



MARCH 2021

CONNECT

NEWSLETTER

ISSUE
7



WHAT'S
INSIDE

Peace
of mind

Stay alert
to scams

Prepare-Act-Survive



CHRIS JONES
CEO - Anglicare Tasmania

Message *from the* CEO

Welcome to the Autumn edition of Connect.

Anglicare Tasmania is proud to support a new campaign pushing for reforms in the aged care sector. This includes both residential and at-home care. The campaign is called "It's time to care about aged care" and we hope that it leads to more Tasmanians having the choice to live well and independently at home.

Travel restrictions have been an important part of Australia's management of the coronavirus situation. For those of us who've experienced separation from family members, we've had to find other ways to stay connected when we can't physically be together.

On page 4, the story 'Peace of mind' deals with this very topic. Please rest assured that we will do everything we can to ensure the people we support are safe and well if their family members are unable to visit. The vaccine roll-out will provide us all with additional protection.

The safety of our clients is always uppermost in our minds. That's why we're assisting the people we support to be prepared for a bushfire emergency (page 8) and to recognise the warning signs of a scam (page 5).

Happy reading, and I will pray for you and your families this Easter.

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Cover image: Tamar Valley

Anglicare Tas Facebook

See more of Anglicare Tas on Facebook

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Password

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Forgotten account?

or

Create New Account

Not Now



Did you know that you don't need an account with Facebook to look at the Anglicare Tas Facebook page and keep up to date with the news we share? **Simply go to the page and when it asks you to Log In or Create New Account, select Not Now**

Connie's connections

CONNIE BRUCKARD
General Manager Home Care Services



Autumn already! We are delighted to bring you another edition of Connect and hope that you are enjoying this wonderful season. We especially love the typically still, warm days and that special golden evening light that only seems to happen at this time of the year.

It is with great pleasure that we are able to extend an invitation for you to join us at our Thank You days which will be hosted around the state. The COVID pandemic put a halt to many of our opportunities for gatherings but with safety measures in place, we can now get together. You will find dates and locations on page 11 and we warmly welcome any topics you may have for discussion. CEO Chris Jones will join us and looks forward to seeing you all as much as we do.

Thank you to those of you who have been happy to share photos of yourself out and about with your support team. As you will have seen, we share some of them in Connect and we have also been sharing them on Facebook where they get lots of positive and cheerful feedback. We would love to continue receiving photos so feel free to ask your worker to take some happy snaps.

We are so pleased to hear that you are enjoying the calendar and the beautiful Tasmanian scenery images. After a year of feeling cooped up we hoped it would remind you of the beauty that is out there. It is terrific to hear that as well as attractive, the calendar is useful and that you are recording your appointments in it.

We are keen to learn more about the Royal Commission into Aged Care and look forward to recommendations that we hope will provide the impetus to herald significant reform in the sector.

This year we have been able to offer scholarships to 10 of our staff so that they can undertake further training in Aged Care. It was fantastic to see such a positive response to this offering and it reinforced why we as an organisation continue to ensure we focus on developing career pathways for our staff.

Enjoy this edition and we hope to see you at our Thank You days in the coming weeks. If not, perhaps we will see your smiling faces in photos you share with us.

All the best to you,
Connie and the Aged Care Team



Anglicare cleaner Wendy, and client David Harvey OAM.

Peace of mind

Anglicare can fill the gap when it's hard for family members to physically visit their loved ones.

Jenny Kimber lives in rural New South Wales. She visits her father, David Harvey OAM, as often as she can at his home in Launceston.

Jenny was forced to stay at home by the bushfires in January and coronavirus restrictions soon after that.

"This was such a difficult time, not being able to see Dad," she says. "He is quite deaf and lives alone and I have been worried about the safety of his home environment."

David, now 91, received an Order of Australia in 2009 for his services to the Launceston community. He was an accountant by profession and heavily involved in the scouting movement. He has written a book about the history of Ben Lomond that celebrates his love of walking in the Tasmanian bush and mountains.

"Dad's kept a daily diary all his life," Jenny says. "He's always been such an outdoors man—walking, camping and sailing—and he still loves to walk when he can."

David's home care package includes domestic assistance, gardening and some social support. Jenny's been particularly impressed by the meticulous cleaning and initiative shown by her father's regular Anglicare cleaner, Wendy.

"I visited Dad for three weeks over Christmas and the house was such a pleasant surprise," she said. "Everything was clean and smelled fresh. Wendy had also arranged a personal safety alarm for Dad, repaired some curtains and cleaned the fridge."

"It's so comforting to see this care and foresight. It gives me peace of mind knowing that with this standard of care, Dad can stay safely at home."

If you'd like to learn more about Anglicare's home care services, telephone us on **1800 466 300**.



We know that scamming - where someone tricks you into giving them your bank details or other personal information - is becoming more widespread and sophisticated. Scammers come in all shapes and sizes. Some use threats to get what they want while others will take advantage of your kind nature.

Top 10 tips

from the Australian Competition and Consumer Commission's *Little Black Book of Scams to stay safe*:

1. Watch out for scams

Scammers target you anytime, anywhere, anyhow.

2. Don't respond

Ignore suspicious emails, letters, house visits or telephone calls (press 'delete', throw them out, shut the door or just hang up).

3. Don't agree to an offer straight away

Do your research and get it in writing.

4. Ask yourself who you're really dealing with

Scammers pose as people or organisations that you know and trust.

5. Don't let scammers 'push your buttons'

They will play on your emotions and adopt a personal touch.

6. Keep your computer secure

Always update your anti-virus software and make sure it comes from a verified source.

7. Only pay online using a secure payment service

Look for a URL starting with 'https' and a closed padlock symbol.

8. Never send money to someone you don't know and trust

It's rare to recover money from a scammer.

9. Protect your identity

Your personal details are private and invaluable.

10. If you've spotted a scam, spread the word

Tell your family and friends and report it to SCAMwatch - www.scamwatch.gov.au

Anglicare has sent all its home care clients an information card to keep as a handy reminder.

Staying mobile



Want to find out how you can prolong your driving years? Keen to test your knowledge of road rules? The RACT website has plenty of tips to help answer your questions and keep you safe on the road. They recently conducted a quiz and discovered the following three rules confuse plenty of drivers!

1. Single solid lines

Drivers can cross single solid lines to enter or leave a road. This could be into another street or property, like a house or shop. It's also okay to cross a single or double solid line to allow the required room to overtake a cyclist, if safe to do so.

When passing a cyclist however, drivers must keep 1.5 metres away from the rider in speed zones higher than 60km/h, or at least 1 metre in speed zones 60km/h or lower.

2. Indicating on a roundabout

Half of the responders to the road rules quiz either indicate incorrectly or don't believe they need to indicate at all. Indicating on a roundabout can cause some confusion, so let's go through the rule:

- Like exiting any street, drivers must indicate left when leaving a roundabout, if practical to do so.
- You don't have to indicate when approaching a roundabout if you're going straight ahead, but you need to indicate when exiting.

- Drivers approaching a roundabout must indicate if turning left or right, or when making a U-turn at the roundabout, then indicate left to exit.
- When entering a roundabout, drivers must slow or stop to give way to any vehicle already on the roundabout.

3. Indicating when reversing out of a parking space

Many people don't realise that indicating out of parking spaces is a rule that needs to be followed, while other drivers may get confused with which direction they should indicate.

Our road rules state that the drivers have to indicate when exiting a parking spot on the side of the road, and it's no different to reversing out of a car space.

When reversing out of a parking space, you must indicate the direction your car is turning out of the space. A good rule of thumb is if you're turning your steering wheel to the right, indicate right.

If you really want to check your knowledge, you can do a quiz here: surveymonkey.com/r/roadrules



Right around Tasmania,

Anglicare is here to support your independence and wellbeing.

As the years roll by in life, things change and sometimes a little help is welcome. You want to continue living independently in your home, in your community. So we bring you friendly, reliable people for the day to day tasks and a dedicated team of clinically trained professionals to support your health. Contact us to discover how an Anglicare home care package can work for you.

Your life. Your wellbeing. Your independence.

1800 466 300
anglicare-tas.org.au





Prepare - Act - Survive

If you live in an area that the Tasmania Fire Service believes is prone to bushfire, you will have received a printed information package from us.

We want to support you to be ready with a plan if the worst happens. The information shows you the evacuation routes and the locations of nearby safer places and emergency areas in your local community.

"It's really important that you write down a plan and share it with your family and friends, and stay

up-to-date with emergency advice," says Anglicare's Manager Client Support Services Kylie Marsh.

If you need assistance with making your home bushfire-ready and Anglicare looks after your home care package, reach out to us for advice. Some things, such as gutter cleaning, may be able to be covered in your package.

The Tasmania Fire Service website, fire.tas.gov.au is a one-stop-shop for information but always feel free to contact us on **1800 466 300** if you have any concerns.



Anglicare staff training

Training sessions were held around the state in early February. This lot were really enjoying their session!



Meet Merv!

Merv is loving the warmer weather as he can get out in his veggie garden. He grows just about every veg you can think of and also has fruit trees.

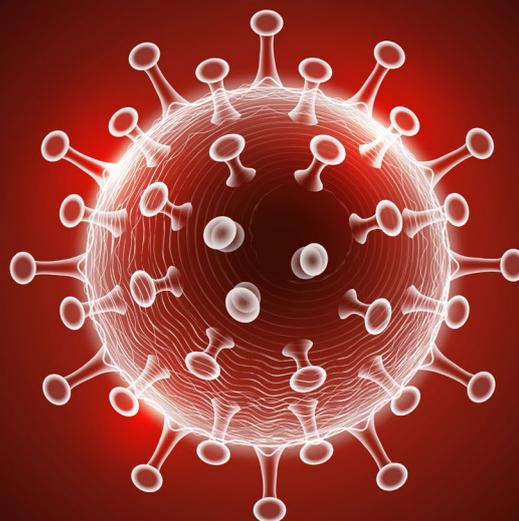


Jan (pronounced Yarn) is an avid photographer.

He has been loving the warmer weather so he can get out and photograph nature. Each week when his worker Renae arrives, Jan puts up a new photo up in the window for her to admire.



KEEPING COVID VIGILANT.



We have been very lucky here in Tasmania, however it is important that we don't become complacent about staying safe when it comes to COVID 19. Our staff will continue to:

- check on your health status before entering the house
- provide hand sanitizer and maintain excellent hygiene
- request that you sit in the back seat of the car.

Thank you for helping keep our great record against COVID 19.

A helping hand with your bins

If you are having difficulty putting your wheelie bins out for collection, you can ask Council to arrange for them to be collected by your waste contractor. There is no cost for this service but you must provide a medical certificate from your doctor as part of the assessment, and the waste collectors must be able to collect them safely.



Choice, support and hope for all Tasmanians.

Anglicare has been a trusted, not-for-profit provider of support to Tasmanians for over 30 years. We provide a wide range of services which align with our mission to support people to experience fullness of life and are guided by our values of Compassion, Hope, Respect and Justice.

Disability and mental health | Aged and home care | Housing and homelessness | Financial counselling
| Alcohol and other drugs | Gambling support | Programs for children, young people and families | 1800 243 242

DATES FOR THE DIARY

Hooray! We are on the road again and delighted to invite you to join us at a location convenient to you around the state.

This is a great opportunity to:

- meet our senior staff
- catch up with our CEO Chris Jones
- enjoy a light luncheon together
- meet people from your local area
- keep the conversations about what is working well and what opportunities for change there may be.

A light luncheon will be provided.



We look forward to catching up with you.

Devonport:

29 April 11.00 a.m - 12.30 p.m.
Devonport Country Club,
66 Woodrising Avenue,
Spreyton, TAS.

Hobart:

13 May 11.00 a.m - 12.30 p.m.
C3 Convention Centre,
64 Anglesea Street,
South Hobart, TAS.

Launceston:

21 May 11.00 a.m - 12.30 p.m.
Tailrace Centre,
1 Waterfront Drive Riverside,
Launceston, Tas

RSVP: Call Diane on 1800 466 300 weekdays between 9am and 5pm.

Anglicare's Snapshot Newsletter

If you would like to read more about how Anglicare is working to make a positive difference for Tasmanians, you can subscribe to Snapshot, our monthly newsletter which arrives by email. Register at anglicare-tas.org.au/snapshot-newsletter

It's time to care about aged care

Over the past two decades, successive governments have failed to act on more than 20 independent reports signalling the need for major reform in aged care.

We cannot allow this to continue.

We all deserve to age in comfort and with dignity, wherever we live. Yet that right is being denied to some 1.3 million Australians who rely on our aged care system.

Over a generation, the needs and expectations of our ageing parents and grandparents - and those who care for them - have exceeded the resources made available to them.

As a country, we are failing our older citizens.

It's time for change. It's time to fight for a world-class, rights-based aged care system that meets the needs of older Australians now and into the future.

It's time to care about aged care.

Anglicare Tas supports the Australian Aged Care Collaboration campaign. You can help by adding your voice to this petition which seeks major reform to stand up for older Australians. Get your family and friends to join too!

careaboutagedcare.org.au

1800 466 300
anglicare-tas.org.au

