

MY CARE Community

EDITION 3
WINTER 2023



COULD YOU MAKE A VIOLIN?

We spoke with John to learn why he took up the fascinating hobby



CREATING A SAFER HOME AS YOU AGE

Learn what areas of your home you should future proofing before it's too late



Contents

Welcome	2	Dementia Insight - Christine's Story	17
Our Executive Director Mark McBriarty gives you a warm welcome.		Tips about communicating with someone living with dementia.	
My Care Solution Updates	3	Could You Make a Violin?	19
Learn what we've been up to including opening a new offices and winning awards.		Read about our client's amazing hobby of handcrafting violins and other woodwork creations.	
Thank You for Your Willingness	5	Peggy's Legacy	23
A special thank you for participating in our Willingness Survey.		More award ribbons and trophies than she can count, learn how Peggy took an unloved horse and turned him into a champion.	
Your Feedback, Government Directive, and the Changes that Effect You	6	Creating a Safer Home as You Age	27
An explanation on what happens to the feedback we receive and what aspects MCS have control over.		Areas of your home you should be most cautious of, and what to do to make things safer.	
Get Out and About With the MCS Community Club	9	Wendy's Recipes	29
Learn what it is, how you can participate, and what adventures the club have been up to.		Have a go at baking Wendy's grandma's Cockles.	
Exercise is Medicine	13	Trivia Quiz	30
One of our clients shares his story of how he's using exercise as medicine in his life.		Keep your mind sharp and learn a fact or two with this issue's trivia quiz.	

Welcome to My Care Community



Welcome to the Third Edition of our My Care Solution Magazine.

On behalf of the McBriarty family, thank you for choosing My Care Solution

as your preferred provider of home care services.

We remain committed to providing you with a premium service offering. One of our unique points of difference is that we do not send any agency / 3rd party workers to your home - all the caregivers in your care team are directly recruited and trained by us.

This means that if a caregiver is unwell or requires a short break from work, we will always use a My Care Solution Caregiver to replace them. This can sometimes mean that we need to ring you to negotiate a different time or day to ensure your care needs are met.

Whilst I recognise that this can be an inconvenience for some, please rest assured that the quality and commitment of our staff is the same standard across the board.

We are always open to hearing your concerns, suggestions, and ideas. We will continue hosting our regular "Meet and Greet" focus groups to tap into your feedback. If you would like to participate in one, please let your Client Care Coordinator know.

It is also important to remember that if you have any concerns with the performance of any individual staff member, please do

not discuss directly with our employee, and instead, contact your coordinator to discuss.

We have passed on the full 21.6% increase to all Care staff. Home Care Package recipients have had their package values increased by 11.9% - through our pricing, we have ensured that no client will receive less hours than they currently receive.

With the opening of our north office in Elizabeth South, we now have excellent coverage across all Metropolitan South Australia. We will deliver services as far north as the Barossa Valley, down through the Adelaide Hills, and all across the Fleurieu Peninsula.

With Covid still lurking in the background we continue to encourage our clients to arrange to get their next booster shot. Meanwhile, our staff will continue to follow SA Health Guidelines to minimise the risks to our most vulnerable clients.

The McBriarty family are delighted to announce the arrival of our first grandchild! - Gabby and Josh are the proud parents of 'Harry Patrick Hall', born on June 24th at 8.20am - we are over the moon!

Again, thank you for trusting us with your care, we will never take it for granted.

Kindest regards,



Mark McBriarty,
Executive Director, My Care Solution



My Care Solution Updates

Learn what My Care Solution has been up to the past couple months.

We Have Officially Been Named

One of the Best Places To Work!

My Care Solution has placed 10th in the Australian Financial Review BOSS Best Places to Work List. An extraordinary achievement for our business, we were in competition against over 700 organisations within the health sector across Australia and New Zealand.

In order to be ranked so high amongst so many other organisations. My Care Solution was required to conduct a staff survey and undertake a written submission detailing our practices, programs, and policies. The success of these two things is then ranked against the competitors and thus our spot at number 10 was determined.

We sincerely thank all our staff for participating and helping us with this incredible achievement.



Aged Care Employee Day

On Monday August 7th, My Care Solution celebrated Aged Care Employee Day to appreciate all of our staff. From the Caregivers, to the finance team, and everyone inbetween, we thank our staff for being a vital part of aged care industry.

The day was celebrated with an afternoon tea at each of our offices, bringing together both office staff and Caregivers to reflect on the amazing work that they do.

100% Compliance Achieved

in Quality Audit

Earlier this year My Care Solution took part in the Aged Care Quality and Safety Commission audit and was found to be compliant across all eight Aged Care Quality Standards with no areas of improvement required.

This is an amazing achievement as there are very few providers who achieve this result.

Our Executive Director, Mark McBriarty, shared "We are thrilled that the audit team has found the care and services of our organisation are delivered by staff who are skilled, knowledgeable, and respectful of client dignity and identity, individual needs, goals, preferences, and safety."

Thank you to all clients who participated in the audit process.

New My Care Solution Office

My Care Solution has expanded. We've recently opened up a brand new office in Elizabeth South.

This office which is jointly occupied by our sister organisation in the NDIS space 'My Care Planner' will help in our continuous expansion of our services, allowing us to cater to clients in the northern suburbs all the way up to the Barossa Valley.

This in turn will also allow us to provide more career opportunities for those who are seeking Caregiver work and living in this area.

So let your friends up North know that My Care Solution is ready to support them with their in-home care.

The new office is located at 89 Philip Highway, Elizabeth South 5112.

Ongoing Caregiver Training

We have recently held meetings for our Caregivers to help with their continued upskilling as well as communicating important organisational information - including a well-deserved pay rise for all of our Caregivers and Nurses.

Caregivers were given a chance to mingle with their fellow Caregivers as well as Client Care Coordinators, marketing, finance, and management staff who were also in attendance.

The meeting focussed on two major topics: Client Directed Care and Domestic Duties. Caregivers discussed numerous questions in groups and then shared to the whole team these answers which created some great discussions.

Caregiver meetings continue to be well supported as they are a great platform for learning and an opportunity for support and interaction.



Thank You for Your Willingness

In March, My Care Solution (MCS) sent clients a Willingness Survey to our Home Care Package Clients.

The benefits of consumer engagement are many. Among these benefits are increases in knowledge, consumer empowerment, loyalty, and service innovation. What you think is important to us and helps to drive our continuous improvement programs.

However we recognise not all of our clients want to be contacted with other matters and for that reason we sought to understand your “Willingness” to participate. MCS will only contact our clients to participate in surveys and other discussions if they are willing to do so.

As a home care provider, MCS is aware of the importance of consumer/client engagement beyond just that of an individual support planning. Planning activities to engage with our clients by involving them in our service planning and improvement process at a level that they feel comfortable allows MCS to hear the voice of our clients.

Thank you so much for those who responded.

Focus groups in Campbelltown, Morphett Vale, and Victor Harbor have recently taken place, giving us insightful information into what you value, enjoy, and what’s bothering you.



**Your Feedback,
Government Directive,
& the Changes that
Effect You**



Everything that you bring to our attention we take seriously.

We ensure we provide positive feedback to our staff when you tell us what is going well, and formulate actions when you tell us things that may not be going quite as well.

It is important to see these in context with the number of clients being serviced by MCS – we welcome all feedback, as we see it as a gift, the opportunity to continually improve our services.

We “don’t know what we don’t know”, so thank you for working with us to help build better and stronger relationships with you all. The more we get the more we can grow to meet your expectations.

The 2023 year to date shows a total of 147 replies of both feedback (including positive) and complaints made.

44.9% of the comments made were complaints, with 55.1% being feedback (including positive).

As of June 17th 2023 the feedback / complaints register table shows which stage of the process the comment made is at in regards to if a resolution was needed or if it has been resolved.

Feedback - no action needed	26
Feedback - added to another	47
Resolution proposed	3
Resolved	54
Unresolved	2
Escalated	8
Being Investigated	7

On review we know what generated feedback from changes that were outside of our immediate control.

Government changes as part of their Aged Care reforms specifically In-Home Care review programs may not be fully understood. MCS does all that it can to try and communicate any changes that we may be making as a result of these.

We recognise that there is a lot of information sent or accessed in relation to these changes. We are obliged to communicate with you on these changes and really appreciate your communications back to us when these are received.

Learn below 3 Government initiated directions that generated a themed communications with us.

In each situation MCS works individually with clients as we recognise people’s needs and the effect of change, will never be exactly the same nor will their understanding of a change.

Government initiated directions MCS are not in control of:

1. Home Care Packages – inclusions and exclusions
2. Statements – the format and timing
3. A minimum 2 hour shift for our workers - The changes to the SCHADS award 2022 issue (less than 2 entries for 2023)

The Government is continuing to reform the Home Care packages program and there will be other changes driven by the National Aged Care Reform.

Service Fees Increase

Increases in wages for the Home Care Sector employees will be the next communications driven by Government initiated reform.

This will be causing an impact to our services fees, as explained in your recently received addendum letter.

These changes to our services fees are a direct result of recent updates to the Social, Community, Home Care, and Disability Services (SCHADS) Award and the Nurses Award.

This award governs the working conditions and fair remuneration for our dedicated care staff. These changes are essential to ensure that our staff receive the fair compensation they deserve, enabling us to continue providing the highest standard of care that you have come to expect from us.

We are here to work with you through these changes, so please always feel welcome to discuss these matters if you are concerned about how it affects you individually.



Get Out and About with the MCS Community Club

The My Care Solution Community Club is an additional paid service available to My Care Solution clients.

We meet every Wednesday at the Fleurieu Family Church in Hill St, Port Elliot.



There are 3 ways you can enjoy coming to the Club:

- 1.** You can attend the morning session from 10:00am - 12:30pm and during this session we often have guest speakers on a range of subjects.

One recent guest was Mark Rose from Roses Herbs and Honey. He spoke about all things to do with bees and honey and providing tastings of his honey products.

We also play bingo (for prizes), have quizzes, and tell jokes and have a general chit chat for everyone to be able to catch up with what has been happening during the week.
- 2.** You can attend the afternoon session from 12:30pm – 3:00pm when we change over to have billiards/pool available for games or other groups playing things such as scrabble, card games, tri-onimoes, jigsaw puzzles, quoits, boules, and other activities.
- 3.** Or you can stay for the whole day and enjoy all the activities on offer.

We provide morning and afternoon tea with a light lunch throughout the day. Once a month we celebrate birthdays for that month with cake and a special lunch.

We also go on day trips every 6 - 8 weeks. You can read about our recent trip to Monarto Safari Park over the page.

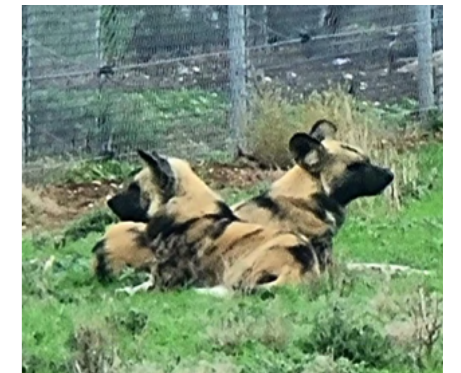
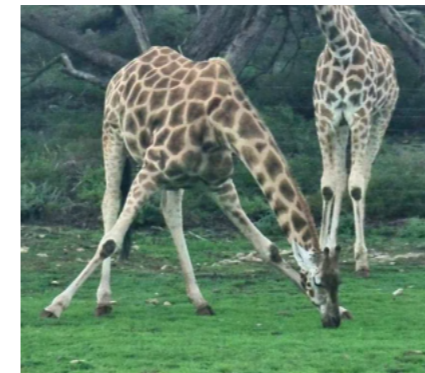
We looking forward to doing some other trips in the near future – one suggested trip is for a magical mystery tour around the Fleurieu Peninsula visiting tourist spots of interest and having lunch at a hotel along the way.

The bus we use is wheelchair accessible and all venues are also checked for wheelchair access.

If you would be interested in learning more about the Club or coming to the Club speak to your Client Care Coordinator and they can put you in touch with us to discuss your needs – we can arrange transport or other assistance if required or even a trial visit to see how you feel.

We all have a lot of fun at the club and everyone is friendly and welcoming. We hope to see you soon.

Read about the Community Club's recent trip to Monarto Safari Park on the next page.



Our Recent Adventure Monarto Safari Park

The day consisted of a pleasant scenic drive from Port Elliot through Clayton Bay and Milang to Monarto and the Safari Park.

We had a picnic lunch on the bus while touring through the zoo with tour guide Marie giving us lots of information about the zoo and it's role in animal conservation and about each of the animal groups we saw.

Things like the Zebra's can't be left in with other animals with babies as they will try and kill the babies! (Babies attract predators and make the environment unsafe)

Also, that it is rare to see a Giraffe sitting down in the wild as it is vulnerable to attack but the Giraffes here know they are safe.

There was once 50 million Bison in the wild but they were then reduced to about 1000 before they were declared protected. The population at the zoo are an important part of the breeding program for conserving them in the wild.

All the Zoos in Australia – including the other free range zoos can fit into the Monarto site!

At the end of the day we travelled home along the same route as we went (due to roadworks on the Strath – Goolwa road).

Every one enjoyed different aspects of the trip, lots of different favourite animals but the consensus was that seeing the animals up close and having the tour guide explain in detail about them was an excellent way to see the zoo.



“I did not want this to be her destiny for the rest of her life, so I started to help her regain her ability to walk.”

Exercise is Medicine

How a dementia diagnosis and a fall led to exploring and seeing the benefits of exercise on the mind and body.

By My Care Solution client Rex B Grudnoff

Some 10 years ago I became interested in the concept that exercise is medicine.

I subsequently I read about Exercise is Medicine® Australia (EIM) and their Hospital Education Program where they advise medical interns in hospitals across the nation.

EIM facilitators address gaps in medical education by informing medical interns about the benefits of physical activity and how to prescribe exercise to patients for the prevention, treatment and management of chronic disease.

My wife was diagnosed with dementia. She had a fall due to vasovagal syncope (fainting - which causes your heart rate and blood pressure to drop suddenly).

She ended up in hospital where she was eventually classified as “permanently bedridden”.

I did not want this to be her destiny for the rest of her life so I started (with the advice of physiotherapists and exercise physiologists) to help her regain her ability to walk - which did take several weeks... and eventually to even dance.

I then read a book “The Brain’s Way of Healing: Frontiers of Neuroplasticity” by Norman Doidge, and I became very interested in Brain Plasticity which I also applied to help my wife in her battle with dementia.

Neuroplasticity, or brain plasticity, is the ability for the brain to form and reorganise synaptic connections, especially in response to learning or experience or following injury. Neuroplasticity offers real hope to everyone from stroke victims to dyslexics.

Neural networks in the brain can change through growth and reorganisation.

These changes range from individual neuron pathways making new connections, to systematic adjustments like cortical remapping.

Examples of neuroplasticity include circuit and network changes that result from learning a new ability, environmental influences, practice, and psychological stress.

Neuroplasticity was once thought by neuroscientists to manifest only during childhood, but research in the latter half of the 20th century showed that many aspects of the brain can be altered (or are “plastic”) - even through adulthood.

However, the developing brain exhibits a higher degree of plasticity than the adult brain.

Activity-dependent plasticity can have significant implications for healthy development, learning, memory, and recovery from brain damage.

Back to Exercise is Medicine - a personal experience...

I read an article ‘Stand On One Leg – and 16 other life-changing daily moves that will keep your body happy.’ These and similar exercises and stretches I have been doing with my Exercise Physiologist for several months.

In 2022 I completed Hydrotherapy and Gym courses at the Memorial Hospital to address my shortness of breath (SOB) due to PE (pulmonary embolism) problems - lung blood clots, and hip and lower back pain, and knee pain due to osteoporosis-arthritis.

Due to my exercising regime along with medication, I have experienced a significant improvement in both SOB and pain reduction.

My specialist physician in Respiratory and Sleep Medicine then recommended for me to enrol for the three month program at the Royal Adelaide Hospital Hampstead Pulmonary Rehabilitation Centre in the CPAA (Centre for Physical Activity in Ageing); which was extremely beneficial.

This covered a comprehensive pulmonary rehabilitation program, especially if you have moderate to very severe chronic obstructive pulmonary disease (COPD).

‘Stand On One Leg’ exercises are from a book “Built to Move” written by UK mobility experts Kelly and Juliet Starrett. It is designed to improve the way your body feels - less stiffness! fewer aches and pains! - and boost the overall quality of your life, no matter how you spend your time.

The best price is at Kmart who are advertising it for just \$24.00. At Kmart you can also buy a selection of home exercise equipment.

This book ‘Built to Move’ offers:

- Easy mobilisation practices to increase range of motion and avoid injury.
- Uncomplicated guidelines for improving nutrition and sleep.
- Breathing strategies to help you move more freely and manage stress and pain.
- Advice on easy ways to change sedentary habits and integrate more movement into your daily life.

This is the first body book written for exercisers and non-exercisers alike. It’s full of foundational wisdom for everyone from professional athletes to gym haters, and everyone in between.

“Built to Move” introduces readers to a set of simple principles and practices that can be done in just ten minutes a day, leading to greater ease of movement, better health and a happier life doing whatever it is you love to do - and want to continue doing as long as you live.

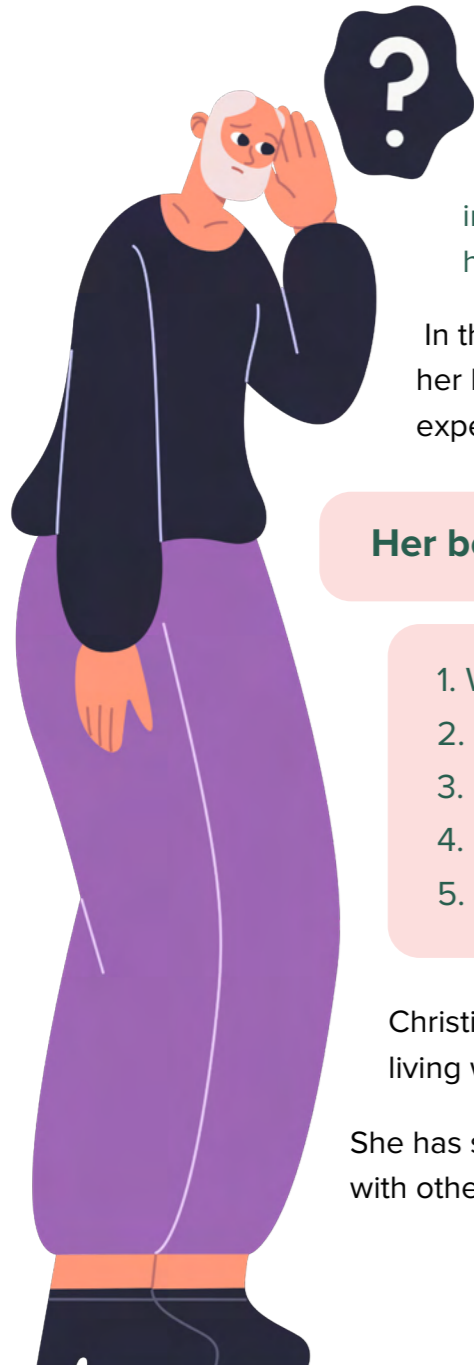
This book is your game plan for the long game!



Dementia Insight



Christine's Story



Christine was diagnosed with early onset dementia in 1995 at the age of forty-six. Her life transformed immediately as she left her job and focused on restructuring her life and raising her three daughters.

In the following years she has been incredibly outspoken on her life with dementia, including writing five books about her experiences, so far.

Her books include:

1. Will I Still Be Me?
2. Nothing About Us, Without Us!
3. Before I Forget
4. Dancing with Dementia
5. Who Will I Be When I Die?

Christine is the author of the first book written by an Australian living with dementia.

She has shared a number of tips for how people can communicate with others living with dementia.

These are Christine's 6 tips to be aware of when communicating with people in your life who are living with dementia:

1. **Don't argue**, it will only make matters worse.
2. **Don't order the person around**, this can bring out aggressive behaviour.
3. **Don't tell us what we can't do**, tell us what we can do, encourage us.
4. **Don't be condescending**, don't talk to us as though we are not there.
5. **Treat us with respect**, we are still us.
6. **Don't treat us as if we can't do things for ourselves!** We are adults.

Christine is a dementia survivor, talking about what it feels like and what you can do to help in the ongoing battle against brain loss.

Issues that ignite her passion include standards of palliative and residential care, stigma and the need for a dementia-friendly society, early diagnosis and treatment, and the need for cures for the many diseases that cause dementia.

She also questions the attitudes towards people with dementia, which can often be patronising and demeaning, lacking in understanding of the difficult battle to cope each day with ongoing brain loss and the stigma that surrounds the word dementia.

Today, Christine is driven to continue her advocacy as a survivor, encouraging others to follow in her footsteps, speaking out to

improve services and support for people with dementia at all stages in their journey from diagnosis to death.

Quote from her Book "Before I Forget"

“ Some days all I want to do is give up the constant, exhausting struggles and stop trying to be normal.

But I can't. It's not me to walk away from a fight.

I'll keep fighting and telling my story. Before I can't. ”

Her books give us a small understanding of what people are coping with, living with dementia. Worth a read.



Could You Make a Violin?

We spoke to our client John to learn about why just recently he decided to pick up the tools and make violins and other woodwork creations.



Ever looked at an instrument and thought 'I could make that.' For most of us the answer would be 'absolutely not!', but that's not the case for our talented client John.

In the last year and a half, John has handcrafted seven violins and continues to work on his next one. The first violin he made took around six months, and every violin since he has been able to improve and make faster than the last.

Not only violins, John has handcrafted a variety of woodwork pieces including intricate tables, unique shelving, clocks, and more, which tend to take a week or so to create.

John worked as a builder and a carpenter his whole life, so he has always had some woodworking skills. But it wasn't until about a year and a half ago that he decided to start making violins and furniture.

His love for the violin including both its look and the sound it makes was sparked from his love of the music from German Violinist Helmut Zacharias.

Although he loves the instrument, he wasn't always super knowledgeable about them. He joked about a time when he bought a violin to show to his friends, but when they saw it they alerted him that it actually wasn't even a violin he had purchased!

The process of learning how to make a violin wasn't an overly difficult one for John. His carpentry skills paired with the convenient access of the internet allows him to easily search online for tutorials. He is always on the lookout for how he can both improve them and make them different from one another.

The timber he primarily uses to create his woodwork pieces is the same timber he brought back from Townsville NSW when he was living there 30+ years ago. All from a tree stump. How crazy is that?! Good thing he's got enough room at his house to store it all.

Getting tips from people who use violins themselves was always going to be the best way for John to improve his techniques.

John spoke about approaching a busker playing the violin in a shopping centre one day and showing him the first violin he had created. "It's not great, but it's alright" they told John. He asked for advice on what needed to be fixed, which John found very insightful.

A lover of books, John reads violin related books which have taught him an abundance of things. Some facts he shared included: Playing the violin is 80% about having the right bow and that when learning the violin

professionally you need a lot of support from others to stick at it because it's such a hard instrument to understand.

John is now learning to play the violins that he creates. He admits he is still a long way off of being any good but enjoys the challenge and is seeing small improvements in his skills.

We can't wait to see what creations John makes next!



John pictured with his handmade violins



Follow us on Social Media!

Get regular and timely updates about what the My Care Solution community is up to on Facebook, Instagram, and Linked In.





Peggy's Legacy

A champion horse and a heart of gold. We caught up with Peggy to learn the story of her winning horse and the love she shares for him.

A lifetime lover of animals, Peggy had no idea that this interest and love of hers would turn into a lifetime commitment, and a career full of outstanding achievements.

Peggy purchased her first horse when she was in her 20's despite having no previous experience or dealings with horses.

No one in her family had ever worked with horses, it was simply a path she wished to pursue based on her love for them.

Peggy's first horse was named 'Hunter' and went by the race name of 'Diamond Black' however he didn't win much.

Several years passed and Peggy bought 'Chief'. She comments that

“There was just something special about Chief, he was my soul mate.”

The story of how Peggy eventually owned Chief is not a very pretty one.

She attended an auction for multiple horses, and the frail looking, roughly 3-month-old, Chief was up for sale.

He was so skinny and malnourished that “you could've put a hat on his backbone like it was a head.”

Peggy said she was bidding against butchers for Chief, but she was not having a bar of it, and would flash them a dirty look every time they attempted to out-bid her.

The average price of a horse at the time was around the five figure mark, and yet, by the end of the bidding war Peggy paid a total of \$104 for him.

This was comical throughout his career where other horse owners would ask what incredible price Peggy must of paid for a horse so fantastic, to which they almost fell over backwards when she told them the price.

Her love and dedication to Chief never wavered. She's had to battle the Vet on two occasions where they tried to put him down, and she used to walk 28 kilometres every day to check on Chief when her car was broken.





When Chief first began competing he was an instant champion, placing second in his first competition.

This was an unusual start for a horse like him, as mixed coloured horses weren't typically accepted as elite.

Over her career with Chief they have won an exceptional amount of awards. Boxes and boxes of ribbons sit at Peggy's house from his many years of competing.

Peggy shared that there was never a competition he competed in which he didn't win a ribbon.

One of Chief's greatest career highlights was being the only South Australian Pinto at the time to have won the Supreme National Champion. Not bad for a rescue horse!

Despite her well-deserved success with Chief, her motto throughout her career was always,

“It's not about winning, if you win it's a bonus, it's just about the adrenaline rush.”

Chief had some interesting traits which made him unique. As Peggy would say “he's not a good looker, but he certainly had a personality.”

Chief would love to drink Coca-Cola and warm coffee (which would often make him burp!), and Peggy would play games with bystanders by saying “watch your feet” which would trigger Chief to start pretending to bite the feet of people nearby.

Chief was incredibly well behaved. When he had a young rider Peggy would say “Baby on board” to alert Chief to be more cautious with his movements to ensure the young rider remained safe.

Because of how well-behaved Chief was people could barely believe he was a Stallion horse.

Peggy would joke about this to other people saying “I haven't told him yet!” Implying he was behaving so well because he didn't know he was a stallion.

Chief was still competing until he was 37 years old, and passed away in 2017.

The last year of competition Chief won 8 prizes, but Peggy says she doesn't care about that because “he never had to win a champion sash, he's a champion anyway.”

Chief will forever be Peggy's soulmate.



Creating a Safer Home

as You Age

Article credit to Aged Care Guide,
Author - David McManus

New research shows that some age-friendly changes can make it safer to kick back and keep safe whilst relaxing on that comfortable rocking-chair and taking in the familiar setting, with comfort and accessibility in mind.

Researchers studied 16 people from Adelaide aged between 52 and 76 on their living expectations for the future as well as of those around them.

Their findings show that despite wanting to live independently for longer, older SA residents just don't know how to go about it.

The one key factor during the research period was the emphasis on the need for pamphlets, brochures, and guides which addressed how homes for older people could be tweaked and redesigned to suit their daily needs.

So, how does one go about safety-proofing their very own home keeping in mind future needs?

Researchers - Roslyn Dalistan, Associate Professor Kate Laver, and Professor Stacey George - find the key challenges older people face at home, pending the Government's new 2025 taskforce for in-home care review.

Typically, you want to minimise effort and maximise access, both at home and in telling others that something has gone wrong. To do this, look at the fine details of their home and assess hazards, along with solutions.

Gardens

Gardens without an irrigation system, which are otherwise high maintenance, should be reduced to accommodate the abilities of an older person. Succulents can be a great way to offset pruning and watering needs.

Entrances

Consider ramps or fewer steps, which can help with a wheelchair or a walking frame - not just for getting into the house, but for shower cubicles and the bathroom, with steps and ledges serving as prime hip-breaking trip and slip starters.

Slippery when wet

There's a reason why buses and trains across the country have prioritised non-slip material for priority seating used by people with disabilities, people who are pregnant, or people who are going through their golden years in age.

Yet it is something we don't think about enough at home. So, consider re-tiling that bathroom or kitchen to prevent falls.

Access in crisis

Doors that swing inwards could prevent access and support during urgent emergencies, so try to make sure that things open-out rather than potentially shut-in.

Be chair-ful

Depending on the height, chairs throughout the house should be soft, firm, supportive, and not too low, with armchairs always offering an added sense of support. Who doesn't want to be comfortable?

The researchers have designed and tested a digital tool with 60 older people to assist with identifying and eliminating risks and are planning to make it freely available to the public in the near future.

A lack of awareness can make all the difference and a few small changes can preserve that sense of empowerment that many find through staying at home.

Wendy's Recipes

Wendy shares her Grandma's **Cockles** recipe



I love this recipe as it reminds me of my childhood and my wonderful Grandma.

I spent holidays in the Barossa Valley, in Nuriootpa, my mother's home town, and where we always had Cockles to eat when we were there.



Ingredients

- Equal weight of: Eggs, Butter, Sugar, Plain Flour, and Corn Flour (i.e. so if you use 2 eggs, then use approximately 120gm of the other ingredients)
- 1 teaspoon Baking Powder
- Raspberry or strawberry jam (I find that Cottee's holds the best, but use your own or your favourite flavour)
- Icing sugar

Note: A 2 egg batch will make approximately 10-12 joined Cockles

Method

1. Preheat oven to 180°C (fan forced)
2. Cream the butter and sugar well
3. Add the eggs one at a time, beating until creamy
4. Add the sifted flour and baking powder
5. Place 2 teaspoonfuls on a greased over tray (if you shape using two teaspoons you get a nicer cockle shape)
6. Bake for 10 minutes or until lightly golden in colour
7. Remove from oven and allow to cool
8. Once cool, join two halves of a cockle together with jam to create whole cockle
9. Dust with icing sugar once all cockles have been created

Trivia Quiz

Did you know one of the greatest benefits of trivia games is increased brain health?

It strengthens the part of the brain that keeps our minds sharp.



1. What animal can be seen on the Porsche logo?
2. Which Monarch made Valentine's Day a holiday in 1537?
3. Demolition of the Berlin wall separating East and West Germany began in what year?
4. What was the first soft drink in space?
5. What awards has an EGOT winner won?
6. What are the names of Cinderella's step sisters?
7. Who was the first gymnast to score a perfect 10?
8. In what country would you find Lake Bled?
9. The unicorn is the national animal of which country?
10. How long do elephant pregnancies last?
11. What is the hottest planet in the solar system?
12. How many teeth does an adult human have?
13. What creature has 3 hearts and 8 arms?
14. the star sign of leo is what animal?
15. In Greek mythology who's face was said to launch a thousand ships?
16. The Watergate scandal in American history forced which US President to resign in 1974?
17. What is the largest religion by population in the world?
18. Who delivered the famous speech "I have a dream" in 1963?
19. 'Starry, Starry night' is a painting by which well-known artist?
20. The English scientist Stephen Hawking was famous in which field?

The answers to this issue's trivia quiz are located on the back cover.



Trivia Quiz Answers

1. Horse
2. Henry III
3. 1989
4. Coca Cola
5. An Emmy, Grammy, Oscar, & Tony
6. Anastasia and Drizella
7. Nadia Comaneci
8. Slovenia
9. Scotland
10. 22 months
11. Venus (460 degrees c)
12. 32
13. An Octopus
14. Lion
15. Helen of Troy
16. Richard Nixon
17. Christianity
18. Martin Luther King Jr.
19. Vincent Van Gogh
20. Physics

mycaresolution.com.au

Adelaide

Phone: (08) 8331 9922

Address: 4/511 Lower North East Road,
Campbelltown SA 5074

Victor Harbor

Phone: (08) 8552 9840

Address: 2 Stuart Street,
Victor Harbor SA 5211

Morphett Vale

Phone: (08) 8423 0103

Address: 3/166 Main South Road,
Morphett Vale SA 5162

Elizabeth South

Phone: (08) 7286 9210

Address: 89 Philip Highway,
Elizabeth South SA 5112