

HEATHER HILL NEWSLETTER

April / 2023

2023 Year of the Rabbit!

While 2022's Year of the Tiger was decorated as a positive and active energy, the Year of the Rabbit embodies a different energy, focusing on relaxation, quietness, and contemplation.

After the last couple of years, we've had it's nice to slow down and take a moment to enjoy life.

Brisbane City Council runs "Chair Yoga and Meditation" for Seniors at St Lucia Community Hall (27 Guilfoyle Street, St Lucia) Every Wednesday from 9am to 10am.

This is a class full of stretching, strengthening, and breathing techniques combined with relaxation and meditation. Perfect for people who have difficulty getting up and down from the ground.

This is a perfect activity for those looking for a more gentil exercise. No bookings required.

For more information phone Tatiana on 0439 643 586.



HAPPY EASTER!

We are now moving quickly through this year; we hope you had a wonderful break enjoying some yummy chocolate with your friends and family.

In this newsletter we wanted to keep you updated on a couple of different changes and updates.

CODE OF CONDUCT

What is the Code of Conduct for Aged Care?

The Code describes how aged care providers and the people providing your care must behave and how you should be treated. If you feel like the people providing your care are not meeting the Code, you have a right to speak up.

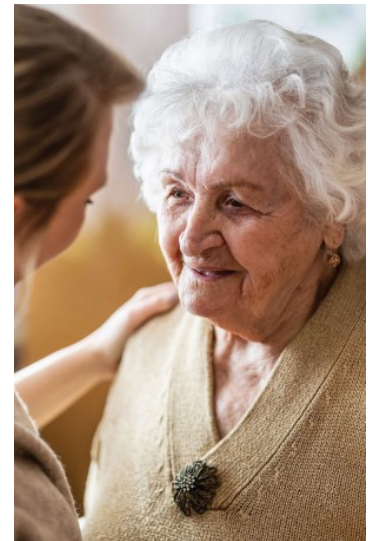


You have the right to receive safe, high-quality care and services and to always be treated with dignity and respect.

The Code of Conduct for Aged Care:

1. Act with respect for people's rights to freedom of expression, self-determination, and decision-making in accordance with applicable laws and conventions
2. Act in a way that treats people with dignity and respect and values their diversity.
3. Act with respect for the privacy of people
4. Provide care, supports and services in a safe and competent manner, with care and skill.

5. Act with integrity, honesty, and transparency
6. Promptly take steps to raise and act on concerns about matters that may impact the quality and safety of care, supports and services
7. Provide care, supports and services free from:
 - all forms of violence, discrimination, exploitation, neglect, and abuse
 - sexual misconduct
8. Take all reasonable steps to prevent and respond to:
 - all forms of violence, discrimination, exploitation, neglect, and abuse
 - sexual misconduct.



EXCLUSION IN HOME CARE PACKAGES

A more specific list of items that cannot be included in your home care package have been released by the Government in January.

A summary of these new exclusions is listed below. Please note that these are in addition to exclusions previously outlined in your Home Care Agreement. Should you require any clarification or assistance, please reach out to your Community Coordinator to discuss this in more detail.

- General home services that were never or are generally not completed independently prior to age-related functional decline, including home repairs/maintenance/specialist cleaning performed by a tradesperson or other licensed professional.
- Beauty therapy (e.g., manicures) and hairdressing
- Supplies to participate in any activity, e.g., gardening or craft.
- Gym or pool memberships/access costs when not prescribed for aged-related functional decline and monitored by health professional operating within their scope of practice.
- Heating and cooling costs (installation and repairs)
- Whitegoods and electrical appliances (except items designed specifically for frailty such as a tipping kettle)
- Household furniture and furnishings:
 - lounge suites and recliners which do not support a care recipient's mobility, dexterity and functional care needs and goals.
 - Other general household furniture such as coffee tables, wardrobes, and bookshelves.
 - Massage chairs when not prescribed by treating medical practitioner and/or allied health professional.
 - General mattress and frame for bed (exceptions for pressure relieving mattress or mattress/frame for an electrical adjustable bed or hospital bed)
- Replacement/maintenance/servicing/cleaning of:
 - Fencing
 - Roofs
 - Heating and cooling or hot water systems.
 - Swimming pools
- Home modifications or capital items that are not related to the care recipient's ageing-related care needs, for example:
 - Windows, roofs, pergolas, sunrooms, decking.

- Repainting the home
- Major plumbing
- Major electrical work
- Replacement of entire floor and floor coverings throughout the home unless safe passage for mobility equipment required or slip hazard reduction required, as recommended by a health professional for care recipients at risk of falls.
- Extensive gardening services such as:
 - Planting and maintaining crops, natives and ornamental plants.
 - Installation and/or maintenance of raised garden beds.
 - Landscaping
 - Tree removal
 - Removal of garden beds or shrubbery
- Payment of fees or charges for care or services funded or jointly funded by the Australian Government such as:
 - Prescriptions glasses
 - Hearing aids available under the Hearing Service Program
 - Continence aids if a participant in the CAPS program
 - Natural therapies such as yoga and Pilates (except sessions supervised by an exercise physiologist or physiotherapist)
- Payment for services covered by the Medicare Benefits Scheme or Pharmaceutical Benefits Scheme such as
 - Prescriptions glasses
 - Medications and supplements (as well as items not covered by PBS)
 - Consultation/tests/surgery with medical practitioners

GOVERNMENT PRICING CHANGES

From 1 January 2023 there will be set limits on what providers can charge you for care and package management.

In addition, providers will no longer be able to charge you:

- Exit charges
- Additional costs for third-party goods or services
- Package management charges in a month (except for the first month of care) where you do not receive services other than care management.

How does this affect your Home Care Package?

Heather Hill Home Care already charge less than the new limits for care and package management. This means you won't see any changes to our charges.

This new change ultimately ensures that you only ever pay the published price – with no hidden charges.

What do you need to do?

You do not need to do anything as our charges have not changed.

You can view these details and more about the Home Care Package charges here:

<https://www.myagedcare.gov.au/news-and-updates/how-were-improving-home-care-package-charges> or

 **Phone:** 1800 200 422 (My Aged Care’s free call phone line)

 **Visit:** agedcareengagement.health.gov.au

FREE OFF-PEAK TRAVEL FOR SENIORS

Brisbane City Council is getting you home quicker and safer by providing free off-peak travel for seniors.

This includes travel on Brisbane City Council buses, CityCats and ferries.



[Make sure you're eligible.](#)

Free off-peak travel is available to eligible TransLink senior go card and Seniors Card +go holders.

Travel during off-peak times

Off-peak times	Brisbane City Council buses	CityCats and ferries
Weekdays Monday-Friday	Available 8.30am-3.30pm and 7pm-6am the next day	Available 8.30am-3.30pm and 7pm-6am the next day
Gazetted Queensland public holidays on weekdays (Monday-Friday)	Available All day	Available All day
Weekends Saturday-Sunday	Available All day	Not available Normal off-peak fares apply
Gazetted Queensland public holidays on weekends (Saturday-Sunday)	Available All day	Not available Normal off-peak fares apply

NEW VOICE CHOIR (PARKINSON'S CHOIR)

New Voice Choir is a Brisbane-based choir designed especially for people with Parkinson's, their partners, carers and supporters.

This choir has been running since 2015 and is, in fact, the first Parkinson choir in Queensland!

When and where are rehearsals held?

When: 1 pm to 3 pm each Tuesday during school terms

Where: Moorooka Community Centre – 40 Gainsborough St, Moorooka QLD 4105

For more information:

Phone: 0452 386 423

Website: <https://www.newvoicechoir.org.au/>

General Enquiries: info@newvoicechoir.org.au



FAMOUS AUSTRALIANS' CROSSWORD:

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Across

1. Rolf Harris the famous Australian TV celebrity, artist and singer, played a _____ board.

5. First name of the Aussie female swimmer who won gold medals at three Olympic Games.



6. Paul Hogan starred in the movie blockbuster 'Crocodile ...'?

9. Our actor Nicole _____ starred in 'Moulin Rouge'.

11. First name of female aboriginal who was a dual Wimbledon tennis champion.

14. _____ Jackman starred in 'The Boy from Oz'.

16. Surname of champion Australian swimmer whose first name is Ian.

17. He started the Royal Flying Doctor Service in Australia's outback. He is John ...?

20. Princess Mary comes from Tasmania but now lives in which country?



21. This Aussie cricketer was knighted and has the best test batting average of anyone who has ever played the game. (Full name)

Down

1. Steve Irwin thought of himself as a warrior.....what kind of warrior?

2. The world record for the number of test cricket matches played as captain is held by Australia's Allan _____.

3. _____ Joan Sutherland achieved worldwide fame as an opera singer in the 2nd half of the twentieth century.

4. Initials of an Australian tennis player who won the men's singles title at Wimbledon three times.

7. Some say he's the best fast bowler Australian cricket has produced. He's _____ Lillee.

8. The movie 'Shine' was about the early life of this brilliant Australian pianist. (Both names)

10. This band was formed in Australia and was one of the world's most popular groups in the 1970s. They are the Bee _____.

12. She was the first Australian opera singer to achieve international fame.



13. An Australian artist (painter) whose scenes of outback towns and people brought him fame at home and abroad. He died in 2006. (Two words)

14. Famous Australian poet and writer of fiction. (Both names)



15. This Australian politician is sometimes called the "Father of Federation". (Both names)

18. First name of Australia's most famous bushranger.

19. This left-handed Australian tennis player is regarded as one of the greatest of all time. He is Rod _____.

Written by: Ron Shaw