

An independent newsletter for people interested in Aged Care

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**Emailed to:
2032 readers
and counting**

**Welcome to my
overseas readers**

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4 years certification against Ngā paerewa Health and Disability Service Standard was achieved.

No notifications received

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

SPECIAL DAYS THIS MONTH

September **2022 World Alzheimers Month**
 September— Gynaecological Cancer Awareness Month
 September – Blue September
 04/09/2022 — Father's day
 05/09/2022 — International Day of Charity
 10/09/2022 — World Suicide Prevention Day
 17/09/2022 — World Patient Safety Day
 21/09/2022 — International Day of Peace
 23/09/2022 — September Equinox
 23/09/2022 — International Day of Sign Languages
 23/09/2022 — International Celebrate Bisexuality Day
 26/09/2022 — Canterbury (South) Anniversary day
 29/09/2022 — World Heart Day
 26/09/2022 — Mental Health Awareness Week
October
 01/10/2022 — International Coffee Day (my kind of day!)
 01/10/2022 — International Day of Older Persons
 02/10/2022 — International Day of Non-Violence

WORLD ALZHEIMER'S MONTH.

Source: <https://alzheimers.org.nz/blogs/2022-world-alzheimers-month/>
 Dementia mate wareware is a one of New Zealand's biggest health care challenges and it will only get bigger as our population continues to age fast.
 That's why September is such a significant month in many people's calendars – it is World Alzheimers Month.

"Our vision is for an inclusive and dementia friendly Aotearoa New Zealand, where people living with dementia mate wareware are valued, are able to participate in their families and communities, and get the help and support they need," Alzheimers NZ Chief Executive Catherine Hall says.

"And September is a time to acknowledge what people with dementia and their families are going through and to think about the actions we can all take to help."

This year, Alzheimers NZ has many exciting things to share, including a webinar discussion with Te Whatu Ora – Health NZ, titled **Addressing the dementia challenge in the new Health Ecosystem**.

To be held between 6.30pm-7.30pm on Wednesday 21, it will feature Health NZ Acting Head of Commissioning Keriana Brooking, University of Auckland senior lecturer Dr Etuini

WORLD ALZHEIMERS MONTH.

Ma'u and Alzheimers NZ Chief Executive Catherine Hall.

We encourage you, and anyone you think may be interested, to register your interest at https://us06web.zoom.us/webinar/register/WN_tZxTEg4zSRaW-QsT1YmS1w

To mark World Alzheimers Month, Alzheimers NZ will also launch the Alzheimer's Disease International World Alzheimer Report 2022.

This report will confront what is perhaps the biggest challenge facing the global dementia community today and will examine areas around planning, delivery, innovation, gaps, barriers and solutions.

In addition, September will see the launch of Alister Robertson's My Life's Journey, an app built for people living with dementia, or anyone else, to have an easily accessible, digital life story available, and the the launch of New Zealand's first-ever new Educational Dementia Immersive Experience (EDIE).

"We've also got some exciting news to share about our 2022 Alzheimers NZ Fellowship and about some important partnerships," Catherine says.

As you can see, there is a lot planned for New Zealand's 11th World Alzheimers Month so watch this space!

STATE OF CARING SURVEY

Source: <https://alzheimers.org.nz/news/carers-are-struggling-mental-wellbeing-is-suffering-a-new-survey-shows/>

New Zealand's 1m+ family carers are clearly struggling, do not feel valued, and are under pressure, a new survey has found.

The "State of Caring Survey" shows that only 2% of carers feel valued by the Government, despite their largely unpaid work having (according to Infometrics) an annual economic value of at least \$16.8 billion – 5.1% of GDP. (for survey see <https://cdn.alzheimers.org.nz/wp-content/uploads/2022/08/State-of-Caring-Report-Aug2022.pdf>)

National charity Carers NZ and the Carers Alliance of more than 50 not for profits released the survey from independent analytics company Synergia based on 1,648 survey responses from carers of all ages and ethnicities.

Alzheimers NZ, along with IHC, and the Ministry of Social Development, partnered with Carers NZ and the Carers Alliance to fund this survey.

"The results make for very concerning reading," says Alzheimers NZ Chief Executive Catherine Hall. "And urgent action is required because people can't keep going like this without support themselves."

In the face of pandemic, worker shortages, and service disruptions, those supporting family members who are unwell or have a disability or chronic health condition are experiencing significant hardship – and they're not getting enough help to keep going.

The survey shows that 59% of carers are struggling to pay their bills, that 70% experience depression or anxiety, that only 21% can work full-time, and that only 7% have been able to look ahead to save for retirement.

The survey's 12 recommendations asks for authentic, urgent, long-term investment in carers, including fully implementing the *Mahi Aroha Carers Strategy Action Plan's* outcomes, increasing existing supports and provide new ones for carers, and providing more effective navigation support (particularly around respite).

The survey will be repeated every two years to track how family whanau and aiga carers are faring over time.

I sneezed in front of my laptop and the anti-virus started a scan on its own.

MENTAL HEALTH AWARENESS WEEK (MHAW)

Source: <https://www.mhaw.nz/>

Mental Health Awareness Week (MHAW), is run each year by the Mental Health Foundation.

This year, MHAW is taking place on 26 September – 2 October and the theme is ‘Reconnect - with the people and places that lift you up’.

This year’s Mental Health Awareness Week is about reconnection. The past couple of years have been tough and it’s easy to feel disconnected from the people and places that are important to us. Whether it’s reconnecting with someone you have lost contact with, a special place or even yourself, reconnect with the people and places that lift you up to enhance your wellbeing - hei pikinga waiora.

What is MHAW?

MHAW is our annual campaign that works to help Kiwis understand what boosts their wellbeing and improves mental health. We’ve been running it since 1993 (when not many people wanted to talk publicly about mental health) and we’re so proud of how much its grown.

We pick a new theme every year because there isn’t just one way to wellbeing and there’s no one-size-fits-all approach that will work for everyone in Aotearoa. Hopefully, every new MHAW adds a new skill, tool or strategy to your wellbeing kete to help you every day and to draw on when times are tough.

What about people who are mentally unwell?

MHAW is for everybody – we really mean that. We would never pick a theme that only works for people who do not or have not experienced mental illness. Your ways to wellbeing when you’re not feeling great might be different to what works when you’re well. That’s okay! It’s important for you to do what you can and what feels best to you. Maybe it’s just texting someone back, taking a moment to notice the sun on your face or listening to a song that connects with you.

We know a focus on wellbeing can feel small – it can feel like the MHF isn’t seeing the huge pain people are feeling or that we’re not acknowledging the big challenges Aotearoa is facing in making sure people have the right support for their mental health. It can feel like advice to connect with others or go for a walk belittles what you’re going through.

We hear you. And of course better services are needed. We also know from the lived experience of people who have significant mental health challenges and from research that actions to improve wellbeing do support healing and recovery – even when you feel really bad.

We are working every day to advocate for improved mental health services, the right support from our whānau, friends and community, less prejudice and discrimination. New Zealand needs to tackle a whole bunch of big problems like racism, poverty and violence, too. These are barriers to us feeling and functioning well – and we will never stop working on removing those barriers.

But we can’t wait for these things to happen before we focus on wellbeing. We can’t just focus on removing risk factors and barriers – if we really want to make sure New Zealanders have lives worth living we need to make sure we all have opportunities to connect, grow, learn and build good mental health and wellbeing. That’s what MHAW is all about.

Mā te whakarongo, ka mōhio through listening, comes knowledge

Mā te mōhio, ka mārama, through knowledge, comes understanding

Mā te mārama, ka matau, through understanding, comes wisdom

Mā te matau, ka ora through wisdom, comes wellbeing

Before you
assume, learn
the facts.
Before you
judge,
understand
why.
Before you hurt
someone, feel
Before you
speak, think.
Ageing gracefully

MENTAL HEALTH AWARENESS WEEK (MHAW) Cont'd

Why does MHAW focus on wellbeing?

This is a fair question! In New Zealand we do talk a lot about mental illness and mental distress because they're issues so many of us face every day. But we don't have a huge amount of awareness about what good mental health is, what it looks like and how we can each work to build it. That's why we run MHAW as a wellbeing campaign – wellbeing is important! Growing good mental health is so important that promoting wellbeing is one of the key strands of the new national suicide prevention strategy.

We're also advocating for better systems, services and communities for people who experience mental illness as well. We're doing that mahi every day.

We know lots of people use MHAW as an opportunity to share their own stories of mental illness or distress, to share stories of hope and recovery, to remember those lost to suicide and to advocate for change. We are honoured to hear these stories, to support your mahi and to advocate alongside you where we can.

Source: <https://www.mhaw.nz/>

RUBY'S CHOICE

A must see film bringing Hope, Joy and a Fresh Perspective about Dementia

An award winning feature film for all generations

In these turbulent times of intense challenges in aged and dementia care, a breath of fresh air and hope is coming to New Zealand, with a new film about dementia, Ruby's Choice, winner of Australian Screen Industry Network "Best Film".

The film is being released in **New Zealand on 4th August 2022.**

This independent feature film stars acclaimed actress Jane Seymour OBE, and is an inspiring, lively and uplifting intergenerational drama about Ruby, a wise, loving and courageous woman who has early dementia, and who moves in with her family after accidentally burning her house down.

The story is told through the eyes of Tash, her teenage granddaughter acted by Coco Jack Gillies, with whom she has to share a bedroom. In addition to giving an insight into the world of a person with dementia, the film conveys how the family rediscovers the value Ruby has in their lives as she solves many of their challenges in unexpected ways.

Supported by New Zealand Philanthropist Sir Owen Glenn

New Zealand Philanthropist Sir Owen Glenn, Founder of the Glenn Family Foundation, is the executive producer of this ground-breaking film. Sir Owen Glenn is Honorary Global Ambassador for Dementia Foundation for *Spark of Life*, the official charity associated with the film.

Sir Owen stated the reason for choosing to fund the film and donate his 50% profit to Dementia Foundation for *Spark of Life*: "This innovative film will not only shift perceptions about dementia, but also by supporting Dementia Foundation for *Spark of Life* it will enable this health promotion charity to alleviate the devastating emotional suffering and ignite the *Spark of Life* in people with dementia, their families, and carers around the world."

Dementia Foundation for *Spark of Life* is the charity arm of Dementia Care International, which has been providing innovative education to New Zealand health care professionals since 1993.

<https://www.rubyschoice.co.nz/>

**It is not what I
have been
through in my
life that defines
who I am. It's
how I got
through it that
has made me
the person I am
today.**

Xpressions

THE ELDERNET GROUP CELEBRATES 25 YEARS OF EMPOWERING PEOPLE

All great ideas have humble beginnings. Apple, Amazon and Google all started in suburban garages, while Facebook and computer company Dell were created in college dorm rooms. Similarly, in its early days The Eldernet Group operated out of a bedroom in the family home of Eleanor Bodger, who has been a founding director of the company since day one.

When it launched in 1997, Eldernet was one of New Zealand's first websites during a time when many said the internet 'wouldn't be a thing.' Eldernet was established in response to seeing a need for a comprehensive information service that focused on issues concerning older kiwis. At the time, Eleanor (previously a nurse and then social worker) taught herself a number of new skills, including uploading updates in the middle of the night over dial-up internet.

These days, Eleanor shares director duties with her daughter, Esther Perriam. Together, the pair have grown The Eldernet Group into New Zealand's most trusted provider of information for older people. With a team of more than 20 people, the company counts



every care home and registered retirement village in the country among their clients.

The Eldernet Group recently celebrated its 25th anniversary with a special event, which included an appearance by 2022 New Zealander of the Year, Tā Tipene O'Regan ONZ. The milestone coincided with the opening of the organisation's new building, less than 1km away from where the company began in the Christchurch suburb of New Brighton.

"Over the past 25 years, we've seen people become empowered with information in ways we never thought possible, and we're delighted to have played a part in that," says Eleanor. "What we are particularly proud of is the way we haven't wavered from our vision of making life easier and better for all older people - even if that has meant rocking the boat over the years."

Hitting the 25-year mark is a significant milestone for any business but it is particularly momentous for The Eldernet Group, given it has spent the past decade operating from one of the suburbs hardest hit by the Christchurch earthquakes. Like many other businesses around the country, it has also successfully navigated the past 18 months of uncertainty due to the COVID-19 pandemic.

Although time
seems to fly, it
never travels
faster than one
day at a time.
MydayMyway

THE ELDERNET GROUP CELEBRATES 25 YEARS OF EMPOWERING PEOPLE Cont'd

"It's important that we acknowledge the incredible support we have had from our clients and various supporters over the years. We truly wouldn't be here without them," says Eleanor.

The Eldernet Group is already looking ahead to the next 25 years – a future that will come with its fair of challenges for New Zealand's ageing population. While the new health system aims to improve the quality and consistency of health care for all New Zealanders, the reality is that that the sector is still under huge strain.

"There is a lack of clinical staff around the country and many services continue to work beyond capacity, often with limited funding. This is resulting in longer wait lists and wait times for some health services," says Eleanor.

"The cost of living is making life tougher for many older people too, and issues such as access to affordable housing, loneliness and social isolation continue to affect people in a multitude of ways. And as New Zealand's population continues to age, these issues are going to affect more and more of us."

"Yet that's what we're here for – to empower people to live the life they want. Having access to the right information helps people to navigate the ageing journey – and all the ups and downs along the way."

Mason Head, Content Creator and Publication Lead (Eldernet)

Congratulations Eleanor, Esther and the Team.

THE UNTOLD STORY OF OUR CURRENT HEALTH CRISIS

Source: <https://alzheimers.org.nz/news/the-untold-story-of-our-current-health-crisis/>

Alzheimers NZ Chief Executive Catherine Hall laments the next healthcare crisis as it will disproportionately affect people living dementia and New Zealand's community dementia support services, which already find themselves on the brink of financial collapse.

Every time I read, listen to or watch the news I am confronted by stories about the extremely dire state of our healthcare services.

Hospitals inundated and earthquake prone, a workforce decimated, GPs overloaded and aged care facilities withdrawing beds.

Usually – almost always – when the health system comes under pressure, it's our older and more vulnerable communities, like those living with dementia, who are hardest hit.

And that's certainly the case now, and it's because older people mostly live at home, often on their own and they are increasingly struggling to live well.

In many cases, their home help has been withdrawn. That may seem a minor issue in the scheme of things, but it makes a big difference to an older person living alone with limited mobility.

Help with personal care like showering and dressing has been reduced or withdrawn, and where it still exists the carers may or may not turn up.

These days it's increasingly difficult to get a GP's appointment, or to be seen by a specialist, and that can be extremely problematic for an older person.

If an older person needs residential care there's probably no bed for them.

And when their care partners need help to have a rest, which they invariably do, there's nothing available to help.

So, they struggle on alone, under pressure, and without the help they, like the rest of us, have a right to.

When you start seeing your worth, you'll find it harder to stay around people who don't!

THE UNTOLD STORY OF OUR CURRENT HEALTH CRISIS Cont'd

For people living with dementia this is a big problem because dementia is progressive so they need more help over time, yet the crisis in the health system has left them ignored, forgotten and needing to fend for themselves.

This is what makes the community-based services such as those provided by Alzheimers and Dementia organisations so important; they are often the only help anyone can get at the moment. But those organisations are chronically underfunded and struggling and the 'system' that is New Zealand's community dementia support services is very much on the brink of financial collapse. The stark reality is that without an urgent but small injection of funds (we need just \$9 million pa), many of the remaining community dementia support services will have to reduce services or close.

The next healthcare crisis is already brewing.

But if you think things are bad now (and they are), spare a thought for our next healthcare crisis. It's coming as surely as Christmas, death and taxes.

It's a crisis that could possibly be avoided if our politicians and policymakers could find a way of balancing the immediate and the urgent with the need to think about the longer-term important issues that are already starting to make their presence felt.

Because that next healthcare crisis is already brewing, the impacts are even now starting to be felt, and I'm not sure we, as a country, have time now to avoid its full effects.

This next healthcare crisis is coming in the shape of our rapidly aging population.

New Zealanders are aging at an unprecedented rate and will need more help from our healthcare system as they do.

In just six years' time New Zealand will have a population that includes 1 million people aged over 65 and not long after that 25 per cent of the population will be over 65.

And I am deeply concerned that we are not shaping and resourcing our existing healthcare system, which can hardly cater for existing demands, to meet the significantly greater demands that are coming down the track as the growing numbers of older people require a much greater share of the healthcare pie.

If we think our health services are under strain now, give it another 15-20 years and see what happens when approximately one in four New Zealanders is aged over 65 years.

An unfortunate, but largely ignored, side-effect of an aging population, especially one that's aging as rapidly as ours, is the growing numbers of people with dementia.

And New Zealanders living with dementia, and their care partners and families, have to rely heavily on a healthcare system that's simply not geared up to support them.

The system can't cope now with the 70,000 New Zealanders estimated to have dementia.

How, then, is it ever going to cope when dementia numbers in New Zealand nearly triple in coming years as they are projected to.

Implementing the Dementia Mate Wareware Action Plan that has been developed by and for the dementia community and endorsed by Cabinet is an important first step. Because without it, what is already a dementia challenge facing our struggling healthcare system will quickly become a dementia crisis that will threaten to overwhelm that system.

We all know that it's hard to get staff now, and aged care has a particular problem – what about when the working age population shrinks – who will be caring for our parents then and how will aged care services compete with all the other sectors who also need staff?

What about the impact of things like increasing poverty, homelessness and the digital divide for older people?

And, these changes will hit Māori, Pasifika, and Asian communities particularly hard because those populations are ageing at a faster rate than the general population – we need to be ready.

Are we? And are we preparing in a way that will be fair to everyone and create equitable outcomes for both older people and younger people?

Alzheimers NZ Chief Executive Catherine Hall

It doesn't matter how old you are or where you come from... Manners, Kindness, Respect and Compassion will always be the signs of a decent human being.

The meaning of life

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.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.

**Just because
you carry it
well, doesn't
mean it isn't
heavy.**

Incredible joy

<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.