

An independent newsletter for people interested in Aged Care

In this issue:

- 4 years certification
- Special Days
- Covid information websites
- End of life choice Act
- Lock down initiative
- Mandatory vaccinations
- Covid 19
- Dietary protein intake
- Falls prevention conference
- Relationship stress
- Alzheimer's NZ Conference
- HQSC
- Guidance for allied health professionals
- Back issues
- Helpful websites

**Emailed to:
1997 readers
and counting**

**Welcome to my
overseas readers**

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

Congratulations for achieving 4 years to:

No notifications received

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

- 1 November – Marlborough Anniversary Day
- 3 November - Diwali
- 5 November - Guy Fawkes
- 12 November – Canterbury Anniversary Day
- 19 November - World Day for the Prevention of Abuse and Violence Against Children Day
- 25 November - “White Ribbon Day” for the Elimination of Violence against Women
- 29 November – Chatham Islands Anniversary Day
- 29 November – Westland Anniversary Day

- 1 December Aids Foundation “Red Ribbon Day”

COVID INFORMATION WEBSITES

COVID-19 Outbreak Response Toolkit for Aged Residential Care

This document will be reviewed at least six-monthly.

Keep on eye on this website

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-health-professionals/covid-19-aged-care-disability-and-hospice-providers/covid-19-aged-care-providers/covid-19-outbreak-response-toolkit-aged-residential-care>

Posters

Use these posters to help everyone keep safe from COVID-19

<https://covid19.govt.nz/posters/>

My COVID RECORD

My COVID Record is now accessible to the public via www.mycovidrecord.nz. This website is a key tool to enable us to open up New Zealand by helping reduce the risk of the virus spreading at large gatherings and events. We've had positive feedback that the website is very easy to use. In its initial phase, you can view your vaccination records. COVID-19 test results will be available on the website from late October. New Zealanders will be able to access two types of vaccination certificates in late November – one for use in New Zealand and one for travel overseas

END OF LIFE CHOICE ACT IMPLEMENTATION

Source: <https://www.health.govt.nz/our-work/regulation-health-and-disability-system/end-life-choice-act-implementation>

From 7 November 2021 people who experience unbearable suffering from a terminal illness will be able to legally ask for medical assistance to end their lives. Assisted dying will be legal in New Zealand from 7 November 2021, which is a year after the 2020 referendum on the **End of Life Choice Act 2019 (the Act)**.

The introduction of assisted dying means that a person with a terminal illness who meets the eligibility criteria can request medication to relieve their suffering and end their life. The Act sets out the legal framework and a high-level process for accessing assisted dying, including strict eligibility criteria and safeguards.

Assisted dying is not a replacement for palliative care or health care services more generally. It provides another option for people with a terminal illness in certain circumstances.

Assisted dying remains illegal until 7 November 2021.

The Ministry of Health will be responsible for the Act and has an implementation programme underway to implement the assisted dying service.

It is important that you keep yourself informed about the implementation and what it means to your organisation. Have a policy and organise discussions with your GP and staff.

<https://www.legislation.govt.nz/act/public/2019/0067/latest/DLM7285905.html>

What did the astronauts say to NASA when they notified them that their mission was complete and they could return to earth?
Thanks, but no thanks

LOCK DOWN INITIATIVE



Thank you, Jo, for sharing this initiative and photos.

Just thought I would share these with you.

Our Activities Coordinator Nicky got all Orongo Residents from both Rest Home and Dementia Unit to paint their hands and join together "safe in our bubble".

They are so clever, we are very proud.



People will throw stones at you. Don't throw them back. Collect them all and build an empire.

Blogspot

MANDATORY VACCINATIONS

The extended COVID-19 Public Health Response (Vaccinations) Amendment Order 2021 came into effect at 11.59pm on 25 October, requiring workers who face a high risk of exposure to COVID-19 and who work in the health and disability and education sectors or in prisons to be fully vaccinated. Because of the nature of their work, these groups are all at particular risk of being infected with COVID-19, and of passing it on to the vulnerable groups they work with, as well as whānau, and members of the wider community. The Order will require all health and disability workers and education workers to have received their **first dose** of the COVID-19 vaccine by **15 November 2021**. Both the health and disability workers and the education sector workers must be **fully vaccinated by 1 January 2022**.

Please find links to further information below:

- The mandatory vaccination order has been gazetted: <https://gazette.govt.nz/notice/id/2021-dl4594>
- Additional guidance is available on the Ministry of Health web pages: <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-response-planning/covid-19-mandatory-vaccinations>
- Recording of webinar held on Friday 22 October: <https://youtu.be/QEcA6t0EsEw>
- Press release - [Expanded vaccination order for health and disability, education and prison workers](https://www.beehive.govt.nz/news/expanded-vaccination-order-for-health-and-disability-education-and-prison-workers) | [Beehive.govt.nz](https://www.beehive.govt.nz)

COVID 19 HOW TO TALK TO FRIENDS AND WHĀNAU

It's important to encourage others to get vaccinated. Differing views can challenge our relationships with friends and whānau. Remember, you can't change someone's mind – only they can do that. What you can do, by being kind, respectful, calm and interested, is create an opportunity for open, safe conversations which build trust and enable change over time. Very rarely will change occur as a result of one conversation. Your most powerful asset is the relationship you have with the person – maintaining the relationship is more important than correcting them or 'winning' an argument. Clinical psychologist Rachel Prebble explains how to talk to friends and whānau in this video <https://www.youtube.com/watch?v=n1hq75Z-Wy>

COVID MISINFORMATION REMINDER

Everyone has a responsibility to prevent false and misleading information. We need a whole of society approach to build awareness about false information and strengthen resilience to it which includes encouraging people to get information from reliable sources.

If you do see content that seems wrong, the [Unite against COVID-19 website has good information to help you report it to the right place.](#)

If you aren't sure where to go to for accurate information, we recommend the following websites:

[COVID-19 vaccines | Unite against COVID-19](#)
[COVID-19 vaccines | Ministry of Health NZ](#)
[Karawhiua - Protect Communities from COVID-19](#)
[Information for Pacific Peoples | Unite against COVID-19](#)
[The Immunisation Advisory Centre](#)

You can also go to your GP, pharmacist, iwi health provider or other health professional

DIETARY PROTEIN INTAKE

Source: NZNF Healthy Ageing Bulletin October 2021

Dietary Protein Intake and Transition between Frailty States in Octogenarians Living in New Zealand

Source: health.govt.nz

This study investigated the relationship between dietary protein intake and the transition between frailty states and mortality in advanced age.

Data was utilised from a longitudinal cohort study of Māori (80–90 years) and non-Māori (85 years) and examined the association between protein intake and transitions between frailty states and death over four years.

Interestingly, higher protein intake in this sample of octogenarians was associated with both better and worse outcomes i.e., participants with higher protein intake were less likely to transition from robust to pre-frail but also from pre-frail to robust.

Increased protein intake was associated with a lower risk of transitioning from pre-frailty to death and this association was moderated by energy intake.

For the full article:

FALLS PREVENTION CONFERENCE

Register now for the 9th biennial Australian and New Zealand Falls Prevention Conference, **1 - 3 December 2021**, where our mantra is 'Live Stronger for Longer', underpinning our desire to promote strength, independence and wellbeing in ageing.

To register: <https://www.anzfpsconferenceauckland.co.nz/registration/>

Our conference this year will be fully online, utilising an innovative new virtual conferencing software and will feature keynote addresses from **Teresa Liu-Ambrose** and **Dawn Skelton**. As well as plenary talks from **Katrina Bryant, Jacqui Close, Anne-Marie Hill, Andrea Maier, Yoshiro Okubo, Courtney Ryder, Cathie Sherrington, Daina Sturnieks** and **Ruth Teh**, 60 oral presentations, 27 5x5 presentations, 22 e-poster presentations and two virtual networking sessions.

The full conference programme is available on <https://www.anzfpsconferenceauckland.co.nz/virtual-conference-overview/>.

Registration includes access to the virtual platform for **3 months** post-conference, so you'll have plenty of time to delve into all the content, even if you miss out on the day.

There are also **virtual, pre-conference**

<https://www.anzfpsconferenceauckland.co.nz/workshops/> on **29th November 2021**.

Spaces for these are limited so get in quick.

Amanda Wallace

Event & Conference Planner | Kaiwhakarite Kaupapa Nui, Hui Nui, Event Services

The University of Auckland | Waipapa Taumata Rau

DDI: (09) 923 9697 Extn: 89697 | Mobile: 027 251 3185

Old age comes at a bad time! When you finally know everything, you start to forget everything you know.

RELATIONSHIP STRESS DURING LOCKDOWN

Lockdown has and is still putting pressure on relationships. Not being in control and able to do what you normally do causes tension, frustration, and irritation.

Covid lockdowns has forced us to learn how to work from home and supervising home schooling. Both require a lot of discipline from you as a couple and from your children.

Getting through it as a couple takes kindness and collaboration.

These times are challenging for everybody but there is still a lot to be grateful for. Think about these things and voice them to your partner. Thank each other for the positive things and don't linger on the negatives.

The more gratitude you express, the more often you will find yourself noticing little moments to appreciate.

Communication is key; Try to set a routine. Each person needs to be able to voice their needs. For instance, the time you require to be "alone", go for a walk, read a book, make a call with a friend, listen to music etc. During lockdown you are "forced" to be around each other 24/7. As much as you love your partner, this can lead to tension and frustration. Set some healthy boundaries.

If your partner voices the need to have that "alone" time don't become resentful and take it as a rejection.

There might be additional stress factors relating to your work situation. Will the job still be there for me? How are we going to pay the bills?

Couples who are dealing with conflict by working together towards solving issues, take on each others' perspectives, and respond sensitively when the other is feeling stressed are more likely surviving lockdowns as a couple. That does not mean that they never argue or become frustrated with each other, but they likely do better by the way they communicate and support each other.

Look after yourself; It is difficult to look after your relationship if you are not looking after yourself. Think about the things that help you to relax. Be realistic and don't end up with a whole list of your favourite things that are not possible during lockdown.

Date nights can bring some much-needed joy and anticipation into your relationship.

Cook a special meal together and make it a romantic evening.

Dress up, candles, music, make up etc.

You can set a theme or pick a place where you would like this date to take place.

Remember to talk about fun things and no mention of lockdown, virus, Covid etc.

Make a plan and have a routine; Discuss how you are going to handle the daily tasks. If one partner has always taken care of the household tasks and the children, how are you going to share this now that the other partner is at home too. How are you dealing with one or both working from home? The fact that somebody is at home doesn't mean that they can be interrupted all the time.

Try to create a space that closes off from the daily routines in the household.

There are so many things that we can't control now, but it can feel soothing to have a plan for the things that we do have control over.

Allow yourself feeling overwhelmed, sad, stressed, angry, etc. at time. This is normal.

We are going through a grieving process, having lost your freedom.

We are on the Covid lockdown rollercoaster together and let's work on getting off it together.

You can, you should, and if you're brave enough to start, you will.

Stephen King

ALZHEIMERS NZ CONFERENCE ON THE 18-19TH NOVEMBER

I am sure that you all aware that we are holding our conference in November and like many organisations have had to adept to changing circumstances and are now holding a fully online conference. We would really appreciate if you could share the information about the conference as widely as possible within your networks as this conference will be of wide interest within aged residential care and retirement villages. Those with dementia and their care partners can attend for free so please consider promoting the conference not only to staff but also to those living with dementia within your facilities.

- **Join us online for the Alzheimers NZ Conference on the 18-19th November**
- **Do a deep dive into the world of dementia in NZ**
- **Find out about the inspiring actions being to improve the lives of people with dementia.**

Living with dementia: Taking action for a better future

Te noho rangatira me te mate wareware: Te kōkiri kaupapa mō ngā rā e tū mai nei

For registration and all else you need to know about the conference visit:

<https://alzheimers.org.nz/explore/conference/>

Take a look at our superb, diverse an unmissable event with something for everyone.

There's no doubt that a brighter future is desperately needed for people living with dementia in Aotearoa New Zealand. If you are already part of the dementia community in some way, you'll know that only too well. If you are new to this, then this is a must-attend event that will arm you with the tools and knowledge to help you on your journey.

For all of us, this Conference will present a range of compelling insights to make a real difference for people living with dementia. Presentations will demonstrate how we can reflect and learn from changing and challenging times to support human rights and wellbeing, with themes including:

- Dementia rights are human rights
- Becoming dementia friendly
- Initiatives that make a difference
- Supporting our diversity
- Preserving well-being in times of community crisis.

Speakers include:

- Makarena Dudley (NZ)
- Allen Power (USA)
- Matthew Croucher (NZ)
- Dennis Frost (AUS)
- Daniella Greenwood (AUS)
- Dr Ngaire Kerse and Dr Bryan Betty
- The Health and Disability Review Transition Unit

We are very much looking forward to the Conference and would love to see you (virtually) there!

Ngā mihi,

Lyneta Russell, RN, MA(Hons)Nursing, Principal Advisor Services and Standards
Alzheimers New Zealand M: 027 619 1911

<https://alzheimers.org.nz/explore/conference/>

**Small steps
motivate.
Big steps
overwhelm.**

Maxime Lagacé

HEALTH QUALITY & SAFETY COMMISSION

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/>

„We cannot solve our problems with the same thinking we used when we created them.“

Albert Einstein

UPDATED GUIDANCE FOR ALLIED HEALTH PROFESSIONALS

Message from the Director-General - 26 October 2021

The Ministry has updated its guidance for allied health professionals working in settings outside DHBs, clarifying they can all provide services under Alert Level 3.

See: <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-health-professionals/covid-19-advice-all-health-professionals>

This change will enable roughly 2,000 allied health professionals – such as physios and chiropractors – in Auckland alone to continue to see patients, ensuring more people are treated in the community.

Providers must still screen patients for COVID-19 symptoms, and practise all COVID-19 measures such as appropriate distancing, strict use of infection, prevention and control measures, PPE use and scanning in. Providers should also continue to offer telehealth services if this is an appropriate alternative.

I'd like to reiterate our thanks to the thousands of hard-working allied health professionals who have supported the COVID-19 response.

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.</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. <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.