



In the last couple of months, a number of friends have welcomed new members to their families



The Byron carer

July 2021

Volume 20 Issue 7

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 Janine on: 02) 6685 1629 or Karen and Emma on 02) 6685 1619

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.

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.

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



Yossi and Benji enjoy an early morning cuddle.
(At right) Proud grandfather Jeff, with his first grandson, Riley.

Supporting people's abilities

- As a carer or friend, try to focus on what a person can do rather than what they cannot.
- Be flexible and patient if the person finds it hard to remember or concentrate.
- Put yourself in their shoes. Dementia Australia suggest we try to understand how the person might be feeling, their needs or what they may want.
- Be sensitive and offer encouragement.
- Give people meaningful things to do, from everyday chores to leisure activities.
- Include the person in conversations and activities as much as possible.

Children and positive engagement

Most of us have noticed older people become happy, smile and involved in conversation when interacting with children and other young relatives. But small children can also have a dramatic change in the engagement levels of persons living with memory loss or dementia.

Spending time with younger family members can help the person living with dementia stay involved in everyday activities, feel productive and able to contribute, even if those activities are soon forgotten.

Time spent with younger people may be an opportunity for a person with dementia to show and teach physical tasks like folding towels, organising socks and other objects in drawers, or flower arranging. These interactions also have benefits for the child in the form of improved social development and wonderful memories of time with an older loved-one or new friend.

Any simple activity can be a positive experience and you might be surprised which activities work well with adults and small children. Try not to rule anything out prematurely. Remember – activities don't have to be long – they may last only five minutes and involve doing nothing together. Cradling a small child is a valuable activity and certainly considered worthwhile to sleep-deprived parents!

To learn more, visit Dementia Australia at: <https://www.dementia.org.au/support-and-services/families-and-friends/residential-care/spending-time-with-your-loved-one>

The Wellness Approach to support for you and your family

We all need to work at getting the balance right between 'doing with' versus 'doing for'. The benefits of 'doing with', not 'doing for' people and putting this into practice on a daily basis, can change lives, improve people's quality of life, increase independence and create *more* good days.

The Wellness Approach:

- Identifies strengths - what we **can** and **want** to do, rather than only what we have difficulty with
- Gradually encourages those people who are having difficulty with activities of daily living to increase their ability
- Supports people's different roles and values the person's, their carers and the support worker's role.
- Builds capacity, self-management and compensates for any physical or cognitive decline the person may be experiencing
- Increases people's self-confidence
- Retains and respects the person's autonomy
- Focuses on re-enabling and maintaining the person's function and minimising the impact of functional loss
- Looks at ongoing appropriateness of support and services
- Supports connections the person has with their community.

To view the original transcript of this article, visit: <https://www.health.gov.au> and the Australian Government's 'Living well at home: CHSP Good Practice Guide'.

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 Janine at Byron Shire Respite Service to discuss your role as a carer.** telephone: 02) 6685 1629
- **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?

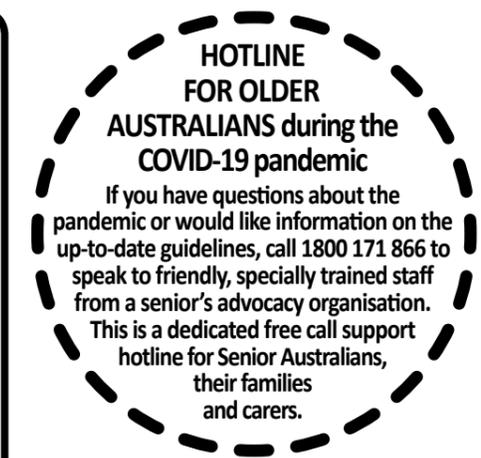
- **Byron Shire Respite Service** can assist with transport to medical appointments. Telephone Emma or Karen: 02) 6685 1619
- **Byron Shire Limousines** telephone: 02) 6685 5008 Travel for medical appointments free with travel voucher or for Veteran and Widow Gold Card holders
- **Brunswick Limousines** 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 Wellness and reablement approach may not be appropriate for every older person in every situation. And we may not all be interested in participating in wellness and reablement, however, changing from a focus of 'doing for' people to 'doing with' them can offer many positive outcomes.

Benefits of moving towards improved independence and wellness and reablement to a person and their support network:

- Better quality of life, physical function, mental health, emotional wellbeing, pain levels, vitality, and social functioning
- More good days than bad days
- Improved walking ability and reduced falls risk
- Improved sense of purpose, autonomy and self-worth
- Improved function and ability to perform daily care tasks. For example, cleaning, showering, moving between positions and types of furniture or equipment, preparing meals and shopping
- Reduces people's dependence on formal support services
- Gives the person more control to improve their independence and autonomy
- Has positive impacts on self-esteem and ability to manage day-to-day life
- The Wellness Approach assists to identify strengths rather than difficulties
- Promotes greater ability for the person to remain living independently and safely in their own home for longer
- Reduces strain on family and carer relationships
- Slows the rate of decline in physical health of family carers due to less reliance and increased capability in the person they care for
- Lower the risks of needing to move into permanent residential care.

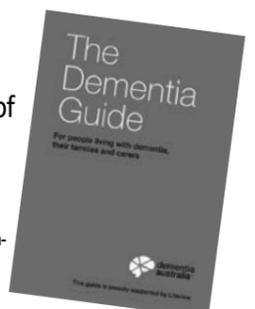


Dementia and working with your doctor

Dementia Australia believe developing a strong relationship with your doctor is an important step. Your doctor can provide support, from diagnosis through to ongoing management and care. They can also refer you for your other care needs to specialist health professionals including:

- **Geriatrician:** Specialising in diagnosing, treating and preventing disease in older adults (including dementia).
- **Psycho-geriatrician:** Specialising in diagnosing and treating mental and emotional disorders in older adults.
- **Neurologist:** Specialising in diagnosing and treating people with abnormalities of the brain and central nervous system.
- **Neuropsychiatrist:** Specialising in the behavioural and psychological effects of neurological diseases or injury to the brain.
- **Psychiatrist:** Specialising in diagnosing, treating and preventing mental illness and emotional problems.
- **Neuropsychologist:** Specialising in treating people with various types of nervous system disorders.

For more information, visit and download Dementia Australia's free handy 160 page booklet at: <https://www.dementia.org.au/sites/default/files/resources/The-Dementia-Guide-2019-v2.pdf>



Stay active, stay independent' & 'use it or lose it'

Family, friends and neighbours can help increase the positive impact of an older person's wellness and reablement, but sometimes we can also have a negative impact through our words or actions. We need to remember that a person's mental activity and health is just as important as their physical activity and health. A key message from the Australian Department of Health is to 'stay active, stay independent', 'use it or lose it' or 'try to have more good days'.

Visiting loved-ones with dementia in residential care

Visiting can be very important to both the person living in residential care, and their family and carers. It is often the main way that families and carers stay connected with their loved-ones, even though they may no longer provide the day-to-day caregiving.

Encouraging other family members, old friends and grandchildren to visit can benefit your loved-one. Visiting children can be kept entertained with a 'visiting bag' that contains treats to keep them entertained. If the residential facility allows, they may enjoy bringing their pet along for the visit.

As the abilities of the person decline, visiting can be difficult and even confronting. However there are many ways to make visiting a pleasurable experience for both of you.

What to try:

- Bring newspapers and magazines to look at together
- Play games that have been enjoyed in the past
- Listen to a tape of music, or story
- Look at photo albums together
- Help decorate and tidy the room
- Read mail together
- Assist with writing to friends and relatives
- Watch a well-loved video

Visiting in the later stages of dementia

Many carers choose to stay involved with practical caring tasks such as assisting at mealtimes and some become involved in the social activities of the facility. However the level of involvement will vary with each individual and may be limited depending on your commitments or relationship with the person. Some people may visit infrequently, others like to visit often, but for short amounts of time, for example 15 or 20 minutes.

However, extra value can be brought to your visits by looking for activities that draw in as many of the senses of: sight, taste, smell, hearing and touch, as possible.

What to try:

- A gentle kiss or hand holding may be reassuring.
- Gentle touch – help with personal grooming – washing or brushing hair, painting nails.
- Massaging legs, hands and feet with scented creams or oils may be enjoyable for some people.

- The scent of perfumes and flowers may also be enjoyed.
- A smile, a comforting gaze or a look of affection may often provide reassurance
- Music may provide comfort and familiarity.
- Or listening to a favourite book or poem being read may be enjoyable.
- Visits from friends and relatives, even though they may not be recognised or remembered, can still provide stimulation and comfort
- A stroll around the grounds, even if in a wheelchair, may be enjoyable for both the resident and visitor.

There is no right number of times to visit or amount of time to stay. The important thing is to make each visit as rewarding as possible.

Carers Coffee Club

Are you caring for someone with dementia? It may help to talk to others in the same position. Whether your loved-one lives with you in the family home, in their own home or in a residential facility, we'd love to see you at our monthly Carers Coffee Club. This informal get-together is held on the 4th Wednesday of every month in Brunswick Heads. Our next meeting is the 28th of July. If you are interested in joining us, please email Emma at: emmawhite@byronrespite.com.au or telephone (02) 6685 1619 for more information.



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 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>
<p>Lunch, morning and afternoon tea is provided. The cost for the day from the 1st July 2021 including transport is \$30.00 for Commonwealth Home Support Program clients (Fees subject to change).</p>				

