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**First edition**

Welcome to this first newsletter. I hope that there are many more to come.

I am planning to start with monthly editions but it really depends on the response I receive. If you send me many articles, comments etc then I might start writing one more often.

What is this newsletter about and for who is it?

My aim is that this newsletter becomes an information tool for anybody working in aged care.

You will be updated on events, training seminars, audit issues, etc.

You can also use this as a means to discuss things with each other.

At the moment I answer a lot of questions on a one to one basis and I started to think that the answers might be beneficial to more people. In that way you will find out that you are not the only one with questions, problems and audit anxiety. Or if you have neither of these you can share with others how you manage this.

Like I said this newsletter is for anybody working in aged care as that is what I will be concentrating on but other people in the health sector might find something in it for them.

So if you plan anything or know of a training session, seminar in your area please let me know so it can be published. That way we can prevent events clashing with each other.

I hope you print off this newsletter and allow everybody in your organisation to read it.

Let me know if you have other contacts that could be added to the database.

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

**Dates to remember**

This will be a recurring section as it will update you on events that are organised for the sector.

**NZACA caregiver days** start in

- February:**
- 16<sup>th</sup> Whangarei
- 17<sup>th</sup> Auckland
- 24<sup>th</sup> Hamilton
- 25<sup>th</sup> Tauranga

**March:**  
9<sup>th</sup> Wellington

- 10<sup>th</sup> Wanganui
- 16<sup>th</sup> Nelson
- 17<sup>th</sup> Christchurch
- 24<sup>th</sup> Napier
- 29<sup>th</sup> Dunedin
- 30<sup>th</sup> Invercargill

For detailed information go to:  
[www.nzaca.org.nz](http://www.nzaca.org.nz)

**ARCCSS study days:**  
HCA 28 February & 26 August  
RN/EN 30 May & 11 November.  
[www.healthpoint.co.nz](http://www.healthpoint.co.nz)

At the clinical Education Centre Auckland Hospital.

**NZHHA conference**  
3-5 August 2011, James Cook Hotel Grand Chancellor, Wellington.  
More info on: [www.nzhha.org.nz](http://www.nzhha.org.nz)

**NZACA conference**  
29-31 August 2011 SkyCity Auckland  
More info on: [www.nzaca.org.nz](http://www.nzaca.org.nz)

## Blog entries

On my website [www.jelicatips.com](http://www.jelicatips.com) you can read very regular updates.

I try to make an entry at least weekly and more often if there is a reason for it.

Feel free to respond to this.

A blog is the opinion of the writer and what I write is my interpretation of things.

A little bit as with this newsletter. I will try to give you the best possible advice.

When and where possible I will try to get an expert opinion.

It would be good if we can get some healthy and hearty discussions going.

## Integrated audit process

Every audit conducted after the 1<sup>st</sup> of August 2010 will include contractual criteria. This to reduce the duplicate auditing.

This process includes provisional, partial provisional and verification audits.

Progress reporting and monitoring following audits will change.

Any progress report as a result of an audit will be followed up by your DHB contract or portfolio manager in liaison with the Ministry.

You will most likely receive a Corrective Action Request (CAR) from your DHB and you use this format to report what your process is in relation to the partial attainments (PA's). So any action you take to rectify a PA has to be send to DHB.

## Audit issues

I believe that overall the audits are going well. There are still some areas where criteria are interpreted wrongly.

Any experience or anything you like to feedback regarding audits please let me know.

If we try to achieve some level of consistency we have to start communicating otherwise the providers in Auckland will not know what happens to the providers in Christchurch etc. Information is power!

I hope we have some more clarity regarding environmental restraint in next newsletter. If it is available before the next issue then it will be on the website. The sooner everybody knows about it the better.

## Spark of Life Kiwi Connection

This initiative is really exciting.

Most of you will know Jane Verity and the Spark of Life philosophy.

If not then I believe you have missed out. A couple of people got together and started looking at ways to make training more affordable and easier available to

us here in NZ.

We formed a workgroup and met through teleconferencing with Jane and Hilary in Australia, Helen and Clare, two master practitioners from NZ, Sheryl, a keen provider, myself and Michal, who has advised us in regard of

the research. We now have our NZ logo.

The first couple of meetings were spent on looking at possible research opportunities.

We came to the conclusion that at this stage this is not a good option.



The main difficulty is finding the money to finance it. Anybody who has ever done research will appreciate this.

The way forward at this stage, we thought, was trying to get as many people as possible

trained. To start with a one day course.

Jane has provided us with a very reasonable price structure and I am very pleased to tell you that to first round of these day seminars are going to happen very

soon!! We are all very excited and proud of what we have achieved so far.

If you are interested please drop me a line.

Watch this space.

### Relay for Life

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

Once again I am going to participate in this event. One that is close to my heart.

This time I have been asked to chair the volunteers for the 2011 Relay for Life.

We have a fun committee and it promises to be an exciting one this time with a lot of entertainment, games and getting together for one common goal!

Raising funds for the Cancer Society.

At this stage there are a number of facility groups but it would be good if more people participated in some way or form.

You can have you own Relay's in your facilities and raise money that way.

If you like more information about a Relay in your area then visit the website to see details.

[www.relayforlife.co.nz](http://www.relayforlife.co.nz)

I am still planning to shave for Relay but I

need enough sponsorship to do this. It must be worth something!

If you want to see this happening then place donate. A cheque made out to Cancer Society send to me is appreciated.

I will keep you up to date through the newsletter or you can visit the special fundraising page I have set up for this event.

Get involved!!



Fundraise event

### Employ a "friend"

This is a really good tip I received from a friend in dementia care. This is something that is not very well utilised and could be really beneficial to your clients with dementia.

Ask relatives of your residents if they are willing to pay for a person to come in once or twice a week to take the resident on an outing i.e going for a walk, visit a mall, go to the beach, have a coffee etc.

You can use a staff member for this who knows the resident. This will provide bringing some normality back into the residents' life! Worth a try! Thanks Dee for the tip

#### Some interesting websites:

[www.eldernet.co.nz](http://www.eldernet.co.nz)

[www.insitene newspaper.co.nz](http://www.insitene newspaper.co.nz)

[www.moh.govt.nz](http://www.moh.govt.nz)

[http://www.youtube.com/watch?v=d8Bn1q43\\_rk](http://www.youtube.com/watch?v=d8Bn1q43_rk)

This brings me to the end of this first issue. I hope you enjoyed reading it and welcome any feedback you have.

With your help I hope to make this a very informative newsletter with something for everyone.

Looking forward to an overflowing mailbox, signing off for now.

*Jessica*