



BUCKETTS WAY

Neighbourhood Group Inc.

February 2022 Newsletter

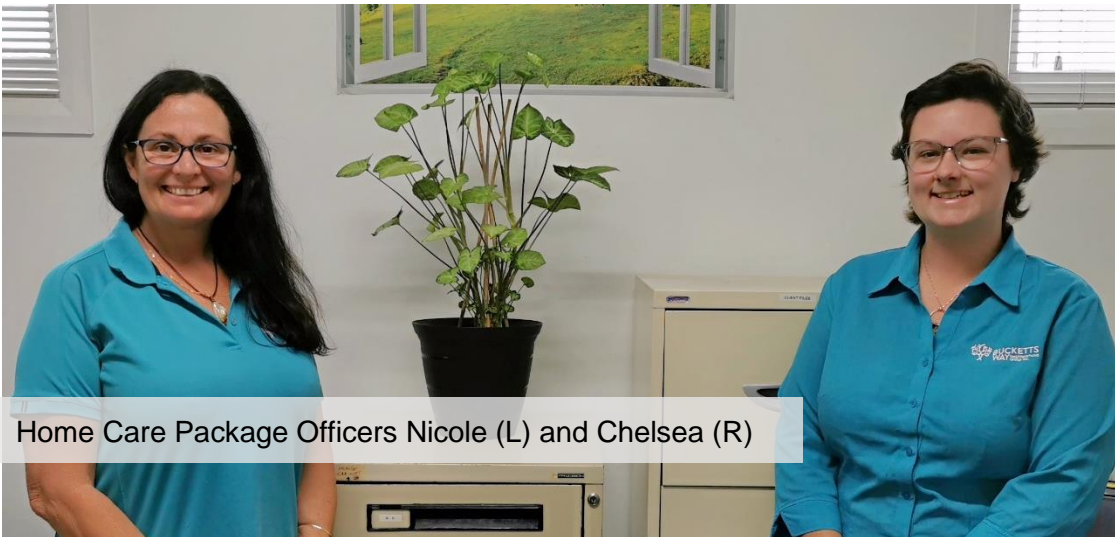


CELEBRATING TWO YEARS OF HOME CARE PACKAGES

How time flies! It has now been two years since BWNG became an approved Home Care Package provider, and what a two years it has been!

Weathering unprecedented challenges (both to the community and our organisation) whilst catering to an extraordinary growth in demand for our programs has made for an odd balance to keep. However, through it all our team members have shown admirable resilience and flexibility whilst striving to maintain our vital services with as little interruption as possible.

So what does two years of caring for the community look like? Here is a snapshot of our Aged Care services over the last 24 months. ▶



Home Care Package Officers Nicole (L) and Chelsea (R)

APPLY NOW FOR \$250 REGIONAL SENIORS TRAVEL CARD

Applications for the 2022 Regional Seniors Travel Card (RSTC) are now open.

From 17 January 2022 eligibility for the card broadened to include people who are of Aged Pension age and are receiving a disability support pension or a carer payment, as well as people who are receiving the Aged Care pension.

The card is pre-loaded with \$250 for eligible seniors living in regional, rural and remote NSW to spend on travel-related expenses. The card may be used to purchase fuel, pre-booked NSW TrainLink train and coach services and taxi services.

If you receive an RSTC make sure you activate the card within 45 days of receiving it. You then have 14 months to use the card before it expires. To be eligible you must be an age pensioner with a valid Pensioner Concession Card, or hold a Commonwealth Seniors Health Card or DVA Veteran Gold Card issued by either the Department of Human Services or Department of Veterans' Affairs. You must also permanently live in regional NSW outside Sydney, Newcastle and Wollongong.

You can apply for a card via the website www.service.nsw.gov.au, by phoning **13 77 88**, or in person at a Service NSW Service Centre such as the one located within the Council Chambers at 89 King Street, Gloucester.

Applications for the 2022 RSTC close 30 November 2022.

WHAT DOES TWO YEARS OF CARING LOOK LIKE?

A **21%** Increase Hours of Support

Almost **120,000** kms Travelled to Reach Clients

BOOSTING LOCAL EMPLOYMENT

27 Support Workers

7 Aged Care Admin Staff

3 Health Workers



HEALTH TRANSPORT

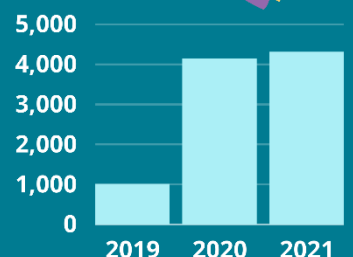
4,652 Volunteer Hours

1,058 Trips

181,696 km's Travelled



FRESH & FROZEN MEALS ON WHEELS DELIVERED





PREVENTING FALLS

Anyone can have a fall, but falls are a major health concern for seniors.

Take action to reduce your risk of having a fall with these tips:

- Keep active and healthy by enjoying a balanced diet and doing 30 minutes of exercise each day.
- Stand up slowly after you have been lying down or sitting.
- Good lighting around your home is important. Turn lights on when you walk around, leave hall lights on at night.
- Reduce daytime glare by installing net curtains or blinds.
- Keep walkways clear of clutter.
- Replace old mats or torn carpet.
- Tape down electrical cords along the skirting board.
- Place non-slip mats in wet zones such as the shower or bathroom.
- Place non-skid tape on the edges of steps and stairs to make them easier to see.
- Install hand-rails.
- Remove moss, slime or fallen leaves from outdoor paths.
- Wear properly fitted shoes.

Don't forget, if you need to organise any of the maintenance above to keep your home safe please don't hesitate to talk to your Support Worker or call our team Ph: 6558 2454.

A CHANGE OF ROLE FOR NICOLE

Although you probably know Nicole as one of our friendly Community Connectors, we're excited to announce that she has recently transitioned to the role of Home Care Package Officer.



Along with fellow Home Care Package Officer Chelsea, Nicole now acts as a case manager for an allotment of clients who receive care funded through a Home Care Package. Nicole and Chelsea liaise with clients, their families and carers to meet individual needs.

Nicole is a kind and obliging soul who brings passion and dedication to everything that she does. We know she will continue to shine with her new responsibilities and would like to thank her for the diligence she has shown already.

HOW TO REGISTER A POSITIVE RAPID ANTIGEN TEST (RAT)

A rapid antigen test is a quick way to check if you have COVID-19. You perform the test yourself. The result is displayed on a device that comes with the test.

You must register a positive rapid antigen test result as soon as possible after you get your result. You're able to add a positive result dating back to 1 January 2022.

You do not need to register if you've:

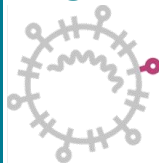
- had a negative or invalid rapid antigen test result
- had a positive PCR test in the 28 days before your positive rapid antigen test
- already reported a positive rapid antigen test in the last 28 days on the Service NSW mobile app or website.

Register a positive test result by phoning Service NSW on **13 77 88** or following the steps below to register online.

1. Scan this QR code or go to:
<https://www.service.nsw.gov.au/transaction/register-positive-rapid-antigen-test-result>
2. Select the 'Register a positive result' button.
3. Log in to your [MyServiceNSW](#) Account or select 'Continue without login'.
Note: Make sure your personal and contact details are correct in your MyServiceNSW account before you register.
4. Choose to register a result for yourself, another adult or a child.
5. Enter the positive test result date.
6. Enter details of the person who tested positive.
7. Enter your phone number or email.
8. Answer 'yes' or 'no' to the health questions.
9. Complete the declaration and submit your details.



HOW DOES A RAPID ANTIGEN TEST WORK?



What is an antigen?

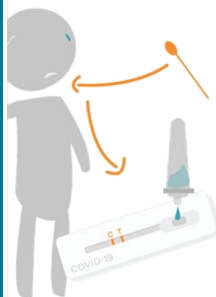
A unique feature of the virus that our immune system recognises.

How does the test work?

Swabs from the nose and/or throat are mixed with a solution which is tested at home in a hand-held device to identify the presence of specific SARS-CoV-2 **antigens**. Generates results in 15 to 30 minutes.

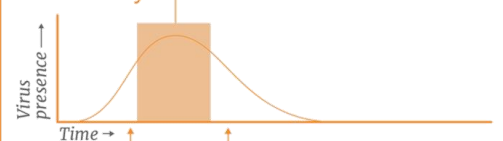
What does the test tell us?

Who **currently** has an infection and is likely to be infectious to others, but nothing about someone's immune response.



When is the test used?

Regularly when you don't have symptoms; if you've been in close contact with someone with COVID-19; to end self-isolation. Will detect an active infection when the virus is in the body.



The test won't work at the very start or towards the end of an infection when viral antigens are low.



How accurate is it?

When used correctly, rapid antigen tests provide good accuracy when the virus is present in high levels.

Information accurate at time of publishing, January 2022.