

young @ heart

CATHOLIC HOMES

SUMMER 2023

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Wellness Centre now open

**Here's a low-cost way to
new interests, friendships
and a reinvigorated you.**

Located inside Catholic Homes' newest residential facility Sister Mary Glowrey, just off Great Eastern Highway in Belmont, our Wellness Centre offers an enjoyable social and interactive environment that reflects your interests and choices.

- Regular outings
- Creative art, craft and interactive smartboard activities
- Discussions, games and quizzes
- Themed days / cultural and celebration
- Guest speakers and performers

Belmont Wellness Centre will focus on providing services to those receiving home care package levels 3 and 4. There are no out-of-pocket costs to attend.

a message from Kylie



Welcome to a fresh edition of your home care lifestyle newsletter, with a brand-new look.

Young at Heart brings you news and information about the services and support designed to help you live your best life.

Inside you'll find articles on how to get the most out of your support services, how the system works and meet our staff who are here to partner with you.

We're very excited to open our latest service — our well-appointed Wellness Centre which is conveniently located in Belmont.

Minutes from shopping, entertainment and activities, the Belmont Wellness Centre has lots to offer, and I encourage you to visit and check it out.

The centre is one part of a range of improvements for our clients so you can get the most from your home care services.

As we approach the festive season, whether you're religious or not, Advent encourages us to embrace the spirit of giving, kindness, and reflection, making it a meaningful and enriching part of the holiday season for people of all faiths.

You can use this time to connect with loved ones, give back to your community, and find moments of serenity and joy.

On behalf of everyone at Catholic Homes, I send our heartfelt greetings for a joyous Christmas and eagerly look forward to a safe and prosperous New Year in 2024.

Kylie Steele

*Executive Manager Home
and Community Care*

Handy home helpers

Are you or a loved one facing challenges in maintaining independence and well- being at home as you age?

Occupational therapy could be the key to a more fulfilling and independent lifestyle.

Occupational therapists are experts in identifying and addressing barriers to daily living.



For older adults, we can work wonders in optimising your home environment, ensuring safety, and enhancing overall quality of life.

From adapting living spaces, to offering mobility aids and devising tailored exercise routines, occupational therapists offer unique solutions tailored-made to your needs.

These professionals empower our clients to regain and maintain their functional abilities, boosting confidence and morale.

With the support of occupational therapy, you can continue to enjoy the comforts of home without compromising your independence.

It's never too late to explore the possibilities for an improved and more self-reliant lifestyle.

Watch our video on YouTube.



get moving

Any form of exercise or movement every day, can be beneficial for you.

Focus on movements you undertake daily (e.g. getting up from a chair, climbing stairs or going for walks).

Have fun! Dance, participate in group classes, do some gardening or walk with the family, whatever you enjoy most.



Eating well and living stronger

Maintaining good health in older age relies on diet and nutrition.

Let's explore why diet matters.

After about the age of 60 our metabolism slows and our energy needs change. As a result we know that we can often lose muscle mass and bone density so adequate protein intake is vital for our muscle maintenance.

Lean protein sources like chicken, fish, and beans plus calcium and vitamin D for strong bones, help maintain muscles.

Antioxidants, vitamins, and minerals boost the immune system.

Colourful fruits and vegetables which are rich in antioxidants are recommended.

A diet low in saturated fats, trans fats, and sodium help maintain healthy blood pressure and cholesterol levels thereby reducing the risk of heart problems.

Brain-boosting foods for mental acuity and memory support include nutrients such as omega-3 fatty acids found in fish and nuts which improve cognitive function and reduce cognitive decline.

So, whether you're in your 60s, 70s, or beyond, paying attention to what you eat can make a world of difference in your overall health and well-being.

Prevent falls and be safe and happy at home

Falls are common in adults over the age of 65 and can cause serious injury or be life-threatening.

In addition to reducing your confidence, accidents can limit daily activities and increase your care needs.

Understanding what may increase your risk of falls and acting can help reduce falls risks.



Get the most from your budget

If you're one of the many people with spare funds in your Home Care Package, there are several ways to maximise the benefits of this support.



Here are some useful tips to consider:

- Customise your care plan to suit your unique needs and preferences. Discuss with your care provider to ensure your package is tailored to your specific requirements
- Consider using your funds for services such as physiotherapy, podiatry, or occupational therapy to enhance your overall well-being
- Use the funds to make your living space more accessible and safer. This might include installing handrails, ramps, or mobility aids
- Invest in social activities or classes that interest you. Join clubs, pursue hobbies, or participate in community events to stay active and engaged
- Don't forget about the importance of respite care for your caregivers. Use some of your funds to give them a well-deserved break

Remember, your Home Care Package is designed to empower you to live independently and comfortably. Explore the possibilities and make the most of this valuable resource.

Stay happy and healthy!



Surroundings and equipment

Trip hazards, clutter and other risks in the home are a major cause of accidents and injury.

Reduce your risks of falling by identifying, and reducing risks or hazards around your home:

- Use equipment and walking aids appropriately to support you in your daily tasks
- Have a back-up plan know who you need to report hazards to (have a chat to your case manager or coordinator)

- Keep a falls alarm on your person, we can help organise this for you
- Know how to get up safely from the floor

If you need more support to reduce your risk of having a fall, please contact your Catholic Homes case manager.

We can help you organise a referral and consultation/s with the appropriate health professional.



Food for thought

Boost your wellbeing through good nutrition. Add protein to every meal and eat the protein portion of meals first, especially if you have a small appetite.

Dairy is a great source of calcium for bone health, eat dairy sources frequently (or calcium fortified alternatives).

Worried about weight? Rather than skipping, eat small frequent meals.

Diet may not be enough so you can supplement with calcium and vitamin D if necessary – talk to your GP or dietitian.

Speak with your case manager for strategies to utilise your home care package to boost your nutrition.

Editor's note: Information provided is of a general nature and is not intended as clinical advice. For your individual needs please consult your doctor or health professional.

Compliments, complaints and continuous improvement

If you love the service we provide or wish to let us know how we can improve, please tell us. There are many ways you can get in contact.

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