



Client



Newsletter

May 2023

*“A leading service provider,
helping our communities enjoy
the life they want to live”*

A word from our CEO



Hello to you all from the team at South Eastern Community Care. We are certainly noticing a cool change and shorter days now. Staff are asked to take care on the roads and drive to conditions. As the weather changes we often see an increase in respiratory illnesses- please consider having your flu vaccination, and check with your GP if you are eligible for a COVID booster. South Eastern Community Care offers free flu vaccines to our staff- for their safety and your protection. We hope many of our staff will take up the offer this year!



NDIS Audit

We had our mid-term audit at the end of March 2023. We were pleased with the feedback we received and have already turned our attention to ensuring we keep on track and are ready for our full Audit which will be due in 2025. I, and our team, would like to thank those participants who spoke with the Audit Team- it was great from them to get an insight into the experiences of our services from your perspective.

Interns in our workplace

We are excited to welcome two International Post Graduate students to our Business Services team for a period of two week in a workplace internship capacity. The program is a Federal Government Program in recognition of a shortage of IT Graduates in Australia. We have a number of short term projects which we are excited to be able to get in place with their capable assistance.

Harmony Week

Harmony Week was in March, and this spurred us on to investigate where our staff are originally from. We have found, of our 160 staff, thirteen different heritages. This would be a good representation of the diversity in the general Tasmanian Community. We are working on ensuring we have up to date data and information on our client-base and may need to ask you for information on your birthplace/languages spoken if we don't have that on file over coming months. Having this information helps us to be proactive in giving individualised care, as well as ensuring we are aware of and undertaking culturally sensitive care.

Cyber Security

We have undertaken a review of our Cyber-Security and information Systems in 2023 and have implemented a range of improvements to better protect our business and the data we hold. We are conscious of the number of attacks and unlawful hacking of personal information across Australia. South Eastern Community Care keep up to date with various forms of security (Firewalls, Server Access, limited third party applications etc.) and limit access to sensitive information where we have



it- for both staff and clients. We maintain a strong password policy with frequent changes of passwords required. We give staff information and tips on how to avoid scams and suspicious emails. We have a data breach policy as well as a privacy policy. If you ever would like to see our data breach policy or privacy policy- you can ask reception and we can forward to you at any time.

Helen Pollard

What is April Falls?

Commencing April 1st 2023 is April Falls and this year's theme is "Better Balance for Fall Prevention"

This is a national and international campaign to educate and raise awareness of falls prevention and help those at risk of falls.

Ausmed E-Learning has allocated Falls Prevention training and the SEC Care Falls Policy to all workers caring for clients.

The Quality team have placed information in the foyer and Day Centres for all to read up on falls prevention



37%

of injury-related deaths caused by falls



30%

of over 65s fall each year



23%

reduction in falls with regular exercise

The issue of falls

Falls are the leading cause of injury-related deaths in Australia. Each year, around 200,000 falls are severe enough to require hospitalisation.

In 2016, the annual estimated recurrent health service expenditure on falls was about \$3.9 billion nationally. This is expected to increase markedly with the number of people aged 65 years and over projected to nearly double by 2042. Effective fall prevention programs are required in order to reduce falls and injurious fall rates to lessen the burden on the health system.

Risk factors for falls

While falls can occur throughout life they become more common and consequential as people age. In Australia, 30% of adults aged 65 and over will experience at least one fall a year. During the normal ageing process, changes such as poor vision and reduced muscle mass and bone strength increase the risk of older people experiencing a fall.

Fall risk is multifactorial and linked to changes in physical and sensory function, the use of certain medications and medical conditions. The good news is many of these risk factors are modifiable.

Falls can be prevented

Exercise has been shown to reduce the number of falls over time by around 23%. High challenge balance exercises of sufficient dose can increase the effect of exercise, to up to 40%. Multicomponent and multifactorial interventions that include education, home safety modifications, foot health, strength and balance exercises, vision screenings and medication reviews have also been shown to be effective at reducing falls.

The NSW Fall Prevention and Health Ageing Network works collaboratively with healthcare and community providers to provide the latest evidence and best practice information for falls and fall-related injury within the broader scope of healthy ageing. The Network also aims to disseminate this research into the community through our conferences and workshops.



On Tuesday 16th May we are celebrating our wonderful volunteers for National Volunteer Week with a special afternoon tea as a thank you for their valuable contribution to SEC Care. For those of you that give up your valuable time to assist with our clients' well-being we say a huge "Thank you"!!

NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK



I Connect, We Connect!



WORLD MULTIPLE SCLEROSIS DAY
MAY 30

- Multiple Sclerosis (MS) — a demyelinating neurological disease that affects nearly 2.8 million people globally
- The debilitating nature and social stigma of MS entraps the affected ones with a feeling of social isolation
- World Multiple Sclerosis (MS) Day is observed on May 30th to raise awareness and support for everyone affected with MS with this year's theme — "connections"

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THANK YOU SEC Care Nurses!



May 12th is International Nurses Day celebrated on the birthday of Florence Nightingale, a nurse and early pioneer of cleanliness and infection control in hospitals. Nightingale (1820-1910), during her career stressed a practice that is relevant as ever today- handwashing! She is considered a social reformer and founder of modern nursing.

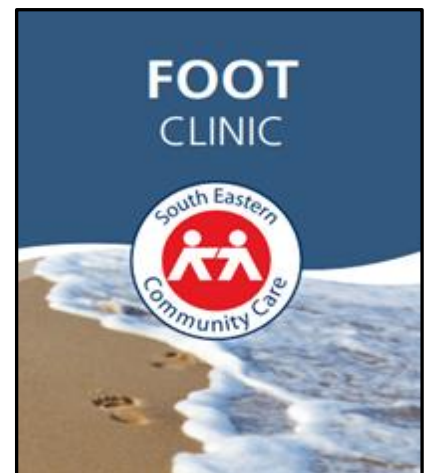
SEC Care would like to thank our nurses for all they do out in the community to deliver much needed care, support and health education.



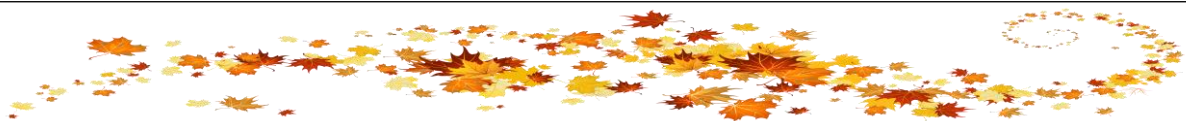
Juliane's Joke of the Month

Q. What do Dentists call X-RAYS?

A. TOOTHPIC's



Important community awareness: Please make sure you put money or valuables away in a safe or locked drawer/cupboard. Also, tell your family that you have done this for peace of mind for them & you.



Social Programs highlights from March/April:



St Patrick's Day

Social Programs celebrated St Patrick's Day with traditional Irish music, lunch and bingo!
Left: Alice & Myrene



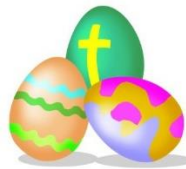
Left: Fred & Harold



Disability Social Program:
Friday 5th – Visit to Cascade Gardens
Wednesday 10th – Day trip to Bruny Island
Friday 12th – Hobart Penitentiary Ghost Tour
Friday 19th – Wooden Boat Centre at Franklin
Friday 26th – Fishing at Dunalley

Sorell Social Program:
Every Monday – Men's Group
Every Tuesday – Exercise Group
Wednesday 17th – Celebrating Volunteers Week
Every Friday 1.30 – 3.30pm Knitting/Sewing Group

Easter Creations!



Tea Tree Social Program:
Thursday 4th – Games day
Thursday 11th – Card making
Thursday 18th – Celebrating Volunteers Week
Thursday 25th – National Scavenger Hunt Day

Social Programs at Dunalley Jetty with fish & chips for lunch



Left: Lulu with Catch of the day!



Prosser House:
Tuesday 2nd - Lauderdale Foreshore Tavern for Lunch
Monday 22nd - Chinese Lunch @ Claremont
Tuesday 23rd - Shopping Trip

