



# BUCKETTS WAY

Neighbourhood Group Inc.

September 2022 Newsletter



## EATING WITH FRIENDS

On the last Friday of every month, BWNG organises the monthly social activity, “Eating With Friends”, where we visit a cafe here in Gloucester for a bite to eat and a friendly, social chat.

Most recently, we went out to lunch at 3 Blind Mice, where a great time was had by all! August’s participants included Barry (Bruce), Ray, Edna, Mary, Judy, Joan, Valda, Ronald, Mary, Bonnie, Charlie, Albert, and Robert.

If you would like to join in on the fun, speak to your support worker about “Eating With Friends”, or give our office a call on Ph: **6558 2454**.



## A CHANGE OF ROLE FOR CHELSEA

Although you probably know Chelsea as one of our friendly Home Care Package Officers, we’re excited to announce that she has recently accepted another position within BWNG, Administrative Generalist.



In this role, Chelsea will be applying her skills to a variety of tasks within the organisation, including our volunteer program. Congratulations, Chelsea!

We know she will continue to shine with her new responsibilities and would like to thank her for the diligence she has shown already.

## WELCOMING BACK A FAMILIAR FACE

With the change in positions, the role of Home Care Package Officer will be taken over by a familiar face – Laura Fraser.

Laura has previously worked for BWNG and we’re excited to welcome her back. Congratulations, Laura!



## HOME CARE

### PACKAGE CLIENTS

If you find yourself in hospital due to an illness or injury, be sure to notify your Doctors, Discharge Planner, or Social Worker that you receive a HCP with BWNG being your provider.

We may be able to assist with information sharing, the discharge process, helping you with transport home from the hospital, and with extra support once you are back in the comfort of your own home

### THANK YOU CARDS

If you would like to show your thanks from last month’s National Aged Care Employee Day, it’s not too late!

We have included a simple card with this newsletter, and we invite you to write a message on the card and return it to our office.

Your card will join the display dedicated to our Support Workers and Administration Team.

To return your card, you may give your card to a support worker, or pop it in the post:

**BWNG**  
**PO Box 101**  
**Gloucester, NSW, 2422**



## SPRING FIRE SAFETY TIPS

### SMOKE ALARMS

Did you know that you will not smell smoke while asleep? Only working smoke alarms save lives.

- Test that your smoke alarm/s are working. If not, change the batteries or replace the alarm.
- Check the smoke alarm is in date. Smoke alarms have a lifespan of ten years.
- Give the smoke alarm a vacuum, if you haven't done so in the last six months, to remove dust and any insects.

### Live near the bush?

If you and your home are well prepared, you stand a better chance of surviving a bushfire.

- You can make a bushfire plan online in as little as 5 minutes at [www.myfireplan.com.au](http://www.myfireplan.com.au)
- Discuss what to do if a bushfire threatens your home.
- Prepare your home and get it ready for the bushfire season, such as keeping yards clean and tidy.
- Avoid stockpiling wood next to, or under the house.
- Know the bushfire alert levels.

For more information, visit <https://www.rfs.nsw.gov.au> or scan this

QR code:



## DEMENTIA AWARENESS MONTH 2022

September marks "Dementia Awareness Month", with the message this year of "You Are Not Alone".

Dementia impacts close to half a million Australians, and almost 1.6 million Australians are involved in their care. The number of people living with dementia is set to double in the next 25 years. With so many people impacted now and into the future, it is vital we clear up some of the prevailing misconceptions about dementia.

People living with dementia can live active and fulfilling lives many years after diagnosis. It is estimated that 65% of people living with dementia live in the community.

Dementia affects people in different ways and each person will find their own approach to managing changes associated with dementia, however there are a few tips that can help.

### AROUND THE HOME

Your immediate environment can have a large impact on your wellbeing and quality of life. Simple changes that can help include:

1. Using D shape door handles that contrasts to the door to ease access
2. Consider having the toilet door a different colour to other doors
3. Use a whiteboard or calendar to post notes and reminders

### GETTING SOME SPACE

It can be easy for family and friends to assume that you need help with everything – but that may not be the case. Try making the following suggestions to your family and friends so they can give you more space in the following scenarios:

1. When talking to me, make sure you listen and give me the time I need to have my say.
2. When organising an event or activity for me, ask me directly what I would like to do and if I'd like to be involved in the planning process.
3. When I am trying to solve a problem, give me the space and time to work it out on my own. Ask me if I need your help and how I'd like you to help me.

### FEELING HEARD

It is important to feel heard and socially included. Try sharing this list of suggestions with your family or care providers and friends to ensure you feel listened to:

1. Be empathetic, don't judge me as I am talking. To truly understand what I am saying and where I am coming from, try to see the world from my perspective.
2. Be aware of yourself and about what you're saying and how I may perceive it.
3. Use body language to show me that you're listening, nod encouragingly, lean in. This will help me feel more comfortable and confident that I am being heard.
4. Being interested, asking open-ended questions and being open to learning from me can create more meaningful conversations. The better you listen to me, the better our relationship will become. This will help me to feel more connected, more valued and less isolated.

For more information and tips on dementia, please visit <https://dementia.org.au/> or scan this QR code:

