



Minimbah News Archives 2011

Minimbah News is published monthly, providing information about activities and events at Minimbah to families, carers and residential service staff, volunteers and staff at Minimbah and others who may be interested.

If you have friends or family members who would like to receive their own copy directly from Minimbah, please contact Solomon on 9887 2299.

This is a collection of articles from 2011 of continuing relevance to you as a parent / carer.

If you have any concerns, please speak with program staff, or contact me directly on 9887 2299. You are also welcome to speak with me in my office during the arrival and departure times.

Joy Barrett
General Manager

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Team Leader– Platinum	Tina Diprose
Team Leader– Pearl and Silver	Angela Kerr
Massage Therapist	Anita V. Hartonian
Music Therapist	Bel Keivers
Administration / Reception	Solomon Reuben



Planning for the Day

Packing for the Day

What should you pack each day? The following checklist may help with the morning routine. It is important to client wellbeing and comfort that they have everything they need for the day. Please note that:

- We will charge carers for food or continence items that have been overlooked.
- We have very few changes of clothes available.

- Change of clothes (including underwear)**
- Warm jacket**
- Continence supplies**
- Morning tea**
- Lunch (in required consistency)**
- Drinks**
- Clothes protector (bib)**
- Communication book**
- Medication (in a Webster Pack only)**
- Other special requirements**

PLEASE use the communication book. This is the easiest way to tell us about changes in eating habits, changes in routine, upsets at home and so on. We find it very difficult to provide appropriate and responsive care without this information.

Dressed for the Day

Choosing clothes for ourselves is a personal matter and not always a simple choice. There are certain things we know we shouldn't wear—things that aren't appropriate to the event or to the weather, things that don't flatter us, things that we just plainly don't like or feel comfortable in and things that others of our age would not find acceptable. We juggle all these things, within our budget constraints.

People with high support needs are generally not in a position to choose their own clothing. Families and carers need to make these choices for them. This is quite a big responsibility.

It is vital that clothes and grooming are chosen to preserve the person's dignity, while taking special needs into account. Appropriate dressing strengthens self respect, helps build confidence and encourages social acceptance.

Every client at Minimbah participates in a variety of community based activities. The goal is community integration, so it is important that clothes and grooming reflect community standards and do not further stigmatise the client.

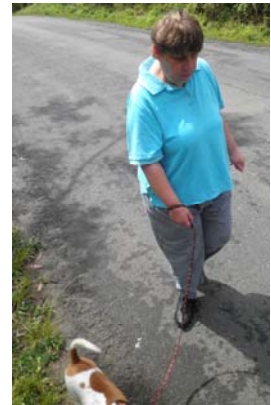
Track pants and t-shirts are very popular. They are obviously comfortable and easy to manage. Nonetheless, it is really important that they are clean and neat, in good condition, of an appropriate size and colour co-ordinated.

Here are just a few guidelines you might wish to consider when selecting clothes:

- Seasonal weather conditions (a jacket in the bag might help here)
- Personal modesty (clothes that aren't too tight and longer line t-shirts usually work well)
- Personal care needs (this usually means easy fit and a change of clothing in the bag)
- Special hygiene needs (continence pads should never be visible, even in outline through clothes)
- Wheelchair use (short skirts or tight trousers don't work well with wheelchairs)
- Behavioural issues (clothes may need to be difficult to remove)
- Community standards (romper suits and animal prints are not generally worn by adults)

It is obvious that some of these guidelines conflict and the choice for an individual client may be quite complex. The goal then is to make the best available choice in the individual circumstances.

It is also important to make age appropriate choices for special equipment. For clients who need bibs, please consider plain dark towelling, or even a towelling lined scarf, and plenty of changes. For clients who need bottles or feeding cups, avoid animal prints or baby motifs whenever possible.



Edda in smart comfortable clothing and appropriate shoes for walks at Monika Doggie Rescue.



Medication / Injuries / Hospitalisation

Please notify us of any changes in **medication**, even if what we need to dispense has not changed. This will give us a better understanding of changes in mood, behaviour and energy levels., so that we can provide good care to the client and provide you with feedback on the impact of the changes.



We would appreciate short explanations for any **obvious injuries**. This helps us to distinguish between accidental injury and potential abuse, so that we can respond appropriately. Note that you will always receive an incident report for any injuries sustained at Minimbah, or observed by us.

Lunch Boxes



Most days we wash client lunch boxes and drink bottles, in the interests of hygiene. However, this is not something we can undertake to do every day. The primary responsibilities of staff are engagement with clients and their personal care. Washing up is an extra duty that takes third place.



Please check bags each night. It is an unfortunate reality that bags sometimes come back with the sticky debris of yesterday's pureed food or uneaten sandwich. Your cooperation will be greatly appreciated.



Personal Items

We take great care of personal items– lunch boxes, drink bottles, jackets, bags and everything else– at Minimbah. It is, however, very difficult to keep track of the property of 50 clients.

Please put name tags on EVERYTHING that might get lost– either the client's name, or a house name for shared property.

If you find the property of others in a bag, please return it to us so that we can send it on its way to the right place.



Communication Books

We write in the communication books each day, reporting the events of the day, or any matter that we need to pass on. We usually do this with the client, reminiscing about the day.



It is very helpful if you also write in the book– something good that has happened, a bad night, some change in health and so on. The books work best when they are 2 way.



Health Notes from Anita

HEALTH NOTES— NUTRITION

Eating a healthy diet is a challenge for most Australians but for a person with a disability it may be even harder.

People with disabilities have a higher incidence of diet related health problems than the general community. Health statistics tell us they are more likely to experience obesity, underweight, constipation, malnutrition, dehydration, heart disease and diabetes.

The food we eat and the activities involved in planning, preparing and eating meals are important to our enjoyment of life. Certain foods and meals make up our cultural identity and give us a sense of belonging.

There may be many reasons why a person with a disability may be at risk of missing out on the social, emotional and physical benefits of a healthy diet.

Nonetheless, the Australian Dietary Guidelines are just as applicable to people with disabilities as they are for the general population. The professional help of a dietician may be valuable given the potential barriers to healthy eating faced by a person with a disability.

Please think about the food that you send to Minimbah each day. Is the food sufficient in quantity? Is it healthy? Is it the right consistency? Is there variety? Staff may be able to make suggestions if you are uncertain on these matters.

Reference: Dieticians Association of Australia website www.daa.asn.au

HEALTH NOTES—SOCKS

I am noticing during massage that some of our clients are wearing tight socks. As we know, tight fitting socks can seriously hamper blood circulation and also the tight elastic can cause an allergic reaction.

For clients with oedema (fluid retention), extra wide socks are a better option. In particular, diabetic socks are a very good choice as they are specifically designed to control moisture. The design of a diabetic sock provides added support for the arch and foot while simultaneously adding compression to prevent swelling.

HEALTH NOTES– MORE ON FEET

Anita, Massage Therapist, reports that many of our clients suffer from fungal infections on their feet. Fungal infections are very uncomfortable, causing itching and stinging, and may have serious health consequences for people who are not fully mobile. They are readily spread from person to person.

The chemist can provide creams for the treatment of existing conditions. These must be used regularly, and over quite extended periods of time. It is also necessary to take precautions to prevent re-infection. These include:

- dry skin carefully after bathing
- choose cotton socks to allow skin to breathe
- wash bed linen and clothes often to get rid of fungal spores
- disinfect bath and shower with bleach
- always wear thongs in communal area such as swimming pools
- alternate shoes every two or three days so that they have time to dry out.
- allow the feet to breathe– spend some time with bare feet.



HEALTH NOTES– COLD SORES

Cold sores are small, painful, fluid-filled blisters or sores that appear on the lips, mouth, or nose that are caused by a virus. The sores can be painful and usually last a few days.

Unlike most viral infections, the cold sore virus is not completely eliminated by the body defenses. For this reason, cold sores often recur.

Herpes simplex is caused by a contagious oral virus. The virus is spread from person to person by kissing or other close contact with sores or even from contact with apparently normal skin that is shedding the virus. Infected saliva is also a means of spreading the virus. The most contagious period is when a person has active blister-like sores. Once the blisters have dried and crusted over (within a few days), the risk of contagion is significantly lessened.

People with cold sores should wash their hands often, especially after touching the face. Cups and eating utensils should not be shared with another person.

There are several medications to reduce the duration or symptoms of cold sores. Some are available without a prescription (over the counter), and others require a prescription from a doctor. Some are topical (meaning that they are creams or ointments rubbed directly on the sore), and others are taken



ASSISTANCE SCHEMES

It has come to our attention at Minimbah that at least some parents and carers are unaware of the range of assistance schemes that may be available to them. The following information sheet has been compiled to point you toward further information on the main schemes of which we are aware. Each scheme has its own eligibility criteria, so you will need to contact the

Assistance Schemes Potentially Available to Minimbah Clients

compiled May 2011

Disability support pension

Centrelink income support paid to people whose physical or intellectual or psychiatric impairment prevents them from working.

http://www.centrelink.gov.au/internet/internet.nsf/payments/disability_support.htm

Carer payment (caring for a person 16 years or over)

Carer Payment (caring for a person 16 years or over) can provide you with income support if you are unable to support yourself through substantial paid employment because you are caring for someone aged 16 years or over on a daily basis who has a severe disability, medical condition or who is frail aged.

<http://www.centrelink.gov.au/internet/internet.nsf/payments/carers>

Mobility allowance

Centrelink allowance paid to those who are working or undertaking training and who are unable to use public transport without substantial assistance.

<http://www.centrelink.gov.au/internet/internet.nsf/payments/mobility.htm>

Companion Card

The Companion Card is available to people with a significant and permanent disability, who require attendant care for the rest of their lives. The card can be presented when booking or purchasing a ticket at events and venues, provided the cardholder requires attendant care support in order to participate at that particular activity. The participating venue or service will issue the cardholder with a second ticket for their companion at no charge.

<http://www.nswcompanioncard.org.au/>

Health Check – Medicare Items for People with an Intellectual Disability (MBS Items 718 and 719)

This annual health check item was introduced to identify and address the specific clinical needs of patients who have an intellectual disability. Evidence indicates that around 40% of medical conditions remain undiagnosed in people with an intellectual disability and that only half of the diagnosed conditions are appropriately treated. A health assessment should be undertaken by the general practitioner who has provided the majority of services to the patient over the previous 12 months and/or will provide the majority of services to the patient in the coming 12 months.

<http://www.nswcid.org.au/health/se-health-pages/annual-health-assessments.html>

Dental Care- Medicare Items Relevant to People with an Intellectual Disability (Items 85011-87777)

Medicare dental items (Medicare items 85011-87777) are available for people with chronic conditions and complex care needs, on referral from a GP. Eligible patients can access up to \$4,250 in Medicare benefits for dental services over two consecutive calendar years.

www.health.gov.au/dental

Continence Aids Payment Scheme (CAPS)

The CAPS is an Australian Government Scheme that provides a payment to assist eligible people who have permanent and severe incontinence to meet some of the costs of their incontinence products. The payment is made by Medicare Australia directly into a client's nominated bank account.

<http://www.bladderbowel.gov.au/furtherinfo/caps/default.htm>



Find us on
Facebook

Facebook

Do you use Facebook? Do your family and friends? You can now keep up with Minimbah news through our Facebook page.

Search for Minimbah Challenge Inc, or go to this address:

<http://www.facebook.com/home.php#!/pages/Minimbah->

MINIMBAH POLICIES, PROCEDURES AND BROCHURES

COPIES NOW AVAILABLE FROM THE DISPLAY IN THE RECEPTION AREA

PLEASE HELP YOURSELF TO ANYTHING OF INTEREST TO YOU

EXTENDED HOURS SERVICE

We are offering an extended hours service. This provides care and a recreational program from 3:00pm to 5:00pm, at a fee of \$25 per afternoon.

There are places for additional clients– please contact us if you are interested in booking this service.

Arrangements can be flexible, please speak to Joy Barrett if you have some special request. that would assist your family.

ARE YOU A MEMBER OF MINIMBAH?

Membership of Minimbah Challenge Inc (an association incorporated in NSW) is available to family members and carers of Minimbah clients and to interested members of the public.

Membership entitles you to **HAVE A VOICE** in the governance and strategic direction of Minimbah, by making you eligible to:

- Participate and vote at the AGM, held in September each year.
- Nominate for positions on the Management Committee.

The membership fee is \$20pa for an individual or \$30 for a family. It is important to apply for membership NOW, so that your application can be approved by the management committee, as required by constitution, before the AGM. Contact Solomon Reuben at reception if you want a membership application form.

2012

Minimbah Calendar

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Public Holiday



Minimbah Shut Down



Saturday Care



Board Meeting



Staff Training