



## September 2019 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 12 September 2019  
10:15 am - 12 noon  
Weston Creek Labor Club  
Teesdale Close, Stirling ACT 2611

**Guest Speaker:** A member of COTA will talk about aged care.

### Dates for your diary

Thursday 10 October 2019      CLLSG Meeting  
Wednesday 20 November 2019      World COPD Day

### August Meeting

Helen Cotter

### Discussion and decisions:

Numbers were down for this meeting presumably because of the freezing weather. We welcomed Lauris Andrew's sons, Stewart and James, and Pam Harris's son Dean. Lovely to see them.

- Lyn reminded us of Judy McCaw's death and funeral. Judy was a long term member of Lung Life (report later in the newsletter)
- Geoff Cox is going well after his lung transplant. He is involved in a new lung website for St Vincent Hospital. We're very proud of Geoff for promoting lung health awareness.
- Lyn Morley is guest speaker at the Sleep Apnoea Society on Saturday 17 August 2019. Good to be promoting our group.
- Our speaker next month is from COTA, talking about aged care (a good reinforcement for the articles in the newsletter last month and this month).

Then it was on to our speaker.

## Guest Speaker: The Men's Shed

Chris Moyle

The Men's Shed began in Newcastle, NSW Australia, 12 years ago and is now a worldwide organisation. Canberra hosts over 10 Men's Sheds and there are over 1,000 in Australia.

### Activities

The ACT Tuggeranong Men's Shed has a membership over 100. It has a well-equipped kitchen and they hold a regular sausage sizzle. The older generation can be introduced to computers and there is a library. Members can relax and chat or enjoy a game of cribbage or other card games. Once a month they have a speaker, usually on a health topic, although Men's Shed is not a health services provider. Other topics, such as legal aid, are also covered. Tuggeranong hosts visits from other Men's Sheds and a mid-year lunch is enjoyed at the Burns Club. There is a metal working area and electrical and woodworking areas, but they cannot compete with industry.

Some examples of the items made by the Tuggeranong Men's Shed include:

- a mace for the ACT Parliamentary library
- library boxes for street libraries
- possum boxes for the ACT Parks and Recreation
- an outdoor Australian dunny for the Continence Foundation to take to schools around Australia to talk about continence issues.

There are over 16 Men's Sheds in a 50 kilometre radius of Canberra.

If you would like to find out names and contact details of one close to you, look up the website of the **Australian Men's Shed Association:**  
[www.mensshed.org](http://www.mensshed.org) or  
phone: 1300 550 009

### Members

New attendees are encouraged to make a few visits before being asked to pay a membership fee. Friendship among the group is more important than accumulating funds, although money is required for equipment and activities.

Members visit people from the group who are in hospital or unwell at home. It is a caring organisation supported by the Department of Health. Men's Sheds are an important organisation as men have fewer support organisations



Keith Gilbey, President, Tuggeranong Men's Shed.

Guest speakers are usually presented with a gift made at the Shed. Gai Brodtmann, the local member, was presented with a special crafted gift when she retired.

An enormous number of donations of useful equipment such as timber and tools are made, and further donations are always appreciated. If you are downsizing think of the Shed and donate. Surplus goods are shared amongst other Men's Sheds.

It is not illegal to have an organisation for men only (or for women only). It allows for specific needs to be met.

It also means we can have boys only schools and girls only schools as well as Gentlemen Clubs and the CWA.

Not all Men's Sheds are for men only - some do take women.

than women. The men who attend Men's Sheds are believed to have less health issues than men who don't attend. They are said to suffer less depression and loneliness. People have said, "If it wasn't for the Shed I'd be dead."

Tuggeranong Men's Shed is at Unit 1, 299 Soward Way, Greenway - 0450 681 073.

## **Why men's health matters: The health of men and boys in Australia**

### **from: Men's Health Strategy 2020-2030**

Many Australian men experience poor health outcomes across a variety of measures, including rates of overweight and obesity, diabetes or high blood glucose levels, sexually transmitted infections (STIs) and mental health and wellbeing. Males experience a greater share of the total fatal and non-fatal burden of disease, dying at younger ages than females and more often from preventable causes. Certain population groups continue to experience poor health outcomes, notably:

- Aboriginal and Torres Strait Islander males. In 2012, life expectancy among Indigenous males was more than 10 years lower than for non-Indigenous males.
- Older males experience high rates of coronary heart disease and a growing burden from dementia and falls.
- Young adult males have high levels of mental ill-health and deaths from preventable causes such as suicide and accidents, with low levels of risk-perception and high levels of risk taking.

Some health differences between men and women are biologically based, most notably in the area of sexual and reproductive health. Despite declines in mortality, prostate cancer remains one of the leading causes of death in males. Reproductive health conditions, including infertility, are common among Australian males and represent a high economic and social cost.

## **Home Care Package Services - Rights and Responsibilities**

### **Helen Reynolds**

We all have a right to receive high quality care and services and to always be treated with respect and dignity. These rights and more are protected by the Charter of Aged Care Rights. The Charter provides the same rights to all consumers. These rights apply no matter what type of Australian Government funded aged care services you receive. All providers of Australian Government funded aged care must comply with the Charter.

### **What are my rights?**

You have the right to:

1. safe and high quality care and services
2. be treated with dignity and respect
3. have your identity, culture and diversity valued and supported
4. live without abuse and neglect
5. be informed about your care and services in a way you understand
6. access all information about yourself, including information about your rights, care and services
7. have control over and make choices about your care, and personal and social life, including where the choices involve personal risk

8. have control over, and to make decisions about, the personal aspects of your daily life, financial affairs and possessions
9. your independence
10. be listened to and understood
11. have a person of your choice, including an aged care advocate, support you or speak on your behalf
12. complain free from reprisal, and to have your complaints dealt with fairly and promptly
13. personal privacy and to have your personal information protected
14. exercise your rights without it adversely affecting the way you are treated.

## **Did you know?**

A Charter of Aged Care Rights booklet is available to help you understand your rights and how to exercise them. The booklet is available on the Department of Health website.

If you do not understand your rights, what something means or how it applies to you:

- ask your service provider to help you understand your rights
- seek advice from an Advocate: [www.myagedcare.gov.au/node/112](http://www.myagedcare.gov.au/node/112)
- visit the Older Persons Advocacy Network website: [www.opan.com.au/charter/](http://www.opan.com.au/charter/), or
- visit the Aged Care Quality and Safety Commission website: [www.myagedcare.gov.au](http://www.myagedcare.gov.au).

## **Aged care providers must help you to understand your rights**

Your provider is legally required to help you understand your rights under the Charter. They must give you a copy of the Charter before or when you start receiving aged care. Your provider is required to sign the Charter and to also give you the option of signing it.

By signing the Charter, you acknowledge that you:

- have received it,
- been assisted to understand it, and
- understand your rights.

## **Your aged care rights coexist with other rights**

People receiving aged care have the same legal rights as all Australians. For example, you have rights to privacy, consumer rights, and the right to be free from discrimination under relevant laws. The rights described in the Charter add to these.

## **Your right to quality care**

You have the right to safe and high quality care and services. All government-funded aged care providers are monitored, and have to meet Aged Care Quality Standards.

Read more about the Aged Care Quality Standards and how you can check the quality of aged care providers at the following:

- [www.myagedcare.gov.au/node/149](http://www.myagedcare.gov.au/node/149)
- [www.myagedcare.gov.au/node/148](http://www.myagedcare.gov.au/node/148).

## **Your responsibilities**

In addition to your rights, you also have responsibilities.

### **Treat others with respect**

You are expected to be respectful and considerate. All people involved in aged care, including consumers, their family, carers and visitors should make sure that their behaviour does not adversely affect others. Any kind of violence, harassment or abuse towards staff or others is not acceptable.

### **Respect the rights of staff to work in a safe environment**

You are expected to maintain a safe environment for staff members and others. For example, if your provider is delivering services in your home keep pets away from staff members and do not smoke near staff.

### **Assist your provider by giving relevant information**

You should give your aged care provider the information they need to provide you with safe and quality care. This may include:

- up to date information
- any problems you have with the provider's care or services.

### **Pay agreed fees on time**

You are expected to pay any agreed fees on time and comply with the condition of your care agreement. If you are unable to pay your fees, talk to your provider to find a solution.

## **What to do if you have concerns**

If you are concerned about the quality of your care or believe that your rights are not being upheld, it is important to talk about it. You should talk to your aged care provider first. It's okay to complain. Just as positive feedback can reinforce things that work well, your complaints can help improve care and services.

You have the right to raise concerns easily and without fear of how you will be treated. All aged care providers must have their own complaints systems, and manage complaints fairly. It is your provider's responsibility to act promptly on matters related to the quality or safety of your care and services.

If you feel uncomfortable talking to your aged care provider or feel that your complaint hasn't been resolved, these organisations can help you:

### **National Aged Care Advocacy Program (NACAP)**

You have the right to call on an advocate of your choice to represent you in your dealings with your service provider. Find out more about advocacy see [www.myagedcare.gov.au/node/112](http://www.myagedcare.gov.au/node/112).

### **Aged Care Quality and Safety Commission**

If you, your carer, or anyone else is concerned about the care or services you receive, you can make a complaint to the Aged Care Quality and Safety Commission

*Source:* [www.myagedcare.gov.au/help-at-home/home-care-packages](http://www.myagedcare.gov.au/help-at-home/home-care-packages)

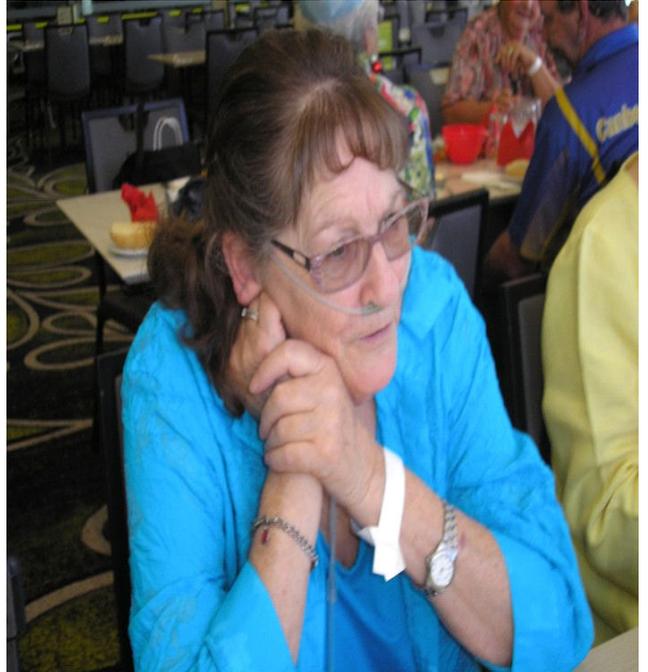
# Farewell Judy McCaw

Helen Cotter

One of our long term members, Judy McCaw passed away on Saturday 3 August 2019. Judy came regularly to our meetings from Queanbeyan for many years until she had to stop because it was getting too much for her.

Judy was a lovely person and a real help behind the scenes. She was responsible for getting sponsorship for our green pamphlets when we first created them - a great financial help.

Recently Judy had been struggling with her breathing and had been in and out of Queanbeyan Hospital but this last time she was sent to The Canberra Hospital - where she died.



Judy, who was in her early 70s, came from a large, close-knit family. She had 4 daughters and a son; 15 grandchildren and 22 plus great grand children. Her mother is still alive. They are a close knit family and, for Judy, a perfect day was being with her family.

Judy loved craft and needlework and was good at it, providing items for such organisations as Sydney Hospital and the Cancer Council.

For many years, she was a single parent, working hard to raise her family. Then she met Graham, now her partner for 30 years. Life became easier and they were able to do some travelling until Judy developed breathing difficulties, spending many years on oxygen.

Judy will be missed especially by her loving family. As Graham said, she was a completely good woman. Our hearts go out to the family at this time.

## HCCA Consumer Participation Training Course

from HCCA's Consumer Bites 6 August 2019

Are you, or someone you know, interested in learning more about how consumers (all of us) can participate in and improve our health system? Would you like to learn more about the ACT health system, and have an opportunity to speak up for consumers of health services? HCCA's next free, two-day Consumer Participation Training course will be held over two Saturdays - 7 and 14 September 2019. All are welcome to attend.

Transport assistance may be available. For more information please contact Karen James on 02 6230 7800.

**Date:** Saturdays 7 and 14 September 2019  
**Time:** 10:00 am - 3:00 pm  
**Venue:** HCCA, 100 Maitland Street, Hackett  
**RSVP:** [karenjames@hcca.org.au](mailto:karenjames@hcca.org.au) or on 02 6230 7800.

Please advise any dietary requirements.