

An independent newsletter for people interested in Aged Care

In this issue:

- 4 years certification
- Special Days
- Start making kindness the norm
- World children's day
- Keep Antibiotics working
- Pink walk
- Eldernet
- Land, search and rescue
- Takatāpui and Rainbow communities
- use of antibiotics for urinary tract infections
- Education for health professionals
- MyHealthHub
- Covid websites
- Back issues
- Helpful websites

**Emailed to:
2036 readers
and counting**

**Welcome to my
overseas readers**

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**Another facility achieved 4 years certification against Ngā paerewa Health and Disability Service Standard.
Well done and Congratulations!**

Presbyterian support central Willard Home in Palmerston North.
If you are having an audit this month, then all the best.

Hope you achieve a good outcome.

SPECIAL DAYS THIS MONTH

NOVEMBER 2022

01/11/2022 — All Saints Day

02/11/2022 — All Soul's Day

03/11/2022 — International Day Against Violence and Bullying at School, including Cyberbullying

11/11/2022 — Canterbury anniversary day

11/11/2022 — Armistice Day

13/11/2022 — World Kindness Day

14/11/2022 — World Diabetes Day

18-24/11/22 World Antimicrobial Awareness Week

20/11/2022 — Children's Day

25/11/2022 — International Day for the Elimination of Violence against Women

27/11/2022 — Advent

28/11/2022 — Chatham Islands & Westland anniversary day

DECEMBER 2022

01/12/2022 — World AIDS Day

03/12/2022 — International Day of Persons with Disabilities

7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE.

1. Send an uplifting text to a friend or family member
2. Let that person merge into traffic in front of you with a smile and a wave.
3. Include intentional moments of kindness, laughter and delight in your daily routine
4. Go slightly outside of your comfort zone at least once a day to make someone smile
5. Share a compliment with a co-worker or friend
6. Reach out to a family member you haven't spoken to in a while
7. Treat someone to a cup of coffee.

WORLD CHILDREN'S DAY

World Children's Day is UNICEF's annual day of action for children, by children. From climate change, education and mental health, to ending racism and discrimination, children and young people are raising their voices on the issues that matter to their generation and calling for adults to create a better future. This World Children's Day, it's more important than ever that the world listens to their ideas and demands.

On 20 November, kids will stand up for a more equal, inclusive world.

KEEP ANTIBIOTICS WORKING

From: Pharmaceutical society

https://www.psnz.org.nz/practicesupport/antimicrobial?mc_cid=3479514173&mc_eid=12c221c0c2

World Antimicrobial Awareness Week (WAAW) 18 - 24 November 2022

Antimicrobial resistance (AMR) is a global crisis, slower burning than COVID-19 but potentially as catastrophic. It is a growing problem in Aotearoa New Zealand and may cost us dearly: longer hospital stays, poorer outcomes from interventions like surgery and cancer-related care, increased mortality, and elevated healthcare costs.

AMR will disproportionately impact the most socioeconomically disadvantaged amongst us, including Māori and Pacific Peoples, who are more susceptible to infections and have greater reliance on effective antimicrobial therapy.

PINK WALK

Your donations are much needed for this brilliant cause. Please visit my page and donate.

<https://pinkribbonwalk.co.nz/page/jessicabuddendijk>

Any amount is greatly appreciated and will make a difference for a person diagnosed with breast cancer! I am walking on Sunday the 6th for this cause.

The Pink Ribbon Walks celebrate survivors, remember those that we have lost, and raise awareness & much-needed funds as we work towards zero deaths from breast cancer, together.

In New Zealand, nine women a day – more than 3,500 women a year – are diagnosed with breast cancer.

In an attempt to save more than 650 lives every year, we're constantly pushing for new frontiers in early detection, education, treatment, and support. By taking part in the Pink Ribbon Walks, you'll be helping change the future of breast cancer, where women will live longer and with a better quality of life.

After a hiatus last year, we're so excited to be back and walking with you all in Christchurch on Sunday 30 October, Auckland on Sunday 6 November and Wellington on Sunday 13 November. We hope to see you there!

We believe that one day, no one will die of breast cancer. Breast cancer will probably still exist, but we'll catch it early, and treat it better to prevent it from spreading (breast cancer rarely kills unless it spreads beyond the breast). And if it does spread, we'll have treatments and support to keep people alive for a very long time – just as now happens with HIV, diabetes and several other conditions that used to be a death sentence but which are now manageable over the long term. Our job is to do all we can to bring that day forward.

That's where we need your help. Thanks to your generous donations, we are aggressively pushing for new frontiers in early detection, treatment and support. However you're involved - hosting an event, attending a fundraiser, donating your time, money, or resources - you're helping get one step closer to zero deaths from breast cancer.

Please visit my page to donate as I am walking on the 6th of November! I am thanking you in advance for your kind donations.

<https://pinkribbonwalk.co.nz/page/jessicabuddendijk>

An egg contains every vitamin except vitamin C

NEW SEARCH FUNCTION ON ELDERNET HELPS FAMILIES STRUGGLING TO FIND AVAILABLE CARE HOME BEDS

The process of finding available care home beds in New Zealand has been made easier for older people and their family/whānau, thanks to The Eldernet Group's upgraded online bed vacancy report.

This free service allows any internet user to access a report showing vacant care beds throughout the country via www.eldernet.co.nz, which is updated every weekday morning.

As well as showing bed vacancies, the report also shows the levels of care each care home offers – including rest home, dementia, hospital, psychogeriatric, and supported living – whether homes offer short stays, and if there are any extra charges applicable. Users can view all results for their chosen region in an easy to read, interactive table, including contact details for each home and links for further information.

Search results can also be filtered on the Eldernet website to include facilities that provide specialised health care, offer 'nice-to-haves' such as pet-friendly rooms, and cater to specific spiritual, cultural and lifestyle requirements.

"Moving to care can be daunting for people and their loved ones - it's a particularly tough process currently, with many rest homes suffering staff shortages," says Linda Nicolson, General Manager of The Eldernet Group.

"Which is why The Eldernet Group want to ensure people have the right tools to guide them on their journey. The more information available to people, the easier the transition and the quicker people can settle into their new home," says Linda.

Mason Head,
Content Creator and Publication Lead, The Eldernet Group

LAND SEARCH AND RESCUE NEW ZEALAND

Source: Seniors newsletter October 2022

Are you, or someone you know, concerned about getting lost or going missing when out and about in the community?

The good news is you are not alone, and there are lots of things you can do to reduce the risk of going missing, while still maintaining your freedom to live a healthy active life in the community.

The Safer Walking Framework, an initiative delivered by **Land Search & Rescue New Zealand**, aims to support, educate and reduce the risk of people getting lost or going missing due to cognitive impairment.

The **Safer Walking website** has a wealth of information, including different tools, ideas and strategies that can be tried to reduce this risk, from completing a **Safer Walking Profile** to things you can try in the home environment. The website also includes links to **relevant websites and organisations** that you may find helpful to contact for support and advice.

Land Search & Rescue has also produced a video series of New Zealanders telling their own stories of going missing. The stories show how having plans and making use of technology, like Global Positioning System (GPS) location devices, can enable people at risk to be out and about, while providing peace of mind for their whānau if they go missing. Check out their **stories here**.

A study found that sniffing the herb rosemary it will increase memory by 75%

IT'S TIME TO HEAR FROM OUR TAKATĀPUI AND RAINBOW COMMUNITIES

Takatāpui and Rainbow Elder Voices

Source: Seniors newsletter October 2022 & <https://rainbowhubwaikato.org.nz/elder-voices-survey/>

 **HAVE YOUR SAY** 

Does it sometimes feel like all the older people are straight, and all the Rainbow folks are young?

It's time to hear from some of the less visible people in Takatāpui and Rainbow communities. Elder Voices is a chance for older lesbian, gay, bisexual, transgender, transsexual or intersex people – “out” or not – to talk about what they need.

Strategies, services and policies for older New Zealanders often leave out Takatāpui and Rainbow Elders.

Did you come out before Homosexual Law Reform in 1986? Or maybe it was much later, say after your kids grew up. Perhaps you keep your sexuality or gender quiet? Either way, we want to know how life is for you now.

Can you safely share who you are, who you love, with your neighbours, church group, family, children? Do you feel welcome going to community groups or services for older people? What are you worried about, or looking forward to, about ageing?

Elder Voices is a survey about life for Takatāpui and Rainbow Elders, developed by Hohou Te Rongo Kahukura and Rainbow Hub Waikato and informed by Takatāpui and Rainbow Elders from around the country.

We know that one in ten older people experience some kind of elder abuse in Aotearoa New Zealand. What we don't understand enough about is how much of that abuse is experienced by our takatāpui and rainbow elders.

Takatāpui is a traditional Māori term meaning ‘intimate companion of the same sex.’ It embraces all people who identify with diverse genders, sexualities, and sex characteristics.

To understand more about the specific wellbeing needs of takatāpui and rainbow elders, an online survey - [Elder Voices](#) - has been developed. The survey is open to everyone over 55 who knows they are lesbian, gay, bisexual, transgender, transsexual, non-binary, intersex or takatāpui. You do not need to be “out” to take part.

Takatāpui and rainbow elders grew up when homosexuality was still illegal, and many will have fears around acceptance. Some may have disconnected from families, including older generations and adult children, which impacts on the support systems available to them.

The survey will take around 10 – 20 minutes to complete and you can find it at [this link](#). The survey is open until 20 December 2022. The survey is confidential and anonymous – your name will not be asked.

Who are we?

The research team includes Tim Bennett, Oriana Brown, Dr Catherine Cook, Caya Divakalala, Bex Fraser, Dr Huhana Hickey, Lexie Matheson, Kathleen Miller and Lee Page. Sandra Dickson is the lead researcher
Our specialist social worker, Kathleen Miller

<https://rainbowhubwaikato.org.nz/elder-voices-survey/>

Forgiving someone is easy, but being able to trust them again is a totally different story.
Middle aged humour

NEW GUIDE TO IMPROVE THE USE OF ANTIBIOTICS FOR URINARY TRACT INFECTIONS IN AGED RESIDENTIAL CARE

The Health Quality & Safety Commission has released a new guide and related materials to improve the use of antibiotics for urinary tract infections (UTI) in aged residential care (ARC). The guide is the first piece of work to come out of the Commission's ARC quality improvement programme, which focuses on improving the use of medicines.

UTI is one of the most common infections diagnosed in aged residential care. However, international evidence suggests that up to three-quarters of the prescriptions for UTI in ARC are for residents who do not meet the clinical criteria. Furthermore, over half of antibiotic courses given for UTI in ARC may be unnecessary or excessively broad spectrum.

To address this issue, we completed a quality improvement project using interventions based on current evidence. They were tested with a range of ARC providers through the district health board health of older people networks. The guide was tested in 11 ARC facilities across Aotearoa New Zealand.

The guide supports ARC multidisciplinary teams to:

- improve symptom recognition and communication in the diagnosis of UTI
- reduce the rate of antibiotic prescriptions for residents whose symptoms do not meet clinical criteria for UTI
- improve systems for review of antibiotic treatment following results of laboratory testing: urine microscopy, sensitivity and culture (MC&S).

The guide, including a range of tools and templates to support implementation, can be downloaded from the Commission's website: www.hqsc.govt.nz/resources/resource-library/guide-to-improving-the-use-of-antibiotics-in-the-management-of-urinary-tract-infections-in-aged-residential-care.

Implementation of the guide in ARC facilities will contribute towards achieving the criteria set out in section 5 of the updated Ngā Paerewa Health and Disability Services Standard (HDSS) NZS 8134:2021.

If you have any questions related to the guide, tools or templates or need guidance with implementation, please email us at arc@hqsc.govt.nz.

Ngā mihi nui

The Commission's ARC UTI project team

WEDDINGS and WILLS

It is very important to consider whether you are already married or in a civil union, or if you are contemplating marriage or a civil union.

Section 18(1) of the Wills Act 2007 provides that a will is revoked if the will-maker marries or enters a civil union, but this does not apply if the will expressly says that it is made in contemplation of a particular marriage or civil union.

If you are contemplating marriage or civil union, you should decide whether or not the will only takes effect if you actually do get married, or it takes effect anyway whether or not you actually get married.

If you want to know what happens to a will when a marriage or civil union ends, see section 19 of the Wills Act 2007. This includes that the appointment of your spouse or partner as executor or trustee or advisory trustee of your will is voided.

Source: Lawhawk.nz

A vote is not a valentine, you are not confessing your love for the candidate. It's a chess move for the world you want to live in.

Nothing annoys me more than when someone expect you to be okay with something that they wouldn't be okay with if it was done to them.

Educated minds

EDUCATION FOR HEALTH PROFESSIONALS

On line training has become very popular. There are a couple of organisations I am personally very impressed with.

One being “**My HealthHub**” see below and another one I recently came across is the “**Goodfellow Unit**”. Have a look for yourself on their website and try out some of the recorded webinars and sign up for the live ones. <https://www.goodfellowunit.org/>

MORE EDUCATION LINKS



Mobile Health has created a dedicated education website - My Health Hub - providing education for health professionals. The My Health Hub website provides health professionals with access to their fortnightly live webinar series on a wide variety of healthcare topics. These webinars are also recorded and uploaded to this website for later viewing – to claim your hours for viewing the recording of the webinar (and receive a certificate), answer the two questions at the end of the webinar, and your certificate will be generated.

Access to this website is free, with no login requirements: www.myhealthhub.co.nz
There are a good number of webinar recordings on the website which are very appropriate for the aged care sector, eg. critical thinking skills; pressure injuries; negative pressure wounds; severe and enduring eating disorders; skin infections; person-centred approach in dementia care; obstructive sleep apnoea; therapeutic recreation; managing urinary conditions; advance care planning; preventing falls in the elderly; caring for complex older people; depression in the elderly; and a wide range of topics and research on palliative care.

If you are interested in receiving emails flyers of the upcoming live webinars for My Health Hub, please email chris@mobilehealth.co.nz and your contact details will be added to their mailing list

SOME COVID RELATED WEBSITES TO STAY INFORMED

<https://workandincome.govt.nz/covid-19/employee-rights-during-covid-19.html>

<https://www.tewhatauora.govt.nz/>

<https://www.worksafe.govt.nz/managing-health-and-safety/novel-coronavirus-covid/>

<https://www.employment.govt.nz/workplace-policies/coronavirus-workplace/covid-19-vaccination-and-employment/>

SILVER RAINBOW

Lesbian, Gay, Bisexual , Trans and Intersex
(LGBTI)

Education for Caregivers

If you are interested, please contact Julie



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="font-size: small; color: #4f81bd;">Author Unknown</p>	NEWSLETTERS BACK ISSUES
	<p>All newsletters are on my website including an alphabetical list of topics. 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>
	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. 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. Thank you all for your contribution each month.</p> <p style="text-align: right; font-style: italic;">Jessica</p>

Some interesting websites:

www.careassociation.co.nz; www.eldernet.co.nz, www.moh.govt.nz; www.careerforce.org.nz,
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>;
<https://worksafe.govt.nz/>; <https://covid19.govt.nz/>; <https://www.health.govt.nz/>; Julie.Watson@kahuitukaha.co.nz to find out how you can book Silver Rainbow education for your organisation.

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.

Text in Italics are the comment of the writer of this newsletter

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.