

An independent newsletter for people interested in Aged Care

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**Emailed to:  
1872 readers  
and counting**

**Welcome to my  
overseas readers**

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#### 4 YEAR CERTIFICATION

It give me great pleasure to publish the below facilities who achieved

#### 4 years certification

My compliments and congratulations to:

**St Catherine's Rest home – Auckland**

**Summerset by the Ranges – Levin**

**Kenwyn Rest Home - Te Aroha**

**NO AUDITS WILL TAKE PLACE FROM NOW UNTIL SEPTEMBER.**

#### SPECIAL DAYS THIS MONTH

Queen's Birthday Monday 1 June 2020  
World Environment Day Friday 5 June 2020  
World Oceans Day Monday 8 June 2020  
World Elder Abuse Awareness Day Monday 15 June 2020  
June Solstice Sunday 21 June  
Matariki Monday 22 June 2020



#### WORLD ELDER ABUSE AWARENESS DAY

World Elder Abuse Awareness Day is held on June 15th and is an annual international observance day.

Abuse of the elderly is an increasing and serious problem that affects health and human rights and can cause death, so it is vital to raise awareness of it and thus prevent it whenever and wherever possible.

Elder abuse comes in many forms including physical, emotional, sexual, financial abuse and neglect. Elderly people deserve the same dignity and respect as people of all other age groups. The issue of elder abuse and neglect is deeply connected to social justice: no fair society should tolerate the deprivation or mistreatment of those who have contributed to it the longest.

Elderly people are particularly vulnerable to abuse and to being unable to defend themselves and get help as fear, isolation and infirmity can be major barriers to seeking and getting help, and sometimes spotting and challenging abuse in the elderly isn't easy. The person/s abusing are often the people the victim relies on for support and care. Being in a facility does not always protect the older person from abuse as, sadly, some are abused in facilities.

To raise awareness of elder abuse and prevent it, on World Elder Abuse Awareness Day, communities and the media highlight the danger of elder abuse and what can be done to prevent it and what to do if it is spotted.

*Identification and prevention of elder abuse is the responsibility of all of us*

## EMPLOYMENT NEWS

Source: *Employment New Zealand*

### Temporary changes to Paid Parental Leave

Temporary changes have been made to parental leave law to allow some workers to go back to work temporarily during COVID-19 without losing their remaining entitlement to parental leave, and its associated payments and protections. That means workers could return to work for up to 12 weeks, and then go back on parental leave.

This change applies to workers who are entitled to parental leave and need to return to work early from parental leave for reasons related to the COVID-19 outbreak, because:

- their skills, experience or qualification mean that nobody else can fill their role, or
- there is unusually high demand for workers in their role.

See more: <https://www.employment.govt.nz/leave-and-holidays/other-types-of-leave/coronavirus-workplace/parental-leave-law-change-covid-19/>

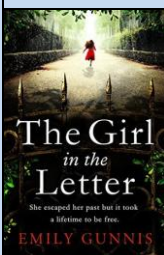
### Modifying employment agreements during COVID-19

During COVID-19 it's important to remember that regular employment law still applies to all employment relationships. This includes anything that has been agreed to in an employment agreement. Where changes to current working arrangements, including hours of work, wages or salary, or the nature of the job itself, are proposed by an employer, there are specific good faith requirements that must be followed. Any changes made need to be agreed to by both parties and should be recorded in writing. It is illegal for an employer to force these changes on an employee.

In some situations, such as genuine financial, commercial or economic problems, or a genuine restructuring of the business, an employer may consider proposing workplace changes as an alternative to redundancy. In this situation the employer must follow good faith processes for workplace change, which includes giving the employee a fair opportunity to consider, seek advice from their representatives, and respond to the proposed change.

See more: <https://www.employment.govt.nz/leave-and-holidays/other-types-of-leave/coronavirus-workplace/changing-an-employees-work-arrangements/>

## RECOMMENDED READING



### The Girl in the Letter

The most gripping, heart wrenching page-turner of the year By [Emily Gunnis](#)

**Read her letter. Remember her story. Based on a shocking truth.**

When Ivy Jenkins falls pregnant she is sent in disgrace to St Margaret's, a dark, brooding house for unmarried mothers. Her baby is adopted against her will. Ivy will never leave. **Present day.** Samantha Harper is a journalist desperate for a break. When she stumbles on a letter from the past, the contents shock and move her. The letter is from a young mother, begging to be rescued from St Margaret's. Before it is too late. Sam is pulled into the tragic story and discovers a spate of unexplained deaths surrounding the woman and her child. With St Margaret's set for demolition, Sam has only hours to piece together a sixty-year-old mystery before the truth, which lies disturbingly close to home, is lost for ever...

Those we love  
don't go away,  
They walk  
beside us every  
day.  
Unseen,  
unheard, but  
always near,  
Still loved, still  
missed and  
very dear.

Memory Lane

## SERIOUS ILLNESS AND SHARED GOALS OF CARE IN AGED RESIDENTIAL CARE

Source: HQSC

It has never been more important to understand what matters most to your residents and their whānau, to be prepared for any future change in their health and to know what their priorities, concerns and preferences might be if their health did deteriorate.

In addition to the resources elsewhere on this webpage, we have developed some specific aged residential care resources to support you and other staff working in ARC to use the Serious Illness Conversation Guide and capture any shared goals of care for residents.

### **When to have shared goals of care discussions**

Shared goals of care discussions are part of the overall assessment and planning for residents.

We recommend that you aim to have this discussion during the first two or three weeks of a resident's stay as part of the admission process and development of their long-term plan. The discussion is not a one-off discussion. It would be ideal to revisit the shared goals of care decision with the resident and whānau as part of regular care plan reviews or where there has been a significant change in the resident's health.

We recommend that shared goals of care discussions are led by a senior clinician after he/she has gathered as much information as possible from the wider care team working with the resident.

### **Demonstration video**

We have created a 25-minute-long video demonstrating how to prepare for, talk about and capture goals of care for your residents. This demonstration video is just one example of a shared goals of care discussion. We created this example using Zoom as we were under COVID level 3 at the time of recording. Ideally these discussions would take place in person. We have used the Aotearoa Serious Illness Conversation Guide to support this shared goals of care discussion.

This video is a supplement to the training video and we recommend that before you watch this ARC video that you watch the training video (available on the website) and have copies of the Aotearoa Serious Illness Conversation Guide and ARC shared goals of care form in front of you.

### **ARC shared goals of care form**

We have created an ARC-specific shared goals of care form, to capture the discussion and document the shared goals of care for residents. There are two factsheets that will help you use this form.

The form is a fillable PDF you can add your facility's logo to. If you do use it and want to save it as a final version that cannot be edited, you will need to 'Print to PDF' before you save or share it.

For more information, the training video, guide and the forms visit:

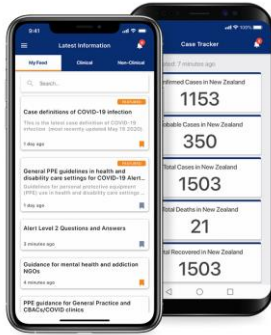
<https://www.hqsc.govt.nz/our-programmes/talking-covid/arc-specific-resources/>

## SOME IMPORTANT COVID DATES

Monday 8 June - Cabinet will review the settings of Alert Level 2  
By Monday 22 June - Cabinet will consider the move to Alert Level 1

There is always  
something to  
be grateful for.  
Rhonda Byrne

## ĀWHINA APP



Āwhina puts tailored COVID-19 information in the hands of health workers.

Use Āwhina to stay up to date on the latest COVID-19 information and receive notifications when content is added or updated. Āwhina lets you quickly filter content so you can find what is most relevant to you. You can also save content in the app to give you quick access to it again later.

The information in Āwhina is from the Ministry of Health and other trusted sources.

The Ministry developed the app with feedback from people working in the health sector, and we'll continue to review and improve its functionality based on feedback.

### Download Āwhina now

You can download the Āwhina app free on your phone or tablet from the App Store (Apple users) or Google Play (Android).

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-resources-health-professionals/covid-19-awhina-app>

## STANDARDS REVIEW

The decision had been made to recommence the P8134 Committee's work programme. The Standards Review page on the Ministry of Health website will be updated as soon as possible.

The following timeline is now confirmed, the new meeting dates for the committee are set with the first meeting on Tuesday 30 June.

If you have not been able to review the draft Standards please let me know as I am happy to email them to you. It is important that you feed back any comments you have to your sector representative.

### Revised Timeline

Standards NZ and the Ministry of Health have worked together to amend the timeline. This reflects the delay required to provide our health and disability sector stakeholders the time to focus on the National response to COVID-19.

#### New estimated date

July-October 2020  
 October-December 2020  
 February 2021  
 March 2021  
 April 2021

#### Project milestones

Committee meetings  
 Public consultation  
 Committee Meeting  
 Balloting/Approval by Committee  
 Standards approval by Standards NZ Board

## MOBILE HEALTH WEBINARS

It can be challenging for health professionals to access education and training. That's why we run a regular webinar series designed specifically for rural & Urban health professionals. The topics are chosen based on requests we receive so if there is a topic you would like contact us: <https://mobilehealth.co.nz/webinars/>

A little  
 progress each  
 day adds up to  
 big results.  
 unknown

## AN OBITUARY PRINTED IN THE LONDON TIMES

*By: Ian Armstrong*

*For all the thousands of people who absolutely ignored the law of level 2 and social distancing you proved the below. Don't get me wrong, I agree that what happened in the USA is very wrong and should never happened, but this solidarity could set us back to square one.*

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

- Knowing when to come in out of the rain;
- Why the early bird gets the worm;
- Life isn't always fair; and
- Maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place.

Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realise that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death, by his parents, Truth and Trust, by his wife, Discretion, by his daughter, Responsibility, and by his son, Reason.

He is survived by his 4 stepbrothers;

- I Know My Rights
- I Want It Now
- Someone Else Is To Blame
- I'm A Victim

Not many attended his funeral because so few realised he was gone. If you still remember him, pass this on. If not, join the majority and do nothing.

**When you can't control what is happening, challenge yourself to control the way you respond to what's happening. That's where your power is**

**Our cleaning lady just called and told us she will be working from home and will send us instructions on what to do**

**LOVE THE SKIN YOU ARE IN**

"Three good friends went for a swim.  
The one who was fat wished she was thin.  
The one who was curvy wished she was clever.  
The one who was clever wished she swam better.  
The really great swimmer wished she was witty.  
The one who was witty wished she was pretty.  
All three friends thought the other two were just fine.  
If only they could let their own bright light shine.  
So throw on your swimsuit if you're fat or you're thin.  
Enjoy fun and friendship .... love the skin that you're in"  
*Benign Beings*

**HAVE YOU HEARD ABOUT GREY MATTER?**

We'd like to introduce you to another newsletter that the Ministry of Health Library prepares.  
The [Grey Matter](#) newsletter provides monthly access to a selection of recent NGO, Think Tank, and International Government reports related to health. Information is arranged by topic, allowing readers to quickly find their areas of interest.  
If you'd like to subscribe to Grey Matter, email [library@moh.govt.nz](mailto:library@moh.govt.nz)

**TOTAL QUALITY PROGRAMME**

**Are you struggling with your policies and procedures?  
Find it difficult to keep up with all the changes?  
Come audit time you realise that information is not up to date?**

If the answer to the above is yes, then

**[Join hundreds of other aged care providers](#)**

This totally tried and tested Quality Programme tailor-made for aged care has been around since 1990!

All policies and procedures, including the related work forms, are written in a very user friendly manner and understandable to all staff.

The programme comes on CD and you are in charge to personalise it for your facility.

For more information and to receive the order form and licence agreement, contact me on 09 5795204, 021 311055 or [09jelica@gmail.com](mailto:09jelica@gmail.com)

**SILVER RAINBOW**

**Lesbian, Gay, Bisexual, Trans and Intersex (LGBTI)  
Education for Caregivers**



**If you are interested, please contact**

Julie on [Julie.Watson@kahuitukaha.co.nz](mailto:Julie.Watson@kahuitukaha.co.nz) to find out how you can book Silver Rainbow education for your organisation.

<p style="color: #4f81bd; font-style: italic;">“Goodbyes are not forever, Goodbyes are not the end. They simply mean I’ll miss you, until we meet again.”</p> <p style="color: #4f81bd; font-size: small; font-style: italic;">Author Unknown</p>	<b>NEWSLETTERS BACK ISSUES</b>
	<p>Remember there is an alphabetical list of topics from all my newsletters available on my website which refers to the related issue. This website is available to everybody: <a href="http://www.jelicatips.com">www.jelicatips.com</a> No password or membership required.</p> <p>I believe in having the data available to everybody as it is important that as many people as possible get the information and that we help each other as much as possible in this very challenging sector.</p> <p>I don’t mind sharing this information but I don’t agree anybody making financial gain from this information!</p>
	<b>HELP ME KEEPING THE DATABASE UP TO DATE!</b>
	<p>Changing positions? New email address? Let me know if your details are changing so I can keep the database up to date.</p> <p>If you know anybody else who would like to receive the newsletter please let me know and I will be happy to add them to our growing readers’ base.</p> <p>Thank you all for your contribution each month. <span style="float: right;"><i>Jessica</i></span></p>

**Some interesting websites:**

[www.careassociation.co.nz](http://www.careassociation.co.nz); [www.eldernet.co.nz](http://www.eldernet.co.nz), [www.moh.govt.nz](http://www.moh.govt.nz); [www.careerforce.org.nz](http://www.careerforce.org.nz), [www.dementiacareaustralia.com](http://www.dementiacareaustralia.com); [www.advancecareplanning.org.nz](http://www.advancecareplanning.org.nz)  
<http://www.bpac.org.nz/Public/admin.asp?type=publication&pub=Best>, <http://www.open.hqsc.govt.nz>;  
[www.safefoodhandler.com](http://www.safefoodhandler.com); [www.learnonline.health.nz](http://www.learnonline.health.nz); [www.nutritionfoundation.org.nz/about-nznf/Healthy-Ageing](http://www.nutritionfoundation.org.nz/about-nznf/Healthy-Ageing);  
[www.glasgowcomascale.org](http://www.glasgowcomascale.org); <https://www.health.govt.nz/our-work/disability-services/disability-publications/disability-support-services-newsletter>; <https://worksafe.govt.nz/>

Please note these sites are not necessarily endorsed by Jelica nor is it responsible for the contents within them.

The information contained in this publication is of a general nature and should not be relied upon as a substitute for professional advice in specific cases.

**REMEMBER!**

Send your feedback, suggestions and articles showcasing your local, regional and workforce activities for publication in future issues.

This brings me to the end of this issue. I hope you enjoyed reading it and welcome any feedback you have. With your help I hope to keep this a very informative newsletter with something for everyone.

**CONFIDENTIALITY AND SECURITY**

- I send this with due respect to, and awareness of, the “The Unsolicited Electronic Messages Act 2007”.
- My contact list consists ONLY of e-mail addresses, I do not keep any other details unless I have developed personal contact with people or organisations in regard to provision of services etc.
- E-mail addresses in my contact list are accessible to no one but me
- Jelica Ltd uses Trend antivirus protection in all aspects of e-mail sending and receiving

Signing off for this month!!

*Jessica*

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- If you do not wish to continue to receive emails from me, all you need to do is e-mail me and write “Unsubscribe”. I will then remove you from my contact list (though I will be sorry to lose you from my list).
- If you know of others who you think would benefit from receiving my newsletter, please pass on my details and have them sending me an email with the subscribe request.