



Australian Nursing Home Foundation

澳華療養院基金

Home Care Services

Newsletter March 2021

Gong Xi Fa Cai!

Our heartfelt and best wishes are with you and your loving family throughout this New Year and always. May the year of the ox bring you good health, joy and blessings!



Update on Australia's COVID-19 vaccines

The Australian Government has a strategy to deliver COVID-19 vaccines to everyone living in Australia. The vaccine roll-out roadmap outlines the staged roll out of the vaccine to priority groups, which has commenced from late February 2021.

COVID-19 vaccination for frail elderly people over 85

Specific advice for frail elderly people on receiving the COVID-19 vaccine will be provided by the Australian Technical Advisory Group on Immunisation (ATAGI).

The Therapeutic Goods Administration's (TGA) have advised the potential benefits of vaccination versus the potential risk and clinical impact of even relatively mild systemic adverse events in the frail elderly should be carefully assessed on a case-by-case basis. Patients and/or their families, representatives and carers can talk to their GP or a health professional about the COVID-19 vaccines.

A COVID-19 vaccine is just one part of keeping the community safe and healthy. It is important for everyone to continue COVIDSafe practises such as hand hygiene, physical distancing and wearing masks when required.

Below is the link to the COVID-19-vaccines information in languages other than English.

[COVID-19 vaccine information in your language](#) | Australian Government Department of Health



COURTESY REMINDER

Please take note that 2nd - 5th April 2021, and 26th April 2021 are public holidays.

Hourly service fee will be charged double of the basic rate.

Please contact your Home Care Advisor if you still need service on these days.

CORONAVIRUS PREVENTION



AVOID



KEEP CLEAN



DISINFECTANT



SYMPTOMS AWARE



Home Care Services

Newsletter March 2021

Life-Saving Help in the Nick of Time

Home Care workers have frequent contacts with consumers. Being sensitive to their care needs is an excellent asset in providing care. Below is a real-life episode in care provision, an episode that draws our attention to one of our many Home Care Team staff whom we are proud of.

On a January day, Yan (Home Care worker) had her routine service at Ms Lo's home — helping with shopping, domestic cleaning and meal preparation. Upon completion of assigned tasks, Ms Lo signed on the worklist. She informed Yan that she had a little travel sickness when she was travelling in the car after leaving her son's home the previous evening. That had not happened before. To Ms Lo, that might have been age-related.

It was only after three minutes that Yan suddenly found that Ms Lo's head had bent down very much. She was still sitting on the chair. Yan quickly ran over to embrace her and asked loudly, 'Are you ok?' several times. There was no response. Ms Lo was unconscious, appeared pale, with facial perspiration and shortness of breath. Yan held Ms Lo with one hand to keep her from falling off the chair while she dialled 000 with the other hand. Having inquired about Ms Lo's condition, the staff at the other end of the line told Yan to do several things to help stabilize or improve Ms Lo's condition. They also reminded her not to hang up. Soon the paramedics came to apply first aid and later Ms Lo regained consciousness. At that moment, there was a call from Ms Lo's family members. Yan passed the phone over to paramedics, who briefly informed them of Ms Lo's condition to give them peace of mind. Before sending her to the hospital, the paramedics asked about Ms Lo's medication. Luckily Ms Lo had told Yan where she kept her bag of medicines. The latter then passed the medication bag to them. Before leaving, Yan carefully checked that all windows and the balcony doors were closed. Then she reported to the Home Care Team what happened.



It was very crucial for Yan or any frontline staff to remain calm and respond appropriately at the very first moment. Besides orientation for new employees and the follow-up annual mandatory training sessions, ANHF also arranges various in-service training sessions related with work nature. One of them is to ensure our Home Care staff know how to call triple zero for ambulance, fire brigade or police. In case an elderly client needs emergency service, we can provide the required information as quickly and accurately as possible to cut the waiting time to the minimum.

Welcome to the team



Hi all! I am Laura So, your Local Trainer (Community Care). Let me begin by introducing my background: Having completed the Diploma of Nursing at Hong Kong School of Nursing, I then furthered my studies to fulfil the required academic qualifications — over thirty years had elapsed during this period. I had worked in various government hospitals in Hong Kong, St George Hospital in NSW and different private and non-profit aged care facilities. You might not have known that about ten years ago, I had also worked in Chow Cho Poon Nursing Home for five years. It is such a great pleasure to come back to the ANHF family to contribute my knowledge and experience to the Chinese community.



'Happy Friends' interviewed care service employee, Hao Chieu LY — I love my work!

2 CR radio program	Happy Golden Years (Mandarin)	Happy Friends (Cantonese)
First run	Tuesday 3 pm	Monday 12:30 pm
Repeat	Thursday 3 pm	Sunday 5 pm

Home Care Services Newsletter March 2021

'Happy Golden Years' —

ANHF Mandarin Radio Program Launched

ANHF started the Mandarin sessions at 2CR on 9/2 to empower the elderly with aged care services that support them to stay safely at home.

Our Cantonese sessions — 'Happy Friends', an informative program about aged care and health — continue to be on air every Monday (repeat on Sunday). Stay tuned with us!

If you missed the on-air programs, you can find links on the ANHF website. <https://www.anhf.org.au/resources/anhf-radio-programs/>

Online Happy Hub 開心天地線

Topic: Level up (From CHSP to Home Care Package)

Speaker: Alison Wong (ANHF Home Care Services Manager)

Date/Time: Tuesday, 23 March (11am –11:30am)

Topic: Application of Nursing Home

Speaker: Rebekah Kwan (ANHF Communication and Marketing Unit officer)

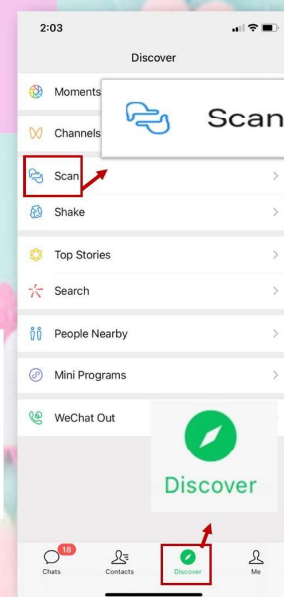
Date/Time: Tuesday, 20 April (11am –11:30am)

RSVP: contact June Yu on 0466 238 466

Please join the ANHF chat group first by scanning the QR code. Then you can watch the live presentation via the chat group on the scheduled date and time.



Join ANHF chat group by scanning this QR code



ANHF
澳華療養院基金
Culturally Appropriate Aged Care Since 1980

Online Happy Hub aims to provide health and aged care service information via online platforms to our consumers. It helps them maintain social connection with broader community during the pandemic.



Home Care Fun Time program launched in Feb

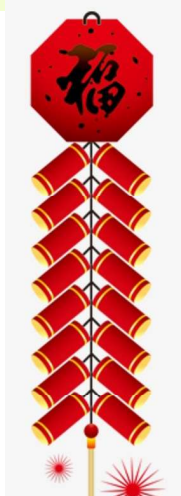
ANHF Home Care launched the "Fun Time" program for our consumers in different areas in Feb 2021. The very positive and encouraging feedbacks assure that the great variety of fun-filled group programs or outings help maintain our consumers' social connection. If you are interested in this program, please contact your Care Advisor. We are looking forward to seeing you there and having fun together.



Consumers in Inner West area celebrated Lunar New Year in Dynasty restaurant.



Consumers were happy to receive red envelopes from Care Advisors.



Consumers in South East area were enjoying yum cha in Marigold restaurant.



Consumers in Western and Inner West area enjoyed good food and water view in Watergrill restaurant.