



St Louis
Home Care

Home Care News

June/July 2021

Adelaide Home Care Social Programs

Now the cooler days are upon us, it's more important than ever to get out and about so those muscles don't fade away. Not only for your muscles but also for your mind. They don't call it winter blues for nothing.

We really are a friendly bunch and if you've ever wondered if maybe you might like to try a bus trip or an activity, I urge you to give it a try. If you don't enjoy it, at least you've given it a shot. If you would like to meet me first, I'm always very happy to come out and meet with you. Sometimes it can make you feel much more comfortable putting a face to a name of someone who will be present at an outing.

Attached is a suggestion form. Can I ask as many of you as possible to fill it out and send it to me. Even if you don't wish to come along, I love hearing of new places that I haven't been introduced to before and giving them a go with the clients.

I'd also like to invite you all to take advantage of an exciting offer. The first person to call me wanting to come along on their first St Louis bus trip will receive 50% off their first trip. Please note that all trip costs are deducted from your government allocated funds and not out of your pocket unless you are a private client.

Sarah Rankin, St Louis Adelaide



Trevor and Doug about to enjoy lunch after a visit to St Louis On Sea



Dona visiting the old milliners shop at Old Tailern Town

Standard 2 Consumer Outcome:

"I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and well-being".

What does this mean at St Louis Home Care?

The 1st step is for everyone to get to know each other, and for the Coordinator to get a full understanding of the client's health conditions and day to day challenges. In the initial assessment and planning phase, together they will discuss how the home care package can help achieve their health and well-being goals, for now and the future. This discussion forms the foundation of a Support Plan that will be crafted by the client with the help of the coordinator.

As things change, and at regular planned review appointments, the Support Plan will be adjusted and revised to ensure that is relevant and effective at all times.

Advanced Care Directive

What is Advanced Care Directive form and why should I complete one?

This is a form that allows you to formally inform others what your wishes are for future health care, end of life, living arrangements, and personal matters. It replaces the Medical Power of Attorney, Enduring Power of Guardianship and Anticipatory Direction with a single form. It gives you the power to let others know what is important to you, and how you want to be treated if and when you cannot communicate or speak for yourself.

All the information you need to know can be found at The Advanced Care Directives SA website. The information on this website is invaluable and can be read in different languages. You can download a DIY Kit and start the conversation with your family and those near and dear to you.

Staff Training - April & May 2021

April 2021

- 07/04 Nutrition
- 08/04 Fire Training SLOS
- 09/04 Induction
- 09/04 Manual Handling – New Employees
- 15/04 Care App refresher
- Medehealth Modules - April:
 - Elder abuse
 - Aged Care Standards 1
 - Chemical safety and handling

May 2021

- 03/05 Winning The Wound War
- 17/05 Induction
- 17/05 Manual Handling – new employees
- 21/05 Cultural Awareness
- MedeHealth Modules - May:
 - Fire Safety and Emergency Response
 - Basic Food Handling and Safety
 - Aged care Standards 2 & 3
 - Drug Calculations

Comments and Complaints:

If you have any concerns or requests in regards to how services have been/are being provided by St Louis, please contact your: Home Care Package Coordinator, or Caitlin Watson (Community Client Service Manager) on 08 8332 0950 OR Complete the attached Feedback and Complaints Form and forward to St Louis Home Care, 11 Dudley Rd, Marryatville, 5068



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Victor Harbor Home Care Social Programs

Armchair exercises have been added to our Activity calendar, with great feedback from our clients who have attended. Armchair exercises offer many benefits, improved flexibility and posture, reduces tension and stress to name a few. Morning tea and group conversations then follow. This activity will be run fortnightly on Wednesdays from 10.30am – 12.00 noon. **Phone 8552 1481 to book your spot!**



We have enjoyed many lunches out including the Boulevard Café, Grosvenor Hotel and the Colonnades Tavern. Lunch outings prove to be very popular, so you will see more outings on offer each month. On one of these outings Monica decided she wanted to try out the slippery dip that was close by, to the amazement and pleasure of all that were there. I hope to see you at one of the Social Program Activities soon. **Colette Durling, St Louis Victor Harbor**



NEW Language Translator on the St Louis website

We are pleased to announce that we have improved the St Louis website to include a language translator. This will allow people to read the information on the website in the language of their choice. We have included a wide selection of language you may choose, but if there is one that we have missed please let us know by calling 8332 0950 and asking to speak to Dani McKenna.

Dear St Louis Clients

Please see attached correspondence from myself regarding St Louis achievements and Strategic Planning.

St Louis hosted the Aged Care Quality and Safety Commission on the 12th of April to assess our improvements regarding brokered services. They found our service to be compliant.

St Louis is trialling a Social Virtual Network for our Home Care Clients which arose as a way for St Louis and our community of clients to connect and engage safely during Covid times. Clients meet and interact on devices such as mobile phones, tablets or computers. Should you be interested please contact Sarah Rankine in Adelaide on 8332 0950 or Colette at Victor Harbor on 8552 1481.

As per the attached letter, I would like to take this opportunity to encourage all members of the immediate and wider St Louis community to have the COVID vaccine as soon as possible. If you do have any concerns, I would encourage you to discuss them with your GP so that you can make an informed decision. Certainly the vast majority of medical experts agree the benefits of being vaccinated greatly outweigh the risks.

Please do not hesitate to contact me with queries on 8272 3344.

Regards **Maris Naish, CEO**



Home Care clients enjoying gardening support at Victor Harbor

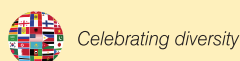
St Louis Home Care Adelaide Metro and Hills

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

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*