



Virtual program offers home safety tips for older people

Diversicare is developing an exciting new program, 'Multicultural Interactive Planning Solutions' (MIPS), an interactive website that provides virtual tours on home safety to assist a person's ability to live at home safely, for longer.

Funded by the Department of Health to assist in supporting safety issues in the home often associated with the onset of ageing or dementia, the MIPS program will be specifically designed to cater to culturally and linguistically diverse (CALD) communities with differing literacy levels, and will be accessible both visually and audibly in seven languages: English, Spanish, Vietnamese, Chinese, Arabic, Greek, and Italian.

Emma Moore, MIPS Project Manager says "This program is one of a kind and will offer vital information for consumers who want to continue to live independently and for family members and carers to support their loves ones".

"The MIPS program takes you on a tour of a 'virtual home', where you will be able to explore the rooms and gardens, and gain insight into areas of concern for safety such as possible slip and trip hazards, and options for safety now and into the future".

The MIPS program offers advice and understanding on how to make the home safer in preparation for ageing, or the possible onset of dementia, as well as supporting the promotion of community awareness around safety in the home. The program also offers advice and tools to increase capacity and knowledge around general health and wellbeing and information about emergency and legal services.

Memory loss and other symptoms are commonly associated with dementia, and can cause concern including; disorientation or confusion, and decreased judgement, which can increase the possibility of falls or accidents.

MIPS will offer personalised training in community settings for groups, and this will be facilitated by the project team across Australia. Emma will also organise focus groups to trial the MIPS virtual home before the official launch on 1 December. If you would like to be involved please contact Emma on 0416 287 569 or via email emoore@diversicare.com.au.

As a division of Ethnic Communities Council of Queensland, Diversicare has over 29 years of expertise delivering community care to people from CALD backgrounds.

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Diversicare is certified by:

NDIS – we are here to help you

From the 1 July, the National Disability Insurance Scheme (NDIS) became available in the Brisbane region. Diversicare has been registered as a NDIS service provider since September 2017 and has over 29 years of experience helping people with disability and health conditions. Diversicare has been in contact with its Queensland Community Care Services (QCCS) consumers to help them transition to NDIS. The NDIS will provide about 460,000 Australians under the age of 65 with a permanent and significant disability with the reasonable and necessary supports they need to live an ordinary

life. Ten per cent of people with severe and profound disability, between the age of 0-65, come from homes where a language other than English is spoken. According to the National Disability Insurance agency only about 5% are accessing services for people with disability.

For more information go to www.ndis.gov.au or phone 1800 800 110. For people with hearing or speech loss TTY 1800 555 677 and for people who need help with English Telephone Interpreting services 131 450.

The best of care

We all like to maintain our independence as we age and Diversicare recipient Adamacia Lava Da Silva says she is no different.

Ninety-three year old Adamacia has lived with her daughter Eunice and her family for the last 17 years since migrating from Brazil at the age of 76.

The care that Adamacia receives enables Eunice to care for other family members and to continue her shift work as a nurse at a busy Brisbane hospital.

Adamacia's home care worker Karen has been caring for Adamacia for the last seven years, ever since Adamacia had her hip operation.

Adamacia receives a Home Care Package with Karen providing personal care and social support every day. Without Karen's care, Eunice says the household would not function as smoothly as it does.

"Karen takes the load off me and with her language skills is able to converse with Mum and maintain that social interaction with her. They have formed a strong bond; even though Karen speaks Spanish she



is able to understand Portuguese and for that I am grateful," she says.

Karen provides companionship to Adamacia while helping her with showering and the support and connection offered to her mum is a source of comfort for Eunice.

"The best thing about Diversicare is that it gives me the opportunity to go about my other commitments and to go to work and not worry about my Mum and I know she is getting the best of care."

5 minute profile

Name: Jodie Lothian

Title: Receptionist/Administration Officer

What is the most rewarding aspect of your role?
Coming into work each day and working with a fantastic team.

Who has been your greatest mentor?
My Grandparents

Are you a cat or dog person?
Both, But I own three rescue cats.

How do you relax?
Gardening, listening to music, photography.

Your favourite holiday destination?
I've been to many places; my favourite place is Venice, Italy.

I Love the Carnevale di Venezia, masks, and buildings.

What was your first job?
Teaching children martial arts (Korean sword art called Haidong Gumdo).

Fun fact about me?
I've been doing medieval re-enactment for the past 17 years and love it. I've done fighting and archery. I've made my own armour and clothing by hand, woodwork, cooking and more; I've learnt many skills being part of a re-enactment group. I enjoy archery and shoot with a long bow and a recurve bow at shows as part of demonstrations to educate people.



Christmas in July

The German respite group had Christmas in July at the German Club and it was an absolute fun day without all the pressure. There was singing, games, prizes, Santa, Christmas music and the FOOD!! Can't wait to do it all again in December!

Every month: It's so special when our clients get to spend their birthday at West End Connect with friends. Last week at Dutch respite group, it was Kitty's actual birthday which we celebrated with a yummy cake!



Anna (seated middle) celebrating her 97th birthday with her friends at West End Connect

Speak My Language

Minister for Ageing and Indigenous Health, the Honourable Ken Wyatt AM, MP launched the national Speak My Language Program in Canberra on Wednesday, 22 August 2018.

This new program, funded by the Commonwealth Government under the Dementia and Aged Care Services Fund Research and Innovation Grants 2017, uses stories and informal conversations on community radio to help older people and their families from culturally and linguistically diverse (CALD) backgrounds understand the Australian aged care system and receive advice on healthy ageing.

The national Speak My Language program will engage 160 bilingual care facilitators and community radio stations in Queensland, NSW, Victoria, Tasmania and ACT and tell over a thousand stories about ageing.

ECCQ's Community Care branch, Diversicare is currently rolling out stage one of the program by developing learning resources and engaging bilingual facilitators and ethnic radio programs. Diversicare will roll out up to 23 different radio programs in different languages across Queensland.

ECCQ CEO Mr Page says that this program uses peers to relay imperative information about ageing services and ageing well advice.

"Older people from CALD backgrounds will now be able to listen to conversations in their own language and hear stories they can relate to about ageing well in Australia," he said.



As the Queensland project partner, ECCQ's CEO Garry Page and Program Coordinator Tracey Porter attended the launch with Ken Wyatt MP.

The program is delivered by lead agency Ethnic Communities Council of NSW in collaboration with its partners, ECCQ Diversicare, Ethnic Communities Council of Victoria, SBS and National Ethnic and Multicultural Broadcasting Council.

The project will reach an audience of over 50,000 people per week. You can sign up to the mailing list by telephoning the Queensland State Coordinator, Tracey Porter on 0436 666 106. Tracey will send you an email of when they will broadcast in your language.

You can follow the Speak My Language program on the sites below:

Website: www.speakmylanguageradio.com.au

Facebook: www.facebook.com/SpeakMyLang/

Twitter: twitter.com/speakmylang

West End *CONNECT* news

It's great to see some of our groups growing, proving that you're never too old to make new friends at West End Connect.



Music, dance and food

The Spanish group sang, ate and danced their way through a "winter party" at the Spanish Centre Acacia Ridge. Founded in the 70's by Spanish families in South East Queensland, it has been a nook for Spanish to gather at for decades. The Spanish Centre did an amazing job of entertaining us and the FOOD was incredible!!" We are very lucky to be so welcomed by the Spanish centre.

Mater Mother's Hospital Donations

Hoa Pham and My-Thien Nguyen from the Lao/Vietnamese group recently met with the volunteers who run the Mater Mother's Hospital Auxiliary Baby Shop to donate crocheted and knitted baby beanies and toys to sell in their store. The money from the items sold go back to purchasing equipment needed for the babies in hospital.

Informative Presentation

Guest speakers Rae Plush from The Continence Foundation of Australia in conjunction with Amanda Bowden from the PICAC team delivered informative presentations on bladder and bowel health to the multi and Spanish groups.

To follow up with the presentation, foundation will be organising a physiotherapist to come and show the group some pelvic floor exercises.

Wolston Farmhouse

Last month 30 participants of the Lao/Vietnamese respite went on a tour of the historical Wolston Farmhouse, the oldest surviving residential farmhouse in the district and listed by the National Trust of Australia. A tour guide gave the group a brief on the farmhouse followed by a morning tea on the plush veranda with spectacular views. Our Dutch South group will be touring the farmhouse in September. We will definitely be coming with other groups for the 2019 calendar.

