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Emailed to:
1784 readers
and counting

Welcome to my
overseas readers

09jelica@gmail.com
www.jelicatips.com
mobile: 021 311055

4 YEAR CERTIFICATION

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

4 year certification

My compliments and congratulations to:

Avon Rest Home- Avondale Auckland
Ultimatecare Lansdowne Court in Masterton
Pohlen Hospital in Matamata
Cashmere Home and Heights in Johnsonville
Chalmers Home in New Plymouth

For my friends, who have an audit this month, all the best!

SPECIAL DAYS IN JULY

1 June to 14 July Matariki Festival
 4 July – Independence Day in USA
 10 July Teddy Bear Picnic Day
 11 July World Population Day
 30 July International Day of Friendship

**RECOMMENDED BOOKS**

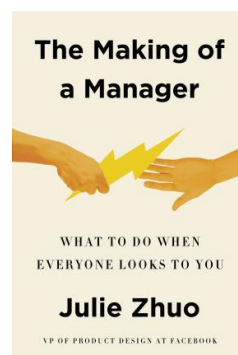
The Making of a Manager : What to Do When Everyone Looks to You.
 By (author) Julie Zhuo

No idea what you're doing? No problem. Good managers are made, not born.

Top tech executive Julie Zhuo remembers the moment when she was asked to lead a team. She felt like she'd won the golden ticket, until reality came crashing in. She was just 25 and had barely any experience being managed, let alone managing others.


Her co-workers became her employees overnight, and she faced a series of anxiety-inducing firsts, including agonising over whether to hire an interviewee; seeking the respect of reports who were cleverer than her; and having to fire someone she liked. Like most first-time managers, she wasn't given any formal training, and had no resources to turn to for help. It took her years to find her way, but now she's offering you the short-cut to success.

This is the book she wishes she had on day one. Here, she offers practical, accessible advice



<p>Your phone keeps you close to the people far away. But far away from the people close to you.</p>	<p>LATEST FROM WORKSAFE</p>
	<p>USING ELECTRIC BLANKETS SAFELY</p> <p>Each season check your electric blanket for damage before using it. Inspect the cord, control switch and plug for any damage and look for any kinks, worn or exposed wires, or scorch marks. You can visually check again each time you change the sheets.</p> <p>How to check for damage</p> <p>To check for damage to the heating elements, lay the blanket flat and turn it on for 15 minutes at the highest setting, watch it closely, and then turn it off. Run your hand over the blanket and feel for hot spots. A hot spot means the heating element has been kinked or damaged. This could lead to fire or electric shock. If your electric blanket has a hot spot, you need to safely dispose of it and get a new one.</p> <p>Use an electric blanket only to warm the bed. Switch it off before you get in, to avoid overheating. Overheating can be life threatening, especially for the elderly.</p> <p>When fitting the blanket, ensure it is flat on the bed as creasing can damage the heating elements. Secure the blanket firmly using the attached ties. Don't use pins or other sharp objects. Keep the cord and control switch clear of the bed so they don't get damaged.</p> <p>Replace your electric blanket every few years. Old blankets are more likely to be dangerous.</p> <p>Never use an electric blanket that is damaged.</p> <p>If in doubt chuck it out!</p> <p>Work Safe</p>
	<p>RESIDENTIAL CARE SUBSIDY</p>
	<p>On 1 July this year, the annual changes to the Residential Care Subsidy Rates will come into effect.</p> <p>If you need long-term residential care in a rest home or hospital, you may now qualify for a subsidy. The asset thresholds have increased to:</p> <ul style="list-style-type: none"> • \$230,495 for a single person • \$230,495 for a couple where both partners are in residential care • \$230,495 for a couple where one partner is in residential care, including the value of their house and car • \$126,224 for a couple where one partner is in residential care, not including the combined value of their house and car. (The house is only exempt when it's the main place where your partner who is not in care or a dependent child lives). <p>The income-from-assets exemptions have increased to:</p> <ul style="list-style-type: none"> • \$1,005 a year for a single person • \$2,009 a year for a couple when both are assessed as needing care • \$3,013 a year for a couple where one partner has been assessed as needing care. <p>Your assets and income will be assessed by Work and Income. All other eligibility is assessed by the Ministry of Health.</p> <p>To find out if you're eligible go to the Work and Income website at www.workandincome.govt.nz</p>

<p>You have been assigned this mountain to show others that it can be moved.</p> <p><i>Life quotes</i></p>	<p>STOPPING PANIC: WHAT TO DO WHEN YOU'RE HAVING A PANIC ATTACK</p>
	<p>Here, some strategies that have worked for others that may help you:</p> <ul style="list-style-type: none"> • Deep breathing: Relaxing your body can help sidestep a panic attack. Practice breathing in through your nose for a count of five, hold it for five and then breathe out through mouth for a count of five. Or take a class in meditation and breathing techniques • If you suddenly feel your heart pounding or experience other physical clues that a panic attack is barreling for you, try this distraction suggested by Rob Cole, LHMC, clinical director of mental health services at Banyan Treatment Centers. Start counting backward from 100 by 3s. The act of counting at random intervals helps you to focus and override the anxious thoughts that are trying to sneak into your psyche. By controlling your thoughts and focusing on something outside yourself you will begin to feel calmer. • Grounding yourself is another helpful technique. Tune yourself into 4 things around you that you can see, 3 things you can touch, 2 that you smell and 1 you can taste. Again, forcing your mind to consider something outside yourself helps, says Cole.
	<p>CHIEF OMBUDSMAN</p> <p>The Chief Ombudsman will be monitoring locked dementia units in privately run aged care facilities.</p> <p>Parliament last year clarified that the Ombudsman's monitoring of health and disability places of detention, under a United Nations Convention, includes privatelyrun secure dementia units where people, often older people, are detained because of their vulnerability.</p> <p>"We need to make sure New Zealand's reputation for the good treatment of its citizens, whatever their circumstances, is protected and enhanced," says Chief Ombudsman Peter Boshier.</p> <p>"People who are not free to leave a facility have rights. My role is to check that the treatment and conditions they experience are appropriate according to international expectations.</p> <p>"We already monitor some aged care facilities where services are directly provided by district health boards. It makes sense for this role to extend to all aged care facilities. I hope it will provide a good overview of the standard of care across the country.</p> <p>"My mandate is a focused one. It does not cover the monitoring of all aspects of residential aged care facilities. I will be specifically looking at conditions and treatment and ensuring peoples' human rights are upheld.</p> <p>"My team and I already work with the health and disability sector to build and maintain safeguards and good practice, and we'll build on this experience in respect of privately run aged care facilities.</p> <p>"As the population ages, and the number of aged care facilities increases, it is so important for them to be independently inspected. We need to act now because the number of people with dementia is projected to nearly triple to around 170,000 by 2050."</p> <p>The Chief Ombudsman expects to have funding in place by 1 July 2019 after which more detailed planning and development will occur.</p> <p>"I will be taking a gradual, careful and considered approach to developing my inspection role in this area, and it will take some years to establish a national programme," Mr Boshier says. For more information, visit www.ombudsman.parliament.nz</p>

<p>The only people who see the whole picture are the ones who step out of the frame. Salman Rushdie</p>	POI	
		<p>Poi is an AUCKLAND wide approach to primary palliative care.</p> <p>Palliative Pathway Activations</p> <ul style="list-style-type: none"> • Patients are identified in the community who are nearing the end of life. • Community GPs and RNs complete an electronic care plan called a Palliative Pathway Activation (PPA) in consultation with a patient. • The PPA opens up discussions between patients and the practitioner (GP/RN) about future plans and care needs. This reduces last minute, emotional discussions when patients and their family are less able to clearly think through issues. • This PPA is then shared with the local Poi team who can then advise on any further support we feel the patient and/or family could benefit from. • Ministry of Health funding of \$150 +GST payment is made to the Practice/Residential Care for each PPA. <p>Link Nurse Programme</p> <ul style="list-style-type: none"> • This programme is for any nurse who is interested in Palliative Care and would like to expand their knowledge to champion palliative care in their setting. The programme includes - a half day orientation and two immersions days at Hospice. • Ministry of Health funding of \$400+gst is made to practice/facility for each nurse that attends the programme. <p>MDT in-reach - In service/Education/ Coaching /Mentoring</p> <ul style="list-style-type: none"> • Diagnosing dying and introducing a palliative care approach • Pain and symptom assessment, medication and care delivery • Psychosocial-spiritual-cultural assessment and care delivery for patients and their family/whānau (eg. coaching for running a family meeting, having difficult conversations etc.) • Post-death and grief care for families, whānau and staff. <p>For more information: Visit www.poiproject.co.nz or contact your local Hospice</p> <ul style="list-style-type: none"> • Hospice West Auckland: Poiadmin@hwa.org.nz • Harbour Hospice: Poiadmin@harbourhospice.org.nz • Mercy hospice: Poiadmin@mercyhospice.org.nz • Totara hospice: Poiadmin@hospice.co.nz • Franklin hospice: Poiadmin@franklinhospice.org.nz
	COMPLAINTS PROCEDURE RESOURCES	
	<p>A new residential care complaints information web page has been developed with important information for residents, whānau and providers. In addition, it contains some new resources to help residents and their whānau identify and work through the most appropriate method for making a complaint if they are dissatisfied with the care they are receiving in their residential care facility. The process also gives reassurance to staff who have received feedback or a complaint that it will be managed systematically, with appropriate training in place.</p> <p>These resources are designed to go in residents' admission packs, added to staff policies, as posters on the wall in care homes and used for complaints training sessions</p> <p>The resources will come out in different languages so keep checking the website</p> <p>Check out the new web page and the printable resources https://www.health.govt.nz/residential-care-complaints</p>	

Do something
today that your
future self will
thank you for.
Positive quotes

TRAUMA AFFECTS MEMORY

Memory loss is a frustrating and sometimes scary experience, especially if the memory loss is caused by a traumatic event. Research shows that physical and emotional trauma can directly affect your memory. Some of this memory loss may be a temporary way to help you cope with the trauma, and some of this memory loss may be permanent due to a severe brain injury or severe psychological trauma.

Physical Trauma and Memory Loss

Physical trauma can greatly affect your memory, especially if brain damage occurs as a result of the injury. Physical trauma such as a head injury or stroke can damage the brain and impair a person's ability to process information and store information, the main functions of memory.

Severe injuries and physical trauma can also produce post-traumatic stress disorder, a condition that can cause temporary memory loss to help a person cope with the traumatic event that caused the injury. In the case of physical trauma, the length of memory loss depends on the severity of the injury.

Emotional Trauma and Memory Loss

Emotional or psychological trauma can also affect your memory. Memory loss is a natural survival skill and defence mechanism humans develop to protect themselves from psychological damage. Emotionally traumatic events can lead to dissociative amnesia, which helps a person cope by allowing them to temporarily forget details of the event. A person will often suppress memories of a traumatic event until they are ready to handle them, which may never occur.

Emotional trauma can also lead to post-traumatic stress disorder, which can manifest itself in different ways including flashbacks of the event and intrusive, unwanted thoughts about the trauma.

Healing from Trauma-Induced Memory Loss

Recovering from a traumatic experience can take days, weeks or even months. Everyone heals at their own pace, but if several months have gone by and the symptoms have not gotten better, then it may be time to seek professional help.

Anyone who's been through a traumatic experience knows that emotional trauma hurts.

Written by Casa Palmera Staff

THE EFFECTS OF STRESS ON MEMORY

The **effects of stress on memory** include interference with a person's capacity to encode memory and the ability to retrieve information. During times of stress, the body reacts by secreting stress hormones into the bloodstream. Stress can cause acute and chronic changes in certain brain areas which can cause long-term damage. Over-secretion of stress hormones most frequently impairs long-term delayed recall memory, but can enhance short-term, immediate recall memory. This enhancement is particularly relative in emotional memory.

Ref: Wikipedia

ONE WAY TO COMBAT STRESS

Exercise

Putting physical stress on your body through exercise can relieve mental stress.

There are a few reasons behind this:

Stress hormones: Exercise lowers your body's stress hormones — such as cortisol. It also helps release endorphins, which are chemicals that improve your mood and act as natural painkillers.

DIVERSIONAL THERAPY NATIONAL CONFERENCE



**NZSDRT Inc. National Conference,
Crowne Plaza Hotel Auckland
9th, 10th & 11th August 2019**

We are so pleased to announce that regardless of the many challenges that the Society has been through, we have achieved so much since taking office back in August 2018.

We want to provide a heartfelt thank you for your support this year, which allowed us to achieve multiple positive outcomes in the short time that we have been leading our Society.

We still have more to do, and your ongoing support will help us impact even more next year.

Today, we are pleased to kick off this month by sharing some exciting news!

As we announced last year, NZSDRT Inc. is on schedule for our next National Conference in August this year.

This is our premier event, with top-notch educational sessions—given by the best for our field—and ample social opportunities for Diversional and Recreational Therapists and many other health care professionals. We know so many of you are excited to learn where the event is taking place, and to start making plans, so today we are thrilled to share the location and registration details of the event.

Our conference hotel will be the Crowne Plaza in Auckland CBD.

We hope you will join us at the Annual Conference in Auckland from August 9-11, 2019! Be fast in booking your space this year!

Ngā manaakitanga

NZSDRT Inc. National Executive Board

For all conference information and programme go to:

https://diversionaltherapy.net.nz/?page_id=5034

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 to find out how you can book Silver Rainbow education for your organisation.

HANDY HINTS

Fridges and freezers: To keep them smelling fresh, sprinkle a few drops of vanilla extract onto a damp cloth and wipe the interior walls and shelves. To dispel odours, place a small container of baking soda inside the fridge.

**Never regret
anything that
made you smile**
Mark Twain

<p>Your mind is a garden. Your thoughts are the seeds. You can grow flowers or you can grow weeds. Power of positivity</p>	HAVE YOU HEARD ABOUT GREY MATTER?
	<p>We'd like to introduce you to another newsletter that the Ministry of Health Library prepares.</p> <p>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.</p> <p>If you'd like to subscribe to Grey Matter, email library@moh.govt.nz</p>
	TOTAL QUALITY PROGRAMME
	<p>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?</p> <p>If the answer to the above is yes then</p> <p>Join hundreds of other aged care providers</p> <p>This totally tried and tested Quality Programme tailor-made for aged care has been around since 1990!</p> <p>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.</p> <p>For more information and to receive the order form and licence agreement, contact me on 09 5795204, 021 311055 or 09jelica@gmail.com</p>
	TRAINING SESSIONS
	<p>If you need training provided on site please let me know as I am available to provide this on non clinical topics such as: Please be aware that I am based in Auckland. Very happy to travel but it will add to your cost. You might be able to talk to facilities in your area to get together and share the costs.</p> <p>Cultural Safety, Spirituality, Sexuality & intimacy, Privacy, Rights, Confidentiality, Choice, Communication and Documentation, Quality and Risk Management, Abuse and Neglect prevention, Restraint Minimisation and Safe Practice, Managing behaviour that challenge us, Complaints Management, Open Disclosure, EPOA, Advance Directives, Informed Consent, Resuscitation, Health and Safety, Ageing process, Mental Illness, Civil defence, Dementia care, Bullying in the workplace.</p> <p>If you are looking for a topic not listed here please drop me a line.</p> <p>I am happy to facilitate different times to suit evening and night staff.</p> <p>References available on request.</p> <p><i>Jessica</i></p>

<p><i>“Goodbyes are not forever, Goodbyes are not the end. They simply mean I'll miss you, until we meet again.”</i></p> <p><i>Author Unknown</i></p>	NEWSLETTERS BACK ISSUES	
	<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: www.jelicatips.com 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>	
	HELP ME KEEPING THE DATABASE UP TO DATE!	
	<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.</p> <p><i>Jessica</i></p>	

Some interesting websites:

www.careassociation.co.nz; www.eldernet.co.nz, www.insitenewspaper.co.nz, www.moh.govt.nz;
www.careerforce.org.nz, www.dementiacareaustralia.com; 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; www.learnonline.health.nz; www.nutritionfoundation.org.nz/about-nznf/Healthy-Ageing;
www.glasgowcomascale.org; <https://www.health.govt.nz/our-work/disability-services/disability-publications/disability-support-services-newsletter>

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.