



ANHf
澳華養老

HOME CARE SERVICES 家居護理服務

NEWSLETTER 會訊

Editors 編輯: Maggie Pan 潘穎、Madeline Yan 甄敏恆、Suet Yee Cheung 張雪儀

August 2025

413-425 Beamish Street, Campsie ☎ (02) 9784 0840 ✉ homecareadmin@anhf.org.au 🌐 www.anhf.org.au



Bringing Joy and Light This Moon Festival

The Moon Festival is approaching, and ANHF is excited to celebrate this special occasion with our clients. Alongside our annual Moon Festival Elderly Luncheon, we are delighted to gift each of our Home Care Package clients an LED sensor night light.

From early September, our care workers will deliver this gift to you during their home visits. This small gift not only represents our care and appreciation, but also serves as a practical item, bringing a little light and extra safety during the nights.

We warmly wish all our clients and their families a joyful, peaceful, and meaningful Moon Festival.

Have Your Say : Improving Aged Care in Australia

The Department of Health and Aged Care wants to hear from older people, their families and carers about the changes being made to aged care. The Improving Aged Care in Australia Survey is now open, and your feedback will provide valuable insights into how well these reforms are understood, how clearly information is shared, and the impact changes are having on older people.

The survey takes around 15 minutes and can be completed [online](#) or by requesting a paper copy via communications.agedcare@health.gov.au.

The survey will be closed on 28 November.



Here is the link :

https://healthau.au1.qualtrics.com/jfe/form/SV_77pxqYO7YIJ8waq

Experience a New Kind of Social Fun

Our Fun & Joy group has been bringing smiles and connection to Home Care Package clients for almost a year! Meeting every second Monday of the month at Eastwood, this group offers a variety of

social support activities designed to keep you active, engaged, and connected.

Enjoy group exercises, outings, handcraft workshops, games, health talks, and even mahjong, there's something for everyone! It's a great opportunity to meet new friends, learn something new, and have some fun along the way.

We warmly invite you to join the Fun & Joy group, experiencing the laughter, learning, and camaraderie for yourself! For details, contact your Care Advisor !

FUN & JOY GROUP

For Home Care Package
Consumers only

Address: Forster Hall (Brush Farm House)
19 Lawson Street, Eastwood 2122



Social Support Charge 2 hours
Transportation not included

Opens every second Monday of the month

10:30 - 14:30





ANHf
澳華養老

HOME CARE SERVICES 家居護理服務

NEWSLETTER 會訊

Editors 編輯: Maggie Pan 潘穎、Madeline Yan 甄敏恆、Suet Yee Cheung 張雪儀

August 2025

413-425 Beamish Street, Campsie ☎ (02) 9784 0840 ✉ homecareadmin@anhf.org.au 🌐 www.anhf.org.au



歡樂亮光迎中秋

中秋節將至，澳華養老家居服務很高興今年繼續和長者一齊歡度佳節。除了舉辦一年一度的長者中秋午宴外，今年我們特別為每位家居護理配套服務的客戶準備了一份小禮物——插座感應夜燈。

從九月初開始，我們的護理人員到客戶家中提供服務時，會親自把這份小禮物送到您手中。這份小小的心意，不僅象徵我們的關懷與感謝，也是一件實用禮品，為您在晚上帶來一點亮光增添安全感。

澳華養老預祝所有客戶及其家人度過一個歡樂平安的中秋佳節。

一起發聲：改善澳洲老年護理服務

澳洲衛生與老年護理部正進行一項名為「改善澳洲老年護理調查」，藉此希望聽取長者、其家人及照顧者對老年護理改革的意見。

您的回應將幫助政府明白服務使用者是否充分理解有關高齡服務的改革、資訊是否清楚傳達，以及改革對長者帶來的影響。

調查大約需要 15 分鐘，可在線上填寫，或透過電子郵件索取紙本問卷或直接表達您的意見。電郵地址是：

communications.agedcare@health.gov.au

不要錯過這個表達您聲音的機會。我們鼓勵您和您的家人於 11 月 28 日前參與調查，發表您的寶貴意見。

鏈接：

https://healthau.au1.qualtrics.com/jfe/form/SV_77pxqYO7YIJ8waq



來體驗不一樣的社交活動樂趣

耆樂社

伊士活 EASTWOOD

僅限家居護理配套客戶

地址 Address: Forster Hall (Brush Farm House)
19 Lawson Street, Eastwood 2122

☎ 社交支援活動 2小時 交通另計

每月第二個 星期一開放 10:30 - 14:30



耆樂社是專為澳華養老家居配套服務客戶而設的社交支援小組，至今成立已經超過一年。期間為參與者帶來許多歡笑和健康知識！

活動小組於每月的第二個星期一在伊士活 Eastwood 舉行，提供多種社交活動，幫助長者保持活力、投入社區並與他人建立聯繫。

活動內容包括：團體輕巧運動、外出參觀、手工藝工作坊、遊戲、健康及資訊講座，甚至還有麻將耍樂！

我們誠摯邀請你成為耆樂社的成員，親自來體驗不一樣的社交活動樂趣！詳情請聯繫您的護理顧問。



ANH F

澳華養老

迎新優惠 及現有客戶推薦計劃

ANH F Home Care Customers Referral Campaign

新客户參加澳華養老家居配套即可享有迎新優惠！
而您只要是澳華養老聯邦家居支援或家居配套服務的客戶，
一旦介紹好友加入澳華養老家居配套服務，亦可另享轉介獎賞優惠！

New customers can enjoy a welcome offer when they join ANHF's home care services!

If you are already a customer of ANHF's home care or home support services, you can also receive referral rewards by introducing friends to join our home care services!

優惠期至2025年10月31日

Promotion till 31 October 2025



獎勵價值 Rewards Amount

護理級別 Care Level	新客戶 New Customer	推薦人(如有) Referrer (If applicable)
1	\$100	\$100
2	\$200	\$200
3	\$300	\$300
4	\$400	\$400

條款及細則適用 Terms and conditions apply.

詳情請向所屬的家居護理顧問、聯邦支援服務主任查詢
或致電家居護理部

Please contact your Home Care Advisor or CHSP coordinator for further information or call

(02) 9784 0840





ANH F
澳華養老

ANH F

MOON FESTIVAL

澳華養老中秋聯歡午宴會

**WE CORDINALLY INVITE YOU TO JOIN US
AND CELEBRATE MOON FESTIVAL**

2025

誠邀您參加中秋聯歡午宴

日期 Date: 2025年十月七日(星期二)

7th October 2025 (Tue)

天天漁村 Golden Palace Restaurant

Golden Palace Restaurant

Level 1/24-32 Hughes St, Cabramatta NSW 2166

或 Or

日期 Date: 2025年十月八日(星期三)

8th October 2025 (Wed)

龍景軒 Crown Dragon Restaurant

St. George Leagues Club

Level 1, 124 Princes Hwy, Kogarah NSW 2217

時間 Time: 上午十一時三十分至下午二時三十分

11:30am to 2:30pm



請選擇其中一項，活動免費，但不包括交通接送。名額有限，報名從速!

**Please choose one event. Participation is free, but
transportation not included. Limited spots available,
register early !**

報名回復

TEL:

02 - 9784 0840

截止日期

RSVP BY:

2025年9月5日

5 SEPTEMBER 2025



■ Aged Care Reform: 安老改革 ■

Update for Residents, Consumers, Families, and Staff – August 2025

2025 年 8 月 院友、家屬及員工通訊更新

A New Rights-Based Aged Care Act – Effective 1 November 2025

The **Aged Care Act 2024** will put the rights of older people first, introducing a **Statement of Rights** for all receiving Australian Government-funded aged care services. This will replace the current *Charter of Aged Care Rights*.

以權利為本的全新老年護理法—2025 年 11 月 1 日生效

2024 年《老年護理法》將老年人的權利放在首位，為所有接受澳洲政府資助的老年護理服務的人士引入一份《**權利聲明**》。這將取代現行的《老年護理權利憲章》。

About the Statement of Rights

- Clearly sets out the rights of older people accessing funded aged care services.
- Focuses on dignity, respect, independence, and cultural safety.
- Ensures older people remain at the centre of decisions about their own care and life.

關於權利聲明

- 明確規定了老年人享有資助老年照護服務的權利。
- 注重尊嚴、尊重、獨立和文化安全。
- 確保老年人在自身照護和生活決策中始終處於中心地位。

Key Rights Under the New Act 新法案下的主要權利

Independence, Choice & Control 獨立、選擇和控制

- Decide which funded aged care services you use and how they are provided.
- Choose who delivers your services and when.
- Control your own money and belongings.
- Receive support (if needed) to make and carry out your decisions.
- Make lifestyle choices, even if they involve some personal risk (e.g., social life, relationships).
- 決定您使用哪些經政府資助的老年照護服務以及如何提供這些服務。
- 選擇由誰提供服務及何時提供服務。
- 控制自己的金錢和財產。
- 獲得支持（如有需要）以做出和執行您的決定。
- 選擇生活方式，即使這涉及一些個人風險（例如，社交生活、人際關係）。

Fair Access 公平獲取

- Right to a fair, respectful and culturally safe assessment of your care needs.
- Assessment must consider your culture, background, life experience, and any trauma.
- Access the right care at the right time, including palliative and end-of-life care.
- 有權獲得公平、尊重且文化安全的護理需求評估。
- 評估必須考慮您的文化、背景、生活經驗和任何創傷。
- 在適當的時間獲得適當的護理，包括安寧療護和臨終關懷。

Safety & Quality 安全與品質

- Receive care that is safe, fair, and delivered with dignity and respect.
- Care must value and support your identity, culture, and personal experiences.
- Be free from violence, abuse, neglect, or exploitation.
- Services must be delivered by trained, skilled, and qualified staff.
- 獲得安全、公平且有尊嚴和尊重的照護。
- 照護必須重視並支持您的身分、文化和個人經驗。
- 免受暴力、虐待、忽視或剝削。
- 服務必須由訓練有素、技術嫻熟且合格的工作人員提供。

Privacy & Information 隱私與資訊

- Your privacy and personal information must be respected and protected.
- You choose when your information is shared and with whom.
- You can access records about your care and service costs at any time.
- 您的隱私和個人資訊必須受到尊重和保護。
- 您可選擇何時以及與誰分享您的資訊。
- 您可以隨時存取有關您的護理和服務費用的記錄。

Communication 溝通


- Receive information in a way you can understand.
- Communicate in your preferred language or method, with interpreters or aids if needed.
- Give feedback and have your opinions heard without fear of reprisal.
- 以您能理解的方式接收訊息。
- 使用您喜歡的語言或方式進行溝通，如有需要，可使用口譯員或輔助工具。
- 提供回饋意見，讓別人傾聽您的意見，無需擔心遭到報復。

Raising Issues & Complaints 提出問題和投訴

- Make complaints without fear of punishment.
- Have issues resolved quickly and fairly.
- Get help from an independent advocate if needed.
- 提出申訴，無需擔心受到懲罰。
- 快速且公正地解決問題。
- 如有需要，可尋求獨立倡議者的協助。

Support & Connection 支持與聯繫

- Stay connected to your family, friends, pets, and community.
- Participate in leisure, cultural, spiritual, and lifestyle activities.
- Aboriginal and Torres Strait Islander peoples have the right to remain connected to their community, Country, and Island Home.
- 與家人、朋友、寵物和社區保持聯繫。
- 參與休閒、文化、精神和生活方式活動。
- 原住民和托雷斯海峽島民有權與其社區、國家和島嶼家園保持聯繫。

 Look out for regular newsletters and updates 留意我們的定期通訊與最新消息

 Share feedback anytime — your voice matters! 隨時提供寶貴意見 — 您的聲音至關重要！