

ENGAGEING UNLEY

THE CITY of
Unley

SEPTEMBER EDITION

Would you like to get this Newsletter and other information by email?

Send your details to wellbeingprogram@unley.sa.gov.au



Welcome...

to our monthly newsletter for residents who access the City of Unley Commonwealth Home Support Program (CHSP)

Our aim is to keep you informed and provide information on new initiatives, services and supports you may like to access during these very challenging times.

For bus trip or social program suggestions email wellbeingprogram@unley.sa.gov.au



Join us...

On our next
Wellbeing
Bus Trip



Funded by the Australian Government Department of Health. Although funding for this program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

unley.sa.gov.au

Unley Community Shopping Bus



The City of Unley has three Community Buses which operate a door-to-door service providing transport from your home to your local shopping centres. Passengers who live within the City of Unley can nominate to use the bus service weekly, fortnightly or on a casual basis. A dedicated team of fully accredited volunteers drive the buses, assist passengers with their shopping bags and help with walkers.

The community bus service is for everyone including people who are socially isolated because of a lack of transport options, however, passengers must be able to independently access the bus, be able to climb up and down 3-4 steps and have the ability to get in and out of the bus unaided. People who are eligible to use the service may include:-

- Seniors with mobility or confidence problems
- People living in nursing homes/retirement facilities
- People with a permanent or temporary disability
- People with health problems who cannot use regular transport bus services
- Carers accompanying a person described above to do their shopping
- Parents with young children who are socially isolated and lack transport options
- People from culturally and linguistically diverse backgrounds who lack support networks and have limited transport options.

Contact the **Community Bus Coordinator** on **8372 5131** to register to use this service or to find out how to make a booking, learn of any associated costs and to answer any further questions you may have.

Free travel for seniors

Did you know....



Effective from 1 July 2022, South Australian Seniors Card members can travel for free on Adelaide Metro buses, trains and trams, all day, every day.

Previously, SA Seniors Card members were required to pay a concession fare during peak weekday times.

Wellbeing phone calls

Did you know that we can provide you with a regular telephone call to have a chat or to check on your wellbeing, at a time and day that works for you?

One of our friendly volunteers will call to check to see that you are well and if you like, have a sociable conversation with you.

Is this service for you?

Wellbeing phone calls may be suitable for people who live alone and love a chat. These calls are also very beneficial for people who are at risk of an accident or illness that may go unnoticed.

In particular, people who:

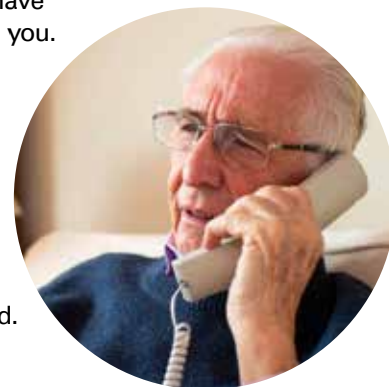
- Are frail and elderly
- Have a disability
- Are housebound
- Are recovering from an illness or accident
- Have family and carers that are away, or can't visit regularly
- Have just returned home after a hospital stay

The service can be used on an ongoing basis or on a short-term basis to support you when you need.

These calls provide social connection and reassurance, as well as help to maintain independence.

There is no cost for this service.

For more information or to register your interest contact the **Wellbeing Program** on **8372 5191** or email: wellbeingprogram@unley.sa.gov.au



Volunteers Breakfast

In July we celebrated the hard work of our CHSP Volunteers by enjoying a breakfast together at Gingers Coffee Studio in Goodwood.



Art & craft group

Join our new art and craft group at the Unley Community Centre. to connect with others and get creative- no experience required.

Art therapy and crafting has been shown to provide a number of benefits from relieving stress and depression to decreasing the risk of age-related cognitive impairment. You don't need to be an artist to try your hand at art and craft. The program offers companionship and the opportunity to participate in a shared activity. Build connections through shared experiences and have a chat in a relaxed setting. Participants will be supported by our friendly staff and volunteers. The CHSP social programs promote an environment where participants feel welcome and supported.

Participants have the option to stay and have a delicious, affordable meal at the Unley Community Centre Circuit Café*.

Sessions will be designed around participant interests, so come along and get crafty!

Cost:

Level 1 Pensioners- \$11 per class.

Level 2 – Self Funded Retirees
\$16 per class.

The cost includes morning tea and materials.

*Lunch is an additional cost.

You will require a social support group or Flexible Respite referral from My Aged Care to attend this class.

For further information or to register your interest contact the **Wellbeing Program** on 8372 5191 or email wellbeingprogram@unley.sa.gov.au



Vegetable Frittata recipe

Ingredients

- 1 tbsp oil
- 1 small onion, peeled and diced
- 1 zucchini, sliced
- 150g cooked potatoes, sliced
- 150g frozen peas, defrosted
- 8 eggs
- 75ml cream or milk
- 75g grated cheese
- Salt and freshly ground black pepper

Method

1. Grease an oven proof dish or 20cm cake tin.
2. Heat the oil in a pan, add the onions and fry on a low heat for 5 minutes until starting to soften, add the zucchini and cook for a further 5 minutes.
3. Transfer to the oven dish or tin and add the potatoes and peas.
4. Crack the eggs into a bowl and whisk them lightly together with the cream or milk, season to taste.
5. Pour the egg mixture over the vegetables and grate the cheese over the top. Place the frittata in the oven to bake for 30 minutes until it is golden brown and piping hot throughout.



Top Tips

- The frittata will keep in the fridge for 3-4 days.
- You could use any leftover veg in this recipe or replace the potatoes with sweet potato.
- Can be eaten hot or cold and makes a perfect finger food when served cold. Delicious served with a tomato salad.

Aged Care Quality Standards

The City of Unley is a Commonwealth subsidised aged care service provider and is required to comply with the Aged Care Quality Standards.

These standards focus on outcomes for consumers and reflect the level of care and services the community can expect from organisations that provide Commonwealth subsidised aged care services.

Continuing from our last newsletter about the Aged Care Quality Standards we have provided information on Standards 3 and 4 to the right.



The Quality Standards are made up of eight individual standards:

1. Consumer dignity and choice
2. Ongoing assessment and planning with consumers
3. Personal care and clinical care
4. Services and supports for daily living
5. Organisations service environment
6. Feedback and complaints
7. Human resources
8. Organisational governance

Consumer outcomes:

Standard 3

Personal Care and Clinical Care: I get personal care, clinical care, or both personal care and clinical care, that is safe and right for me

Standard 4

Services and Support for Daily Living:

I get the services and supports for daily living that are important for my health and well-being and that enable me to do the things I want to do.

Service reviews

- Conducting reviews with our clients about the services we provide is a very important part of what we do.
- You may be contacted over the next few months to complete a service review session with us. We do this on an annual basis with all our clients from the Commonwealth Home Support Program.
- To assist you with getting the most out of this process we have comprised some hints and tips below for you to consider and to make some notes about before you meet with us.
- You may want to invite a family member or friend to be present for this review meeting. Sometimes this can help to make sure all your requirements are addressed, especially if this person knows you well.
- Do you feel our services are provided in a way that promotes your independence, and meets any cultural and/or diverse needs you have? Or is there something extra we can do to address these needs?
- Creating a list of ways you have improved since you started receiving the services we provide, along with your health and wellbeing concerns, can help with our discussion about what is working well for you and what may need to be revised.
- Writing down any goals you would like to achieve, as well as any changes you would like to make to your current services to meet these goals also helps us design the services, where possible, to match your goals.
- Deciding if the services are remaining affordable for you or if you would like the Client Contribution Review process explained to you further will help us to understand what your current situation is.
- Is there any information on another Council service or program you would like to find out more about, it's important we capture all the things you are interested in.
- Is there information outside the scope of our program you would like us to source for you? Information about Advance Care Directives, Power of Attorneys or Wills? We can provide written material on these types of things also. Having ideas about the information you would like ready for us when we meet with you will help us to get information back to you as quickly as possible.
- Do you have any other questions, queries, or concerns about anything that has occurred when dealing with us over the last 12-months? Is there anything you would like to discuss further or bring to our attention? It's important that you are happy and confident with our service to you.
- After having your service review, we will send you a copy of your new service plan that may include any agreed changes to your services. This is for your own records.
- Keep in mind that your services are never altered without your permission, we need your agreement before any changes are made. This is why this service review meeting is such a valuable process that works towards addressing your needs.
- We can also carry out a service review at anytime that you request. However, even if you don't ask for one, and we don't identify a change in your care needs, we are still required to carry these out at a minimum annually. Your service review can be carried out over the phone or face-to-face, depending on your preferences and circumstances.



Social Support Programs

The Commonwealth Home Support Program provides social and wellbeing programs to assist you to participate in community life and to feel socially included through structured activities that develop, maintain or support independent living and social interaction, whilst facilitating your wellness and reablement goals.

For more information on all of our programs and to make a booking contact the Wellbeing Program on 8372 5191 or email: wellbeingprogram@unley.sa.gov.au

Tai Chi



Tai Chi is an ancient Chinese martial art practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner accompanied by deep breathing.

The benefits of Tai Chi may include - decreased stress, anxiety and depression, improved mood, energy and stamina, flexibility, balance and agility and improved muscle strength and definition.

Join us at the **Unley Community Centre** on **Mondays** from 11.45am to 12.30pm.

Cost: Level 1- \$9 per class;
Level 2- \$12 per class

Better Balance Classes



Come along to one of our Better Balance classes. The classes are specifically designed with the intention of improving your balance.

Our Accredited Exercise Physiologist, Jenny, will guide you through a range of exercises targeted at preventing people from falls.

The class aims to improve your balance and confidence whilst building strength and endurance- all in a fun and social environment.

Classes are held on **Thursdays** at **Fullarton Park Community Centre**.

Cost: Level 1- \$9 per class;
Level 2- \$12 per class

Easy Paced Walking Group



Do you enjoy walking but find other walking groups are too fast and you can't keep up?

Join our easy-paced group for a 30-to-40-minute walk around the local area, at your own pace. After the walk, join the group for a drink at the local coffee shop.

All abilities and mobility devices are welcome, with rests along the way for those who need them.

The group meets weekly at **10.30am** on **Tuesday mornings**

Cost: Gold coin donation

In Home Support Program Let us do the Spring cleaning!



Would you like one of the services below?

- ✓ **Spring cleaning**
- ✓ **Window cleaning**
- ✓ **Garden tidy up**
- ✓ **Gutter cleaning**
- ✓ **Handyman service**

New program “Expressions of Interest”

The CHSP program is looking for expressions of interest for some exciting new programs.

Falls Prevention Class



These classes are suitable for individuals who may be lacking confidence in their balance and stability. The class aims to strengthen your muscles to improve your balance and will assist you to gain more confidence with mobilising independently.

Days, times, venues and costs to be confirmed.

A My Aged Care Social Support Group or Social Support Individual referral will be required to participate in the classes and a Doctors Clearance form may be required to be signed by your doctor before commencing, we will supply this form.

For more information or to register your interest in any of the programs above please contact the **Wellbeing Program** on **8372 5191** or email: wellbeingprogram@unley.sa.gov.au

One-On-One exercise support in the home



One of our exercise professionals can visit you one-on-one in your home. They will undertake a physical assessment and goal-setting session with you and can prepare an exercise program that suits your individual goals.

Brain Training Group



Do you want to maximise your memory and recall capacity? Then come and try our Brain Training group activities, using wide range of approaches from puzzles and games, light exercise and learning new skills. This group aims to capitalise on participant driven ideas and preferences for all activities and experiences. Giving all group members choice and control over the various activities they participate in, along with the option of enjoying a hot lunch at our Unley Community centre afterwards.

OPAN-Older Persons Advocacy Network

Getting support or advice to seek out aged care services for the first time or work through issues with providers as they come up helps people to keep their independence and stay in control of their lives.

OPAN helps older people understand and exercise their aged care rights, seek aged care services that suit their needs and find solutions to issues they may be experiencing with their aged care provider.

For example, OPAN can help you to make informed decisions about the care experience you want, address issues that impact your ability to live

independently in your own home, switch between services, and talk to your provider.

This is called advocacy, and it is carried out by the team of aged care advocates at OPAN.

OPAN offers free, independent, and confidential support and information to older people seeking- or already using - Australian Government-funded aged care services, along with their families and carers.

OPAN is happy to listen to you and help you to identify solutions that put your needs first, so you can stay in control of your life.

The friendly and experienced team at OPAN are available to support you every step of the way in your aged care experience and can be reached by calling **1800 700 600** or completing the Request Advocacy Help or Information Form online at: opan.org.au/contact-us/request-advocacy-help-or-information/

Gardening tasks for spring

Remember the CHSP services can provide gardening support for those people who have a Home Maintenance My Aged Care referral.

We've put together some easy spring gardening tips and ideas to help you get started. We've also included a checklist to make sure your garden is all prepped up.

Early Spring Gardening

1. Survey your garden, check for damages from the cold, see if your pathways and fences need fixing. You can also create new planting beds and paths to give a fresh design to your space.
2. Prune old plants and trees. Cut dead and damaged leaves and branches.
3. Prepare the flowerbeds. Start by removing the winter mulch and clearing away dead leaves, weeds, and debris.
4. Add fresh compost to the soil. Rake it smooth before you begin planting.
5. Divide old perennials to encourage new growth.
6. Early spring is also a good time to plant cool-season vegetables so they are ready for harvesting by summer.

Mid-Spring Gardening

1. Plant bulbs and seeds of the flowers you would like to see in your garden.
2. Fill the empty spots with annuals and seasonal plants. You can also add new trees and shrubs so they have enough time to grow firm roots before summer.
3. Feed your plants. Add a fresh layer of mulch in your garden.
4. Bring in the garden furniture and add gardening ornaments like stakes and lights.
5. Make your garden more welcoming to birds, butterflies, and bees by adding feeders and water sources.

Late Spring Gardening

1. Grow warm-season plants and vegetables without the threat of night-time frost.
 2. Refresh your garden by deadheading spent blooms. Keep your hedges and plant borders neat.
 3. See if your plants need another round of fertilizing and mulching.
- Keep weeds and pests under control. Hand-weed your garden or use mild, organic chemicals if needed.



Spring Gardening Checklist

A great spring garden requires timely weeding, pruning, fixing, and mulching. Sounds like a lot. But you can simply check tasks off this list one by one to create the garden of your dreams this spring. Gardening Preparation Checklist for Spring

Repair your garden: Fixing your garden fences, paths, trellises, and tools is the first box to check off your list. You may even need to clean or replace old planters before replanting them with new annuals.

Clear out weeds and debris: Do a spring cleaning of your yard. Get rid of those weeds, stray leaves, and debris

Start pruning: Give your shrubs, hedges, grass, and leggy perennials a good trim. Pruning is best done in early spring before new buds start blooming.

Prepare the flowerbeds: Remove all debris that has filled your flower beds over the winter and till your soil to aerate it.

Mulching and feeding: It's also time to refresh your garden. Mix organic matter in the soil so your plants have the nutrients needed to grow.

Divide perennials: Perennials like daylilies, daisies, and hostas can benefit from being divided. Give them room to spread out and grow.

Design your garden: Before visiting your local nursery, it's better you design your garden. See what new plants you need and where you can grow them.

Start planting: You can grow shrubs, trees, plants, and vegetables directly in the soil. You can also start them with seeds or bulbs indoors and transplant them later.

Apply pest control: Keep out worrisome pests from your garden. Use a mild, organic pesticide that won't kill beneficial insects.

Look after your garden: Check if your plants need more mulching. Cut back spent blooms and continue weeding.

Wellbeing Bus Trips Information

Are you new to the social and wellbeing programs?

If you have not participated in our social and wellbeing programs previously, you will need to contact **My Aged Care** on **1800 200 422** and ask for a "Social Support Group" referral to enable you to take part in these wellbeing programs. We can do this on your behalf, if required.

Please do not attend the social and wellbeing programs if:

- You are feeling unwell with including flu-like symptoms, ie coughing, sore throat etc.
- You have been in contact with someone who has been diagnosed with or is awaiting results for COVID-19.
- You are a close contact. Please do not attend any programs for at least seven (7) days after exposure.

While attending our social and wellbeing programs please:

- Adhere to COVID-19 protocols, including social distancing where possible
- Wear a mask while on the bus
- Sanitise your hands before entering the bus (provided on the bus)
- Cover any coughs/sneezing with a clean tissue or upper arm or elbow.

Booking into our social and wellbeing programs bus trips.

Please choose your top two preferences. We can then place you on the waitlist for any other trips you would like to attend. If a vacancy becomes available for the trips you are waitlisted for, we will then contact you to see if you would like to attend. This will ensure that everyone can go on at least one or two trips in the month.

If you are booked onto a trip and are unable to attend, please call us on **8372 5191** to cancel your attendance. We will then be able to offer your spot to someone else on the waiting list.

- > All venues are site assessed for suitability prior to the trip.
- > Bookings are accepted on or after the date advertised on the top of the bus trip calendar.

Social and wellbeing program etiquette

The City of Unley Commonwealth Home Support Program promotes an environment where participants feel welcomed, supported, safe and happy. The service values respect, tolerance, inclusiveness, and equity. Any participants who demonstrate behaviour or use language that is not supportive of these values may be refused access to these programs.

Feedback

Do you have any suggestions about venues, or ideas of places you would like to visit or experiences you would like to try? Please let us know and we will look at adding it to our calendar.

If you would like to make a comment, give feedback, or tell us about your experience on a trip you have been on or have recently attended, please contact us. We encourage everyone to provide feedback on your experience, good or otherwise.

Please note:

Venues or social programs are subject to change at short notice, due to weather or other unforeseen circumstances. We will advise you as soon as possible, should this occur.



CHSP WELLBEING BUSTRIPS SEPTEMBER 2022 CALENDAR

Bookings open Thursday 25 August at 9.00am - Telephone 8372 5191 or 8372 5175

**THURSDAY
1 SEPTEMBER**



LUNCH AT BIRKENHEAD TAVERN & GUIDED TOUR MARITIME MUSEUM

The Birkenhead Tavern is situated on the banks of the Port River, opposite the Port Adelaide Docks. While much has changed since the tavern opened in 1878, it still retains its historical character and charm.

After lunch, enjoy a guided tour at the Maritime Museum and get an in-depth glimpse into the world of South Australia's maritime history. Learn about the collection, its origins and the fascinating history behind the objects and the building they are housed in.

Time: 11am to 4.30pm

Cost: Bus trip \$8.50, guided tour \$15 pp, lunch at own cost.

Receive 20% off main meal on presentation of your Seniors Card.

The South Australian Maritime Museum is a CASHLESS venue.

Please bring your card to pay on the day.

**MONDAY
12 SEPTEMBER**



MORNING TEA AT KARKOO NURSERY, OAKBANK

Whether your passion is gardening and you're looking for the perfect plant or you simply want a relaxing atmosphere to enjoy a coffee and bite to eat, why not join us for morning tea at Karkoo Nursery? Morning tea in the cafe followed by a look around the garden centre.

Time: 10am to 1.00pm

Cost: Bus trip \$8.50, morning tea at own cost.

**THURSDAY
15 SEPTEMBER**



BUSTOUR OF STRATHALBYN & LUNCH AT OASIS GARDENS RESTAURANT, BELVIDERE

Join us for a guided bus tour around the historic town of Strathalbyn. Then enjoy a visit to the award-winning tropical gardens at Oasis Gardens Restaurant for a delicious meal. With a cascading waterfall, a large picturesque pond and spacious lawn area, your tropical oasis awaits.

Time: 10am to 3pm

Cost: Bus trip \$8.50, 2 course lunch menu with choice of main and dessert \$30 pp.

**MONDAY
19 SEPTEMBER**



DINNER AT TASTE OF BOLLYWOOD, HINDMARSH

Specialising in North Indian cuisine, Taste of Bollywood restaurant is famous for authentic curry, tandoori dishes, and freshly baked bread.

Mouth-watering vegetable dishes, succulent chicken, flavourful lamb, Basmati rice and gourmet breads are among the menu offerings. Whether you like it mild or hot, they can customise the meal to suit your taste.

Time: 5.30pm to 9pm

Cost: Bus trip \$8.50, dinner at own cost.

**THURSDAY
22 SEPTEMBER**

LONG WALK INNER HARBOUR LOOP PATH, PORT ADELAIDE



The loop path is a 3.5km route around Port Adelaide's Inner Harbour and Port River.

Enjoy river views from the Birkenhead Bridge shelters and check out the signage along the way that has been made from recycled wharf timber. After the walk, enjoy lunch at the Folklore Cafe. The cafe is situated over the Port River with a relaxed atmosphere and unique industrial views.

Time: 10am-2pm

Cost: Bus trip \$8.50, lunch at own cost.

**WEDNESDAY
28 SEPTEMBER**

NATIONAL WINE CENTRE & LUNCH AT WINED BAR



Take a guided tour of the National Wine Centre's Wine Discovery Journey, and find out about the history, culture and science of Australian wine. Uncover the diversity of Australia's 65 wine regions and the key characteristics of wine varieties grown throughout the country.

Enjoy lunch at the National Wine Centre's Wine Bar, where there's something to suit every palate. Highlighting incredible fresh local produce, it brings elements of the hills, sea and city to your plate.

Time: 10am-2.30pm

Cost: Bus trip \$8.50, guided tour \$15 per person, lunch at own cost. Lunch will be pre-ordered and can be paid for on the day.

PLEASE NOTE

> **Some venues may require proof of vaccination to enter.**

IMPORTANT INFORMATION

- > Transport to and from the Fullarton Park Community Centre for bus trips is \$2.50 one way.
- > The bus leaves from Fullarton Park Community Centre; please arrive 15 minutes early.
- > Bus trips leave Fullarton promptly, return times are an estimate.
- > Please have correct money on the day. EFTPOS payments can be made prior to the trip but are not available on day.
- > To be eligible for this program we require a Social Support Group referral from My Aged Care.
- > You can contact My Aged Care on [1800 200 422](tel:1800200422), or we can do this on your behalf.
- > To make a bus booking contact CHSP Program on [8372 5175](tel:83725175) or [8372 5191](tel:83725191) or email wellbeingprogram@unley.sa.gov.au
- > When booking you will be confirmed on the trip or waitlisted. If you are not able to go, please notify staff on [8372 5175](tel:83725175) If you are waitlisted and a spot becomes available, we will contact you.



myagedcare

To be eligible for our programs we require a program specific referral from My Aged Care. For example, we need you to have a Social Support Group Referral to access any of our group activities.

This is generally a simple process with a phone call to My Aged Care on 1800 200 422, or, if you prefer, we can do this on your behalf. Should you not want to go through the My Aged Care process some of our listed programs allow access without a referral. Please use any of the contact numbers below if you want further information or require support with getting a referral.

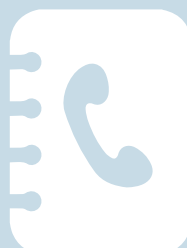
The City of Unley requires all participants of our social programs to be able to mobilise and walk independently and we reserve the right to review or withdraw participation in any program activities, or services, should we have concerns about you being physically able to manage without support or if there is a significant decline in your health. Should you be unable to participate independently, we do have other programs and supports that we would be pleased to be able to support you with.

September funny

**THE TREE TRIMMERS
DID A GREAT JOB!**



**THEY REALLY
SHOULD
TAKE A BOUGH**



If you would like to access any of these services or want further information please call >

In-Home Support Coordinator Phone: 8372 5198

Wellbeing Program Coordinator Phone: 8372 5191

Community Bus Coordinator Phone: 8372 5131

Car Transport Coordinator Phone: 8372 5405