

MY CARE *Community*

EDITION 6
AUTUMN 2024



KEEP DOING WHAT YOU LOVE

How Alan's craftsmanship
has helped him live a
fulfilling life.

my 
care
solution

SLEEPING SOUNDLY IN YOUR GOLDEN YEARS

Why it's more important as
you age, and tips to get the
best sleep.



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Welcome to My Care Community



Welcome to the 6th edition of our My Care Community Magazine.

Our recent client focus has been on building

Community connections with our clients – we have introduced our “Adelaide Adventures“ a series of bus trips to popular destinations including our upcoming destinations the Monarto Safari Park and Woodside Cheese Wrights and Melba's Chocolates – if you have any suggestions on upcoming trips – please let your Coordinator know.

We have also relocated our Victor Harbor Community Club to it's new home - Middleton Pioneer Hall. If you would like to visit our Community Club in Victor Harbor please speak with your Client Care Coordinator, and stay tuned for some exciting news.

We continue to invest in training for our team - a recent Client Care Development day focused on “Being easy to deal with“ linked closely to our Value of “Responsiveness” – quick to answer the phone, quick to resolve

any issues or concerns, – we always welcome your feedback on how we can continue to improve.

Our Caregivers have also recently received training in medication management and manual handling.

Please let your coordinator know if we can assist you in reaching your life goals, whether that be improving your balance, fitness, nutrition or social connections, we are here to help.

As we head into the winter months, we also encourage our clients to remain active and connected, wear layers of clothes to ensure warmth, wear sensible shoes and ensure hallways are well lit and free of clutter.

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

With Kindest Regards,

Mark McBriarty,
Executive Director, My Care Solution



Community Club's New Home

At the start of this year, the Victor Harbor Community Club were required to find a new meeting location.

We now meet at Middleton Pioneer Hall. Location at 3 Walker Place, Middleton. Continuing to meet every Wednesday, the regulars have definitely settled into their new home.

Continuing to enjoy a game of bingo and the company of the friends they've made, if you're interested in joining our Community Club, have a chat with your Client Care Coordinator.



Supporting the Zahra Foundation

On March 17th a handful of our team headed out to the beach to complete the Zahra Foundation 'Women on the Run' event.

Raising money to support women who are victims of domestic and family violence get back on their feet, our team participated in the 4km loop walk on the stretch between Grange and Henley Beach.



My Care Solution Updates

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

Staff Training

We continue to increase the knowledge and skills of all our staff at My Care Solution to better your care experience.

Since our last issue multiple Medication Administration Trainings have taken place.

This training allows our Caregivers to be reminded of and learn the following:

- Correct technique when assisting clients with medication support and administration, including but not limited to oral medications, topical lotions, eye drops, inhaled medications, and transdermal patches.
- How to clean equipment used in medication support and administration.
- Correct documentation including hazard and incident reporting.
- How to identify policies and procedures for medication and medical emergencies.

Our Client Care Coordinators also met to further their knowledge on the topics of palliative care, the Serious Incident Response Scheme (SIRS), and being responsive to our clients.

These training sessions are essential to help My Care Solution with continuous improvement, particularly in regards to care quality.



The Introduction of Adelaide Adventures

To the many of you have already had the chance to join us on the Adelaide Adventures for our clients, thank you for the overwhelmingly positive response.

These outings allow our clients to mingle with one another whilst exploring what Adelaide and its surrounds has to offer.

Our most recent outings saw us visit the Revolution Motor Museum in Mypolonga and Karkoo Garden Centre in Oakbank.

Find out about upcoming outings and how to join us on Pages 9 & 10.

Our Executive Director Mark also had the opportunity to speak with 12 Zahra Foundation participants on the opportunity of employment in the Care Industry, specifically community aged care. His words were well supported, with a number of participants keen to make a difference in their local communities and therefore seeing value in work within community aged care.



Keeping Up To Date with COVID

It is really important that we do not get complacent and think that COVID-19 is a thing of the past, as it is certainly not.

In Table 1 and 2 you'll find the COVID updates from SA Health for the week ending Friday March 22nd.

These updates appear at approximately 12.00pm every Friday and can be accessed by navigating to the COVID-19 Statistics Dashboard from the SA Health Website.

COVID-19 Cases SA	
New cases reported this week	1,165
Total cases	972,571
COVID-19 Deaths SA	
Deaths notified in the past week	0
Total deaths	1,715
COVID-19 PRC tests SA	
PCR tests conducted in the past week	3,614
Total PCR tests conducted	5,784,609

Table 1. COVID-19 Update

We encourage you to continue to stay protected from COVID-19 by receiving your regular vaccination.

For individuals aged 65-74 it is recommended to get vaccinated at least every 12 months, however you can receive a dose every six months. It's important that you talk to your healthcare provider about the risks and benefits.

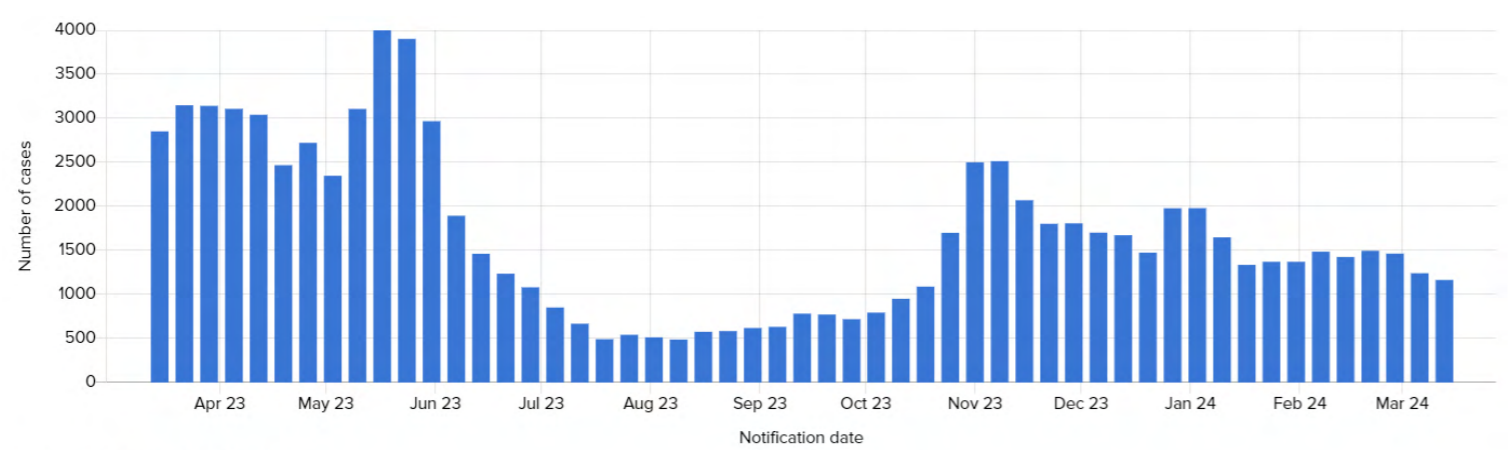
For individuals aged 75 years and older it is recommended to receive a dose every 6 months.

Please Advise:

To help keep you and our My Care Solution staff safe, we would really appreciate if you advise your Client Care Coordinator if you or someone living in the same household as you has COVID-19 or has been experiencing COVID-19 symptoms the past 2 days.

We can then ensure your Care staff are fully prepared and equipped with PPE for your service visit.

My Care Solution are always doing their part to ensure both clients and staff are safe.



Updated: 10:34am 22 Mar 2024

Table 2. South Australian COVID-19 cases over the past 12 months



Sleeping Soundly in Your Golden Years

As we sail through the golden years of our lives, the waves of sleep often become more elusive and less restorative.

But worry not, because My Care Solution is here to guide you through the tranquil seas of healthier slumber. Understanding and adapting to the changes in our sleep patterns as we age is crucial for maintaining our health, wellbeing, and zest for life.

Why Sleep Matters More as We Age

Sleep is the golden chain that ties our health and bodies together. For seniors, a good night's sleep is essential for memory consolidation, emotional balance, and physical health.

However, as we age, our sleep patterns may shift, leading to reduced sleep quality and duration. This can affect our daytime energy, cognitive function, and even our mood.

Navigating the Challenges of Senior Sleep

Several factors contribute to sleep challenges in seniors, including alterations in the body's internal clock, health conditions, and even the medications used to treat them. Lifestyle and environmental factors also play a significant role. The good news? There are effective strategies to improve sleep quality.

1. Create A Sleep Sanctuary

Your bedroom should be a haven for sleep. Ensure it's cool, quiet, and dark. Consider using eye masks or blackout curtains to block out light, and white noise machines to drown out disruptive sounds.

2. Stick To A Sleep Schedule

Consistency is key. Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock.

3. Mind Your Diet

What you eat and drink can affect your sleep. Limit caffeine and alcohol intake, especially in the hours leading up to bedtime. Opt for a light snack if you're hungry before bed, but avoid heavy meals.

4. Foster a Pre-Sleep Routine

Engage in relaxing activities before bed to help signal to your body that it's time to wind down. This could include reading, listening to soft music, or taking a warm bath.

5. Stay Active

Regular physical activity can help you fall asleep faster and enjoy deeper sleep. However, avoid vigorous exercise close to bedtime.

6. Seek Sunshine

Exposure to natural daylight helps regulate sleep patterns. Try to get outside or sit by a window for at least 30 minutes each day.

7. Manage Stress

Practice relaxation techniques such as deep breathing, meditation, or gentle yoga to reduce stress and promote better sleep.

8. Consult Healthcare Professionals

If sleep problems persist, it may be time to consult a healthcare provider. They can help identify any underlying issues and offer appropriate solutions.

Sleep is not just a necessity but a luxury you deserve. By adhering to these tips and creating a sleep-friendly environment, you're setting the stage for more restful nights.

Remember, your golden years should be filled with both memorable days and restorative nights.

Here's to dreaming big and sleeping soundly, embracing every moment of your well-earned retirement with energy and joy.

Adelaide Adventures:

A visit to Mannum and a trip to Karkoo

On Wednesday February 21st, our February outing saw clients on a journey to a town right on the River Murray, Mannum.

Commencing at Felixstowe Reserve, the coach which featured a chair lifter, guided us on our adventure.

It was a lovely drive through the hills with jokes and interesting facts provided by the bus driver Paul.

Arriving at Mannum for a beautiful lunch overlooking the river, a fun ride home chatting while some took the time to have a 'nap' before arriving back home.



Then on Tuesday March 19th, we wandered through Karkoo Garden Centre in Oakbank.

Clients enjoyed taking in the beautiful gardens, smelling the flowers, and taking a peak at the beautiful homewares on offer.

They were then treated to a delicious meal at the Karkoo cafe where they mingled about the interesting things they had encountered during their walk.

Clients loved the opportunity to get out and about in the sunshine, and maybe even steal some ideas for what to include within their own gardens at home.



Upcoming Outings

May 15th

Enjoy the animals and atmosphere at Monarto Safari Park.

We'll take a tour through the largest open-range safari park in the world, learning all about earth's incredible creatures, and then enjoy a meal at the park's cafe.

When: May 15th, 9.30am - 4.00pm

Pick Up: 9.30am - Dinton Farm Reserve Dog Park (Corner of Melsetter Road and Main South Road, Huntfield Heights)

OR 10.15am - Glandore Community Centre (Clark Ave Park)

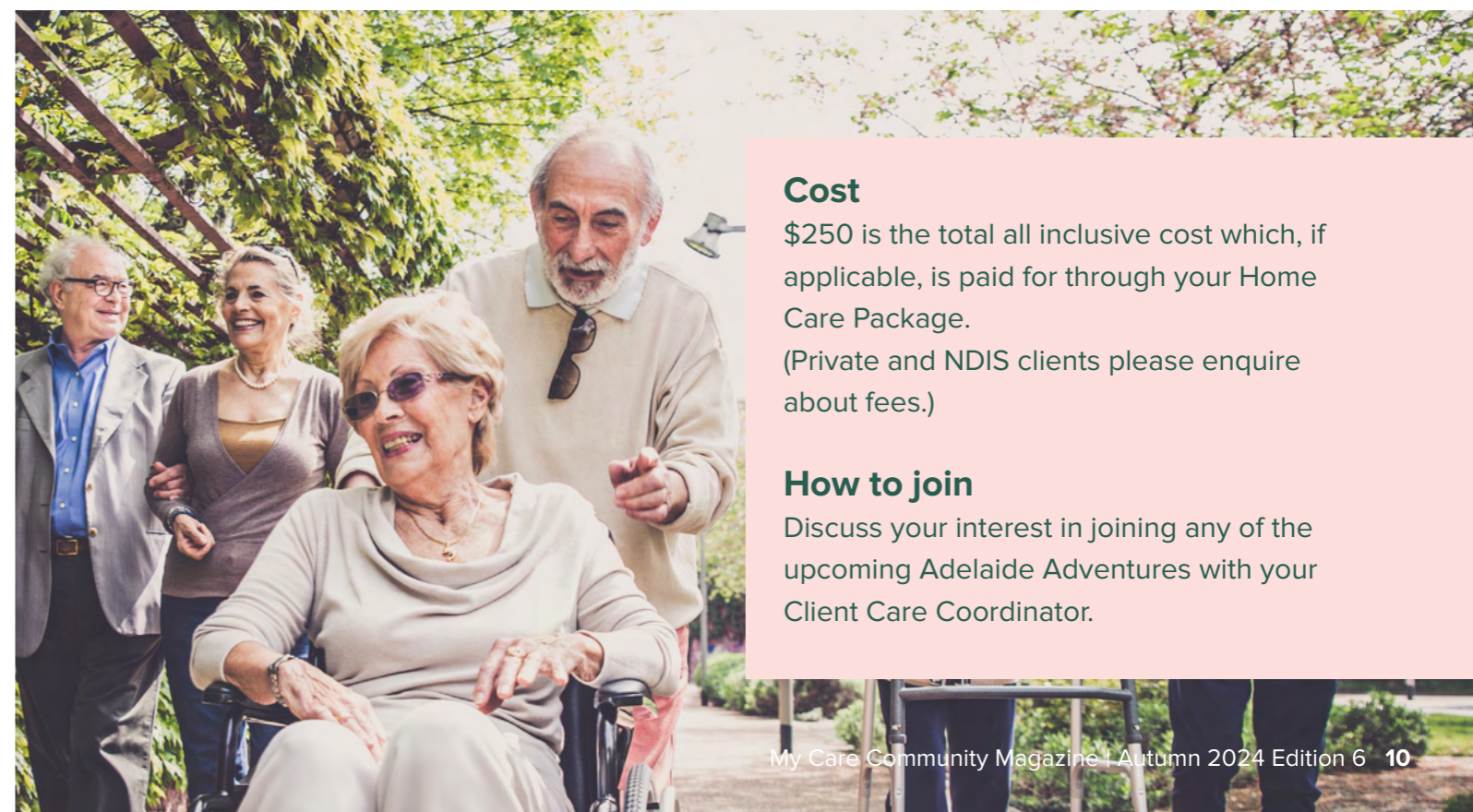
June 19th

Go on an adventure to Woodside for cheese and chocolates.

Explore the flavours at Woodside Cheese Wrights and Melba's Chocolates, before enjoying a bite at the Woodside Providore for lunch.

When: June 19th, 10.00am - 4.00pm

Pick Up: 10.00am - The ARC, 531 Lower North East Road, Campbelltown. (Back car park off Botanic Road)



Cost

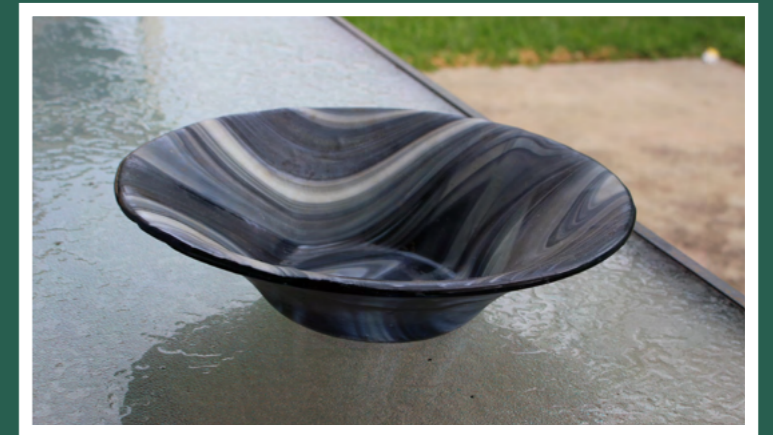
\$250 is the total all inclusive cost which, if applicable, is paid for through your Home Care Package. (Private and NDIS clients please enquire about fees.)

How to join

Discuss your interest in joining any of the upcoming Adelaide Adventures with your Client Care Coordinator.

Unveiling Creativity

A Couple's Exploration of Varied Art Forms



Between moving states, countries, and houses, switching jobs, and travelling Australia, Joe and Sandra continue to discover new art forms which help stimulate creative and allow them to use their hands.

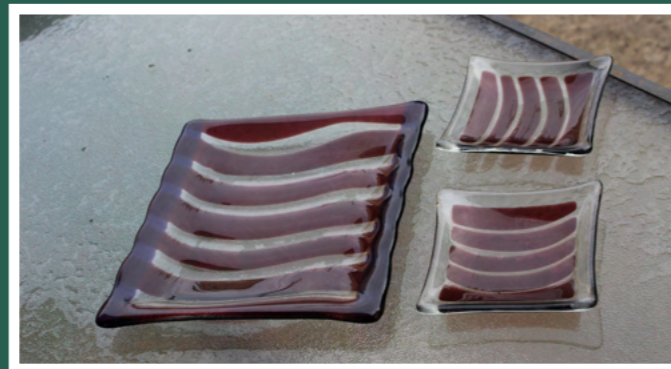
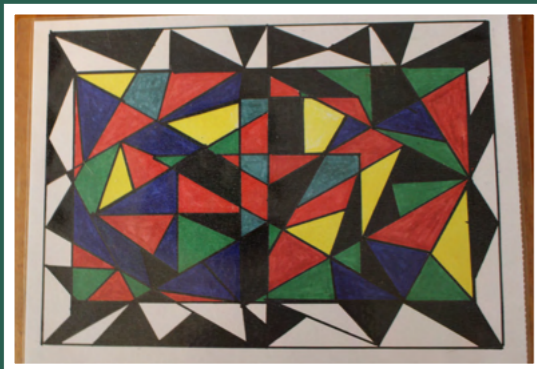
The two met in the town they grew up in, Mount Gambier and fell in love, in October this year they celebrate their 60th Wedding Anniversary.

From the moment they fell in love they've always followed each other's lead when a new job opportunity presented itself or one of their children wanted to work or study somewhere new.

Amongst all the busyness the two of them have taken to a variety of creative outlets including:

- Pottery
- Wood turning
- Glasswork
- Knitting
- Sewing
- Crocheting
- Cooking
- Making clothes
- Jewellery Making
- Beading
- Geometric drawings
- Acrylic art

And the list doesn't stop there...



Much like the extensive list of very hands-on hobbies, for their day job, Joe and Sarndra found themselves participating in all kinds of work. Social work, teaching, journalism, employment management, they even assisted with setting up the suicide prevention crisis support hotline Lifeline in New Zealand.

Most of the hobbies the pair have worked with they've had no formal training, it's a lot of experimenting. With glasswork for example, Sarndra attended a workshop of the basics through a mutual friend. However the majority of the techniques they discovered were all created purely through experimentation.

However, this doesn't mean they haven't had their fair share of disasters. Particularly when using the kiln they encountered problems of setting the heat up too high and melting all their pieces they've created, and one time even almost burning the house down!

When asked if they ever thought of turning their projects into a business or full-time gig, they admitted that they had attempted to sell their art at markets but it really wasn't for them.

"You'd be so worried about if you would sell anything or not" they shared, and "Joe doesn't have an entrepreneurial bone in his body!" Sarndra cheekily added.

Sarndra would bring some jewellery she'd make into work to sell in the tea room from time to time, but this wasn't a long term way to sell their art.

Instead, when they started experimenting with things like glasswork and jewellery, they decided to showcase their pieces in galleries and studios where its true value was represented and Joe and Sarndra didn't need to put in the hard yards to sell it. Their art was showcased in galleries in Mount Compass and Victor Harbor to name a few.

They were also able to give away hundreds of their paintings to charity fundraisers for people like the SA Firefighters.

Through multiple health battles they've found themselves continuing to turn to art. Recently Joe has began creating geometric drawings and Sarndra creates acrylic art on canvases and records.

Undertaking these forms of art allow the two of them to challenge themselves mentally - with Joe coming up with new types of patterns and Sarndra new techniques for how the paint can be manipulated.

As they live their now quiet life they continue to look for ways to be inspired and use their artistic abilities in new and exciting ways.



Serious Incident Response Scheme

What is My Care Solution's responsibility to you.

The Serious Incident Response Scheme (SIRS) was extended to home services in December 2022.

It is an initiative to help prevent and reduce the risk and occurrence of incidents of abuse and neglect of older Australians receiving Commonwealth-funded aged care services by:

1. Building provider capacity to better identify and mitigate risks of potential harm, and respond to and manage incidents that occur.
2. Driving learning and improvement at a sector and service level to reduce the number of preventable incidents.
3. Holding providers to account to provide support to consumers (and others affected by the incident) in the event of an incident.

The Commission expects My Care Solution (MCS) and its staff to be familiar with the legislative changes that supported the introduction of the SIRS.

The changes affected both provider responsibilities and the Commission's regulatory powers. (The Explanatory Memorandum that accompanied the Royal Commission Response Bill 2022)

The SIRS complements other provider responsibilities including the integrated expectations of the Charter of Rights, the Code of Conduct (updated Dec 1-2022), the Quality Standards and open disclosure requirements.

Together, these support providers like MCS, engage in risk management and continuous improvement activities to deliver safe, quality care and services to you, our clients.

The SIRS introduced additional requirements for providers in relation to:

Incident management and prevention including requirements for:

1. Responding to, assessing and managing incidents
2. Notifying other persons or bodies (including the police) of certain incidents
3. Continuously improving incident management and prevention
4. Implementing and maintaining an IMS, including:
 - Establishing procedures for identifying, managing and resolving incidents
 - Documenting and record keeping in relation to incidents
 - Supporting staff to use and comply with the Incident Management System (IMS)

But most specifically:

1. Notifying the Commission of reportable incidents, including requirements for:
2. Ensuring staff escalate and report reportable incidents within the organisation
3. Notifying the Commission of Priority 1 reportable incidents within 24 hours
4. Notifying the Commission of Priority 2 reportable incidents within 30 days
5. Including specific information about each reportable incident in the notice.

MCS incident management and prevention responsibilities apply to all incidents that occur in connection with the provision of care.

A subset of these reportable incidents must also be notified to the Commission.

For home services, this may include any incidents:

- Resulting from the action (or inaction) of a staff member of the provider. This includes subcontracted individuals or organisations, those managing care coordination, administration, etc. and volunteers
- That occur while care and services are being delivered to a consumer (e.g. Where the consumer is participating in an activity outside of the consumer's home organised by the provider and is bullied or harassed by another consumer).

What is not a reportable incident?

Incidents occurring during the delivery of care and services resulting in harm to staff members, the consumer's family members or others – where the consumer was not affected are not required to be reported.



While there are limits as a home services provider on what MCS can do to prevent and manage certain incidents that happen within your home or in the community, if we become aware of incidents that affect you or a staff member's well-being, we will act in your best interests (i.e. to support your health, safety and well-being).

Reportable incidents are a subset of the incidents to which MCS incident prevention and management responsibilities apply

What is a reportable incident?

- An incident that has occurred, or is alleged or suspected of having occurred, in connection with the provision of care to a consumer
- The incident has caused harm, or could reasonably have been expected to have caused harm, to a consumer, and
- The incident is one of the following types of incidents:
 - Unreasonable use of force
 - Unlawful sexual contact or inappropriate sexual conduct.
 - Psychological or emotional abuse
 - Unexpected death
 - Stealing or financial coercion
 - Neglect
 - Inappropriate use of restrictive practices
 - Missing consumers

Rest assured that we record all incidents that are reported through to us and assess against the SIRS Reportable Incident Workflow. Your safety and wellbeing is our number one priority.

Below is a summary of our incident reporting YTD – MCS encourages an open and transparent reporting that is reflected by the number of incidents captured. There have been no SIRS reports YTD.

2024	20
Incident - Injury / Illness	9
Closed - Process completed	5
Logged - NO further action	4
Incident - No Harm	11
Closed - Process completed	3
Logged - NO further action	8

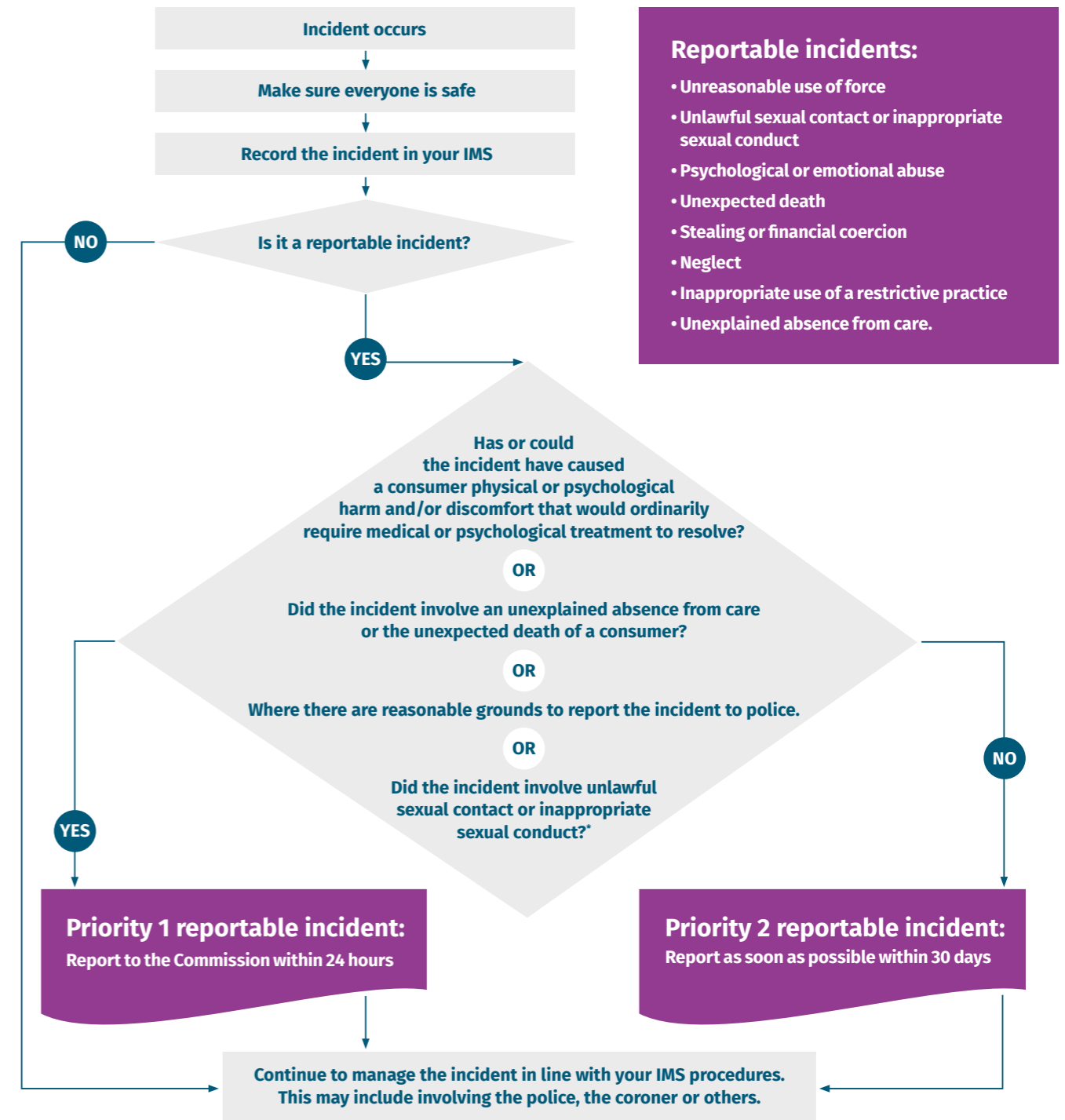
If you have any questions, concerns or want more information please speak with your Client Care Coordinator.

For all enquiries, consumers and the general public can:

- Call the Commission for free on 1800 951 822
- Email the Commission at info@agedcarequality.gov.au
- Write to the Aged Care Quality and Safety Commission, GPO Box 9819

Reportable incidents workflow

Take the following steps when an incident occurs in your aged care service:



Reportable incidents should be reported to the Commission using the My Aged Care Provider Portal.

*The Commission considers all incidents of unlawful sexual contact or inappropriate sexual conduct to be Priority 1 reportable incidents.



Batting for Success

Our Caregiver's success in world-wide Cricket

My name is Subash Khakurel and I was born in Kavrepalanchowk – Nepal which is roughly 40km away from the capital Kathmandu.

The Early Years

I have a sibling, Maneesh, who is four years younger than me. I grew up in a joint family structure and as a young kid I was inspired to play cricket from my eldest cousin, and when I was 6 years old, my family moved to Kathmandu.

I have a vivid memory of watching the 1999 World Cup with my elder cousins and following this I got into playing cricket.

During my primary school days, I remember playing school cricket with my classmates. Slowly, I started developing a love for this game including playing on the weekend with friends from the community.

Kathmandu is a densely populated city and due to its landscape, there is very little options for a cricket oval. Therefore, on the weekend everyone descends into the central community oval known as Tudikhel where there is all sorts of sports being played including cricket and soccer.

Tudikhel has a significant role within the cricket fraternity in Nepal given that every player that has represented Nepal, has started their journey in Tudikhel.

Nepal only came into International Cricket Council's recognition in the mid 90's and there was no structure within Nepal including access to any resources for players.

Getting Serious About Cricket

Cricket is an expensive sport and given the financial situation of individual players, there wasn't many who had access to quality gear. During my initial stages, I had to rely on senior players to allow me to use their cricket gear as I did not have access to any whatsoever.

During late 2000's, while I was studying in college I have the chance to play for a college tournament, this gave me an opportunity to showcase my talent within the Kathmandu district where I was awarded player of the year.

Following this, I played for the Kathmandu Regional team (now Bagmati Province) which exposed me to senior cricket in Nepal. I had an outstanding year that season and was noticed by the national selectors.

My first exposure to International Cricket came following the successful year with Kathmandu and I was selected as a representative in the Under 21 – South Asian Games in Dhaka – Bangladesh.

With the exposure in the South Asian Games, I realised that I had to improve my game to become successful in International Cricket.

I spent hours training, day and night and sought support from my coaches. At this point in time, Nepal engaged a new coach (Pubudu Dassanayake – Former Sri Lankan Test Player) who was very influential in shaping not only me but also Nepal Cricket.

Later that year I was selected to represent Nepal in the Under 19 World Cup in Townsville – Australia. Although Nepal is not a test playing nation, playing in this event, allowed me to compete with world class cricketers from test playing nations including England, Australia, Sri Lanka and India.

Unfortunately, Nepal didn't have a great tournament, I became a standout player from the associate countries that participated in this tournament, scoring a total of 200+ runs in 5 games.

I scored a half century against stronger teams like England and New Zealand. I was able to reflect on my experience and realised the deficiencies of a non-test playing nation including not having a proper system in place to develop cricket at a junior level.



Making the National Team

At the age of 17, I was selected to play for Nepal National Cricket team. Although young, I was able to score my first International century for Nepal and I became the 1st Nepalese batsman to ever achieve this feat. This record was intact for the next 10 years.

I continued my hard work with a passion to strive to improve my game. I was fortunate enough to represent my country in the International Cricket World Cup 2014 and I became the most run scorer for Nepal.

It had been a dream all my teammates and me to be able to firstly qualify for the International Cricket World Cup and then participate in the tournament in Bangladesh.

Especially to participate in a tournament where the likes of Virat Kohli, Rohit Sharma, MS Dhoni, Shane Watson, Brett Lee, AB De Villiers Dale Steyn and others were. I was pinching myself given that I had watched these players growing up in television and to be able to participate in the same tournament gave me goose bumps.

All the sacrifices that I had made playing cricket for Nepal came true when I scored the 1st International T20 half century and became the 1st Nepalese to ever achieve this feat.

The Setbacks

I continued my journey with Nepal Cricket and assisted in lifting Nepal from Division 5 to One Day International Cricket status in 2018. However, life threw a curve ball and I was injured during training, breaking my wrist.

This became a major set back in my cricket career and I was out of International Cricket for the next 12 months.

It was tough for me to be away from cricket for such a significant amount of time. In the process, I lost my National Cricket Contract, and this had major financial implications both personally and professionally.

I never gave up with the dream and hope of representing Nepal again, and in 2018 I did a come back in ODI series (Nepal's first ever ODI series) in Netherlands and Asian Cricket Premier Competition – Malaysia. I went on to score another One Day International half century in that tournament.

I then had another setback, where I tore my ankle ligament (level 2 injury). This again kept me out of cricket for another 6 months.

I gave my absolute best to recover and tried another comeback. I was successful, and again represented the national team in the World Cricket League in Nepal in 2020. Due to these injuries, my performance was not up to the standard. My last game for the Nepalese National Team was in June 2022 for the World Cricket League in the United States.

Due to my recurring injuries, in 2022 I decided to call time to my cricket career. After having discussions with few of my close friends and the better opportunities available to myself and my family, I decided to migrate to Adelaide, Australia.

Continuing A Love of the Sport

Since October 2022, I have been part of the Adelaide University Cricket Club playing Premier Cricket. I have been able to utilise my experience and skills in assisting and developing new and emerging players for Adelaide University Cricket Club.

As a way of giving back to my community, I have been heavily involved with Adelaide Nepalese Cricket Association, I regularly mentor young players within the community and will continue to do so.

Given my involvement with Adelaide University Cricket Club, I have been actively involved in supporting cricket players in Nepal to help them develop their game.



Keeping Doing What You Love

Showcasing Alan's Impeccable Craftsmanship

Alan spent the majority of his life as a mechanical engineer. But what remains his true passion throughout his life is the hobbies he took up outside of his general work day.

His love for handcrafting boats, gliders, house extensions and more, from the first sketch to the last coat of paint is what he found the most exciting.

Thanks to his father's love of working with his hands, Alan quickly picked up his father's talents and love for handbuilt projects.



Photo 1.



Photo 2.



Photo 3.

One of the first substantial projects he built was a caravan in 1958 (Shown in Photo 1.).

He then went onto projects like the ski boat shown in Photo 2 and a fiber glass sailboat shown in Photo 3.

The projects continued as he found a love for building gliders which he'll always have a soft spot for.

Alan and his wife Marilyn decided they needed something more comfortable than a yacht, and so Hussyenda 2 was designed for use in protected waters (Photos 4 - 6).

Taking 3 years to build, full height headroom throughout and sleeping four, it was for use as a caravan and towed to Airlie Beach, being



Photo 4.



Photo 5.



Photo 6.

put into the water whenever the weather was suitable.

Sketching the tailer-able houseboat out took some time as Alan shares they wanted a boat, with full height head room over the whole vessel, ensure it could be pulled behind a car and suitable for water. Alan wanted to be able to take the Hussyenda all the way up to the Whitsundays and be able to put it in the water whenever he liked.

But the projects didn't stop there. About 1975 Alan and Marilyn decided their house needed another level and so an extension was build in the backyard and hoisted it up with 2 cranes to an opening made in the roof (Photos 7 - 9). This same method was then used to prefabricate a 2 story holiday house, transported to Goolwa in several truck loads.



Photo 7.



Photo 8.



Photo 9.

Joe's joy for creating new projects will always go back to the gliders stating **"they'll always be my biggest love"**.

The last plane he had built and flew was a self-launching glider with a folding propeller. Taking 4 years to build, Alan was flying this one for 9 years until he turned 84 and stopped flying altogether. (Photo 10)

Throughout his lifetime, Alan was able to find a community with individuals with similar

interests at the Adelaide Soaring Club which he joined in 1952. Although unable to fly the planes now, he continues to visit to watch them fly overhead and is currently writing up the history of the club which was established in late 1944.

After giving up full size flying he turned to building model planes which now hang in his garage (Shown in Photos 11 & 12). He admits he had stopped crafting these for a little while, but is getting back into it to complete started projects.



Photo 10.



So what's he up to now?

In the last year or so, Alan has begun using his craftsmanship skills to fix common problems. This includes:

- A tray that secures onto the front of a walker to make it easier to transport things. (Photo 13)
- A plug pusher, created out of an old paint brush handle and some silicone, this creation helps his wife who has bad arthritis to push down the heavy plug. (Photo 14)
- Cupboards on wheels for the Retirement Village Rec Room. Created out of old kitchen cupboards, Alan saw what they had to offer and put a section of the cupboard on wheels and made a movable storage space.
- A custom lamp that sits in their home between their lounge chairs. With the lights at the right height and angle it is perfect for when Alan and his wife want it.



Photo 11.



Photo 12.



Photo 13.



Photo 14.

The Montessori Approach for Dementia

The Montessori approach for Dementia care is based on the educational principles and philosophies of childhood educator Dr. Maria Montessori.

It was Dr. Cameron J. Camp that then discovered that the same principles could be effectively adapted as an approach for Dementia Care.

For more than 30 years, Dr. Cameron J Camp has devoted his life to the study of Alzheimer's and dementia, and how to empower those living with either.



Putting the Montessori Method Into Practice for Aged Care

First, get to know the person living with dementia, their history, family, interest, abilities, activities, likes and dislikes. What are their strengths now? Every person is unique.

The Montessori approach focuses on re-discovering and supporting the person behind dementia. Activities with meaning and purpose are put back into people's lives, based on needs, interests, skills, and abilities.

Montessori methods help reduce and can prevent challenging behaviours associated with dementia. People living with dementia need to be involved in planning their activities, they need to feel useful and important.

My Care Solution has adapted the Montessori Approach for all our clients, where they are living with Dementia or not. Montessori is a positive approach as it allows clients to focus on their strengths and engage in meaningful activities which are planned with each individual as being unique.



Do You Qualify for a Companion Card?

What is it?

An opportunity to assist those living with a significant and permanent disability. The companion card provides free entry for the individual's carer/companion when purchasing a ticket at participating venues and activities across South Australia.

Who Can Apply?

You need to fulfil the following requirements:

- You live in South Australia or reside here under a valid visa
- You have a lifelong or profound disability
- Due to your disability, you are unable to participate at most venues and activities without significant attendant assistance care with mobility, communication, self-care and planning.

How Do I Apply?

Visit sa.gov.au and search 'Companion Card'

You'll be prompted to:

- Complete the application form
- Provide 2 colour passport sized photos
- Provide supporting evidence e.g. contact details of support services or current reports from health professionals
- Post the completed application to the provided address.

Wendy's Recipes

Lemon and Blueberry Tea Cake



Cake Ingredients

- 100g unsalted butter, softened
- 100g cream cheese, softened
- 150g caster sugar
- 1 teaspoon vanilla bean paste (optional)
- 2 small (100g) eggs, at room temperature
- 1 teaspoon lemon zest, finely grated
- 175g self-raising flour
- Pinch sea salt flakes
- 60g sour cream or Greek yoghurt
- 150g frozen or fresh blueberries

Icing Ingredients

- 125g (1/2 block) cream cheese, room temperature
- 100g unsalted butter, room temperature
- 50g icing sugar
- 2 tablespoons blueberry jam for swirl
- Blueberries to decorate



Method

1. Preheat a fan forced oven to 175c, lightly grease and line a 20cm square cake tin (round is also okay)
2. Place the softened butter, cream cheese, optional vanilla and caster sugar into the bowl of a kitchen mixer with paddle attachment, beat until light and creamy
3. Add the egg bit by bit beating well after each addition
4. Sieve the flour into a large bowl, add salt
5. Stop the mixing machine, add the lemon zest, flour mix and sour cream, mix on a slow speed until just combined.
6. Fold in the blueberries, be careful not to overmix or the colour will bleed, pour into the prepared tin. Place into the preheated oven, cook for 45-60 minutes or until golden and a skewer comes out clean.
7. Remove from the oven, cool before removing from the pan, place on a rack to cool.
8. Ice as desired, finish with fresh blueberries and mint, serve at room temperature.

Icing Method

1. Place the softened cream cheese and butter into the kitchen mixer bowl
2. Beat mixture with the paddle until lightly and fluffy.
3. Sift the icing sugar, add and beat to combine.
4. Just fold in the blueberry jam to create a swirled affect, ice and top with blueberries.

If you don't like the icing then just a light dusting of icing sugar on the top with some fresh blueberries will suffice or add a dollop of cream or icecream next to it.

Warm up a slice in the microwave and have like a pudding with some custard. YUMMY!

mycaresolution.com.au

Campbelltown

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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

my
care
solution

The logo for 'my care solution' features the words 'my', 'care', and 'solution' stacked vertically in a dark teal, lowercase, sans-serif font. To the right of the text is a light pink graphic element consisting of two overlapping squares: a larger one on top and a smaller one on the bottom, both with rounded corners.