

Woods Point Newsletter

July 2024



Resident & Representative Meeting Minutes

A Resident & Representative Meeting was held on 6 June 2024. A summary of those minutes follow:

Marita reported on the number of falls and near misses since March 2024. It was noted the number of residents with multiple falls remained the same, however, there was a reduction in the number of residents with single falls. It was reported the primary cause of falls relates to residents suffering infections, in particular COVID and UTI's. Other causes relate to progression of disease, constipation, decline in strength and balance and poor cognition.

Non fall related skin tears was considerably down compared to last month and fall related skin tears remained the same. The primary cause for skin tears occurs as a result of bumps or knocks, self/restless/scratches. Skin tears are documented, allowing for staff education to minimise risk to frail/friable skin to limit tears, ie: using skin protection, daily moisturising and keeping fingernails short etc.

Aggression: - Physical aggression of Resident to Staff. These incidents usually occur because of dementia and pain. Staff are regularly educated on correctly managing residents with dementia.

Meals: – Residents provided feedback on meals. Overall, everyone is very satisfied with the variety, options, quality and quantity of food.

Furniture: – Residents are very happy with the recent purchase of outdoor furniture.

School Visit: – Students coming for lunch with Residents on 17/6/2024

Theme Day: – “Going on a Cruise” day scheduled for 25 June 2025.

Breakfast Bar: Residents have access to some breakfast supplies including cereals and bread to access at any time.

Overall satisfaction: All at meeting happy with care, staff and services offered.

Resident and Representatives meeting is scheduled monthly.

The meetings are held on the **first Thursday of the month at 10.30 in the main dining room**. All residents and representatives are invited to attend these meetings.



10 Requests from a Dementia Journeyer

1. ***Please be patient with me*** - Remember that I have an organic brain disease for which I have no control.
2. ***Talk to me*** - Even though I cannot always answer you, I can hear your voice and sometimes comprehend your words.
3. ***Be kind to me***- for each day of my life is a long and desperate struggle. Your kindness may be the most special and important event of my day.
4. ***Consider my feelings*** – for they are still very much alive within me.
5. ***Treat me with dignity and respect*** – As I would have gladly treated you.
6. ***Remember my past*** – For I was once a healthy, vibrant person full of life, love and laughter with abilities and intelligence.
7. ***Remember my present*** – I am a fearful person who misses my family and home very much.
8. ***Remember my future*** – Though it may seem bleak to you, I am always filled with hope for tomorrow.
9. ***Pray for me*** – For I am a person who lingers in the mists that drift between time and eternity. Your presence may do more for me than any other outreach of compassion you can extend to me.
10. ***Love me*** – The gifts of love you give will be a blessing from which will fill both our lives with light forever.

Author Unknown

Acknowledging Dementia Journeys.com for this article.

www.dementiajourneys.com

AGED CARE FEES & CHARGES

Fees and charges relate to Residential Aged Care and Home Care change each quarter.

Here is a summary of the Schedule of Fees and Charges for Residential and Home Care at 20 March 2024.

How much does aged care cost in Australia?

Home and residential aged care fees and charges in Australia depend on how much money an individual has and whether they own property and/or other assets. Aged care costs change regularly due to inflation and evolving thresholds, caps etc.

Income free area – Home care and residential care

The table below outlines how much an individual can earn per year before they must contribute to fees and charges for residential aged care or home care:

| Income free area for: | Rate |
|--|-------------|
| Single person | \$32,819.80 |
| Couple, Illness separated (single rate) | \$32,195.80 |
| Couple, Living together (single rate) – relevant to home care only – | \$25,420.20 |

If an individual earns less than these amounts over the course of a year, their income is excluded from the income test component of the residential aged care means test and the income test for in-home care. This means they will only pay the basic daily care fee for the home care or residential care.

Fees and changes for residential aged care (nursing homes)

In Australia, fees and charges in residential aged care are broken down into three areas:

1. Basic Daily Care Fee:

This covers basic living costs such as food and laundry. This fee is not means tested – everyone entering residential aged care pays the same basic care fee.

The basic daily care fee is currently \$61.96 per day, which equates to 85 percent of the standard full aged pension.

2. Means Tested Fee:

This covers the cost of healthcare for aged residents. The means tested fee is calculated based on income and assets, including the resident's home if they own one. A resident with over \$32,819.80 in annual income and/or \$59,500 in assets will pay a means tested fee, which is an ongoing fee towards the cost of their personal and clinical care.

Means tested fees are determined by an assessment coordinated by Centrelink or the Department of Veterans Affairs.

This means tested care fee is calculated based on:

- Marital status
- Home ownership status
- Who is living in the home, eg: a partner, carer, or a close relative?
- Annual income.
- Total financial assets
- Superannuation
- Debts or loans.

Means tested care fees are capped.

The maximum amount you will pay for residential aged care costs in Australia, as of 20 March 2024 is:

| Means tested care fee caps | Rate |
|----------------------------|-------------|
| Lifetime cap | \$79,942.44 |
| Annual cap | \$33,309.29 |

Further information on means test assessment: <https://www.servicesaustralia.gov.au/residential-aged-care-means-assessment?context=23391>

Accommodation Payment – RAD or DAP

The cost of a room in a residential aged care facility can be paid via a Refundable Accommodation Deposit (RAD), a Daily Accommodation Payment (DAP), or a combination of the two.

Refundable Accommodation Payment (RAD)

This is negotiated with Bentley Wood at the time of admission and is based on the residents' assets.

Some consumers, as advised by Services Australia will have their accommodation paid for in full or in part by the Government.

Those who are subsidised by the Government for part of their accommodation are asked to pay an Accommodation Contribution for the difference between the published accommodation price and subsidy.

Those who are not supported by the Government are asked to pay the published accommodation price. You cannot be asked to pay an accommodation payment more than the published price.

Daily Accommodation Payment (DAP)

If your income and assets are above the threshold for government support, but you cannot, or do not wish to pay the RAD applicable to your chosen aged care facility, you can choose to instead pay a Daily Accommodation Payment (DAP).

The DAP covers the cost of your room that you have not paid up-front as a RAD. The DAP is paid periodically (usually fortnightly or monthly) and is not refundable.

The DAP is calculated using the amount of the RAD for your chosen room, multiplied by the Maximum Permissible Interest Rate (MPIR) set by the Australian Government, divided by 365 days.

The current MPIR is 8.34%. As an example, the DAP based on a room with a RAD payment of \$300,000, would be:

$\$300,000 \text{ RAD} \times 8.34\% \text{ divided by } 365 \text{ days} = \68.54

The DAP is calculated using the MPIR currently on the day the room price was agreed. Your DAP does not rise along with the MPIR unless you move to a different facility or enter a different Accommodation Agreement.

You can choose to pay for your room using a combination of a RAD and DAP.

The fees and charges for residential aged care are different for each individual and couple, depending on their circumstances. It is recommended that individuals work with a financial planner to determine the best strategy to cover your accommodation costs and to decide whether to sell or lease your home.

Extra /additional optional services fee

Bentley Wood does not charge any extra service fees

What if I can't afford aged care?

In Australia, the aged care system is set up so everyone can access quality care, regardless of their financial position. There may not be as broad a choice of facilities if someone does not have funds to contribute to the cost of care, but there are still options. Please arrange a meeting with the Director of Nursing if you have any questions or seeking clarification.

More information can be found on the Aged Care Decisions website as follows:

<https://agedcaredecisions.com.au/information-hub/>

Article courtesy of:

 **AGED CARE DECISIONS**



NAIDOC WEEK

**KEEP THE FIRE
BURNING!
BLAK, LOUD
AND PROUD**

7-14 JULY 2024

#NAIDOC2024
#BLAKLOUDPROUD

 @naidocweek

 @naidocweek

 facebook.com/NAIDOC

Urapun Muy by Deb Belyea
SAMUAWGADHALGAL, TORRES STRAIT

'Urapun Muy', from the Kalaw Kawaw Ya dialect of the Top Western Islands of the Torres Strait, means 'One Fire'. The title of this work pays homage to Torres Strait Islanders and Aboriginal people everywhere, as we all have that one fire: our passion for our culture. In this work, I have depicted the hands of our ancestors that have carefully dropped a burning ember on to a fire. This ember burns hot with intensity, stoking the flames, as it combines with the new fire. The linear detail shows the energy and power as cultural knowledge is transferred from our ancestors to us today. Culture is the fire that gives us knowledge, wisdom and purpose. It is our responsibility to maintain, practice, and pass on our fire to our future generations. Afterall, Culture keeps us Blak, Loud and Proud.

*Aboriginal Flag designed by Mr Harold Thomas.
Torres Strait Islander Flag reproduced by kind
permission of the Torres Strait Island Regional
Council, designed by the late Mr Bernard Namok*



naidoc.org.au





July 2024

| | |
|------------------|--------------------|
| 1 st | June Willett |
| 9 th | Elizabeth McDonald |
| 13 th | Joyce Hayes |
| 17 th | Muriel Richards |
| 18 th | John Hall |
| 23 rd | Clare Niklaus |
| 30 th | Lawrence McClounan |



Happy 100th Birthday Eileen

On the 1st of June – Eileen Keatley celebrated her 100th Birthday.

It was a big day for her and her family. Also celebrating birthdays that day was Eileen's Great Grandson, Sonny who turned 1 and her son in law Bill who turned 70 two days later.

The family gathered at the Mulwala Water Ski club Caravan Park to celebrate with 100+ relatives, in a family reunion.

There was much fun, laughter and love shared over the weekend.

Here at Woods Point we held a special afternoon tea with our kitchen staff baking a beautiful birthday cake for her where Eileen celebrated with her fellow residents.





*Management and staff of
Woods Point wish to pass on
their condolences to family
and friends of residents who
have sadly passed.*

June 2024

Jean Mathieson

Beverley Plaister

Robert Bellinger



Resident Activities

Another beautiful day and another boat cruise! Our residents continue to be spoiled with the opportunity to go out onto Lake Mulwala on Mal's BBQ boat and enjoy this beautiful autumnal weather.



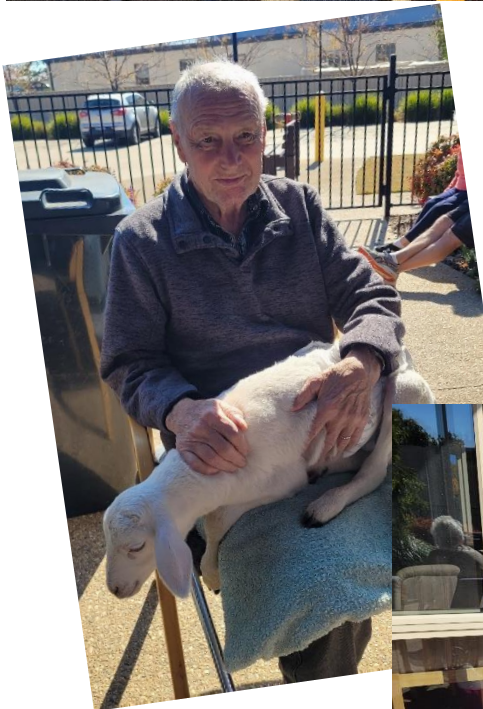
Resident Activities

Wing 5 had a very special visitor in May – Mandy in our Activities section brought the lamb to visit.

You can see by the photos that the residents thoroughly enjoyed the interaction with this beautiful lamb. There were so many lovely photos, it was hard to pick just a couple! To see the smiles on their faces was just beautiful.



Resident Activities



Resident Activities

Some of the ladies in the low care wing also took advantage of the beautiful warm weather and the lovely environment our upgraded courtyard now provides.



ACTIVITY PROGRAM JULY 2024

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|--|---|--|--|---|--|---|
| 1 9.30-Exercises. 10.30-Bus Outing. 2.00-Board Games. 3.00-Footy Tipping. | 2 9.30-Exercises. 10.00-Catholic Church 10.30-Mini Golf 2.00-BINGO | 3 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-Hands & Nails. | 4 9.30-Exercises. 10.30-Res/Rep Meeting. 11.30-Quick Quiz. 2.00-BINGO. | 5 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-Happy Hour. | 6 2.00-Carpet Bowls. 3.00-Quiz | 7 2.00-Trivia. 3.00-Afternoon Tea. |
| 8 9.30-Exercises. 10.30-Bus Outing. 2.00-Board Games. 3.00-Footy Tipping. | 9 9.30-Exercises. 10.00-Catholic Church 10.30-Mini Golf 2.00-BINGO | 10 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00 -Hands & Nails 3.00-Monthly Birthday. | 13 9.30-Exercises. 10.30-Bob's. 2.00-BINGO. | 12 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-Happy Hour. | 13 2.00-Carpet Bowls. | 14 2.00-Men's Shed. |
| 15 9.30-Exercises. 10.30-Bus Outing. 2.00-Board Games. 3.00-Footy Tipping. | 16 9.30-Exercises. 10.00-Catholic Church 10.30-Mini Golf 2.00-BINGO | 17 9.30-Exercises. 10.30-Carpet Bowls. 12.30-Kids Lunch. 2.00-Anglican Church. 2.00-Hands & Nails. | 18 9.30-Exercises. 10.30-Parachute Game. 2.00-BINGO. | 19 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-Happy Hour. | 20 2.00-Carpet Bowls. 3.00-Quiz. | 21 2.00-Trivia. 3.00-Afternoon Tea. |
| 22 9.30-Exercises. 10.30-Bus Outing. 2.00-Board Games. 3.00-Footy Tipping. | 23 9.30-Exercises. 10.00-Catholic Church 10.30-Mini Golf 2.00-BINGO | 24 Christmas in July. 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-Hands & Nails. | 25 9.30-Exercises. 10.30Parachute Game. 2.00-BINGO. | 26 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-Happy Hour. | 27 2.00-Carpet Bowls. | 28 2.00-Men's Shed. |
| 29 9.30-Exercises. 10.30-Bus Outing. 2.00-Board Games. 3.00-Footy Tipping. | 30 9.30-Exercises. 10.00-Catholic Church 10.30-Mini Golf 2.00-BINGO | 31 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-Hands & Nails. | | | | PROGRAM SUBJECT TO CHANGE. |