



March 2017 Newsletter

Providing a supportive and informative environment for people with a variety of lung conditions and their carers.

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Next Meeting: Thursday 9 March 2017
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close
Stirling ACT 2611

Guest Speaker: Jody Hook, Chronic Care Nurse, will explain the ins and outs of the Chronic Care Program leaving time to answer all our questions.

Dates for your diary

Tuesday 28 February 2017	Fish'n Chips at Southern Cross Yacht Club
Thursday 23 March 2017	Seniors Expo at Exhibition Park
Thursday 13 April 2017	10:15 am - 12 noon CLLSG Meeting
Wednesday 3 May 2017	LFA Education Day

February Meeting

Helen Cotter

Coordinators Lyn Morley and Chris Moyle were unwell so our past coordinator, Helen Cotter, ran the meeting. Twenty four people braved the heat while others sent their apologies. The following issues were discussed:

- Pam Harris and Helen Reynolds reported on the recent visits by Club members to the University of Canberra's physiotherapy students. More on that later in the newsletter.

- Who will volunteer for the **Seniors Expo** coming up on 23 March 2017. The CLLSG has a stand at the expo, organised by Pam, who will need helpers for the day. Feel free to volunteer your services. Details will be finalised at the next meeting.
- Lung Foundation Australia's Education Day is on Wednesday 3 May 2017. As yet we have no details but expect it to be at the Southern Cross Club, Woden.
- Kaye Powell talked about the petition organised by COTA relating to the issue of mental health in residential care facilities. At the moment there is no Medicare rebate for treatment for those in Residential Care facilities although people can pay for private treatment. The petition is asking the Federal Government to expand the medical rebate to those in residential care facilities. Lung Life will forward the petition to members.
- We talked about asking the Minister for Health, Megan Fitzharris, to come and talk to us. We briefly looked at what issues we'd like discussed We will talk about this further next meeting. If you have any thoughts on the topic, feel free to contact us with your suggestions..
- A **fish'n chips** lunch was organised at the Southern Cross Yacht Club on Tuesday 28 February 2017, about noon or a bit earlier. All welcome.

Then it was over to our speaker, Richard Gray.

Guest Speaker - Richard Gray Chris Moyle

Richard Gray, Council of the Ageing (COTA), spoke on residential aged care, a system highly regulated by the Federal Government. It covers:

- beds and packages
- location of the facility
- approval of providers
- eligibility of potential residents and
- what providers can charge.

Since July 2014 the designations of 'nursing home' and 'hostel' have been superseded by 'residential aged care', but 'aged care home' is a term often used.

Eight per cent of the population over 65 years are in aged care homes, and the older you are the more likely it is you will need to move into one. The average age of residents in this accommodation is 85 years.

Moving into residential aged care can be a challenging and emotional time for the person moving in as well as their family, friends and carers. It signifies a sense of loss and the realisation that this is the last place of residence before death occurs. Many people only survive in care for a few months, as it is the last stage of their life, but it will also be a relief to receive proper daily care and new friendships can be forged.

Five steps to entry into an aged care facility

Step 1

Assessing eligibility.

If you are considering moving into an aged care home you will first need an assessment with a member of an Aged Care Assessment Team (ACAT). ACATs are based in hospitals or in the local community, give free assessments and can be contacted by calling **1800 200 422** or visiting myagedcare.gov.au. A



member of your local ACAT (a health professional) will make a time to visit you and talk to you about how well you are managing day-to-day. The ACAT will explain the assessment process and let you know how your personal information will be protected. The assessment is quite extensive, lasting up to 2 hours. You will also need to complete a 28 page asset and income questionnaire for Centrelink assessment.

After you have completed the ACAT assessment you will receive a letter to let you know if you have been approved as eligible for Australian Government subsidised aged care services. Your letter will tell you what type of services you are eligible for and approved to receive, as well as the reasons why. It is important to keep a copy of your letter because you will need to show this record to organisations to confirm that you are eligible for the aged care services.

Step 2

Finding an aged care home.

Go to the My Aged Care website and click on Aged Care Homes Finder to search for accredited homes in the area you would like to live. Then contact them to arrange a time to visit. Before visiting any homes make a list of the types of care you need and the things that are important to you in a home. You may want to have your letter from the ACAT with you as some homes will want to know what care you need based on your personal situation. As you visit each home note what you like and don't like and whether you feel comfortable there.

Step 3

What do you need to pay?

It is expected you will contribute to the cost of your care if you can afford to do so. You will never be denied the care you need because you can't afford it. Forty five per cent of residents on average are fully supported by the Commonwealth Government, but they will have a lower standard of accommodation and probably will need to share a room.

Types of costs

- A basic daily fee of \$48.44 per day covers living costs such as meals, power and laundry. For some people this is the only fee they are required to pay.
- A means tested care fee is an additional contribution, decided by Centrelink or Department of Veterans' Affairs, that some people may be required to pay.
- For the accommodation payment Centrelink will advise the amount you pay based on your income and assets. A lump sum, up to \$550,000, may be required and often comes from the sale of your home. This amount is returned to your estate after you have died or left the home.
- Fees for extra or additional optional services may apply if you choose a higher standard of accommodation or additional services.

The My Aged Care website has a fee estimator or you can call **1800 200 422** with your financial details to obtain an estimate.

Step 4

How do you apply for an aged care home?

You will need to apply to any aged care homes you are interested in. Talk to the homes and find out what process they have and what information you will need. After accepting a place, make sure you let the other aged care homes know that you have found somewhere you like, to ensure they know they no longer need to keep your application open.

Step 5

What is it like to live in an aged care home?

There will be new routines, new surroundings and new people all living together under one roof. You may have help with many of the daily tasks you've been used to doing yourself, and there will be plenty of social activities. You won't lose the right to vote or to control your own financial affairs and

possessions. Staff at the home will respect your privacy, and your family and friends will be able to visit at any time.

Pat Westerberg, the members of the Canberra Lung Life Support Group send you and Con our best wishes for your new adventure into a more sunny, family friendly region of this wide brown land. You could contact Lung Life Australia for a Support Group near your new abode. So, Good-bye, So long and all the best for your future.

The A-Z of Preventative Health Care

Chris Moyle

Salt

The Public Health Association of Australia (PHAA) says there is a huge body of evidence showing that salt is the main cause of high blood pressure, causing premature cardio-vascular disease in thousands of Australians each year. Excess salt is also implicated in a range of other serious illnesses including stomach cancer, kidney disease, osteoporosis and asthma. The concern is that 75 - 80 per cent of a person's sodium intake comes from restaurants and processed foods. Food scientist Amanda Dos Santos says that your palate for salt is learned so if you slowly decrease your consumption you will be able to eat less salty foods without noticing the change. Start by not adding any salt to food you are cooking or at the table, then look for salt reduced products.

Dr Oz recommends consuming less than 1 teaspoon of salt (2,000mg) a day. Preferably consume only a quarter teaspoon, which is 460-920 mg sodium per day. Read labels. Sodium content should be less than 120mg per 100 grams in foods. Bread has lots of sodium. Try replacing salt with a garlic and herb spice blend, onion powder, cayenne pepper, cumin, coriander and potassium salt. Instead of soy sauce use balsamic vinegar and red pepper flakes.

Self-management skills

Some of the most successful self-managers are people who think of their illness as a path. This path, like any path, goes up and down. Sometimes it is flat and smooth. At other times the way is rough. To negotiate this path one has to use many strategies. Sometimes you can go fast, other times you must slow down. There are obstacles to negotiate.

Self-Management Tasks

1. To take care of your illness (such as taking medicine, exercising, going to the doctor, communicating your symptoms accurately, changing diet).
2. To carry out your normal activities (chores, employment, social life, etc.).
3. To manage your emotional changes (changes brought about by your illness, such as anger, uncertainty about the future, changed expectations and goals, and sometimes depression, and you can include changes in your relationship with family and friends).

Source: *Living a Healthy Life with Chronic Conditions*

Free senior and concession off-peak bus travel

Helen Cotter

From beginning of January 2017, Transport Canberra is providing free off peak travel on ACTION buses for senior and concession MyWay card holders (excludes student and tertiary card holders) as part of a 12 month trial. Canberra off peak travel times are between 9:00 am and 4:30 pm, and after 6:00 pm weekdays and all day Saturday, Sunday and Public Holidays.

To be eligible you must hold a valid concession MyWay card and carry with you at all times, proof of your concession. ACTION Gold Card holders or seniors over 70 with a Seniors/MyWay card are still entitled to free travel on ACTION buses at all times. You can get a MyWay card from the COTA office at Hughes Shopping Centre and from Public Libraries or from Access Canberra shopfronts.

A Win-Win Situation - CLLSG meet the UC physio students

Helen Reynolds

Meeting at the Club and driving into the University of Canberra in convoy was the beginning of a very social, enjoyable outing. Conversation in each car covered a multitude of topics and this was continued when we fronted our group of lively, cheerful and interested students.

The students were interested in what we had to share: you could say they hung on our every word. For them it was their first opportunity to discuss histories, symptoms, changes in lifestyle with someone who is living with a chronic condition. For us, it was an opportunity to talk about ourselves and our condition with someone who was really interested. No doubt about it, a win win situation.



The students, as you can see, listened intently to everything Pam said. Each student had a task to complete:

- a general discussion of the history of our condition
- supervising a 6 minute walk
- spirometry test
- checking our lungs, manually and with stethoscope
- What were the last two weeks like?

Caroline is answering questions relating to her mental and physical health over the last two weeks. An exercise that really had us contemplating just how life had been during that period.



Lyn and her students are ready to start one of the set exercises. Perhaps they are getting ready to set out on the six minute walk. The students will follow Lyn, giving her encouragement and checking her oxygen statistics.

