



OLDER PERSON'S ADVOCACY NETWORK (OPAN)

OPAN is an organisation that provides advocacy, information and education to older people. They have recently announced that they can do welfare checks for people who have cancelled or reduced services due to the pandemic. OPAN will talk about your concerns with you, answer questions about receiving services during the pandemic, and discuss alternatives that can be made to the services you receive. We can contact OPAN for you if you'd prefer, and they will give you a call. Or you can contact them yourself on 1800 237 981.

IT'S OK TO HAVE HOME CARE

The support workers visiting your home are taking all necessary measures to ensure you stay safe.

This includes following advice from Australia's Chief Medical Officer about when to use protective equipment (PPE).

Most of the time your aged care worker does not have to wear PPE such as masks, gloves, aprons or gowns, and protective eyewear; however PPE *must* be worn by your support worker if you have been diagnosed with, are suspected of having, or are displaying symptoms of COVID-19.

Any aged care worker displaying symptoms of COVID-19 is not allowed to work and just to be sure, workers with symptoms are being tested.

Aged care workers are following the best medical advice to protect you and themselves from COVID-19.

ADDITIONAL TRAINING KEEPING OUR TEAM UP TO DATE

All support workers who are coming to your home are completing training from the Department of Health about COVID-19. Some of the topics are about infection control, Personal Protective Equipment (PPE), and working safely in a home care setting. This training helps workers to have the most current and reliable information about the virus and how to deliver your essential services safely.

RELIABLE COVID-19 ADVICE

To find out more about COVID-19 phone the National Coronavirus Helpline on **1800 020 080** or go to health.gov.au.

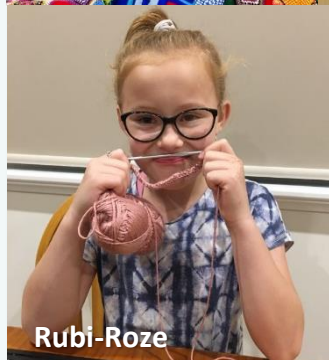
If you need to find out more about support services contact My Aged Care by phoning **1800 200 422**

GRANNY SQUARE XMAS TREE PROJECT CONTINUES

Our project combating the effects of social isolation during this time is coming along nicely. If you have any spare yarn at home, we would like to ask you to create 20cm x 20cm knitted or crocheted squares in whatever pattern or colour you'd like. Later in the year all squares will be sewn together and displayed publicly as a Christmas tree, symbolising the single but group effort of our wonderful community in this time of isolation.



Marama
& Kath



Rubi-Roze





MEALS ON WHEELS

Our local Meals on Wheels service has been particularly valuable in protecting senior Australians throughout the COVID-19 crisis.

We've made it possible for local seniors to enjoy nutritious meals without leaving their home.

If you think that you would benefit from having fresh hot, or bulk frozen meals delivered, but need assistance to contact My Aged Care; our Community Connector, Laura, can help. Please call on Ph: 6558 2454

WE'RE YOUR LOCAL PROVIDER OF HOME CARE PACKAGES

Choosing a local provider helps you receive better value from your package and provides employment for locals.

Do you have a friend or relative who could benefit from our services? Our friendly team can answer any questions and can even assist in navigating My Aged Care. Phone us today on **Ph: 6558 2454**

FREE COVID-19 SUPPORT LINE FOR SENIOR AUSTRALIANS

It is natural to feel a range of emotions such as stress, worry, anxiety, boredom and loneliness during isolation. There is a lot of information coming through that can be quite overwhelming. To help support the mental health of those impacted by the pandemic, four organisations (Council on the Ageing Australia (COTA), National Seniors Australia, OPAN and Dementia Australia) have come together to create a free support line for you, your family or carer. You will be able to connect with advisers who can offer practical help and advice. Please call **1800 171 866** Monday-Friday from 8:30am-6:00pm.



Meg preparing hot meals for delivery

BWNG STAFF RECEIVING FLU VACCINATION

The BWNG team is getting their annual flu shot ahead of the flu season to protect themselves and the community members that they care for.

In 2020, influenza vaccines funded through the National Immunisation Programme are available to all people aged 65 or over, and other at-risk groups.

Be sure to speak to your GP to organise your vaccination before the flu season starts.



Community Connector Laura receiving her flu vaccination



PANDEMIC OFFICER

The Covid-19 situation is rapidly changing as more is learned about the virus. To keep abreast of these changes BWNG has appointed Rachel Zimmerman to the 'Pandemic Officer' role. Rachel is working hard behind the scenes keeping BWNG up to date with NSW Health guidelines through the management of our policies, procedures & forms. It is our aim to ensure that the organisation is in the best possible position to ensure the safety of staff, volunteers and clients through this uncertain time.

DO YOU NEED ANY EXTRA ASSISTANCE DURING THE COVID-19 CRISIS?

We understand the pressures the current situation is placing on our community; especially our local seniors. BWNG can provide short-term support to help you stay independent and safe. Please contact our team to talk about your requirements. **Ph: 6558 2454**