

An independent newsletter for people interested in Aged Care

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From our bubble to yours.

Merry Christ-mask

All I want for Christmas is a vaccine.

For 2021 I wish you all:

A "normal" year.

A year without lock downs, unprecedented times, daily press conferences, social distances, mini weddings, and working with a team of 5 million. (Can't remember

everybody's name and the roster is a nightmare!)

HAVE A HAPPY AND HEALTHY 2021!

My suggestion for this Christmas:

This year has been a challenge for everybody, financially and psychologically.

Also affected were the numerous voluntary organisations.

Most had to cancel their annual fundraising events. Let's give them a helping hand!

Instead of buying presents, that nobody really needs, give the ultimate Christmas present, and donate to any organisation looking after people who do need a bit of Christmas cheer.

On my friends and family behalf I have donated their Christmas presents from me to the City Mission, Shine, and the Salvation Army. I ask everybody to do the same.

I have done this for the last 30 years and I promise you it is a great feeling knowing that you made a total stranger smile!

Let's see what my team of 1916 readers can do to make a difference!

Thank you

SPECIAL DAYS THIS MONTH

December 2020:

December Solstice Monday 21 December

Christmas Day Friday 25 December 2020

Boxing Day Saturday 26 December Boxing Day observed Monday 28 December

January 2021

- Friday 1 January - New Year's Day
- Saturday 2 January or Monday 4 January - Day after New Year's Day
- Monday January 4th World Braille Day! (Louis Braille's birthday)
- Monday 11 January Paget's Awareness Day.
- from the 18th-24th January "Action on Sugar" Sugar Awareness Week
- Monday 25 January Wellington anniversary day
- Monday January 25. Burns Night. Commemorates the life and work of the *bard* (poet) Robert Burns. Burns' best known work is "Auld Lang Syne"

LAW CHANGES 2020

To see a compilation of the 2020 law changes go to:

<https://www.business.govt.nz/news/2020-law-changes-round-up/>

**Emailed to:
1916 readers
and counting**

**Welcome to my
overseas readers**

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HEALTH AND DISABILITY SECTOR STANDARD REVIEW

NZS 8134: 2008 –*Health and disability services standard* is designed as the minimum requirements necessary to present fair and equitable health and disability services that aim to improve the experience and outcomes of people and whānau and reduce care variation.

This revised standard reflects shifts towards more person- and whānau-centred health and disability services. People are empowered to make decisions about their own care and support in order to achieve their goals, with a stronger focus on outcomes for people receiving support.

Following consultation with the sector, NZS 8134:2008, NZS 8181:2007, and NZS 8158:2012 have been amalgamated to form NZS 8134:2021 – *Health and Disability Services Standard*. This amalgamation has significantly reduced duplication across the three standards.

Note: For the purposes of the public consultation document, Sector Solutions have been included, so people and organisations reviewing and providing feedback on the document can see all relevant content in one place. It is important to recognise that, ultimately, the Health and Disability Services Standard and the Sector Solutions will become separate documents.

The Health and Disability Services Standard will be published by Standards New Zealand, while the Sector Solutions will be published and retained by the Ministry of Health to allow for more frequent updates that reflect changing models of care and support.

This draft is available for public comment until 13 January 2021. All comments submitted during this period are reviewed by the standards development committee before the final standard is balloted on.

Standards New Zealand may have received your contact details from our Standards Development Partner, the Ministry of Health. As partners in this standard development process, the Ministry of Health and Standards New Zealand will ensure your contact details are removed from all Standards New Zealand’s electronic systems following the period of public consultation on the Health & Disability Services Standards NZS 8134.

You can view or download the draft standard on the [Standards New Zealand website](#). The closing date for comments is **13 January 2021**.

Kind regards, Inge Mautz-Cooreman, Standards New Zealand

You can also copy and paste the following link:

<https://shop.standards.govt.nz/default.htm?mod=drafts&action=browseDrafts&draftTypeId=1#>

It is an absolute crucial time to have your say. (These standards will likely be in place for the next 10 years!) Please don’t lose this opportunity to have your say. *Jessica*

WANTING TO LEARN MORE ABOUT MEDICINE ACCESS EQUITY?

Start the learning journey here. The He Ako Hiringa website is your gateway to education, resources, tools and data. <https://www.akohiringa.co.nz/>

You are invited to participate in something special, something that could change how clinicians think about prescribing.

“The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other”.

Burton Hills

**New Year?
Yes please!
Here's to better
times ahead for
us all. Wishing
you a very
happy
Christmas and
a safe and
healthy 2021**

FACE MASK EXEMPTION CARD

The use of masks or face coverings are now mandatory for:

- people travelling on public transport services in, into and out of the Auckland region (except for children under 12 years of age and a person who has a medical condition that prevents them from wearing a mask or face covering safely or comfortably — this can include a range of people such as those with a disability or asthma)
- the drivers of small passenger service vehicles in Auckland, such as taxis and app based ride services, but not their passengers
- people travelling on passenger flights throughout New Zealand

Some people who have a disability or health condition may not be able to wear a face covering safely or comfortably. To help with this, an Exemption Card has been developed that can be shown when in public if necessary, for example to transport operators. Users are not required to show the card, but they may feel comfortable showing something official that confirms they are exempt from wearing a face covering. The use of this card is self-regulated and decided upon by the individual.

Do the right thing and only use this Exemption Card if they need to.

If you believe you need this Card then call **Healthline for free on 0800 358 5453** for more information.

Healthline will be able to provide advice to those who ring and provide a printable version of the Card or supply users with a version that can be saved and shown from a smart phone. Healthline will be able to talk through options for those unable to access a printer or show it from their phones.

The Card is available in credit card, A4 or A5 size.

Once users have the Card, they can decide whether or not they wish to use it, they will not be required to display this Card, but are encouraged to have it with them.

disability@health.govt.nz

DOWNLOAD: POSTERS FOR YOUR WORKPLACE

The new Worksafe campaign asks Kiwis to think differently about workplace health and safety and features a mob of danger-sensing meerkats.

You can bring these furry, danger-sensing pros into your workplace with a selection of free-to-download "Sense it. Stop it." posters available on our website. Visit the website to learn more.

<https://www.meerkats.worksafe.govt.nz/>

TAKE PRECAUTIONS TO PREVENT LEGIONNAIRES' DISEASE WHEN WORKING IN GARDENS

Summer is fast approaching and people are getting out in to their gardens. It is great to see residents growing their own vegetables and flowers. This means that there is also a risk if residents are not appropriately supervised when working with organic material such as garden soil, compost, mulch or potting mix and the risk of breathing in Legionella bacteria.

This can lead to Legionnaires' disease, which is a type of pneumonia and can be fatal. How to prevent this follow the below link for further tips.

<https://worksafe.govt.nz/topic-and-industry/legionnaires-disease/legionnaires-disease-and-legionellosis/>

SEXUALITY AND INTIMACY RESEARCH TO BENEFIT RESIDENTIAL AGED CARE FACILITIES



By: Lucy Drake communications@massey.ac.nz news.massey.ac.nz

A Massey University researcher has published a report today on a three-year nationwide research project into intimacy and sexuality in residential aged care facilities with the goal of supporting and developing awareness, policies and education for staff, families and residents.

Massey University Professor of Social Work Mark Henrickson (photo) found that while there is excellent work being done in some care facilities, there is much room for regular staff education around intimacy and sexuality, and staff education and workplace policies could help bring consistency in addressing the issue.

He says when there is insufficient staff education, people are forced to rely on their own individual values and beliefs. Some of these beliefs may be shaped by religious attitudes, which can create challenges in the workplace.

The call for action began more than 10 years ago when Professor Henrickson would present to care providers about sexuality, and each time he was approached by staff voicing their concerns about responding to situations including residents being allowed in a room alone to partake in sexual activity or residents having access to sex workers.

“There were so many difficult and complicated stories people were telling me. I realised what we really need is the solid foundation of research in this area to throw some light on these complex issues,” Professor Henrickson says.

A pilot study at one facility was followed by a feasibility study that included five facilities. Professor Henrickson was then successful in receiving \$845,000 as part of the annual Royal Society of New Zealand's annual Marsden Fund in 2017, allowing his team's research to continue on a national level.

He was joined by Dr Catherine Cook, Dr Vanessa Schouten, Sandra McDonald, Ngāti Whātua, Te Uri o Hau, and project manager Dr Nilo Atefi. Local ‘ambassadors’ were also hired to carry out research in their regions to provide national coverage.

The study was conducted in two parts at 35 facilities nationwide. The first part was a staff survey with questions about knowledge, attitudes, and behaviour around sexuality that was distributed to staff at participating facilities, and 433 were completed and returned.

The survey questions investigated the reliance on personal values for decision makers about sexual issues in the workplace; attitudes towards patients with dementia engaging in sexual activity; and consent and casual sexual relationships within aged care facilities.

The second part of the study involved semi-structured interviews conducted by the project staff with staff, residents, and family members. Altogether, 61 interviews were completed with 75 participants across the facilities, some ranging from a few minutes up to several hours over two days.

“Hearing the richness of people's lives and how they managed their relationships in the third age was really touching and reassuring,” Professor Henrickson says. “The results show people are widely varied in their attitudes, meaning that the sector needs some decision making on the topics alongside stronger staff education.”

“This holiday season, let's make it a point to cherish what's truly important in our lives: chocolate and cookies”

SEXUALITY AND INTIMACY RESEARCH TO BENEFIT RESIDENTIAL AGED CARE FACILITIES Cont'd

It is impossible to write a set of laws, policies, rules, and regulations that will cover every possible eventuality for every kind of person in every place. Our decision-making framework is not set up to encourage individual staff to assess and make rapid decisions in situations that may not be clear, and as a result staff end up making decisions that are better suited to protecting institutions and institutional reputations than to providing meaningful protection for residents.”

Professor Henrickson says it may be, for instance, that a resident with intellectual impairment may not be able to verbally articulate consent, but is clearly enjoying a moment of intimacy with a partner. But if someone has decided that an individual is not able to make decisions for themselves, they may interfere unnecessarily in that moment.

“These decisions will certainly affect a resident’s quality of life and their ability to live life fully.”

Professor Henrickson said the research has revealed a generational effect on attitudes towards same-sex sexuality. Among older New Zealand-born survey respondents (those whose attitudes were likely to be formed before the Homosexual Law Reform Act in 1986), there was less support for same-sex relationships than amongst younger respondents, whose attitudes may have been influenced by an era of greater social acceptance, visibility of gender diversity and sexual diversity, and marriage equality.

“We would advise facilities to create workplace policies that, regardless of what people's attitudes are, regardless of their behaviour, what people see at least is consistent in every workplace.

“For example, we’re not saying that every facility should provide access to sex workers, but that they should have policies or guidelines about this, for consistency. Staff should be educated about those policies. Further, residents and family members would like to know about those policies when they make choices about long-term residential care.”

“Each facility will have their own challenges. It is not just about intimate engagements, it is also about the legal, moral, and ethical implications that come with these engagements.

“This project is about tackling those issues. One of the things we’re saying is if you get it right on sex, you'll get it right on just about everything else.”

Over the past few months, Professor Henrickson and his team have been working with facilities to break the taboo nature of the subject and prompt educators to take a new approach. Some facilities have begun producing podcasts, training videos and other resources to educate their staff.

From the information collated the team then detailed their findings into a final project report *What counts as consent? Sexuality and ethical deliberation in residential aged care*, a resource he hopes the sector takes seriously.

“This report may be confronting for some facilities, which would be unfortunate as we’re not telling people what’s right and what's wrong, but rather that these challenges are already here and to take them seriously means you’re going to improve your care for all your residents and help your staff feel more confident in the workplace.”

The full report can be found at <https://mro.massey.ac.nz/handle/10179/15720>

Take nothing for granted and be thankful that you have such great family and friends to spend this joyous season with

PRIVACY ACT AND HEALTH INFORMATION CODE 2020

A little bit more on the Privacy Act. Source: <https://www.business.govt.nz> and <https://www.privacy.org.nz/> (office of the Privacy Commissioner

This might help you updating your policies and staff training. This article gives a general overview of the topics covered and is not intended to be relied upon as legal advice.

The Privacy Act aims to keep people's personal information safe and secure. The law updates reflect changes in technology and the ways business is done online and offline.

Changes to the Privacy Act mean businesses must:

- not destroy personal information if someone asks for information held about them
- report serious privacy breaches
- check personal information shared with overseas companies will have similar protection to New Zealand.

The revamped Act gives the Privacy Commissioner greater powers. This includes:

- ordering a business to give a person their personal information
- issuing a compliance notice if a business fails to comply with the Privacy Act.

So it's a good idea to appoint a privacy officer, eg add privacy duties to a trusted employee's existing role.

Privacy officer

Decide who in your business will take the lead on privacy matters. This could be you, an office manager, or another trusted worker. This person will be your privacy officer, in addition to their current tasks.

This role involves:

- a general understanding of how the Privacy Act relates to your business
- checking personal information is collected responsibly and stored safely
- making sure any issues or requests for personal information are handled promptly
- handling privacy complaints made to your business, including working with the Office of the Privacy Commissioner (OPC) on any escalated complaints.

Learn about privacy requirements with free online training on the Privacy Commissioner website. Modules include:

- Privacy 101
- Employment and privacy
- Reporting privacy breaches
- Privacy Act 2020

<https://elearning.privacy.org.nz/> - Office of the Privacy Commissioner

Privacy breaches

Talk with your staff about what to do if there's a serious privacy breach. Work through various scenarios together, eg accidentally losing personal information vs cyber attack. This helps everyone knows the steps they should take.

An important new step is to report serious breaches to the Privacy Commissioner by phone, email or using the online tool Notify Us: Office of the Privacy Commissioner

<https://privacy.org.nz/about-us/contact/enquiry-form/>
<https://privacy.org.nz/privacy-for-agencies/privacy-breaches/notify-us/>

Sharing information with overseas companies

You may only share personal information with an overseas business if they meet New Zealand's privacy requirements. This does not apply to overseas cloud-based services.

<https://privacy.org.nz/news-and-publications/guidance-resources/disclosing-outside-nz/>

You can tell a lot about a person by the way they handle three things: a rainy day, lost luggage and tangled Christmas tree lights”

“Sending you hugs this Christmas season. Take some time to care for yourself”

PROHIBITION ON VAPING IN WORKPLACES

From **11 November 2020**, the existing prohibition on smoking inside workplaces is extended to include vaping.

This means employers must take all reasonably practicable steps to ensure that no person vapes inside at any time in a workplace, unless one of the following exemptions applies:

- An employer may permit vaping in a vehicle provided by the employer and normally used by employees and volunteers if:
 - the public does not normally have any access to any part of it, and
 - all employees and volunteers who use the vehicle regularly or from time to time have jointly or individually given the employer written notice that they do not object to vaping in the vehicle
- Patients and residents (but not employees or visitors) may vape within a dedicated room for vaping located within a hospital care institution, residential disability care institution or rest home if:
 - the room is connected to or equipped with a mechanical ventilation system
 - the employer has taken all reasonably practicable steps to minimise the escape of emissions from the room, and
 - there is an adequate equivalent room available for patients or residents who wish to socialise in an emissions-free atmosphere.

Other business locations where vaping is prohibited

- Aircraft carrying passengers domestically for hire or reward
- Passenger service vehicles such as buses, trains, taxis and rideshare services
- Booking areas, passenger queuing areas, passenger waiting rooms, and passenger lounges within any enclosed travel terminal
- Any part of a casino, restaurant or licensed premises that is not an open area
- Gaming machine venues

Source: <https://www.health.govt.nz/our-work/regulation-health-and-disability-system/regulation-vaping-and-smokeless-tobacco-products/vaping-information-specific-audiences/vaping-information-business-and-employers>

MOBILE HEALTH

The topics offered are presented by health professionals. Presenters are suitably qualified nurses, doctors, or other health professionals, usually currently practicing clinically. Their specialty areas include acute and chronic medicine, mental health, aged care topics, age related illness, women’s health and emergency care. 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

The topics are chosen based on requests we receive so if there is a topic you would like contact us: <https://mobilehealth.co.nz/webinars/>

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.



<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. <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.