

Our thoughts are with Christchurch

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I am deeply saddened by the recent devastating earthquake in Christchurch, and my thoughts are with everyone affected by this tragedy.

I would like to extend my thoughts and wishes to all providers, staff and residents who have been affected. I am saddened by the images and reports of the devastation that is emerging from this tragic event.

I wish you all the best and please stay safe.

It is unbelievable and hard to imagine what people in Christchurch are going through. This is something that will take a long time to get over. I had that really frustrated feeling of uselessness and have for that reason decided to get on the plane and lend a helping hand, relieving people who were in desperate need of a well deserved break. People who, since the earthquake, have been working non stop to ensure that our residents were safe and well looked after!

Was I nervous, oh yeah believe me, but I was also determined to do this. The after shocks are very disconcerting and stressful as there is always the fear that it once again is such a destructive one. The stress was obvious on everybody's face. The stories of loss and survival are many and sometimes difficult to apprehend. It seems almost impossible to re-build this once beautiful city and people's confidence.

I quickly realised how lucky I am to go back to a home that is undamaged, with running water and a toilet I can flush! The small pleasures in life but oh so important. We do take a lot for granted.

I was very impressed to see the staff's commitment to come in daily and look after the residents under very trying circumstances. But getting back to some sense of normality, if you can call it that way, was also therapeutic. Being together and able to talk about things certainly helped.

However daily life was far from normal. Providing residents with a high level of hygiene, their cups of tea and coffee, good hydration and meals is a challenge at the best of times but having no running water, getting it out of a tank and then boil for 3 minutes, carry it to the bedroom and carefully pouring it in the basin so residents can receive their morning washes adds a major strain to the staff and make an already challenging job so much more difficult. But residents kept receiving that and many hugs and attention.

This sort of commitment and passion is difficult to describe and it was an honour to witness this. You can't teach any of this. It is something that comes naturally and should be recognised and respected.

This company was very supportive and provided anything that was needed trying to make the job as easy as possible.

Next time when somebody again calls this the untrained workforce or moan and groan about some bit of paper not completed they better not do it in front of me. If it wasn't for a large group of dedicated people our residents would be a lot worse off.

Jessica

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Christchurch Audits

I have been ensured by the Ministry, Marion McLaughlan, that there will be no audits in the affected Christchurch area.

I specifically asked this question as I heard that this worried managers who had an audit due. I must say that I am very happy to hear that providers/managers don't have this extra stress to deal with.

I received the following email:

"Thank you Jessica

We at the Ministry are very involved in the priority of relocating residents from aged care facilities, answering calls from anxious relatives and a myriad of other things relating to the Christchurch earthquake. We have limited ability to speak with Christchurch HOP team. Many facilities have suffered major damage, many are evacuated and others are dealing with traumatised staff and additional capacity. Under such circumstances there cannot be business as usual. Of course audits cannot occur in Christchurch currently for obvious reasons and I am somewhat surprised that providers think they would. We have as yet not had the time and space to plan further ahead but will be advising providers accordingly when we are able.

Marion McLaughlan
Team Leader
Clinical Leadership, Protection & Regulation
Ministry of Health"

If you do not
hope, you will
not find what is
beyond your
hopes.

**St. Clement of
Alexandra**

Activities

A number of facilities have reported problems with training for their activities person.

In Auckland we are pleased to rely on Monica and I have recommended Monica to a lot of facilities who had problems setting up a meaningful programme.

MONICA is a registered Occupational Therapist with more than 20 years experience both internationally and in New Zealand managing facilities for the elderly and working within the community.

Monica's "Platinum Community Care's" mission is to provide a service that will enable people living in the community to remain in their own homes.

Their services provide day, evening, and overnight care, 7 days a week. They also operate a Adult Rehab/Day Care Centre on weekdays.

Their service provides assistance for the elderly, post operative clients, convalescing and palliative care. Services may include: personal care, household tasks such as cooking meals, shopping and outings.

We are very pleased with the upcoming seminar that Monica presents on the **11th of April in Auckland.**

If you are interested please let me know so I can email you the registration form.

If you know of anybody like Monica in your area outside of Auckland please let me know as it is something worth mentioning for everybody.

Health Records

I have been asked what the requirements are regarding retention of records.

Health (Retention of Health Information) Regulations 1996

The Health (Retention of Health Information) Regulations 1996 were introduced to set a minimum period of 10 years for which health information has to be held by health or disability service providers. It also covers the form in which health information is to be retained and the obligations associated with the transferring of health information, for example, when a service provider ceases business. (See also the Public Records Act 2005 below.)

Health (Retention of Health Information) Regulations 1996 (SR 1996/343) (as at 18 September 2004)

Definition of minimum retention period

- In these regulations, unless the context otherwise requires, **minimum retention period**, in relation to health information that relates to an identifiable individual, means a period of **10 years** beginning on the day after the date shown in the health information as the most recent date on which a provider provided services to that individual.

Regulation 5: amended, on 1 January 2001, by section 111(2) of the New Zealand Public Health and Disability Act 2000 (2000 No 91).

Health information to be kept for minimum retention period

- (1) Subject to subclause (2) and to regulations 7, 8, and 9, every provider that holds health information shall retain that health information for the minimum retention period.
- (2) Subclause (1) does not prevent a provider from transferring health information that relates to an identifiable individual to,—
 - (a) another provider; or
 - (b) the individual to whom the information relates; or
 - (c) if that individual is dead, the personal representative of that individual.

Employment Legislation. Employment Relations Act 2000

This Act contains a number of recordkeeping retention requirements. Sections 130 and 132 require employees wage (and other money payable) records to be kept for 6 years. Section 130 requires that wages and time records are to be available for the preceding 6 years. There is also a requirement to retain records of any strikes and lockouts.

Informative website regarding the different acts and legislation.

<http://www.legislation.govt.nz/regulation/public/1996/0343/latest/DLM225616.html>

Storage and security

Anyone holding health information must take the steps which are reasonable in the circumstances to ensure that it is guarded against loss or unauthorised access and use. Amongst other precautions, this means that the more personal information should not be voiced where others can hear it if those others have no business to know it.

Care must be taken when transmitting health information by fax or computer transfers to ensure that it goes only to the appropriate recipients.

Transfers, archive storage, or destruction of medical records, all require particular care as to confidentiality. Computers should have passwords, and records should be accessible only in areas where access is limited to authorised staff

In absence of clearly defined goals, we become strangely loyal to performing daily acts of trivia

Electricity Checks

I received a large number of emails regarding this topic, especially around frequency of testing.

Frequency of testing depends on the type of equipment and the environment in which it is used. The frequencies is as stated by Standard AS/NZS 3760 and ranges up to 5 years

Residential type areas of: hotels, residential institutions, motels, boarding houses, halls of residents, hostels, accommodation houses, rest homes, and the like must be tested and tagged at least every 2 years.

Protected appliances that are not moved 5 yearly otherwise 1 year

Environment where the equipment OR supply cord is NOT subject to flexing in normal use and is NOT open to abuse and is NOT in a hostile environment must be tested and tagged at least every 5 years. This includes appliances and leads that are fully protected such as in their own protective cabinet or office appliances that are not normally moved and the cord is not exposed on the desk or floor where tools or other items may be inadvertently put on them or a cleaner could touch them.

You cannot plough a field by turning it over in your mind

Changes to the Holidays Act and the Employment Relations Act

Changes to the Holidays Act 2003 and the Employment Relations Act 2000 have been passed by Parliament.

The Employment Relations Amendment Act 2010 and Holidays Amendment Act 2010 introduce a wide range of legislative amendments.

The main changes to the Holidays Act include:

- The ability for employees to cash in a maximum of one week of annual holidays.
- Transferring public holidays to another working day.

The main changes to the Employment Relations Act include:

- Extending trial periods to all employers
- Changes to the personal grievance provisions
- Requiring consent to be given before a union can access a workplace, and confirming communication with employees can occur during collective bargaining.
- Requiring employers to retain employment agreements
- Extending the role and powers of labour inspectors.

When the changes come into effect

Most changes for both Acts will come into effect on **1 April, 2011**.

One provision in the Employment Relations Act 2010 comes into **effect from 1 July 2011**. This provision requires employers to retain a signed copy of individual's employment agreement or current signed copy of the terms and conditions. Employees are entitled to a copy of their agreement if they request one.

You can view the amendment Acts here: <http://ers.govt.nz/updates>

Half Way Around Bike Ride for *Spark of Life*

A very inspiring story.

David Wren's, a Professional Golfer, challenge is to ride 'halfway round' the world to raise money for *Spark of Life*.

Consisting of over 22,000km by bike, David's journey starts in Ireland and will see him travelling through Europe, the Middle East, and Asia, finally returning to Australia.



David often asks himself, do we find 'true challenge' in our day to day lives? He also believes if you are happy and challenged in your daily life, you are pretty much guaranteed a fulfilling life. To not judge and appreciate our differences is an integral part of David's personal philosophy.

David's thoughts on *Spark of Life*

"All of us have experienced the effects of illness to a loved one. My mum lived an active, challenging and fulfilling life until she developed dementia. She has spent the last 10 years of her life with no memory of loved ones sitting in a chair being spooned fed. The reasons are therefore obvious why I chose to dedicate my ride to my mother Althea Wren and raise much needed funds for the *Spark of Life* Foundation. *Spark of Life* does not search for a cure. Instead, the focus is to provide a positive change for people like my mum to experience some happiness in their lives.

David's 'Halfway Round' symbolises how as a society we are only halfway to meeting needs of people with dementia- the physical and environmental needs, and at times the occupational needs are met, however there is still 22,000km to go before we will meet the unmet emotional and spiritual needs of people with dementia. Raising awareness of this issue is the driving force behind David's ride.

SPARK OF LIFE MASTER COURSE

This Master Course is from 5-22nd Sept 2011. This course is specifically designed for people who are Agents of Change wanting to connect with other pioneers to create a new future; be it in dementia, aged, or health care, education, business or any other area of life.

At the end of the three-week course, successful participants will become Certified Master Practitioners of the *Spark of Life* Philosophy. Those who qualify also have the opportunity to become a Certified Master Facilitator of *Spark of Life*, which means they could potentially go on to provide education outside their organisation.

[Click here to visit the website and discover more about the 2011 *Spark of Life* Master Course.](#)

Some people see things as they are and ask: "Why?"
I dream things that never were and say: "Why not?"

Seeking interest.

The Spark of Life Kiwi connection group is pleased to announce that Jane Verity is planning to come to New Zealand in July to present a 3 day *Spark of Life* Practitioner Course.

The cost of this course is AU \$900, and participants will receive a certificate for passing all the requirements for being a *Spark of Life* Practitioner at the end of the course. The *Spark of Life* Approach was given the 2009 IAHSa Excellence in Ageing Services Award for its pioneering approach to rehabilitation in dementia. The *Spark of Life* Philosophy with its practical approach is not only applicable to work, but also to everyday life.



Here is an overview of the content of the 3 day *Spark of Life* Practitioner Course

Day 1: An Introduction to the *Spark of Life* Philosophy. This includes the key to the *Spark of Life* Approach.

Day 2: The *Spark of Life* Approach to Understanding and Communication. This presentation includes a method to awaken the dormant abilities in people with dementia

Day 3: The *Spark of Life* Approach how to Dissolving Challenging Behaviour. This presentation includes time for discussion and answers to specific questions from participants.

Please email me to identify your preference in attending this 3 day course or a one day seminar.

Cancer Society Relay for Life

This coming weekend 5th and 6th of March I am participating in the Relay of Life together with a number of facility managers and staff.

Right now, foremost in our thoughts are the people of Christchurch, who have been devastated by an earthquake.

The earthquake has badly damaged the Cancer Society's offices in Christchurch and has seriously impacted the Society's patient services, including two accommodation facilities.

The earthquake made it necessary to cancel the two Christchurch Relay For Life events, one being held in Rolleston and the other at Canterbury Park (A&P Showgrounds).

Another major fundraising event for the Cancer Society in Christchurch, the NZ House & Garden Tour which was to be held next Friday, 4th March, has also been cancelled.

To ensure vital patient support services in Christchurch can continue, we are pledging to donate a portion of the proceeds raised from our Relay For Life events in Auckland and Northland to the Canterbury Division of the Cancer Society.

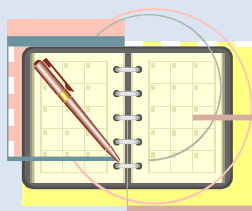
At the Auckland and Northland Relays we will acknowledge and support all those affected in Christchurch with:

- One minute's silence and prayer at the opening ceremony
- Acknowledgement at the candlelight ceremony
- Recording words of support in an official remembrance book at each Relay which will be presented to the Cancer Society in Christchurch, with a donation of shared proceeds raised at the Relays

In the Relay spirit of hope, inspiration, courage and remembrance, please join with us to help people in Christchurch who, on top of everything else, are also living and coping with cancer.



Dates to remember



RVA events :

13-16 June 2011 RVA Annual Conference,
Langham Hotel, Auckland

More info on:

<http://www.retirementvillages.org.nz>

NZHHA conference

3-5 August 2011, James Cook Hotel Grand
Chancellor, Wellington.

More info on: www.nzhha.org.nz

NZACA conference

29-31 August 2011

SkyCity Auckland

More info on: www.nzaca.org.nz

Clinical Updates

18th March: IV Workshop 9am to 3 pm
St Columba Centre, 40 Vermont St
Ponsonby

<http://www.careadvisoryservices.co.nz>

NZACA caregiver days

March:

9th Wellington

10th Wanganui

16th Nelson

17th Christchurch

24th Napier

29th Dunedin

30th Invercargill

For detailed information go to:

www.nzaca.org.nz

Training for activities staff:

Monday 11 April 12.30-15.00

See www.jelicatips.com

Rest home / Hospital / Sales and Appraisal

Private and Confidential Industry Leaders in Aged Care Sales Link Business

BELINDA BRICE

Mobile phone: 021 412242 email: belindab@linkbusiness.co.nz

This month people who have placed an add have paid a donation to the Cancer Society. Part of which will go to the Cancer Society Christchurch.

Some interesting websites:

www.eldernet.co.nz

www.insitenewspaper.co.nz

www.moh.govt.nz

<http://www.careadvisoryservices.co.nz>

www.relayforlife.co.nz

<http://www.fundraiseonline.co.nz/Jelica2011>

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.

Signing off for now.

Jessica

If you choose not to receive this newsletter and wish to be taken of the data base please send me a return email.