

An independent newsletter for people interested in Aged Care

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**Emailed to:
2013 readers
and counting**

**Welcome to my
overseas readers**

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I haven't received any notification from facilities achieving 4 years.

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

SPECIAL DAYS THIS MONTH

7-15 May 2022; Youth Week is a nationwide festival of events organised by young New Zealanders to celebrate the talents, passion and success of local young people

05/05/2022 _ World **Hand Hygiene** day (see page 4)

08/05/2022 — Mother's Day — World Red Cross Day — World Ovarian Cancer Day

12/05/2022 — International Nurses Day (**Florence Nightingale's birth anniversary**)

14/05/2022 — World Fair Trade Day

16/05/2022 — International Day of Living Together in Peace — World Inflammatory Bowel Disease (IBD) Day

19/05/2022 — Global Accessibility Awareness Day

20/05/2022 — Pink Shirt Day (stand up against bullying)

21/05/2022 — World Day for Cultural Diversity for Dialogue and Development

22/05/2022 — International Day for Biological Diversity

25/05/2022 — My investiture ceremony. Receiving the Queen Service Medal.

28/05/2022 — International Day of Action for Women's Health

29/05/2022 — International Day of UN Peacekeepers

30/05/2022 — Samoan Language week starts.

30/05/2022 — World Multiple Sclerosis Day



PINK SHIRT DAY

Join on **Friday 20 May, 2022** as we Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora – Speak Up, Stand Together, Stop Bullying!

The team has been busy putting together event packs so that you and your organisation can join in turning Aotearoa into a sea of māwhero/pink.

The packs are free and chock-full of amazing goodies, such as posters and compliment stickers in English and te reo Māori, pink photo props and an ideas and fundraising flyer.

In the resource, you'll find out:

- What workplace bullying is (and is not)
- How to create environments that don't allow bullying to flourish
- What team exercises you can do to help create a supportive and inclusive workplace culture
- How to be an Upstander and take action against bullying.

Celebrated annually around the globe, Pink Shirt Day began in Canada in 2007 when two students took a stand against homophobic bullying, after a peer was bullied for wearing a pink shirt

<p>Ever wonder Why is it that Doctors call what they do 'practice'</p>	<p>PINK SHIRT DAY Cont'd</p>
	<p>In Aotearoa, Pink Shirt Day works to create schools, workplaces, communities and whānau where everyone feels safe, valued and respected.</p> <p>Why support the kaupapa Bullying is a real problem in our country. Research shows that one in 10 workers in Aotearoa feels discriminated against, harassed, or bullied at work. Bullying negatively impacts work culture and work security, and people's ability to do their work. What's more, people who are bullied/harassed are less likely to seek help from others. Order your free pack today by visiting the below website.</p> <p>https://www.pinkshirtday.org.nz/</p> <p>https://shop.pinkshirtday.org.nz/products/workplace-packs</p>
	<p>TAX CHANGES IN 2022</p>
	<p>Changes coming in 2022 These webinars give an overview of more than 100 policy and remedial changes that are expected to take effect on or before 1 April 2022.</p> <p>The Minister introduced these changes through the Taxation (Annual Rates for 2021–22, GST, and Remedial Matters) Bill, plus a number of other legislative changes that are being introduced in the same timeframe.</p> <p>https://www.ird.govt.nz/2022-changes?utm_source=Biz.Govt_Newsletter&utm_medium=email&utm_campaign=April_14_2022&utm_content=https%3A%2F%2Fwww.ird.govt.nz%2F2022-changes</p>
	<p>ASSISTED DYING UPDATE</p>
<p>It is still early days in the provision of assisted dying in New Zealand, yet we can start to see some patterns in the use of the service. Many of these patterns align with our expectations prior to the End of Life Choice Act coming into force. For example, most people choosing assisted dying have a diagnosis of cancer, and most assisted deaths are taking place in a person's home or private residence.</p> <p>The reporting also highlights the use of the safeguards that are in place throughout the service. We have seen some people being found ineligible following a second assessment. While other people have changed their mind and chosen to withdraw from the process, including due to their palliative care being optimised after they have made an application for assisted dying.</p> <p>As we examine this data, I would like to note that while this reporting provides valuable information it does not truly reflect the individual stories behind these numbers. I would like to acknowledge the individuals who have opted for this choice and the whānau, support people and practitioners who have supported them during this time. Each person's journey through this process is different, and our team has been privileged to share in their stories.</p> <p>Ngā mihi, Dr Kristin Good, Registrar (assisted dying)</p> <p>For the quarterly data visit: https://www.health.govt.nz/our-work/life-stages/assisted-dying-service/assisted-dying-service-data-and-reporting</p>	

SEND IN BY A FACILITY OWNER OPERATOR

Good morning everyone

The weather has certainly announced change. In our last week the temperatures have been lower by several degrees than last year. We fired up the gas heater which was a thrill to some and not so to others. Some like to heat their room and have the windows wide open to ensure there is fresh air blowing in, some like to shut things up so that it feels like a furnace when you enter and others don't like heaters on preferring the cold.

It's obvious in every way imaginable that we are unique individuals designed to be ourselves.

Getting older doesn't mean getting more uniform or routined, or doing the same old, same old. In fact, those things stifle a seniors involvement in day to day life stuff. A lack of stimulation and use of our brain, body and spirit will cause stagnation in any of those areas - just give yourself the picture of a pond of algae, bug infested, stinky water unable to sustain the life of amphibians, birds, insects or plants that should all be thriving - remind yourself to do whatever you need to do to avoid that sort of lifestyle!

In 2016 when we began the journey of discovery that is Lara Lodge, this is what I said to my mother when at 81 she suggested we look into moving from a totally different lifestyle - "I don't believe in that sort of care mum". I asked my mother if she would willingly put herself into a facility where you watch TV all day, have mindless conversations with your 4 walls and share the dinner table with those that are not interested in you. No she said, but you could make a difference.

Some have heard this before, some have not - Walter and I have the privilege of loving our mothers and being loved by them. Walter's mum is in Austria so their conversations are by phone, text, messenger, whats app, video calls and a regular supply of photos to each other to 'see' what the other is doing. My mum lives in Rotorua and we have to have a seize the moment type of life.

Working at Lara mostly 7 days a week but sometimes 6 means that I have to snatch my moments with mum. Carpe Diem! When she has appointments, just like you, I alter my timetable and work around those so that I get to be a part of what is going on and can be supportive, helpful and just be there when that's what matters. Then like you I zoom back to work and stay the extra hours to make up for being away. Walter and I made a decision that what we would do for our mums (our fathers have both passed) we will do our best to do this for the residents trusted in our care.

Ask yourself this question today. What difference can I make this week in my loved ones' life that is in Care? Or however about: what difference can I make in the life of a person that I don't know? One life matters. All lives matter.

Go beyond yourself, get over yourself, none of us gets it right all the time. None of us are the perfect parent, none of us are the perfect child or family member or friend. For those of us not in Care - not bound by the constraints of having to be in a facility that is in place to ensure that a person is kept alive and well, we have an opportunity to be kinder, caring, thoughtful, considerate, loving, helpful to those that are in care.

LET ME ASSURE YOU: it's a long and lonely road for MOST people in care.

Even for those whose daughter visits mum every day, or son that gives dad's face a close shave every weekend, or friends that come every week, or those that live in another location that write or ring every week and more, for the siblings that stay in touch regularly.....

EVEN SO it's a long day in care. Even more so with the pandemic restrictions that are in place in care facilities like ours

Peace cannot
be kept by
force.
It can only be
achieved by
understanding.
Albert Einstein

SEND IN BY A FACILITY OWNER OPERATOR Cont'd

Seniors not only want, they need an out, a break, a change, a drive in the car and see places they have seen 1000 times in years gone by, but it's fresh and exciting to be taken out now.

For the younger family members who are a little crazy and come visit and take their grandparents out and have the window rolled down and the wind blow through their hair - yay for you.

For those that visit and share memories, that are willing to laugh but also cry. For those that create a scrapbook of significant photos and pictures, for those that frame prints and photos and place them lovingly on bare walls. For those that bring a latte or flat white for mum and share some time together over that coffee, for the visit to mum or dad and talk about your day, for those that brush hair or paint finger or toe nails. For those that play the music from days gone by. For those that make sure the nightwear or underwear is in excellent condition and buy new when it's not. For those that massage those tired, sore, tight shoulders and neck. For those that bring things that are liked that are considered a treat, because the seniors can no longer go to the store to get it themselves..... THANKYOU.

I could write a book on what we see and hear that makes a difference in an older person's life in Care - or a person living at home on their own.

A reset button got pushed with the pandemic. Not our choosing. A reset button has been pushed in countries torn apart by war. Not their choosing. My encouragement to myself is, I get off my backside and do what I can do. If I dwell too much on what I can't do, usually I won't do anything, then later I feel really stink.

If you took time to read this far - well done.

Go you. Carpe Diem. Seize the Day. Make the most of a moment. Go on.... Just Do It!

Kindest thoughts to all

Teresa & Walter, *Lara Lodge Care Home, Rotorua 3015*

CELEBRATING WORLD HAND HYGIENE DAY AND 10 YEARS OF HAND HYGIENE

Next Thursday, 5 May, we celebrate [World Hand Hygiene Day](#).

The theme for 2022 is '**Unite for safety: clean your hands**' to highlight the importance of both healthcare workers and people accessing healthcare facilities to follow good hand hygiene practices.

Cleaning your hands at the right time and in the right way helps reduce the spread of healthcare-associated infections. A strong quality and safety culture in a healthcare facility that values hand hygiene and infection prevention and control, also makes patients and healthcare workers feel protected and cared for.

This year marks 10 years of all 20 district health boards participating in the Health Quality & Safety Commission's [Hand Hygiene New Zealand](#) programme. Since 2012, hand hygiene compliance by our hospital workforce has increased from 62 percent to 85 percent. This is a fantastic achievement. Thank you to all the healthcare workers on their commitment and for the positive impact your efforts have made towards reducing the harm and cost of healthcare-associated infections in our country.

Download resource: <https://www.hqsc.govt.nz/our-work/infection-prevention-and-control/our-programmes/hand-hygiene/marketing-resources/>.

**I've finally told
my suitcases
there will be no
holiday this
year.
Now I'm
dealing with
the emotional
baggage.**

EDUCATION FOR HEALTH PROFESSIONALS

During these uncertain times with still some restrictions in place training on line 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.health.govt.nz/covid-19-novel-coronavirus/covid-19-information-health-professionals/covid-19-aged-care-disability-and-hospice-care-providers#omicron>

<https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-information-health-professionals/covid-19-aged-care-disability-and-hospice-care-providers#omicron>

https://www.health.govt.nz/system/files/documents/pages/step-by-step_guide_for_managing_covid-19_in_your_business_or_workplace_11_mar_2022.docx

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.

**Tell me and I
forget, teach
me and I may
remember,
involve me and
I learn.**

Benjamin Franklin

<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/>; <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 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.