

DIVERSICARE *news*

Diversicare celebrates 25 years of care



Diversicare's 25th anniversary was acknowledged in April this year at a Queensland Parliament House cocktail function where friends, colleagues and the multicultural community came together to celebrate.

Hosted by the Minister for ATSI & Multicultural Affairs Glen Elmes, the event was attended by dignitaries and consular corp from the multicultural community.

Minister Elmes congratulated Diversicare for reaching the milestone and said: "the more I have to do with the organisation and its divisions, and the more I talk to the people who belong to it and care for it, the greater respect I have for it."

MC Gary Hardgrave kept proceedings rolling against a background of multicultural performers including the Polish Song & Dance Company of Brisbane, Bollywood Dance and the Judy Chan Dance Group.

General Manager Vivienne McDonald gave a heart-warming history of Diversicare highlighting the wonderful people who had helped grow the organisation to what it is today.

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Diversicare services are funded by:



Consumer Directed Care (CDC)

Not just a package... A lifestyle choice



Diversicare is embracing the new profile Aged Care Service - Consumer Directed Care. Known as CDC packages, the package enables eligible seniors to move seamlessly between higher and lower levels of support, offered within a restorative and re-ablement framework.

What does this mean for you?

Your CDC package will have an **easy to follow and transparent** budget, Care Plan and Monthly statements that will keep you informed of every step of your care.

This allows for you to have **greater input and control** over the design and delivery of community services, **flexibility and ability to be involved** in managing your care, how you receive that care and who provides it to you.

Diversicare can tailor a package that allows for a range of services to help you continue living an **independent and healthy lifestyle in the comfort of your own home.**

Monitoring and formal reviews of your care will be provided by Diversicare to ensure your package evolves and continues to meet your needs.

Contact us today for full details of CDC Packages.

Diversicare is converting all current qualifying clients from their existing packages to the new CDC package format between now and June 2015.

Maintaining Health



At all stages of the life course the adoption of healthy lifestyles and actively participating in one's own care are of great importance. The World Health Organisation - WHO's active ageing framework states that:

'engaging in appropriate physical activity, healthy eating, not smoking and using alcohol and medications wisely in old age, can prevent disease and functional decline, extend longevity and enhance ones quality of life'.

http://www.health.vic.gov.au/agedcare/maintaining/downloads/healthy_litreview.pdf

Diversicare's Multicultural Healthy Lifestyle Project strives to empower Culturally and Linguistically Diverse community members to increase their capacity to implement healthy lifestyle choices and age healthy by

- Providing information and developing resources that promote a healthy ageing and an active lifestyle of community members and their carers
- Conducting healthy eating and lifestyle education sessions for specific communities, on a wide range of health related topics, such as Diabetes, High Blood Pressure, High Cholesterol, Depression and Asthma, just to name few.

For more information please contact the Project Officer for Brisbane, Ljiljana Macura on 07 3343 7499 or Project Officer for Townsville Latesha Tuck on 4723 1470.



5 minute profile



Name: Krzys Iwicki

Title: Activities Coordinator

How long have you been with Diversicare?

I have been with Diversicare for the last three years firstly in the role of HCW and since April this year, in the position of Activities Coordinator.

What do you do at Diversicare?

I organise, coordinate and implement programs and activities for clients at **West End CONNECT** as well as outings at other locations in and out of Brisbane. This also includes organising transport and supervising staff and volunteers.

What is the most rewarding aspect of your role?

The most rewarding aspect would have to be seeing clients happy and enjoying the activities and socialising outside the home.

What is the most challenging aspect of your role?

The biggest challenge is being able to communicate to so many different ethnic groups!

What languages do you speak/what is your nationality?

I speak Polish and English. I have been in Australia for the last 20 years. I immigrated to this country because there are so many more opportunities for me and my family. I am married and have two boys, 27 and 29.

What qualifications do you have?

I have a degree in Agriculture from Poland and since I have been here a Diploma in Community Service Coordination.

How do you relax after work?

I enjoy going to the gym, to the theatre and out for dinner with my family.

Out & about



Chinese and Lao Respite group at the Eagle Heights Hotel lookout on a trip to Mt Tamborine in June.



The Polish respite group at the Polish Gallery Restaurant at Mt Tamborine in June – from L to R: Mrs Borucinski, Ms Bursztynowicz and Mrs Novak.



L to R: Mr Houwen, Mrs Rijnsdorp, Mrs Vermeer-Bowers, Mrs Warnaar & Ms Bouter.

On Friday 2 May, the Dutch respite group celebrated 'Koningsdag' and Bevrijdingsdag (Liberation Day). Koningsdag is a national holiday in the Netherlands which marks the birth of King Willem-Alexander. Clients played sjoelen on a sjoelbak (a form of checkers) and had a wonderful day with traditional food and games.

Would you like to volunteer with the CVS?

The Community Visitor's Scheme (CVS) is a program where volunteer community visitors, from culturally and linguistically diverse backgrounds (CALDB) visit residents in aged care facilities who are from similar CALDB - to combat social isolation and establish friendships.

Community visitors, who are volunteers, visit residents fortnightly. Some examples of activities the community visitors might undertake during the visits include:

- sharing past experiences from their culture
- reading out loud (newspapers, books, poetry)
- listening to music with resident
- assisting the resident to write letters
- craft activities / cards / games, or
- generally chatting / listening – just becoming a friend or companion

Community visitors from various multicultural backgrounds currently visit residents in a number of facilities. However, we have received a number of new referrals to visit specific residents in specific areas, so we **urgently need additional volunteers from the following cultures:**

- Hungarian, Croatia (females) to visit northside residents (The Gap & Albany Creek)
- Greek, Macedonian (males) to visit northside residents (The Gap)
- Spanish speaking (male / female) to visit South American southside residents (Calamvale & Carina)
- Italian speaking (male) to visit southside resident (Calamvale)

We have also received an enquiry from a facility in Hamilton regarding a number of Italian speaking residents, so envisage will also be looking for Italian speaking volunteers in that general area.

If you would like further information about the visitor service, or might be interested in volunteering as a CVS visitor, please contact **Mary Andrew, CVS Coordinator**, phone 3343 7499 or email cvs@diversicare.com.au.



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The views and opinions expressed in this e-newsletter do not necessarily represent the views of Diversicare except where this is specifically stated.



WOULD YOU LIKE TO DONATE TO DIVERSICARE?

With your support we can continue to achieve and promote quality outcomes for our clients.

Title Mr Mrs Miss Ms Dr Rev Other (please state) _____

First Name/s _____ Surname _____

Organisation _____ Position _____

Address _____ Postcode _____

Phone Home () _____ Mobile _____ Work () _____

Email _____

Please find attached my: cheque / money order (payable to Diversicare) Credit Card Number

or Please debit my: Mastercard Visa Amex Name on card _____

for \$30 \$50 \$100 \$150 \$500 \$1000

or other amount \$ _____ Expiry Date _____ Signature _____

Return this slip to Diversicare: PO Box 5199, West End QLD 4101

Donations over \$2 are tax deductible

Diversicare values your privacy. We comply with the Privacy Act and do not share your details with any third party.