

An independent newsletter for people interested in Aged Care

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**Emailed to:
1989 readers
and counting**

**Welcome to my
overseas readers**

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

Congratulations for achieving 4 years to:

Presbyterian Support Central Huntleigh Home in Karori Wellington

Kemp Home & Hospital - Porirua

Well done for achieving such a good outcome.

All the best If you are having an audit this month, then all the best. Hope you achieve a good outcome.

SPECIAL DAYS THIS MONTH

- Random Acts of Kindness Day - 1 September
- Father's Day - 5 September (first Sunday)
- eDay - 12 September
- Loud Shirt Day - 17 September
- Mental Health Awareness Week September
- New Zealand Conservation Week 10–18 September
- National Clean Up Week 17–24 September
- New Zealand Fashion Week 21–25 September

Special and Wacky Days:

- September 4. Bring Your Manners to Work Day.
- September 5. Be Late for Something Day.
- September 6. Fight Procrastination Day.
- September 8. International Literacy Day.

MANAGE YOUR THOUGHTS and THE BENEFITS OF KINDNESS

Your mental wellbeing depends less on things that happen to you and more on things that your brain pays attention to. This means what you think about is incredibly important. The video on https://email.southerncross.co.nz/stayingwell/article/manage-your-thoughts?utm_source=southern_cross_health_member&utm_medium=email&utm_campaign=service_covid_delta_update_2021 introduces you to four healthy thinking habits that support your mental wellbeing every day and in challenging times too.

Regular kindness is known to decrease anxiety and depression. It increases our feelings of optimism and self-worth.

Being kind is about being friendly, generous, considerate and giving to the needs of others. It's also about being kind to ourselves and our own needs. See:

https://www.southerncross.co.nz/society/buying-health-insurance/covid-wellness-videos#kindness?utm_source=southern_cross_health_member&utm_medium=email&utm_campaign=service_covid_delta_update_2021

Source: Southern Cross

COVID (face covering and section 70)

From HealthCert manager

"Face covering is mandatory when working in or visiting healthcare facilities at alert levels 3 and 4, as per the government's mandatory requirements <https://covid19.govt.nz/alert-levels-and-updates/alert-level-3/#when-to-wear-a-face-covering> and <https://covid19.govt.nz/alert-levels-and-updates/alert-level-4/#wear-a-face-covering>.

From MOH:

Update to section 70 to allow health worker exemptions

On 20 August 2021 a Section 70 notice was applied to household members of a person who has been at a location of interest or has been categorised as a close contact. This requires the household members to isolate at home until the close contact has received a negative day 5 test result.

There is an exemption that enables people who provide essential health services, who are household member of a close contact, to return to work earlier than the five days specified if they meet the following criteria:

- they are fully vaccinated (received two doses of the Pfizer/BioNTech vaccine).
- they are not a close contact themselves
- the close contact has tested negative (must be a RT-PCR test)
- the entire household is asymptomatic.

This update has been made to make sure that we support essential healthcare services to manage at safe staffing levels. Information on the Section 70 and locations of interest in New Zealand are available on the [Ministry of Health website](https://www.health.govt.nz/). <https://www.health.govt.nz/>

As you get older, your secrets are safe with your friends. They can't remember them either.

PINK RIBBON WALK



I hope I can tempt you to visit my page and if you do then thank you in advance.

I really appreciate this especially during this difficult time in lockdown and going once again through the different levels to, hopefully, some level of normalcy.

Cancer does not stop for anything, and under these circumstances support is even more crucial, as people with breast cancer will have extra hurdles to overcome.

I'm once again taking part in the Pink Ribbon Walk this year to help support Breast Cancer Foundation NZ's vital work. Let's hope this can go ahead!

The money raised will be used to fund research projects and medical grants to help improve survivorship, as well as support patients and their families during treatment and recovery.

Donate today to help make zero deaths from breast cancer a reality.

You can also join the walk. It is great fun and you will be surprised how many people participate. The Park will be a sea of pink! <https://pinkribbonwalk.co.nz/>

Thanking you in advance

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

HEALTH-AND-DISABILITY-SERVICES-STANDARD-NZS-81342021

The new Standards will come into force 28 February 2022

The Standard is available on the MOH website including the sector guidance

Sector guidance owned by MOH and is a living document. Changes will be made when this is justified
<https://www.health.govt.nz/our-work/regulation-health-and-disability-system/certification-health-care-services/services-standards/nga-paerewa-health-and-disability-services-standard/sector-guidance-nga-paerewa-health-and-disability-services-standard-nzs-81342021>

HealthCERT will be running a pilot of the 2021 Standard, to test implementation process and understand how they can support providers and auditors to implement the updated requirements. Details are currently being developed and updates on progress will be provided through the HealthCERT Bulletin. (August-November)

HealthCERT will be running tailored seminars on the 2021 Standard to ensure those impacted understand the changes

PowerPoint slides available on:

<https://www.health.govt.nz/our-work/regulation-health-and-disability-system/certification-health-care-services/services-standards/nga-paerewa-health-and-disability-services-standard/training-and-support>

Lunch times sessions are available on

<https://www.youtube.com/playlist?list=PLWCaeydAIRF40I0JlimvnuN2TU6466oUz>

There are 19 partially new and 27 new Criteria

Partially new – grace period 6-12 months	New grace period 12-18 months	Partially new – grace period 6-12 months	New grace period 12-18 months
	1.1.3	3.1.3	
	1.2.3		3.1.5
1.3.5		3.1.6	
	1.4.4	3.2.3	
	1.4.5	3.2.4	
	1.4.6		3.2.6
	1.5.5	3.2.7	
1.5.6			3.3.3
1.7.9			3.3.4
	1.8.5	3.4.7	
	2.1.5	3.4.8	
	2.1.6		3.4.10
2.1.7			3.5.7
	2.1.10		4.1.7
2.2.4		5.2.9	
2.2.7		5.2.10	
	2.2.8	5.2.11	
2.3.3			5.2.12
	2.3.6		5.2.13
	2.3.7		5.4.3
	2.3.8	6.1.1	
2.4.6		6.1.3	
	2.4.7		6.1.4
			6.2.6

**When a friend
does something
wrong, don't
forget all the
things they did
right.
Don't forget to breath**

DEMENTIA PREVENTABLE?

A new study has suggested that early half of the cases of dementia in New Zealand are potentially preventable, if 12 risk factors associated with the condition are completely eliminated.

Co-author Dr Etuini Ma'u from the University of Auckland said that in the absence of a cure, prevention needs to become a public health priority.

Background: Twelve potentially modifiable risk factors (less education, hypertension, obesity, alcohol, traumatic brain injury (TBI), hearing loss, smoking, depression, physical inactivity, social isolation, diabetes, air pollution) account for an estimated 40% of worldwide dementia cases. We aimed to calculate population attributable fractions (PAFs) for dementia for the four largest New Zealand ethnic groups (European, Maori, Asian, and Pacific peoples) to identify whether optimal dementia prevention targets differed by ethnicity

See:

<https://www.thelancet.com/action/showPdf?pii=S2666-6065%2821%2900100-0>

MOOC ONLINE TRAINING

Understanding Dementia is a Massive Open Online Course (MOOC), offering university-quality education about the latest in dementia research and care. This **free** course provides an opportunity to engage with the perspectives of an international community, without requiring exams or assignments.

Understanding Dementia is designed to be accessible and appealing to people from diverse backgrounds, including:

- Health professionals
- Community and residential facility support staff
- People in the early stages of the disease, their families and caregivers
- Social scientists
- Health policymakers
- Individuals with a general interest in dementia

Understanding Dementia addresses the foremost issues surrounding dementia, providing avenues for discussion as well as rich global networking opportunities to engage with this major international health Issue.

The course provides knowledge designed to maximise quality of life across the trajectory of dementia for people with the condition, their families and caregivers.

To obtain the most from this course, participants should expect to spend approximately 3 hours per week engaging with the content and completing related course activities.

There are 7 weeks of scheduled content. After completing the final quizzes for all three modules of the course: 'The Brain', 'The Diseases' and 'The Person', participants will be eligible to download a certificate of completion.

<https://www.utas.edu.au/wicking/understanding-dementia>

The butterfly does not look back at the caterpillar in shame, just as you should not look back at your past in shame. Your past was part of your own transformation

Anthony Gucciardi

QUALITY IMPROVEMENT SCIENTIFIC SYMPOSIUM 2021

At the Health Quality & Safety Commission's seventh annual quality improvement scientific symposium, keynote speaker Russ Aiton, chair of the West Coast District Health Board consumer council, will share lessons in partnership from a consumer perspective to increase your capability to partner, collaborate and learn from each other in a consumer-centred health care system.

The symposium is on 17 November in Christchurch and the theme, 'Whakahohe, whiria te muka tangata: Recharge, inspire and connect,' focuses on taking time to connect with colleagues to reflect on the inspirational work done in an environment with a high degree of uncertainty and complexity.

Recharge your enthusiasm and ignite inspiration by sharing knowledge and wisdom of quality improvement across all fields of health care. Participants will:

- **share** what has been learned from applying scientific methods to health care improvement
- **network** with like-minded colleagues
- **discuss** challenges in applying and disseminating scientific approaches to health care improvement
- **create** a common understanding of how to apply and disseminate scientific methods to improve health and health care underpinned by Te Tiriti o Waitangi.

Presenters will also share lessons learnt and examples of co-design and consumer and whānau centred quality improvement. Abstracts can be submitted until 10 August 2021. To learn more about the submission process or to register for the symposium please visit: <https://hqsc.eventsair.com/qiss2021/>

Alzheimer's NZ Conference

Living with dementia: Taking action for a better future

Registration now open!

Come along and find out how the dementia world is changing. Join us on the **18-19th November** for our very first hybrid conference.

This event is taking place in Auckland and Wellington, and online everywhere.

Our dynamic and engaging programme will discuss topics such as human rights, becoming dementia friendly, initiatives that make a difference and acknowledging our diversity.

See the list of speakers: <https://alzheimers.org.nz/explore/conference/speakers/>

We are proud to continue to offer free registrations for people living with dementia and care partners.

Accommodation options will be added very soon. In the meantime, we warmly invite you to register below.

Register at: <https://www.ivvy.com.au/event/Alz2021/>

4 Things we
can't get back:
The stone after
it is thrown
The word after
it is said
The occasion
after it is
missed
The time after
it is gone.
Educated minds

CAN I MAKE MY EMPLOYEES GET VACCINATED?

With COVID-19 vaccinations becoming more readily available, many employers may be wondering if they can make sure their employees are all “vaxxed up”. But can you legally require your employees to get vaccinated?

Can an employer require their employees to get vaccinated?

Employers cannot reasonably require employees to be vaccinated unless their role is at a higher health and safety risk of exposure to COVID-19, or otherwise deals with vulnerable people who would be at a higher risk of illness (such as a border worker, or hospital staff member).

A health and safety risk assessment will help you to determine if this is the case for each role in your workplace. The risk assessment should be carried out in consultation with employees and their representatives.

Office workers, for example, will likely not be at an increased risk, and so an employer cannot require them to be vaccinated. For other roles, this will depend on the risk profile for the role.

To find out more about risk assessments, take a look at the WorkSafe website: <https://www.worksafe.govt.nz/managing-health-and-safety/novel-coronavirus-covid/assessing-whether-a-specific-role-needs-to-be-performed-by-a-vaccinated-worker/>

If the role is safety sensitive (i.e. at an increased risk for exposure and spread of COVID-10), employers should implement a policy designating the roles safety sensitive, and requiring vaccination for employees filling those roles. Employees should be consulted before the policy is implemented

Can an employer ask a job applicant if they are vaccinated?

Unless the role is at an increased risk for exposure and spread of COVID-19, it is legally risky to ask for vaccination information. The Privacy Act requires employers to have a lawful purpose for collecting personal information, and if there is no heightened risk, it will be harder to show that there was a good reason for collecting the information.

If the role is safety-sensitive, then you may be able to collect vaccination information, and make it a requirement of the role that applicants are vaccinated before beginning work. We recommend you seek legal advice before doing this to avoid any legal repercussions.

Employers could also open themselves up to the risk of a discrimination claim if a job applicant or employee has a medical or religious reason why they cannot be vaccinated, and feels they are being treated differently because they aren't vaccinated.

Always get legal advice before making changes in your workplace

If you are looking at adding vaccination requirements to your employment agreements or workplace policy, or are having an employment related dispute, contact Gaze Burt's employment team to give you specific legal advice.

This article is not intended as legal advice. We recommend you seek legal advice about your specific situation before implementing any changes to your workplace.

shelley.eden@gazeburt.co.nz
ruth.katsui@gazeburt.co.nz
beth.smith@gazeburt.co.nz
daniel.josephs@gazeburt.co.nz

I am full of mistakes and imperfections and therefore I am real.

Shaun Hick

MONEY AND YOUR MENTAL HEALTH

From: *Tom Hartmann from Sorted*

[https://www.business.govt.nz/news/money-and-your-mental-health/?utm_source=Newsletter&utm_medium=email&utm_campaign=BG August 2021&utm_content=https%3A%2F%2Fwww.business.govt.nz%2Fnews%2Fmoney-and-your-mental-health%2F](https://www.business.govt.nz/news/money-and-your-mental-health/?utm_source=Newsletter&utm_medium=email&utm_campaign=BG_August_2021&utm_content=https%3A%2F%2Fwww.business.govt.nz%2Fnews%2Fmoney-and-your-mental-health%2F)

Money issues can be overwhelming, so Hartmann suggests looking at the small things you can change or control rather than feeling paralysed by the overall picture. "Chunk it down. Look for those small wins. You might not be able to make it all better at once, but you can look for one thing that's within your control, focus on that, then move onto the next thing. It might be small – saving a few dollars, making a phone call, or finding a useful website or calculator."

"Money is a funny thing. When it's not going well, people really don't want to talk about it," says Hartmann. "But talking about it is one of the best things we can do."

This might be with your trusted inner circle of friends and family, or with a neutral party like a business mentor, accountant, or health professional.

Also be aware of how you talk to yourself. "Treat yourself kindly. Talk to yourself like you would a friend, be encouraging rather than down on yourself," says Hartmann.

Hartmann suggests trying to think about whatever you're going through as being part of a longer journey that won't last forever. "It's a bit like recovering from an injury. It hurts, but you're going to heal and work through what you're dealing with, it's not a permanent state of affairs."

If you're feeling stressed and anxious about your finances, it can have a big impact on other aspects of your life.

A Sorted survey of more than 2600 people found that money stress triggered responses that made people:

- not access health services (31% of respondents)
- feel embarrassed (29%)
- make poor food choices (28%)
- hide their money situation (24%)
- have relationship problems (20%)
- feel ill (19%)
- skip exercise (16%).

Only 8% of respondents said they tried to get help for their money-related stress.

"When it starts affecting your sleeping and eating, or if the people around you keep asking if you're ok, then these are red flags and it's time to get help," says Hartmann.

For free business support and advice, you can call the COVID-19 Business helpline: 0800 500 362 if you're in the North Island and 0800 505 096 if you're in the South Island.

Find more resources and tips to help you look after yourself and your team.

Mental health and wellbeing support: <https://www.business.govt.nz/risks-and-operations/health-and-safety/mental-health-and-wellbeing-support/>

**People don't
fake
depression
they fake being
okay.
Remember
that, be kind.
Rhonda Reid**

MOBILE HEALTH

Education at Mobile Health has been rapidly accelerating, and because your education matters to us we have an exciting change on the horizon.



As of Wednesday 1 September 2021 our education program is moving to a new website for an improved educational experience. Because our education program has grown significantly our newly designed My Health Hub website will be your one-stop destination for webinars, short courses, certificates and much more. This is where webinars will be more accessible, enables you to complete short courses and receive a certificate automatically, and watch webinars for later viewings.

We will continue to promote webinars on the Mobile Health Facebook page for the first few weeks after launching as we make this transition, but eventually the Mobile Health Facebook page will focus on day surgery in rural NZ. If you haven't already done so, please 'like' and follow our My Health Hub: <https://www.facebook.com/MyHealthHubNZ>, and sign up to our <https://myhealthhub.us7.list-manage.com/subscribe?u=e33cf0c1e1d93940caf0fddb6&id=993506db28> to stay up to date with our education program.

As part of the roll-out, and because we don't want you to miss a thing, we will automatically transfer your email address across to our new database so you will continue to receive important education news via our newsletter.

We're excited for you to explore My Health Hub further when we launch on 1 September, so watch this space and remember to save the date to be the first to check it out

Best wishes,

Mark Eager, **Chief Executive, Mobile Health**

The topics offered are presented by health professionals.

Rural sites choose topics from our Presenters Portfolio and we arrange the delivery of the education sessions.

For further information contact Sandra van Hout – sandra@mobilehealth.co.nz

VISA INFORMATION

For all Information on visa extensions, new visa expiry dates, and changes to visa conditions.

Visit: <https://www.immigration.govt.nz/about-us/covid-19/in-new-zealand/visa-information/visa-extensions-and-visa-conditions>

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.

**I know the
voices aren't
real but man,
do they ever
come up with
some great
ideas.**

Boots and Spurs

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

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

SUBSCRIBE OR UNSUBSCRIBE

- 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.