



St Louis
Home Care

Home Care News

November/December 2020

Adelaide Home Care Social Programs

We have been lucky to get out and about on some small group social trips. Our bus trips are being monitored closely and we are getting out with modified numbers and only going to places where we can ensure safe measures.

We have implemented a thorough cleaning regime to the bus and hand sanitiser is being used when entering the bus along with taking temperatures. Clients are social distancing by having a seat to themselves. So please join us for the next outing!

Our chair exercises are going to be held fortnightly as of November where you are destined to have a laugh.

Hydrotherapy is going strong and we have many happy clients stating that they are feeling wonderful after their sessions.

If anyone would like Sarah (our social program coordinator) to visit them to enable her to meet you and assist you in setting up a regular social interaction then please give her a call on 8332 0950. Each interaction can look quite different. Some people like to go for drives and some like the shops. Some like a visit from Winnie the dog, some like to chat over a cuppa or do some weeding in the garden with some company.

Due to the weather fining up, our walk n talk program will begin which we are very excited about. Please phone us to find out more.

Outings on the bus still have a maximum of 4 clients so please be quick to avoid disappointment.

This is our last newsletter before the end of year. I hope everyone has a wonderful Christmas!

Sarah Rankin, St Louis Adelaide



Dona at Dunluce Castle



Freda admiring the 4 poster bed



Doug at lunch

From our family to yours,
wishing all our clients and
the community a very happy
and safe Christmas.



Chair exercise fun



Bus trip fun

Comments and complaints Feedback:

If you have any feedback positive or negative, please don't hesitate to let us know.
St Louis Aged Care, 21 Foster Street,
Parkside SA 5063. *Thank you*

St Louis Home Care Adelaide Metro and Hills
11 Dudley Road, Marryatville SA 5068 (08) 8332 0950

St Louis Home Care Victor Harbor and Fleurieu
31 Victoria Street, Victor Harbor SA 5211 (08) 8552 1481

www.stlouisagedcare.com.au

AGED RIGHTS ADVOCACY SERVICE (Inc)
(08) 8232 5377 email: aras@agedrights.asn.au

AGED CARE QUALITY AND SAFETY COMMISSION
1800 951 822 www.agedcarequality.gov.au



Celebrating diversity



St Louis
Home Care

Home Care News

November/December 2020

Victor Harbor Home Care Social Programs

Here at Victor Harbor we have been lucky to get out and about on some small group social trips.

At this stage, we will continue with Art Therapy, hydrotherapy, small group gatherings, social assessments, Pennylane patchwork classes and activities at St Louis on Sea.

The safety of St Louis clients and staff is our priority, therefore we will continue to keep you up to date with how things are unfolding for our social programs. Please call Lisa if you have any questions with regards to the social trips and assessments.

We hope you can make it to one of our Celebration Christmas Lunches. This year we have two events, one on a Tuesday and one on a Thursday at the Grosvenor hotel on Ocean Street. We hope one of these days suit you. It will be lovely to see you!

We thought to start a little photo exhibition about the Fleurieu landscape from St Louis clients. If you have the time and love to take photos and or have a phone with a camera please send me your favourite landscape (no people!) photo from the Fleurieu area. This might include a sunset, the ocean, rolling hills!

We will collate the photos for our Facebook and for our magazine. Please email me with your photo on: lisa@stlouisagedcare.com.au or call to chat about the best way to send me your photo. We will keep this running through to the end of January 2021.

Look forward to catching up soon,

Lisa and the Victor Harbor team



Lena and Phyllis at Finniss



Jim at Glacier Rock

Dementia Training



Hi there, my name is Jenny Wayt, I'm a Service Coordinator for St Louis Home Care having commenced the role in July in Adelaide. Having worked in Aged & Community Care since arriving in Australia 14 years ago, I

cannot imagine ever doing anything else.

I recently attended some very interesting training in Dementia Awareness and Behavioural Issues; with some of my Nursing and Care Worker colleagues. The course covered the many different types of Dementia, signs and symptoms to look for, possible causes of the disease and the impacts on the individual, their family and carers.

Improving the health and wellbeing of our clients with Dementia is just one reason this kind of training is so important and an essential best practice focus for St Louis Aged Care. The training provided us with valuable insight and constructive advice for strategies to use in residential care and home care settings.

By looking into the history of the client or resident, knowing and understanding their personality and applying a person-centred approach to their care needs; we learnt how to minimise stressful behaviour changes whilst optimising personal choices and comfort. Some key points we can implement are keeping clients or residents active, ensuring we provide a supportive environment that gives consideration to cultural background, family and social networks, to enable clients to best utilise their abilities. By factoring this into to a care program we can help and support people with Dementia to maintain their independence and have a positive effect in their daily lives.

There are many ways St Louis' experienced and caring staff can provide help and support to our clients with Dementia to stay independent, socially active, connected and well cared for. Help, guidance and support is readily available and easily sourced. If you would like further information or have concerns or questions about Dementia or a family member living with the disease, please feel free to contact us for assistance.

Jenny Wayt, Service Coordinator