



Our Home

July 2019

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A message from George and Maja

Warmest greetings from all of us here at Aberleigh.

The first part of 2019 has been busy here at our home. A successful Certification Audit was held in June and was an opportunity to showcase the work we do. We were all sad to say goodbye to our Clinical Manager Susan, but are delighted to welcome our senior Registered Nurse George John as our new Clinical Manager. George brings a strong clinical background and sound knowledge of dementia to his new role. Continuity in terms of his relationships with staff, residents and families will ensure George's smooth transition into this key leadership position. We join in wishing him the very best as he takes on this new challenge.

Between March and June this year we have held well-attended in-service training for staff in a number of key care-related areas, including Walking in Another's Shoes, Advocacy and Code of Rights, Dementia, Delirium and Depression, Falls Minimisation and Abuse & Neglect.

Providing a varied and meaningful activities programme with a strong focus on continuing community involvement is one of our priorities. In March this year we were delighted to host a visit from Year 8 students from St. Mary's School, who visited our rest home and enjoyed spending time with our residents.

This year's first Senior's Celebration was held on 13th of March by the Baptist Community Church. Residents enjoyed the live performance by the RSA singers and a delicious Devonshire afternoon tea.

Vegetable gardening is enjoyed by our residents when weather permits, with spinach, tomatoes, onions and lettuce planted and proudly harvested.

April saw a second Seniors' Concert at the ASB Theatre, with Vicky Lee performing Vera Lynn songs. Our residents sang along to familiar songs and reminisced about life in the past.



ANZAC day was commemorated by watching the service in Wellington on television, followed by residents reading the Ode and Mr. David Brooks playing the bugle. As always this was a powerful and emotional celebration.

In May we hosted a darts game followed by afternoon tea with guests from Ashwood Park Retirement Village. For all of us there are some moments with people which stay in our heart and minds. We call these 'magic moments'. We would like to share a few of these with you, as recorded by our staff:

A resident who responds very rarely said "yes" when asked about a photo during a reminiscing activity.

A gentleman danced with me and I have learned from his family that he used to love dancing.

A rest home resident was playing the piano in Ngaio and suddenly, a resident who is usually quiet sang out. She was really singing, and knew all the lyrics. On a different day, she joined in the baking activity too!

We wish you everything of the very best in the months ahead and hope to welcome you often here at your loved one's home.

Thoughts on Atul Gawande's "Being Mortal"

Being Mortal: Medicine and What Matters in the End, by Atul Gawande, is a most important book. It challenges us to think about the 'medicalising' of old age and death and what we could offer instead.

With much advance in medicine and surgery, death comes to many people after a long medical struggle with an ultimately unstoppable condition. Ageing and death has become a medical issue. There is often a focus on repairing health, trying to fix and control, rather than sustaining the soul.

People who are sick and/or aged do have priorities beyond staying safe and living longer.

It seems that when we see our future as finite our focus shifts to the here and now, to everyday pleasures and the people closest to us. People want to continue to be "the author of their life", to keep "shaping the story of their life in the world ... by making choices and sustaining connections to others according to their own priorities."

This has been identified as crucial to maintaining the integrity of our lives. This is the "battle of being mortal."

Often older people hand over the decision making to family. The author suggests that family will choose safety above all else. He believes that we want autonomy for ourselves and safety for those we love. We often see this thought process when families are viewing our rest home for a loved one. They ask the unspoken question: "Is this a place I feel comfortable leaving him or her?" instead of "is this a place he or she would like to be?"

The health system and aged care can help people achieve what is most important to them at the end of their lives. It is important to keep people safe, but is this the primary goal of the people we are caring for? Does this primary focus address their hopes and fears? Perhaps not.

In our homes, we want to hear laughter, to see love and friendship, to see joy all over people's faces, to encourage wonderful moments with families, to plant gardens in the sunshine, listen to beautiful music ... and we do. We want to focus on helping people to achieve what is most important to them at the end of their lives.

Accompanying loved ones to appointments

Our residents attend outpatient appointments for a variety of reasons. All residents with dementia require an escort to these appointments, and often people prefer to have a support person with them even if this is not a requirement. Please don't be surprised to receive a phone call from one of our RNs asking you to escort your loved one.

Having a family member escort a resident is a good option for residents as at these appointments health and family history are discussed and there

are decisions to be made. If you are happy to attend the appointment but have any concerns, please do not hesitate to discuss this with the registered nurse. He or she will arrange for a staff member to go with you.

If the time of the appointment does not suit you please discuss this also with the RN and they will liaise with the service provider to change the time if possible.



Enjoying a ladies' shopping trip to buy some winter woollies



Enjoying a visit to Pollard Park

Communicating with families

Communication with one another is very important, especially when it involves residents in our care – your loved ones.

We are often asked how our communication system works.

Sometimes, despite our best efforts, there will be times when a resident sustains an injury, is harmed, or an error occurs. In these instances, or if a resident's condition changes and the doctor has visited, the RN will contact the resident's Welfare Guardian to inform them of the incident. It is then their responsibility to inform other

family members.

Multi-disciplinary team meetings are held on a regular basis to fully inform you of your loved ones general condition and care. Again, an invitation to this meeting will be given to the resident's Welfare Guardian. This invitation can then be extended by them to other family members if desired.



We had a perfect winter's day for our recent outing to Picton

Safe footwear for older people

We are often asked for advice on the best shoes to choose for elderly people.

Firstly, if the person has foot pain or known foot problems, a doctor or podiatrist should be consulted.

Choosing the correct shoe is important because ill-fitting shoes and shoes with poor contact with the ground or poor grip may upset balance and the way one walks, increasing the risk of falls.

Important points to remember are:

- Buy for fit, not size
- Try out the shoes on a variety of surfaces before buying
- A firm heel cup provides support when walking
- Low, wide heels provide more contact with the ground and prevent slipping

- Thin soles with tread reduce risk of slipping
- A wide, deep toe box allows room for toe movement and comfort
- Choose laces, buckles or Velcro that hold the foot firmly.

In winter we often find our residents return to a lifelong habit of putting on socks at night time to keep their feet warm. This can result in slips and falls during night-time visits to the toilet.

A lovely winter gift for loved ones in residential care is a couple of pairs of cosy bedsocks with special non-slip soles – practical and always received with appreciation and delight.



Livening up the day with a little 'Cell Phone Karaoke' for the entertainment of watching residents

Aberleigh Rest Home's Facebook page

We warmly welcome visits, 'likes', questions and ideas from the families and friends of our residents.

Find us by Googling: *Aberleigh Rest Home Facebook*



A message from Andrew

We have chosen a new name for our newsletter, "Our Home". This feels just right to me, as the concept of home is at the centre of our philosophy of care.

Winter is a time when home feels especially important. Standing on the sidelines watching my son George play ripper rugby, my thoughts often turn to our warm home and the cosy evening ahead. Winter here in New Zealand is a time for snuggling with the kids on the sofa reading stories. It's a time for sharing home-made soup by the fire, and teaching the kids about how hot chocolate just isn't hot chocolate without a marshmallow or two floating in it – usually making it spill over the side.

These are things I remember from my own childhood, and unconsciously, instinctively, I am passing them on to the next generation.

These common human experiences are what bind us together as a community. We recognise these shared traditions and experiences, and they are important because of their

symbolic power. Shivering on the sidelines of a rugby game symbolises love and sacrifice, pride and parenthood. The rich aroma of the hot chocolate symbolises warmth and safety, love and nurturing.

As I travel around our nine rest homes meeting new staff, getting to know them and sharing our Vision and Values, I feel both proud and humbled to think how many of our staff have left their own homes and families, their own countries and cultures and traditions, to start a new life here in New Zealand. They are learning our ways and blending them with their own to form a new legacy.

The love and care they are creating and sharing in our homes is central to this process.

In the same way, each and every resident at our homes brings their own history and traditions with them to enrich our small communities.

Home is where the heart is, and where we all belong.



We made the most of the end of the warm weather with a stroll on Rarangi Beach

Looking after winter woollies

Occasionally, no matter how much care is taken, a woollen jersey or cardigan slips through to the laundry and shrinks beyond recognition.

This is upsetting for all concerned, especially the family member who has hand-knitted or chosen the gift with love.

All care is taken in laundering clothes. However, woollen clothing may be

safer hand washed by family. When buying new woollen clothing please buy machine washable items.

If possible, we would prefer you to provide non woollen clothing that is easily washed when selecting winter clothing for your loved one.



Enjoying watching some sport at Pollard Park

If you would like to receive our newsletter via email, please email your name and email address to amyd@dementiacarenz.co.nz.

Second Point of Contact: Sometimes, for a variety of reasons, there may be a need for a second point of contact to discuss an issue with. Vicky Jones, our Operations Management Leader, is available Monday-Friday 8 a.m. to 4.30 p.m. to discuss any issues of concern. (03) 347 7724 x 2 or vicky@dementiacarenz.co.nz