



Last month, children from Ocean Shores preschool visited our day program to spread holiday cheer



# The Byron carer

January 2020

Volume 19 Issue 1

[www.byronrespite.com.au](http://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 Nicole on:**

**02) 6685 1619**

**or Janine on: 02) 6685 1629**

**Website: [www.byronrespite.com.au](http://www.byronrespite.com.au)**

**Email: [service@byronrespite.com.au](mailto: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.

## Teaching children about dementia

If someone in your family has dementia, the children and their family may be impacted even if they don't live in the same house as the person with dementia. Children can find this very upsetting and stressful. Children may feel upset that the relative with dementia, whom they love very much, has become like a different person. According to Dementia Australia, they may experience confusing feelings and not want to believe that this is happening. This is very normal.

Children can talk to someone they trust about how they're feeling. This might be a parent, another trusted adult, a school teacher or Dementia Australia.

**Kids Helpline** is a telephone and online counselling service specifically for young people aged between 5 and 25. For free and confidential support call 1800 55 1800, or visit their website on [kidshelp.com.au](http://kidshelp.com.au)

Any family member can ring the **National Dementia Helpline** on 1800 100 500 to obtain practical information and emotional support. An appointment can also be arranged with a counsellor for any family member, including children. Dementia Australia has an extensive collection of books and videos for loan, including some specifically for children.

## Activities that young people can do to help a person with dementia

Let the child know that all feelings they have are normal and okay. It is very hard to watch someone you love, and who loves you, forget things and change and lose their independence. They must remember that even if the person becomes angry, cries a lot or does strange things, they have a brain condition and cannot help what they are doing. Children can help to find ways to assist the person despite their behaviour.

For many people, contact with babies and children provide positive feelings. Children can engage the person with dementia in safe, simple and quiet activities that involve repetition. Many people with dementia can remember things from long ago, but not things from a few minutes ago. Kids might look at a family photo album with them or play music that they might remember. A person with dementia may have trouble understanding children. Ensure children are informed to keep sentences short, be patient and be silent if they say something they disagree with.

A person with dementia may only be able to concentrate for a short time.

*continued overleaf* ►

## Teaching children about dementia

◀ Continued from overleaf

Children may need to stop or change what they're doing if the person with dementia becomes anxious or distracted. Even though they might not recognise the child, their love and understanding can be a great comfort. Give the person a cuddle, a kiss or stroke their arm – provided they are receptive. The best help kids can give is reassurance and let the person know that they care about them.

### What can a young person do to make life easier for a person with dementia?

- Learn all they can about dementia. Start by visiting <https://dementiainmyfamily.org.au>
- Talk to family and friends about the situation
- Help their friends understand about dementia
- Be loving
- Be calm and patient
- Be involved
- Be understanding
- Treat the person with dementia with dignity
- Be silent when what they are saying seems wrong or mixed up
- Help around the house

Visit Dementia Australia at: <https://www.dementia.org.au> to view the original transcript of this article and find many more informative helpsheets

## Dementia in my family website

Have you visited Dementia Australia's interactive, age appropriate **Dementia in my family** website yet? This site is engaging and relevant to all children, regardless of their age or whether the person in their lives who has dementia is a parent, grandparent, relative or friend.

**Dementia in my family** gives kids the opportunity to learn more about dementia, watch other children share their experiences in videos, play games and share their own stories. The site also features "Heather's House", an interactive game where children will learn more about how a person living with dementia might do things a little differently and how they can support them around the home.

Visit: <https://dementiainmyfamily.org.au>



## Keep hydrated this summer

Did you know that as we age our awareness of thirst is actually reduced? According to Kirstin at Woman's Health Queensland, **older women may reduce their intake of fluids, particularly water as they just don't feel very thirsty. In addition, our body's ability to regulate its fluid balance is also lessened when we get older.**

Unfortunately, both men and women sometimes also limit their intake of fluid as a way of managing urinary incontinence issues. These factors put older people at risk of dehydration. Not drinking enough fluids can also result in urinary tract infections, constipation and even falls.

In addition, people with dementia may be unable to recognise the signs of thirst and become increasingly and chronically dehydrated, have dry mouth and lips, sunken eyes, increased mental status changes, decreased urine output and develop a delirium which is a medical emergency.

One of the best ways to ensure adequate fluid intake is to have an allocated daily amount of water (6-8 glasses) in a large jug in the fridge. Pouring a drink from this regularly through the day will allow people to track how much they are drinking. We can also watch our caffeine intake as it has a diuretic effect.

Visit: <https://womenshealth.org.au> to find out more about how women's nutritional requirements change as they age and ten ways we can maintain a healthy diet.

## BYRON SHIRE RESPITE SERVICE

Byron Shire Respite Service Inc. is supported by the Australian Government Department of Health. Visit [www.health.gov.au](http://www.health.gov.au)

### Our Vision Statement:

*With a focus on caring, wellness and reablement, provide person centred support to people with diverse needs to enhance their quality of life and maintain a familiar lifestyle in the community and in their own homes.*

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.

# Need support?

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

**If you require emergency respite, please call:**

**1800 059 059** (24hrs)

**Far North Coast Commonwealth Respite & Carelink Centre**

- **Telephone Nicole at Byron Shire Respite Service Inc. to discuss your role as a carer.** telephone: 02) 6685 1619
- **Local carers support group, the Byron Carers Coffee Club held on the 2<sup>nd</sup> Monday of every month.** telephone: 0412 911 613
- **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
- **National Continence Helpline** telephone: 1800 330 066
- **NSW Elder Abuse Helpline** telephone: 1800 628 221

## Aids:

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

In an emergency, please call 000 or go to your nearest hospital emergency department.

### Self Care

Take these simple steps to look after your mental health:

1. Spend time with family and friends.
2. Try to get back into a routine as soon as possible, but don't push yourself too hard.
3. Take time out, but don't isolate yourself.
4. Accept help and support when it is offered.

Download self care resources [ramhp.com.au/get-help-now/self-help-resources](http://ramhp.com.au/get-help-now/self-help-resources)

Support options for those affected by bushfires

Disaster Recovery NSW and Primary Health Network North Coast encourage people to reach out for the support on offer

### Help in a crisis

If you require immediate support contact:

**24hr Mental Health Line**

**Lifeline** 1800 011 511  
**Beyond Blue** 13 11 14  
**For children under 12 years**  
**Kids Helpline** 1300 22 4636  
1800 551 800

or over the phone services include:

**NewAccess** Free early intervention mental health coaching for persons 16 years and over.

**Healthy Minds** Free counselling program with mental health professionals trained to support people through challenging times.

Call **1300 160 339** Monday to Friday 8.30am – 5pm.

### Mental Health Support

Call the **Connect To Wellbeing\*** service and be directed to the right information or service that best suits your needs. In-person

\* The Connect To Wellbeing, Healthy Minds and NewAccess programs are funded by North Coast Primary Health Network.

## Byron Shire Respite Service - Day Program Timetable

monday	tuesday	wednesday	thursday	friday
10am – 2:30pm 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>  Bus outings Shopping & picnic 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 including transport is \$22.00 (Fees subject to change).



For more information, please contact centre on 02) 6685 1921  
Email: [service@byronrespite.com.au](mailto:service@byronrespite.com.au)

## 2020 is the International Year of Plant Health

Plants are the source of 98% of the oxygen we breathe, 80% of the food we eat, and ultimately of all life on earth.

It is estimated that agricultural production must rise about 60% by 2050 to feed a larger and generally richer population. Recognition, advocacy and support for the promotion of plant health is of paramount importance if the international community is to guarantee plant resources for a food secure world in the future, based on stable and sustainable ecosystems.

With this in mind, in December 2018, the United Nations General Assembly adopted a resolution declaring 2020 as the International Year of Plant Health.

### What do they mean by plant health?

The International Year of Plant Health definition is: 'Plant health is usually considered the discipline that uses a range of measures to control and prevent pests, weeds and disease causing organisms to spread into new areas, especially through human interaction such as international trade.'

2020 is a once in a lifetime opportunity to raise global awareness on how protecting plant health can help end hunger, reduce poverty, protect the environment, and boost economic development.



Ruth and Richard enjoy the our garden (above) and Colin (at left) puts the finishing touches to his hand-painted pots at the centre

## Day Programs

Dementia Australia believe it's possible to continue living a good quality life with dementia, despite any challenges that may be faced along the way. We can encourage people to keep trying, and to continue engaging in activities that provide a sense of purpose, pleasure and relaxation. It is also important to encourage activities which provide mental stimulation, and promote better health and wellbeing.

Centre-based programs are a way that people can be social and participate in activities in a safe environment. Programs for people with dementia provide a chance for people to be social and to participate in activities such as music, art and gentle exercise.

If you are a carer, day programs offer benefits to both you and person with dementia, while providing a much-needed break. If you are a carer that works during the day, this may help you balance your job with caring. Depending on your energy, while your loved-one visits the day program, you may have time to work, rest or visit friends.

According to America's Alzheimer's Association, if you find yourself feeling guilty, ask yourself this, 'If I wear myself out to the point of total exhaustion, what good will I be to the person with dementia?'

Although it may take time for the person to adjust to a new environment and you may be met with resistance at first, people soon look forward to attending day centres, meeting people and joining in new activities.

Byron Shire Respite Service offers centre-based programs from Monday to Friday from 10am to 3pm to people in the Byron Shire and can include transport to and from the centre in Brunswick Heads. Telephone 02) 6685 1921 to find out more.