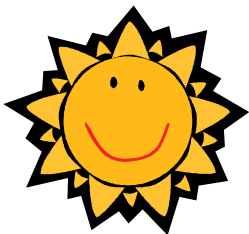


HACC Happenings

Hello from Fiona

“You should never count your chickens before they’ve hatched—but it’s a lot easier”



Everyone is settling back into routine after the summer and Easter breaks. Many of our HACC clients have been visited and I will continue to do so throughout the year to check if the services you are receiving are still meeting your needs to maintain your independence at home. I have been on holidays to Alice Springs recently and spent some time with the HACC Services Co-Ordinator there to see how their programs such as Meals on Wheels and Planned Activity Group (Day Centre) are run. VERY different from ours but tailored to suit their needs. Further in HACC Happenings I have written an article on my time there. By the time you receive this newsletter I will be off for a few days cruising the Whitsundays—what a life I have! Please feel free to ring and discuss any of your Home & Community Care services at any time—contact details on the back.

Fiona Hanel

Day Centre Doings

Over the past month a variety of activities have been enjoyed at the Adult Day Centres in Cobden & Timboon. We have had a speaker from Vision Australia with Pickles the trainee Guide Dog. We have continued scrap-booking and made beautiful silk scarves, Our Centres celebrated St Patricks Day with a green theme for everything. We wound up a busy month with a combined fund day at the Cobden Mini Rail-

way for both Timboon & Cobden Day Centre's and out friends from the David Newman Centre in Camperdown. — Denise & Helen

Centre Days & Times

Cobden - Tuesdays & Wednesdays

10.00a.m—3.00p.m.

Phone: 55951099

Timboon - Thursdays & Fridays

10.00a.m.—3.00p.m.

Phone: 55983458

Inside this issue:

- Day Centre Doings 1
- Hi from Fiona! 1
- District Nurse visits to Care facilities 2
- Dates to Remember 2
- Fionas Alice Springs Trip 3
- HACC Lawnmowing, Home Maintenance 4

TIMBOON MENS SHED



OPEN
TUESDAYS
9.30a.m to 3p.m
&
THURSDAYS
9.30a.m to
12.30p.m

Dates to Remember

9th May Mothers Day
15th May International Day of Families
23-29th May Macular Degeneration Week
14th June Queens Birthday holiday



Happy Mothers Day

A Mother deserves her children's
full attention on Mothers Day!
have you thought about
standing in front of the TV screen ?

District Nurses Visit Residential Aged Care Facilities

Five District Nurses from Timboon Healthcare visited eight residential facilities in the region on 22nd April to familiarize themselves with the range of accommodation. During their work when clients and families ask about aged care accommodation the staff can give their personal opinion and speak about the facilities.

Three facilities in Colac have been built in the last ten years, they have modern décor, spacious living areas and several courtyards. Barongarook Gardens and Mercy Place have self contained units on site. Corangamarah has the advantage of being near the centre of town where residents can access shops, cinema, indoor pool, etc.

In Camperdown an impressive feature of Sunnyside House, apart from the large outdoor bowling green is the lounge area in each room. Residents can also have a lockup garage for their cars. Merindah Lodge in Camperdown along with May Noonan Hostel and Mount View in Terang are all smaller facilities with older buildings. They have friendly staff and lovely locations especially the views. All three have courtyards, BBQ's and piano's.

The tour concluded at Abbeyfield House in Mortlake which opened in 1990, a feature of this building was the many atriums. Some places had pets and spa bathes while all had in house personal washing and freshly cooked meals.

Fionas Trip to Alice Springs

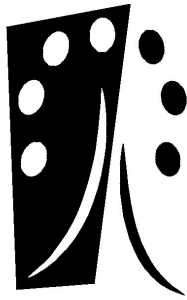
Recently I had the opportunity to go to Alice Springs and work along side a nursing colleague of mine that is now delivering HACC Services to the aboriginal people in the Central Desert Shire. This covers four areas but many miles are covered to get to each of these areas. We left at 6.45am and travelled 200km north of Alice Springs to a place called Tee Tree. This is where we delivered the Meals on Wheels from and also a ran a Planned Activity Group.

The venue is a shed, all meals are cooked here by aboriginal Home Care Workers and then delivered to the clients out in the camps. There is no regulations like we have - no esky's - just a box, no hats, gloves etc. for workers not even shoes are required.

I thought I would help butter the bread, when I started all the workers left and went outside - I was later to find out that it was disrespectful to me that they had not showered and I was helping them. They served up 19 meals consisting of lasagne and salad, 2 slices of buttered bread, an orange and a fruit box. It was loaded into the back of the troopy and off we went with the workers to deliver them. The clients all lived in 3 different camps out of Tee Tree. Tourists are forbidden to go into these camps so I was very privileged to go in and see the conditions that they are living in. It took 2hrs to deliver the meals, sometimes the client had gone walkabout and we had to find them otherwise they would having nothing to eat for that day. After 2 hours and the sun beaming in the window, the last few meals didn't look very appetising. On our Meals on Wheels delivery we also collected some aged clients and returned back to the venue for our lunch and then took them on a Planned Activity Group (PAG).

The PAG group activity was to take them and the crowbar out into the bush to dig for honey ants. Because these clients hygiene leaves a lot to be desired it wasn't a very pleasant trip, but they were extremely pleasant people. We transported them into the bush, and they sit on the ground in the heat and dig for hours to find the honey ants. It is a lot of hard work for very little return but it a delicacy to them, I did taste the honey but wasn't tempted to eat the whole ant like they do. After they had a nice little supply we returned them to their camps. The group all had a lovely day and it sure was a experience for me. We returned home to Alice Springs at 6.30 that evening. The day out had been a truly memorable experience but it was straight to the shower for me.





TIMBOON
AND DISTRICT
HEALTHCARE
SERVICE

Wit is the salt of conversation,
Not food.

- William Hazlitt

Home and Community Care

FIONA HANEL

Assessment Officer

21 Hospital Road

TIMBOON, VIC. 3268

Phone: (03) 55586033

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Email: fhanel@swarh.vic.gov.au

OFFICE HOURS

9.00am to 5.00pm

HOME & COMMUNITY CARE – LAWN MOWING

From now until mid September lawn mowing rotation will be every three weeks as the grass is not growing as quickly. Some have queried the amount of time charged by the contractors—it is timed from when the contractor pulls up until when they leave your property. Time included is loading & unloading of equipment and removal of grass clippings. Most lawns are allocated an hour to be done.

On some occasions there will be two contractors arrive, when this occurs you will be charged for each worker. ie) 2 men x 30mins = 1 hour.

HOME MAINTENANCE

For Home Maintenance jobs to be done—pruning, hedge clipping and any other general gardening it is important to contact Fiona (as above) for this work to be done through the HACC Services, not directly to any contractor. If this procedure is not followed you will be charged at a private rate.

OTHER

Anyone requiring rails in their bathroom, back door or any other place, a ramp or other modifications for you to live safely at home an Occupational Therapist referral is preferred and by contacting Fiona this can be organised.

PLEASE FEEL FREE TO CONTACT US WITH ANY QUERIES YOU MAY HAVE AND WE WILL ADVISE YOU OF THE CORRECT PROCEDURE.