



Sundale Spotlight

NO 3 | JUNE 2019

Real Communities,
Real People,
Real Respect.



From the CEO's desk

I can't believe we're almost half way through the year! However, the latest edition of Sundale Spotlight is a wonderful opportunity to stop and reflect on the past month and the amazing efforts of residents and staff.

Sundale was thrilled to say thank you to its volunteers who make an enormous difference to the organisation. A special mention must go to Joan Chapman and Hazel Smith, who have collectively spent more than a century volunteering at Sundale.

Mother's Day in May was another reason to celebrate, with Sundale's mums receiving a surprise visit from the students at Kuluin State School.

Sundale's oldest mum, 102-year-old Hazel Green and all the other mothers at McGowan were each gifted a beautiful Carnation to celebrate Mother's Day.

A number of Sundale residents have celebrated birthday's in the past month, including Marilyn, Marg and Mike.

Following the re-election of the Liberal Party, Prime Minister Scott Morrison has re-shuffled Cabinet, with Senator Richard Colbeck replacing Ken Wyatt as Minister for Aged Care and Senior Australians.

Senator Colbeck will now oversee the delivery of the Royal Commission's Interim Report into Aged Care later this year.

Dementia has dominated discussion in the past month at the Royal Commission, particularly understanding dementia treatment, care and it's physical and social consequences.

Misunderstandings about dementia are common and knowledge about dementia treatments among the Australian public is reported as poor.

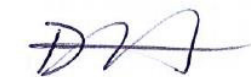
You can discover more about the Aged Care Commission's most recent paper, Dementia in Australia: nature, prevalence and care. Background Paper 3 below.

And finally, Sundale is on the move.

To help streamline the organisation and as part of Sundale 2.0, all non-site business staff at Nambour and Burnside will be relocated to one central office location in July/August.

This means Administration and Support teams who are currently based at multiple locations and separated from their direct managers will be under the one roof, boosting efficiency and further creating a culture of team-work, open communication and collaboration.

Thanks, and appreciation.



Danielle





Coughing or sneezing into your hand spreads germs.
Use a tissue, or cough or sneeze into your elbow.

For more information visit www.qld.gov.au/flu

Spread the facts... **NOT THE FLU**



Authorised by the Queensland Government, Brisbane.

ON THE MOVE

Sundale is on the move.

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Sundale is very close to securing its preferred site. Once the deal is done, photos will be distributed and an inspection morning organised so staff can have a look at their new home.

The creation of a central office will also mean the Nambour site, (James Grimes, Bowder and McGowan) will operate exactly the same as other sites, working independently from Administration and Support teams.

Sundale management is currently creating a roster which will ensure key personnel and administration support staff regularly visit sites to engage and mix with residents, consumers and key stakeholders.

Key points:

- The move will likely occur sometime between July and mid-August;
- A project officer will be engaged to assist with the logistics and management of the move;
- James Grimes Care Centre management and administration staff will move into the current HR offices;
- In Home Care team will take up residence at Windsor Road Burnside, in preparation of further expansion of services and community engagement.



Aged Care Royal Commission

Dementia has dominated discussion in the past month at the Royal Commission into Aged Care, particularly understanding dementia treatment, care and its physical and social consequences.

Dementia is a significant issue for the Australian community and is one of the leading causes of disability for older people. In 2015, it was a contributing factor in approximately 15.8 per cent of all deaths in Australia and in 2016, the majority (52 per cent) of people living in residential care had dementia.

Misunderstandings about dementia are common and knowledge about dementia treatments among the Australian public is reported as poor.

The Aged Care Commission's most recent paper, Dementia in Australia: nature, prevalence and care. Background Paper 3, provides a high-level introduction to dementia and reviews the findings of broad-reaching Australian and international research.

A snapshot of the paper includes:

What is dementia?

Dementia is an umbrella term which describes symptoms associated with a group of major neurocognitive conditions or disorders of the brain. It is characterised in medicine as a diagnosable, abnormal condition with organic causes and progressive stages. It results in deterioration in memory, thinking, behaviour, communication and the ability to perform day-to-day activities. Dementia is not a normal part of the ageing process.

What are the physical and social consequences of dementia?

Globally, dementia is one of the leading causes of disability for older people, with implications for individuals and populations. A diagnosis of dementia will invariably have a significant impact on a person's life; physically, psychologically and socially.

As dementia progress there is generally a decline in health with increased need for help from informal carers and aged care services. There are also impacts for families and close friends and the health and aged care sectors.

The 'burden of disease', a measure of healthy life lost due to prolonged illness, disability or early death associated with dementia is significant. Australian estimates place it as the second leading cause of total burden (accounting for 7.8 per cent of years of life lost due to illness or death), and the leading cause of non-fatal burden (accounting for 10 per cent of years of life lost due to living with the disease).

The median age of those who died from dementia in Australia in 2015 was 88.6 years, compared with 81.9 years for all deaths. Around 70 per cent of all dementia deaths occurred

in those 85 years of age or more and about another quarter occurred among people aged 75 to 84.

Dementia can lead to difficulties with mobility, continence, nutrition and immune system function. These can lead to frailty, infections and difficulty breathing, with pneumonia the most common complication leading to deaths in Australia in 2015 (2707 cases, or 21.4 per cent).

How prevalent is dementia in Australia?

The Australian Institute of Health and Welfare estimated that, in 2018, about 376,000 Australians had dementia and 61 per cent of people with dementia were female. Dementia Australia commissioned research from the National Centre for Social and Economic Modelling which suggested that in 2019, 447,115 people live with dementia, with the majority of these people being women.

Support for families and carers

The needs of family, friends and informal carers of people living with dementia are significant.

While the provision of care is a testament to love and duty, the negative impact and detrimental effects of providing care for people with dementia are well established. Caregiver stress, be it financial, family, physical or psychological, can be significant, affecting the health and wellbeing of the carer and increasing the likelihood that the person they care for may need more intensive support in a residential setting.

There is research evidence to support the effectiveness of caregiver training and skill-building to assist with caregiver burden, stress levels, and the quality of care that they can deliver. Psychosocial interventions such as counselling, behavioural management and participation in support groups is reported to reduce carers' stress by changing beliefs about their responsibilities to the person with dementia, their own need for support, and understanding about their relatives or friend's behaviour.

Overall, there is evidence that when family and carers are educated about dementia, develop positive communication patterns with the person with dementia, and are involved in that person's care, then the person with dementia benefits.

CELEBRATING WITH SUNDALE

Sundale's strength is the residents and clients in its care and its hard working and dedicated employees, many of whom have celebrated milestones in the past month.

Happy Mother's Day to Sundale's amazing mothers, including our oldest resident, 102-year-old Hazel Green, who received a surprise visit from the students at Kuluin State School. (1)

Hazel and the other mothers at McGowan were each gifted a beautiful Carnation to celebrate Mother's Day. To Sundale's mums, we hope you had a wonderful day and were showered with love.

Congratulations to Sundale's Joy Saa who recently said 'I do' surrounded by family and friends at Maroochydore. Joy, a valued member of Sundale's laundry team is currently honeymooning in the USA (2)

Back row - Tui Niha, Veronica McDonald, Rachael Haley, Shaji Kunnath, Daryl Andrew.

Front row - Pinky Storch, Joy Saa, Suzanne Hennessy, May Pampling, Bradley Stewart, Ludy Duggan.

A very happy birthday to two beautiful Sundale residents, Marilyn and Marg who recently celebrated their birthdays on the same weekend.

Together Marilyn and Marg are 166 years old! (3)

Happy birthday to Nambour's Mike Hennessy who recently celebrated his 80th birthday surrounded by family, friends, Sundale staff and one amazing birthday cake! (4)

To celebrate International Nurses Day, Sundale's Nambour residents recently spoilt the site's nurses with a delicious lunch.

Sundale is extremely fortunate to have so many amazing nurses who make an enormous difference to the health and wellbeing of residents. (5,6)



NATIONAL VOLUNTEERS WEEK

National Volunteer Week was an opportunity for Sundale to say thank you to the 6 million Australians who volunteer their time each year.

This year's theme was 'Making a world of difference', and there is no doubt Sundale's wonderful volunteers do exactly that.

To celebrate National Volunteer Week, McGowan hosted a special luncheon, with each volunteer receiving a badge, certificate and a goodie-bag full of sweets.

A special mention must go to the following volunteers:

- Joan Chapman who have been involved with Sundale since 1963 as a volunteer;
- Stuart Napier, a former Sundale Board member and long-term Friends of Sundale (Sundale Canteen) volunteer;
- Hazel Smith, a resident who has spent more than four decades actively volunteering throughout the Sunshine Coast and Sundale.

On behalf of all Sundale residents, thank you to the amazing volunteers who make a world of difference.



Staff profile

Did you know Sundale Carer Dorelle Cunning was crazy enough to jump out of a plane, even though it wasn't on her bucket list!

NAME Dorelle Cunning

POSITION Carer

LOCATION Voller

HOW LONG HAVE YOU LIVED/WORKED AT SUNDALE?
Close enough to 7 years

WHAT WAS THE BEST CONCERT YOU EVER ATTENDED?
Rocky Horror Picture Show (Musical)

WHERE'S YOUR FAVOURITE PLACE IN THE WORLD?
Hakabu, Japan

WHAT'S THE LAST BOOK YOU READ?
Black Caviar, unfortunately now when I start reading a book it's like a lullaby to a child, I fall asleep

WHAT ARE YOU PASSIONATE ABOUT?
Keeping Fit

WHAT'S YOUR FAVORITE MOVIE?
Red Dog

WHAT'S THE CRAZIEST THING YOU'VE EVER DONE?
Jump out of a plane. Wasn't on my bucket list, but someone else thought it was.

WHAT ARE YOU CURRENTLY WATCHING ON NETFLIX?
Limitless

WHO WOULD YOU MOST LIKE TO SWAP PLACES WITH FOR A DAY?
Happy being me and doing what I do.

WHICH FOUR INDIVIDUALS, LIVING OR DEAD, WOULD YOU LIKE TO EAT DINNER WITH THE MOST?
No one in particular, enjoy socializing for dinner with anyone who can talk and has a great sense of humor

How do you
make
hand-washing
count?

It takes at least 15 seconds to wash your hands thoroughly with soap and water—about the time it takes to sing 'Happy Birthday' twice.

For more information visit www.qld.gov.au/flu

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THE GREAT OUTDOORS

Plans are in place to transform a section of Cooloom's Memory Support Unit into a Sensory Garden.

The team is planning a soft fall garden with raised garden beds, a shallow water feature, lots of sit-down benches and interactive poles with features including cogs and wheels.

The aim of the stimulating Sensory Garden is to encourage and support residents who love the outdoors.



Long-time Noosa Library volunteer and Cooloom Beach Retirement Community resident Jill Lear has spent the past three years researching the region's local history.

Her project delves into the history of Gympie Terrace and Noosaville and details what the area looked like before the introduction of resorts, apartments, cafes and restaurants.

You can discover more about Jill's work by visiting the Noosa Council's Facebook page. (Below: Jill at right)

