

# MY CARE Community

EDITION 4  
SPRING 2023



## LOVE AT FIRST SIGHT

We spoke with Bill and Anne to learn their beautiful love story, and what keeps their love for each other growing.



## KEEPING SAFE AND COOL IN THE WARM WEATHER

Follow our tips to stay safe and cool both in your home and when you're out.



# Welcome to My Care Community



Welcome to the fourth edition of our My Care Community Magazine.

On Behalf of the McBriarty family, thank you for choosing My

Care Solution as your preferred provider of home care services.

We were delighted with the Federal Government's decision to allow "mature age" employees the ability to work more hours without impacting on their pension and Centrelink reporting requirements. We have worked closely with Ian Henschke and National Seniors to push for this reform, and with 90% of our workforce female, coupled with the steep rise in the cost of living – these additional hours, coupled with a sizable pay increase in July, will certainly help in meeting those increased costs.

In our blog recently, I emphasized the importance of "having your affairs in order", specifically having legal, comprehensive and up to date Will, appointing an Enduring Power of Attorney who will be respected by all family members, and having an Advanced Care Directive in place that clearly outlines your wishes should you be incapacitated. I have seen too many family disagreements that could have been avoided with those 3 actions.

With the Women's Soccer World Cup being held in Australia this year, we also had the chance to celebrate our Regional Care Manager, Jill Latimer (who was a previous Matilda in the 1980's), a pioneer in her sport. In forty years, they have progressed from selling lamingtons to fund raise, to selling out stadiums – we are very proud of Jill and all that she has accomplished.

We will continue our focus on front line training, including an expanded "buddy system" to ensure new employees learn from our most experienced, we ask for your support when we may request a second person to attend to your visit – you will only be charged for one!

With Christmas fast approaching, we ask that you give us as much notice as possible of your care needs over the Christmas and New Year period – particularly on public holidays.

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

Kindest regards,

Mark McBriarty,  
Executive Director, My Care Solution



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My Care Solution is ready when you need us for a wide range of nursing services.



# My Care Solution Updates

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

## Have You Heard Us on the Radio?

We've been putting ourselves out there, spreading the word about our push for more Caregivers to join our team.

We've been educating the public on the great benefits and showing them how easy it can be to become a Caregiver even without previous formal training.

You may have seen us mentioned in The Advertiser or maybe you've heard us on FIVEaa or ABC Adelaide?

So spread the word, because we want Caregivers!

## Keeping up Appearances

As the My Care Solution team continues to expand, you may have seen our wonderfully wrapped cars out on the road more often.

We're putting our name and brand out there so South Australians know that we are an option for their in-home care solution.

Have you seen us out on the road before?



## Buddy Mentor Program

We're introducing a new way to make sure our Caregivers are providing you the best care.

Currently in the trial period in Victor Harbor, we're hoping to roll out the buddy mentor program across all offices where nominated buddy mentors (Our most exceptional Caregivers) are partnered with new staff so they can feel supported, understand their role, and feel confident in the delivery of services to our valued clients.

There may be times where request that a second Caregiver attends your visit for this purpose.

## Staff Training for Top-Quality Care

Our staff have been putting in a lot of work keeping their skills up-to-date recently.

### Client Care Coordinator Training

Held in September, all our Client Care Coordinators attended a training day at the Payneham Community Library.

Topics covered included:

- Capital purchases (for HCP clients)
- Palliative Care and Voluntary Assisted Dying
- Medication management
- Guest Speaker: Caite from My Care Planner

### Manual Handling Training

Manual Handling training was also conducted with our staff by our Occupational Therapists. There was lots of positive feedback from the day.

### Medication Administration Training

Lastly, staff completed medication administration training which allowed staff to show that they were able to skilfully demonstrate:

- Correct hand hygiene
- Correct technique when assisting clients with medication support and administration
- Correct documentation
- How to identify policies and procedures for medication and medical emergencies.

## Aged Care Employee Day

On Monday August 7th, we celebrated Aged Care Employee Day across all our offices.

Each office hosted an afternoon tea, with an abundance of laughs shared and discussions held amongst the staff who were able to join us to celebrate.

We are so thankful for the incredible staff we have here at My Care Solution who have chosen such a rewarding industry to be a part of.





# 3 Essential Documents To Have Organised as You Age

Why they're important and how they will save both you and your family a lot of stress.

Over the last 15 years, My Care Solution has assisted over 20,000 South Australians to remain in their homes.

We have witnessed many genuine family member conflicts on what the best care approach for the last years of their loved one's life should entail.

Whilst the subject of end-of-life wishes is tough for most of us to approach with our loved ones, it is critical, not just for those facing a terminal disease to plan ahead and organise their affairs.

By putting things in place so that your preferences are recognised and acted on if you are unable to express them yourself later in life, allows you to get the care you want, and provide peace of mind for your loved ones, relatives, and friends.

## What will happen if I have not planned ahead?

When our end-of-life wishes are not known or planned for, it could mean that:

- You get treatments and care that you do not want.
- You miss out on treatments and care that you do want.
- Your loved ones must deal with complex legal issues, such as having to appoint somebody to manage your finances.
- Your loved ones are confused and stressed making decisions about your care.

So what are the three most important documents? And what makes them important?

## 1. Make a legal Will

Ensure you have an up-to-date, professionally constructed, legal Will to ensure your property is divided according to your preferences when you pass.

Although there is no legal obligation for a Solicitor to create a Will, doing so will ensure that your Will is lawful and reduces the chances of it being challenged.

Otherwise, when you die South Australian rules will decide how your property, or 'estate', is split.

**Get legal advice through the Legal Services Commission - 1300 366 424**

## 2. Appoint an Enduring Power of Attorney

This person is to be respected and supported in carrying out your wishes when you are no longer able to do so, specifically in regards to financial and legal choices.

An Enduring Power of Attorney continues to operate even after you become legally incapacitated.

You can appoint more than one person to make decisions jointly, separately, or in some form of hierarchy.

You can also choose if it comes into force as soon as you sign the document or only if you lose mental capacity.

Your Enduring Power of Attorney will be in charge of paying your bills, keeping track of your income, managing your investments, and handling real estate matters on your behalf.

**You can make an Enduring Power of Attorney through the Public Trustee, by engaging a Solicitor, or by purchasing a do-it-yourself kit online from Service SA. For questions - 13 10 84**

## 3. Prepare an Advanced Care Directive

An Advanced Care Directive empowers you to make clear legal arrangements for your future health care, end-of-life, preferred living arrangements and other personal matters.

The Directive also allows you to appoint one or more Substitute Decision-Makers to make these decisions on your behalf.

This document will make it easier for others to know what your wishes are when you are unable to make these decisions yourself. This could be because of a sudden accident, dementia, a sudden serious stroke or if you are unconscious or in a coma.

**You can complete the South Australian Advanced Care Directive form online or by printing and completing the form by hand. Go to [sahealth.sa.gov.au](https://sahealth.sa.gov.au) for the form.**

So while it can be tempting to avoid talking about death or losing mental capacity to your loved ones, it is important to remember that these conversations can save a lot of stress down the line.

As you prepare for Christmas celebrations this year, consider finding a time to sit down with your loved ones to create these documents and let them know what you would like put in place when you need it.



# Our Football Superstar Jill

Our Regional Care Manager Jill tells us her story going from being unable to play football because of her gender, to playing for Australia.

^ Action photo of Jill with the ball in Queensland 1983

Growing up in Liverpool in the United Kingdom started off my love of football. Our family, like thousands of others, were football mad and our beloved team Liverpool did not disappoint going through a golden decade of success in the 60's.

Football in Liverpool brought the community together for a few hours every Sunday afternoon as we forgot about our poor living conditions of sharing homes with other family members and the high unemployment rate at the time.

I was very good at football for my age as an 8-year-old, and I practiced everyday kicking a ball against a wall which drove everyone in our household batty. I had a dream of one day playing in a team like my brothers did, but this was denied to me because I was a girl.

I did not understand as an 8-year-old why everyone told me "Girls do not play football". Even when we emigrated as 10-pound poms to Australia for a better life. I still was not allowed to play football at the age of 10 in South Australia, and all I could do was watch my brothers play and be their ball collector when it went out.

I still did not understand why I couldn't play but hoped the coach would see my potential from the sidelines kicking the ball back with great speed and accuracy. I did not give up on my dream and continued to practice on my own or with my brothers, running rings around them both.

It was not until I was 16 in 1977 that our school Elizabeth West formed a girls' team playing against other recently formed women's football teams Salisbury Utd, St Elizabeth, and Elizabeth Vale. We played each other many times throughout that year.

The South Australian Women's Soccer Association also formed a year later in 1978 and to my delight other teams also joined.

**“Playing my first ever game was so exciting I did not sleep for a week. I think I even took my very first soccer boots to bed with me, I could not believe it was finally happening.”**

In 1979 I was picked in the very first state team representing South Australia in Darwin. I almost burst with excitement. We did not have much money in those days and had to pay for our tracksuit, our flights, accommodation and had to sew our badges on our tracksuits (my mum did that for me). We baked lots of cakes which we sold at our games, held discos, held raffles, really anything to help us get to Darwin.



^ Women's Football World Cup in Taiwan China 1985 (Jill front row third from the left)



^ Playing for Australia in New Zealand in 1980 (Jill third from the left with the cup on her head)

My parents and my brothers, who were always my biggest supporters, hired a campervan and made the grueling trip, breaking down several times, rerouting because of the floods along the way, and getting lost. I was surprised they only missed the first game.

South Australia came fourth at the tournament which was a good effort given the Eastern States and Queenslanders were way ahead of us in playing years, and they had a much higher population.

During this tournament it became known to me that an Australian Coach picked the best players to form an Australian Squad. I was picked that year for the Australian Squad but unfortunately, I did not make the final cut. This did not deter me. I had already known

disappointment and I had an attitude of never giving up on something I was so passionate about.

My biggest goal now was to play for Australia, so I trained by myself everyday (outside of club training) running 20km, 10km in the morning and 10km at night, at lunch time I spent 45 minutes kicking a ball back and forth against a wall with both feet. During my working hours I had a ball under my desk kicking it back and forth between my feet.

My hard work paid off a year later being selected in the Australian team to go to America. Unfortunately, a few weeks from travel the trip was cancelled by the Australian Association due to lack of funding.

In 1981 I was selected again and joined the Australian team at a training camp in Sydney and then travelled to New Zealand to participate in the Trans Australian Cup. We had to pay for our flights and accommodation, but we did get the tracksuits for free.

I was sent a 3-week training schedule from the Australian Coach to prepare for the tournament. This was hard given I had to train alone and join a team where most players were from NSW, QLD and VIC and they knew each other well.

At the time I was a very shy 19-year-old and had to choose my tribe, I chose the Queenslanders to hang out with as they were more laid back and friendly. I still today have those women as my friends.

**“ The crowd that attended was less than 50 people. ”**

There were no sponsors, no banners, corporate boxes, or grandstands, no dignitaries to address the small crowd no national anthems was played, and the little publicity (2 liner or a paragraph) was usually disrespectful “Gorgeous goal getters”.

The press coverage had recurring themes around appearance, fashion, body parts especially legs, attractiveness, and general unwelcome sleaze.

After this trip I was picked a few more times in the Australian Squad but once again no trips were planned due to lack of funding.

**“ In 1985 I was chosen in the Australian Team and travelled to China for the Women’s Invitational World Cup. ”**

This was the first time we had big crowds of around 20 thousand people. Admittedly all the schools were let out to watch us, but it didn’t matter, it was the atmosphere that was amazing and to play against some of the best players in the world was awesome.

I gave up playing football at the young age of 50, then went on to coach the South Australian State team and many junior girls and boys clubs.



^ Jill pictured with her Hall of Fame Award for Football, presented to her in 2022.

I only found out last year whilst attending the Women’s World Cup the reason why I could not play football at a young age. In 1921, The Football Federation in England banned women’s football from its clubs and, stadiums, citing strong opinions about football’s unsuitability for females and this must be discouraged.

The ban was due to the growing popularity of women’s football of having between 20,000 to 50,000 fans attending the games and it was seen as a threat to the men’s game. The ban lasted 50 years, many other countries followed suit including Australia until it was overturned in 1971.

**“ An apology only came from the Football Association in 2008. ”**

On an ending note, I was happy that I had succeed by reaching my goal and never in my wildest dreams would I have though that I would see the Matilda’s play in a world cup on Australian soil. This was the icing on the cake.



^ Bringing home the Trans-Tasman cup Australia vs New Zealand 1980.



^ Jill’s first ever football team in Elizabeth West 1977. She was 16 years old.



# Keeping Safe and Cool in the Warm Weather

As the weather warms up, it's important to consider the risks that the summer season may bring for you both in and out of your home.

## Why your risk of being affected by the heat may be increased:

### You have dementia

This can play a role as you may not recognize that your body is heating up.

### You struggle to maintain good hydration

Not affected by age, struggling to maintain hydration can affect all ages.

### You have low body mass

This causes you to heat up more easily.

### You have mobility problems

This may prevent you from being able to move yourself into a shady or cool space.

So, what are our tips?

## Know the Difference Between Heat-related Illnesses

It becomes harder to regulate temperature as we get older, which means the risk of heat-related illnesses increases.

### Heat Exhaustion

Heat exhaustion occurs when the body is unable to cool itself.

Symptoms include:

- Paleness and sweating
- A rapid heart rate
- Muscle cramps (particularly in the abdomen, arms, or legs)
- Headaches
- Nausea and vomiting
- Dizziness or fainting

### Heat Stroke

Life threatening if left untreated, heat stroke is far more serious than heat exhaustion.

Because of the similarities of symptoms between heat stroke and heat exhaustion the two are often confused, so make sure you know the difference.

Symptoms include:

- A rapid pulse and fast, shallow breathing
- Trouble speaking, slurred speech
- Problems concentrating or coordinating movements
- Dizziness, confusion, seizures, or loss of consciousness
- Sudden rise in body temperature
- Hot and dry, possibly red skin and possibly with not sweat
- Dry, swollen tongue
- Headaches
- Nausea or vomiting

## Drink Lots of water

It's the most obvious one, but something we don't want you to forget!

It's recommended that you drink at least 6-8 glasses of water a day, even when you don't necessarily feel thirsty.

The benefits of drinking water move far beyond keeping you hydrated. Water keeps your body temperature cool and replenishes any fluid you've lost through sweating.

To help yourself drink more water we encourage you to add a fruits, whether this be a slice of lemon, or some frozen berries and mint leaves to add some excitement to plain water.



## Protect Yourself

### When Outside

Make sure to slip, slop, slap, seek, and slide!

The campaign promoted around Australia in the 1980s encouraged the process of being safe outside by using the process of 'slip', 'slop', 'slap', and eventually adding 'seek' and 'slide' in later years.

The meaning behind the words are:

#### Slip

Make sure you're wearing an appropriate shirt covering your arms and shoulders

#### Slop

Cover your exposed skin with sunscreen of at least SPF 30+.

#### Slap

Wear a wide brimmed hat to protect your head and neck.

#### Seek

Look for and stand/sit in shade where possible.

#### Slide

Wear polarised sunglasses to protect your eyes from UV rays.

## Cool Yourself

As well as covering up when you're in the sun, it is important in general to ensure when in hot weather you:

#### Wear Loose Fitting Clothing

Try to wear loose fitting clothing in light materials that can breathe, avoiding darker colours as they absorb heat.

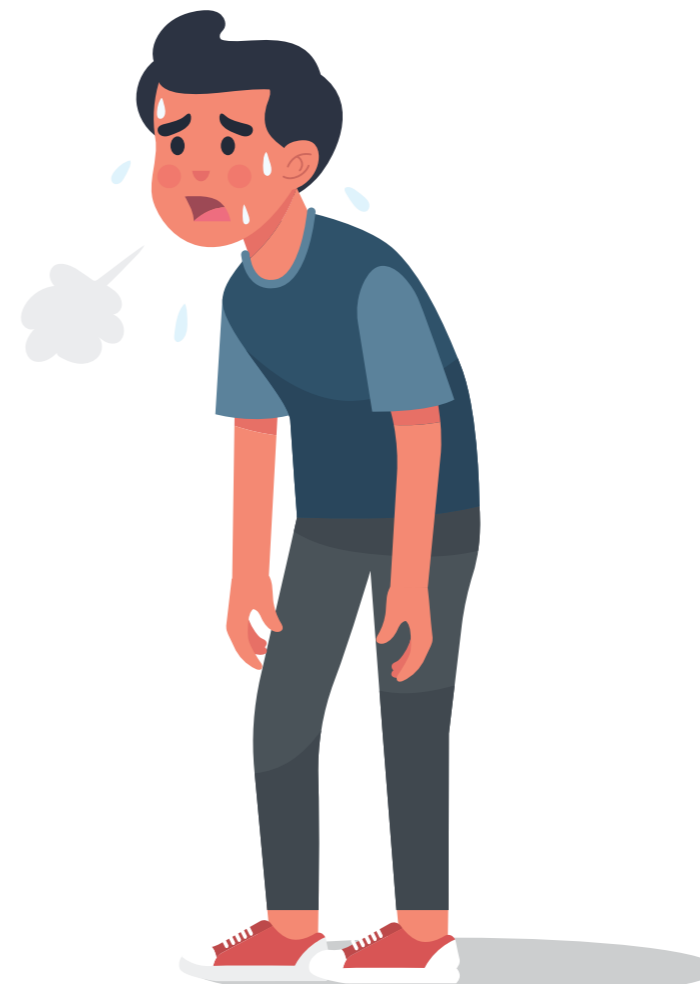
Make sure to remove outer clothing layers if you are beginning to over heat.

#### Find Ways To Cool Down Quickly

Consider taking a cool bath or shower. Or if you've already bathed for the day then an alternative solution is to use a damp cold washcloth to place on your neck or face.

#### Drink Cool Liquids

Keep cool water, iced tea, juice, or lemonade in your fridge to be at-the-ready to keep you cool.



## Cool Your Home

#### Keep the Air Conditioner and Your Fans Running

When possible, keep fans and the air-con on in your home.

#### Make Use of the Night-Time Breeze

Open security-screened windows at night to let in a cool breeze instead of paying for electricity to cool the house down.

#### Shut Your Curtains

So much heat can come in through your windows. Keep your curtains shut, particularly at the hottest point of the day to keep the house cool.

#### Avoid Using the Oven

A big source of heat in your home, where you can, try to avoid using the oven to do any cooking to stop the spread of heat particularly in your kitchen and adjoining rooms.

*Information from this article was collected from the Aged Care Quality and Safety Commission and the HomeCaring website.*



## Love at First Sight

We spoke to our clients Bill and Anne who shared the story of their instant attraction to one another and what's kept them together all these years.

An incredible love story, Bill and Anne's romance spans the decades with over 65 years of being together.

One night in England, Anne was enjoying a night out with friends at the local dance hall. Meanwhile Bill, a member of the British Merchant Navy, was waiting for his boat to be restocked, so had some time to kill.

Off work and ready to enjoy the night, Bill saw the dance hall and decided to drop in and have some fun.

Bill remembers clearly that as he walked into the dance hall he saw Anne resting up against the wall and thought to himself "that's my goal there", knowing even before meeting her that Anne was the one for him. He admits "I couldn't dance, I still can't", and yet he persisted, walking straight towards Anne and ask her for a dance.

Anne stated that

**“ He had the audacity to ask me to marry him that night. ”**

Although she didn't say yes to Bill's marriage proposal that first night, there was clearly a spark between them as they spent the whole night discussing their future children and what their life would be like together.

Anne spoke about her relationship with Bill sharing that "we just clicked" and continued to mention how easy it felt between them. Bill said

**“ I could read her mind and she could read mine. ”**

Bill was struck so hard by his love for Anne that his initial plan to go to America to work on boats was de-railed after meeting Anne.

The two spent just a short 6 months together before tying the knot, but clearly they knew they were meant to be together from very early on.

Bill admits that when the time came for him to legitimately propose marriage to Anne he forgot to ask her father for permission! Luckily he was very happy for them and accepting of the decision.

But not everything was so easy for the couple. Growing up, Bill and Anne had very different childhoods. Bill was raised in an orphanage where he went to school and came home, that was it. There were no friends outside the orphanage, or girlfriends, or anything. Whereas Anne was raised by two loving parents, she had siblings, and was able to go out and enjoy herself with friends exploring the world.

By having wildly different backgrounds, the two sometimes didn't exactly see eye to eye on things. Where Bill was used to saving his money and reserving it for the essentials, Anne couldn't help but want to spend money and spoil their children with new things.

### Bill and Anne's Relationship Tip:

“ Men and women are brought up with completely different ways of thinking, dressing, and living - you're going to clash there. But it's about not thinking that it's too hard to get on the same page. You have to learn to bend and get an understanding of each other.

it's incredible when you come to look at life together, because people are so utterly different, seeing things is such different ways, ” shares Bill.



When considering all this, although Bill and Anne were raised in such different ways, this didn't stop them from having an amazing connection and working through problems and lifestyle conflicts together.

After a heartbreaking 11 miscarriages, Bill and Anne were blessed with four boys and a handful of grandchildren.

They have both undertaken a lot of travel since being together, the biggest move being them taking the leap and coming to Australia.

They've moved around a lot. From Whyalla, to Sydney, to Philip Island, and more until they eventually settled in South Australia.

Bill and Anne are big travellers and would do annual road trips around Australia before Bill fell sick. They have since had to stop the big trips, however continue to take smaller ones where they can. One of their favourites being a trip they took on a boat up the Murray River.

Bill and Anne's love keeps growing every day with Bill sharing "she's the most precious thing." The love these two share is certainly never going away.

## Do you have a story to share?

- A fascinating hobby
- An exciting story from the past
- An interesting career
- A spectacular talent

**Talk to your Client Care Coordinator about getting involved in our upcoming issue.**



## Creating Art

# That Inspires You

We spoke with our client Sandi who takes an interesting approach to the art she creates.



When looking at the many walls filled with artwork in Sandi's house, you would never be able to tell that all the pieces were made by the same person.

There isn't necessarily any consistency with the artwork. Each has its own unique style; from cartoonised women, to abstract landscapes, and mirrorball sculptures, and Sandi always manages to add her own flare to the art she creates.

Sandi began painting when she was around 20 years old living in Port Augusta. Although her mother was an avid painter, it was actually a landscape artist she met there that truly inspired her to turn to art. After meeting her she started painting and hasn't stopped since!

Over the years Sandi has gathered inspiration from a variety of artists, notably french artist Toulouse Lautrec and Austrian painter Gustov Klimt.

Some photos of their work can be seen below:



Example of Toulouse Lautrec's artwork



Example of Gustov Klimt's artwork



Sandi admits she never took up a career in art nor did she do more than a couple classes at Adelaide Art School, as she didn't want to be forced to create under time pressures or make pieces that she didn't fully love.

With no set style that she sticks to, Sandi continues to create whatever inspires her in the moment no matter the theme or material used.

A passion of hers is replicating other artist's work with her own flare to it, to truly make it her own.

She doesn't just stop with painting and wall-hung artwork, Sandi's talents expand beyond the canvas. She is very proud of the children's books she's written and illustrated, and enjoys painting on different items like cutlery, paper mache, and even a rocking horse.

Her favourite pieces she creates is anything including girls, and she absolutely loves adding embellishments to her pieces to really make them pop!

Sandi highly recommends joining a social class for those who have taken up or wanting to take up a hobby like painting.



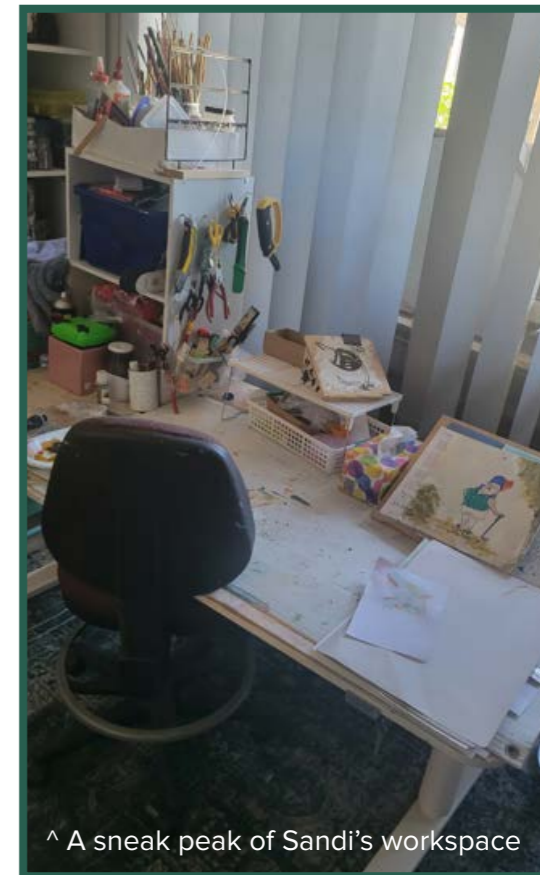
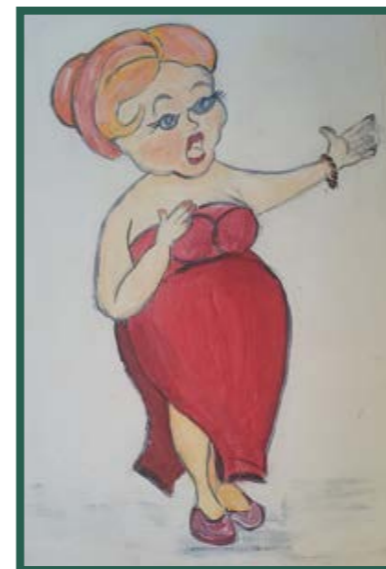
There are plenty of social class opportunities out there for a variety of different artistic interests including lino printing, jewellery, playing the ukelele and more.

Sandi is truly unique in her approach to her work and the variety of pieces she creates. This life-long passion is one perfectly suited to her and continues to bring her joy each day.

### Commissions:

Sandi would be happy to take commissions if your request is within her abilities.

Please email [fischers1944@bigpond.com](mailto:fischers1944@bigpond.com) if you are interested.



^ A sneak peak of Sandi's workspace





# Make Your Mark in the Community

Are you looking for ways to spend your days, stay social, or make a difference?

There are 3 core reasons why volunteering could be a great opportunity for you.

**1. Improved mental health:** By volunteering, your dopamine production increases which improves your mood and therefore reduces your chances of developing mental health issues.

**2. Better physical health:** Without putting too much strain on your body, there are a variety of volunteering opportunities where you are still able get your body moving. This can help lower your blood pressure and reduce the risk of heart disease or stroke.

**3. Stronger sense of purpose:** Volunteering is a great opportunity to help feel a sense of accomplishment and purpose. This can therefore improve your self-worth and motivate you to make more positive changes in your life.

When looking where to volunteer there are many opportunities out there which can cater to your interests, abilities, and the time you have available.

Whilst you may be interested in a public facing role, others may want something that they can do as a more solo venture.

It's definitely worth checking in with your local council for what volunteering opportunities are available to see what would suit you best.

## Volunteering opportunities that may interest you:

- Op shops
- Animal shelters
- Community gardens
- Foodbank SA
- Homeless shelters
- Language tutors
- Library volunteers
- Local conservation groups
- Meals on Wheels
- Rotary Club / Lions Club
- and so much more!

# 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.



# Our Nurses Are at the Ready!

**M**y Care Solution provides nursing services to clients in their home as part of their Home Care Package.

There are currently two nurses delivering care to My Care Solution clients. Margaret is a registered nurse in the role of Clinical Nurse, with a focus on the overall coordination and management of client nursing care and works with clients particularly in the northern area.

Heather is a registered nurse who assists with client care as required. Both nurses are experienced with a variety of clinical expertise.

All areas of Adelaide and surrounds are covered by the nurses who receive referrals from the Client Care Coordinators for nursing visits. Some referrals are directed from hospitals via the coordinators, GPs, or from clients themselves or their families.

Caregivers are an integral part of the health care team and their referrals for nursing assistance are often the first notification to the Client Care Coordinator that some nursing input may be required.

## Some of the clinical areas supported by the nursing staff are:

- General Nursing Assessments
- Medication Administration Assessments
- Continence Assessments
- General Wellbeing Checks
- Wound Care Assessment and Management
- Diabetes Management
- Medication Administration Education
- Palliative Care and Support
- Pressure Area Management and treatment
- Liaising with GPs, specialists, outpatient clinics, podiatrists, and other allied health providers.



Other areas of support can be for mental health, assisting with Advanced Care Directives or assessing for referral to the most appropriate provider.

Families and carers of clients are an important part of community care and nurses build effective rapport and develop meaningful relationships to support optimal outcomes for clients.

**Please refer any nursing queries to your Client Care Coordinator who will make a referral for nursing services as deemed necessary.**



[mycaresolution.com.au](http://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

