to suggest a gift certificate or something that will help make things easier, like house cleaning, lawn, handyman or laundry services or restaurant or food delivery gift cards.

To read the original transcript of this article, visit <https://www.alz.org/help-support/resources/holidays>

**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.

### 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.

## Need support?

- **Carer Gateway** telephone: 1800 422 737 for information about planned & emergency respite & other carer supports. [www.carergateway.gov.au](http://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](http://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](http://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

### If you are caring for someone, you need to give yourself permission to do only what you can reasonably and safely manage

**Don't be hard on yourself** – you and the person you are looking after deserve a break. If you are exhausted, you will struggle to cope and care and have no enjoyment yourself.

**Keep it simple – don't overdo it.** Routines are good, familiarity is reassuring and regular mealtimes will help to reduce pressure.

**Trust your instincts** – if plans are no longer appropriate, feel free to change your mind. If you think your loved one will be unsettled, cancel or shorten your plans to fit the situation.

**Ask for help** – you are important too and as a carer, it is common to feel a huge responsibility. Rest, delegate tasks and say no to things to ease stress.

**Stay positive** – something may go wrong, it's inevitable. Don't panic, instead keep it in perspective and keep moving forwards.

**Plan ahead** – many organisations, shops and chemists close over Christmas or have a limited service. Ensure you are organised, with additional medication and supplies.

**Admit it's difficult** – there is no shame in finding being a carer difficult and it can be a relief to say so. Ask for help when you need it and be explicit about how people can help you.

**Talk to other carers** – get comfort and support by talking to other carers in the same situation. Check online groups and forums, or telephone helplines (but check Christmas opening times).

**Find time for self-care** – go for a walk, read, have a relaxing bath, anything that gives you the time to reset and focus on yourself. Stay connected to social groups or caring circles there's a good chance the person you are reaching out to might be needing that connection too. Eating food that keeps you energised and getting enough sleep can set you up and is proven to help you cope with extra stress and anxiety.

**Access services for carer support** – Some services, such as Carer Gateway, remain operational over the festive season excluding public holidays. Call 1800 422 737 or online supports are available 24/7 at [carergateway.gov.au](http://carergateway.gov.au).

**Enjoy yourself** – while everything might not go as planned there will also be aspects of your day that are beautiful and meaningful.

Visit Live Better's website for the original transcript of this article and more great tips at <http://livebetter.org.au/festive-season-crucial-tips-for-carers-to-take-care>

## New Community Recycling Stations for mobiles, batteries and fluorescent globes in our villages

Recycling problem items reduces the need to extract more resources from the planet. It also prevents many toxic materials entering the natural environment. A mobile phone can have up to 95 percent of its materials recovered and used again. This includes vastly mined metals like gold, copper, silver and palladium.

In the last 5 years, 158 tonnes of all household problem waste including mobile phones, paints, gas bottles, fire extinguishers, car batteries, motor oil and smoke detectors have been dropped off at the Byron Community Recycling Centre (CRC) for recycling or safe disposal, with an estimated saving to Council and the community of over \$323,900. Now Byron Shire Council has installed a new Community Recycling

Station in the Ocean Shores Shopping Centre (near Coles) for household batteries, mobile phones and fluorescent light bulbs. We now have seven Community Recycling Stations around the Shire, including at the Bangalow Bowls Club, Woolworths Mullumbimby, Council Offices Mullumbimby, Woolworths Byron Bay, Bunnings Byron Bay and at Council's Resource Recovery Centre in Myocum. If you have larger amounts of these items, consider taking them straight to the Community Recycling Centre at the Resource Recovery Centre in Myocum which is set up to deal with larger quantities and other problem household waste, including paint, oils, gas bottles and electronics.

To find out more about what can be dropped off, visit <http://www.byron.nsw.gov.au/Services/Waste-and-recycling/Bin-collection-services/Waste-and-recycling-list> or call the Resource Recovery Hotline on 1300 652 625.



Byron Shire Respite Service is managed by a volunteer Management Committee including staff and community members. If you are a carer and would like to become a member of our Association and represent other local carers, we would love to hear from you. Please contact our President, Hanne Brown at: [mgmtcommittee@byronrespite.com.au](mailto:mgmtcommittee@byronrespite.com.au) or telephone Karen or Emma in the office at 02 6685 1629.

## Holiday closures at the centre

The centre-based program will be closed for 2 weeks for the summer holidays

The last centre-based day will be Friday the 17<sup>th</sup> of December 2021 and we will re-open on Tuesday the 4<sup>th</sup> of January, 2022

If you require support during this time, please telephone the care office on 6685 1619 at the centre to discuss your needs. If you require emergency respite at any stage, please telephone the Carers Gateway on 1800 422 737



All the staff at Byron Shire Respite Service wish you a safe and happy holiday season and look forward to seeing you in the New Year!

### Seniors Drumming Tuesday

Senior Drumming is open to any older person that would like to give African drumming a try. The sessions are designed for all levels and drums are provided. Not only does it provide some major health benefits, it also stimulates the mind and raises the energy. It is a great opportunity for social interaction in a super fun environment! 10:30am - 11:30am, Byron Theatre, Byron Community Centre, 69 Johnson Street, Byron Bay, \$15 per session.

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 December meeting will be held a week earlier due to the holiday season on Wednesday the 15<sup>th</sup> of December from 12:00-1:30pm. If you are interested in joining us, please email Emma on: [emmawhite@byronrespite.com.au](mailto:emmawhite@byronrespite.com.au) or telephone 02) 6685 1629 for more information.

**Carers Coffee Club**

## Support to stay at home

Before accessing government subsidised aged care services for the first time, you need to apply for an assessment. If you are computer savvy, the online application takes 15 to 20 minutes to complete. You can also apply by telephoning: 1800 200 422.

Eligibility is based on need. To find out if you meet the criteria, my aged care asks a few questions about your current situation and if you need help with some everyday tasks. This applies for all types of care and support - including help at home, short-term care, and care in an aged care home.

You can complete the application yourself or on behalf of a family member or friend.

Visit: <https://www.myagedcare.gov.au/assessment/apply-online>

## Incontinence and caring for someone living with incontinence

Incontinence is a loss of bladder or bowel control that leads to leakage of urine (wee) or faeces (poo). There are different types of incontinence and the ways we can manage it depends on the type and cause of incontinence. It may also depend on the physical and cognitive ability of the person with incontinence and their living arrangements.

The Continence Foundation of Australia has some great short videos on both male and female incontinence, visit: <https://www.continence.org.au/get-support/resources>. Or for more information, contact the National Continence Helpline on 1800 330066.



### Byron Shire Respite Service – Day Program Timetable

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

 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](mailto:caremanager@byronrespite.com.au)