

Home Care Matters

EDITION 12

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Welcome

Welcome to the latest edition of our newsletter, packed with practical tips and insights.

We're diving into the realm of technology, exploring phone apps designed to boost your well-being. From managing stress to improving sleep and focus, these apps are handpicked to support your lifestyle.

Additionally, we're shedding light on falls prevention awareness because your safety matters to us. For a bit of fun and mental stimulation, we've included a home-care themed crossword puzzle to challenge your wits.

Let's explore new ways to thrive and stay healthy right from the comfort of your own home.

Are you aware that Calvary provides more than just home care services?



Surprisingly, many of our home care recipients are unaware of all our offerings, including **Retirement Villages**, **Residential Aged Care**, and even **hospital services**.

Calvary looks after over 15 Retirement Villages and over 60 Residential Aged Care homes

across VIC, TAS, NSW, ACT, and SA. We provide tailored support and vibrant communities where residents can thrive.

From independent living options to comprehensive care service, we provide exceptional quality experiences for all.

As you grow older, your care needs will also change with age. During this time, our dedicated team will remain by your side, ready to support you through this transition at every step of the way.

Contact a Calvary Team Member at 1800 527 272 to learn more about our comprehensive range of services.

Take a break

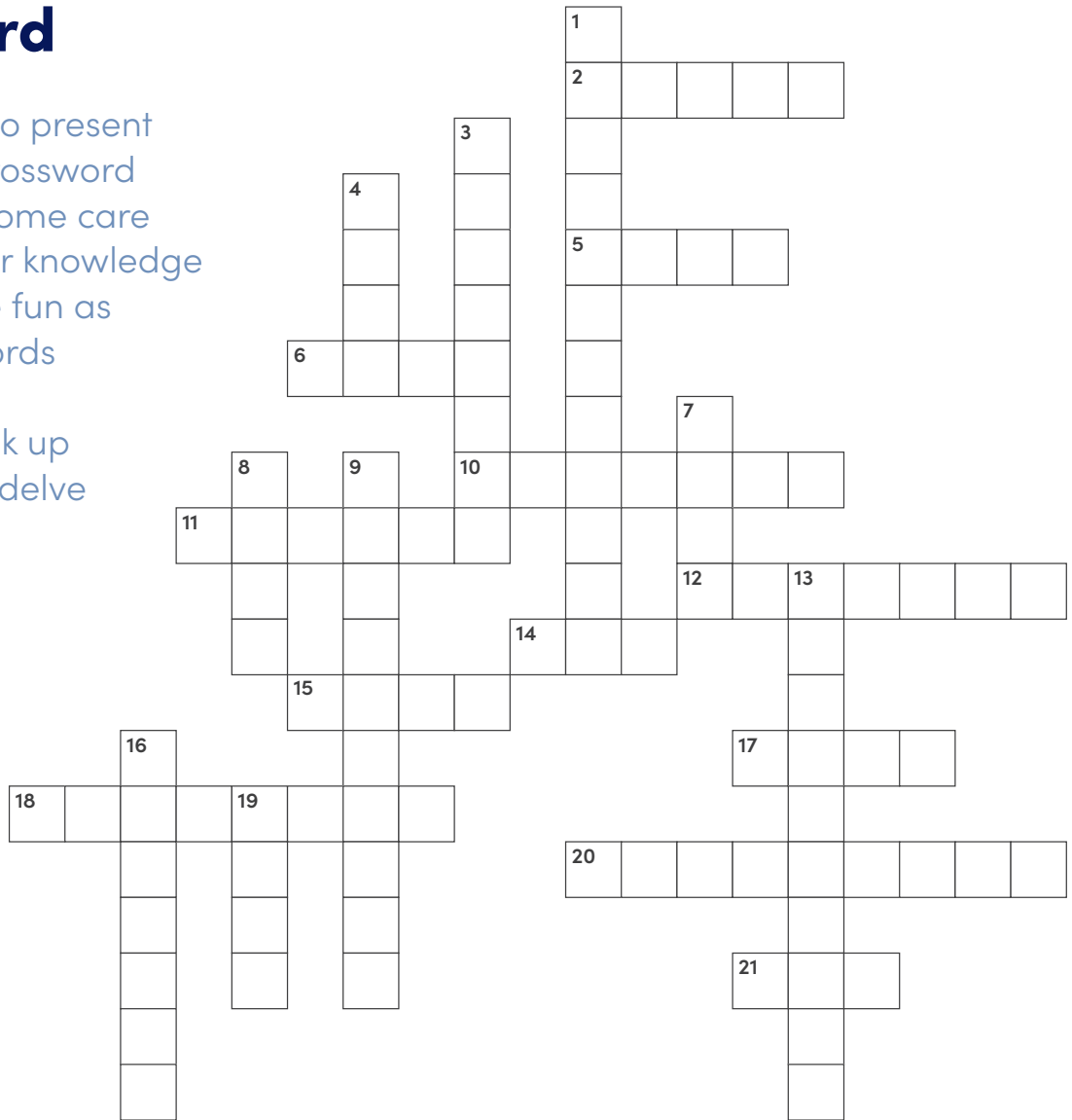
The benefits of respite care

Caring for a loved one is deeply fulfilling, but it's vital to prioritise your own wellbeing. That's why at Calvary, our respite services are here to support you. Offering caregivers a valuable break, our respite services allow them to recharge while you receive the care you deserve. We have respite cottages located across various states, including Port Augusta, South Australia, and Lakelands and Foster in New South Wales. Get in touch with one of our friendly team members on 1300 797 522 to find out more.



Crossword

We're pleased to present a stimulating crossword puzzle with a home care theme. Test your knowledge and have some fun as you uncover words related to our services. So, pick up a pen and let's delve into the puzzle.



Clues DOWN

- 1 What do we help our clients maintain, ensuring they can live comfortably at home on their own terms?
- 3 What term refers to the ability to move around freely and independently?
- 4 Where do most people feel the most comfortable and secure?
- 7 What assistive device helps with stability while walking?
- 8 What is essential for rejuvenating the body and mind?
- 9 What trait do our caregivers possess in abundance, showing care and empathy to our clients?
- 13 What term describes a physical or mental condition that limits a person's movements, senses, or activities?
- 16 What type of care provides temporary relief for primary caregivers?
- 19 What activity involves preparing meals for oneself or others?

ACROSS

- 2 Who provides medical care and support to individuals in need?
- 5 What is often prescribed by doctors to help manage health conditions?
- 6 What do we call a prepared portion of food to be eaten at a specific time?
- 10 What type of treatment aims to improve or restore physical or mental health?
- 11 What cognitive function allows us to recall past experiences?
- 12 What term describes people in the later stages of life?
- 14 Where do we typically sleep and rest at night?
- 15 What form of exercise involves moving at a moderate pace by putting one foot in front of the other?
- 17 What activity involves cleaning oneself with water and soap?
- 18 What is crucial for maintaining physical fitness and overall health?
- 20 What term refers to the process of providing or obtaining the food necessary for health and growth?
- 21 What do we call devices or tools that assist with daily tasks or activities?

National falls prevention awareness day

Did you know that about one-third of folks aged 65 and up have a tumble at least once a year? While some falls might not seem too serious, they can lead to injuries such as fractures, dislocations, and bruises and even a fear of falling, which can restrict activities and diminish confidence. On March 24th, we observe National Falls Prevention Awareness Day, and here at Calvary, we're committed to reminding our elderly care recipients about the importance of fall prevention measures.

Several factors contribute to the risk of falling among the elderly population. Age-related changes such as reduced eyesight, slower reaction times, cognitive decline, and numbness in the lower limbs can affect balance and coordination. Weakening muscles and stiffening joints further exacerbate the risk. Additionally, new health problems, side effects from multiple medications, sensory issues, and balance problems can increase susceptibility to falls. Environmental factors, such as trip hazards like rugs, uneven surfaces, poor lighting, and unsafe footwear also play a significant role.

But here's the good news: there are plenty of things we can do to stay steady on our feet. Maintaining an active lifestyle

is crucial in preventing falls. Regular physical activity not only strengthens muscles and improves balance but also boosts overall health and wellbeing. A balanced diet rich in calcium can help maintain bone strength, reducing the risk of fractures in the event of a fall. Staying hydrated is equally important for optimal physical function.

It is essential to be mindful of temporary factors that can increase the risk of falls, such as short-term illnesses or recovering from surgery or a recent hospital stay. During these periods, taking extra precautions and seeking assistance when needed can help mitigate the risk.

Calvary offers a range of informational resources to support your efforts in preventing falls, including fact sheets and educational materials. Don't hesitate to reach out to our team members to request for these resources to be delivered to you. Together, we can work towards reducing the risk of falls and enhancing your overall quality of life.



Below are some websites where you can find further information:

- ✦ activeandhealthy.nsw.gov.au
- ✦ liveup.org.au
- ✦ activeageing.org.au



Technology for aging in place

In the digital era, smartphones offer a variety of resources for elder wellbeing. We've curated a range of mobile apps that enhances relaxation, meditation and cognitive abilities.



MyFitnessPal

MyFitnessPal aids in health management by tracking nutritional information, assisting in weight management, and monitoring exercise routines.



Headspace

Leading users through mindfulness exercises, Headspace offers methods to improve sleep, concentration and resilience to help deal with anxiety.



Lumosity

Enhance cognitive skills with Lumosity's games designed to boost memory, attention, flexibility, processing speed, and problem-solving abilities.



Dementia Australia

This home app, developed by Dementia Australia, helps to cultivate an environment conducive to supporting individuals living with dementia, fostering independence and maintaining familiar routines.



Audible

Audible provides a wide range of audiobooks across genres such as fiction, non-fiction, self-help, biographies, and more, enabling you to delve into literature without the strain of reading small print.



Spotify

Spotify's extensive music library spans genres, eras, and artists, offering familiar tunes from your past and new discoveries. Reminisce cherished memories, explore fresh sounds, and uplift your spirits throughout the day.

CROSSWORD ANSWERS | Down 1. Independence 3. Mobility 4. Home 7. Cane 8. Rest 9. Compassion 13. Disability 16. Respite 19. Cook 2. Nurse 5. Pill 6. Meal 10. Therapy 11. Memory 12. Elderly 14. Bed 15. Walk 17. Bath 18. Exercise 20. Nutrition 21. Aid

Continuing the Mission of the Sisters of the Little Company of Mary

In an abandoned stocking factory in Nottingham, England, Venerable Mary Potter and the Sisters of the Little Company of Mary began their mission of caring for the sick and dying. Inspired by the women who stood steadfastly with Jesus as he died upon the cross at Calvary, six courageous Sisters sailed into Sydney in 1885 where they immediately began to care for those in need. Thus began Calvary's enduring legacy of care in Australia. Today, we continue their mission in that same Spirit of Calvary in our hospitals, home and virtual care services, retirement living and residential aged care homes.



Hospitality



Healing



Stewardship



Respect