

Leading our community to better health



Remembering those who served

Gasps of delight and amazement were heard from the crowd as World War II soldier and nurse statues were unveiled at a special ceremony on 9 November, the culmination of many months of planning and months of sculpting. The statues signify the contributions and sacrifices made by Australian men and women who fought for our country and in honour of whom the Rochester War Memorial Hospital was built.

The generosity of the Victorian Government's Department of Premier and Cabinet in establishing the Victoria Remembers Grant Program has enabled the REDHS Board and community to develop this tribute to those whom this facility honours.

Richard Yates, a renowned artist from Chewton, created the sculptures and has done a magnificent job in transforming an honourable concept into a definitive piece of art that encompasses all that we sought to achieve with the *Centenary of ANZAC* grant. Richard's sculptures will permanently remind us of the tragedy of war, the lingering costs of conflict and the community benefits with a memorial that links all of these factors together.

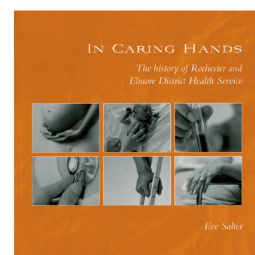
We were fortunate to have former Rochester resident, Major General Brian Dawson AM CSC (retired), as our guest of honour. Following a long and distinguished career in the Australian Armed Forces, Major General Dawson is currently the Acting Assistant Director of the National Collection at the Australian War Memorial and Executive Manager of the ANZAC Centenary Touring Exhibition.

Brian spoke about his youth in Rochester, including being a patient of the hospital following a collision between his nose and a wayward cricket ball! He spoke about the special place that local health services hold in small, rural communities and the many theatres of war where ordinary men and women signed up to fight for the Empire and Australia.

A commemorative plaque, titled "In Caring Hands" and generously supported with a donation from Mr Eric Kneebone, accompanies the statues. Its title was taken from the REDHS history book written by Eve Salter and published in 2012. You can purchase a copy of the book from Reception.

Please see full article on our website

www.redhs.com.au



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Message from the CEO

Welcome to the 2017 Summer Edition of REDHS newsletter.



New Trainees in aged care

REDHS has for a number of years offered traineeships in Allied Health and Administration and has seen the benefit of this program as it enables REDHS to provide employment opportunities to individuals from our Region. This year, REDHS has extended the traineeship program to include Aged Care opportunities.

Aged Care Traineeships have been taken up by Alisha Macumber and Maureen Scott and the program enables trainees to complete a Certificate III in Individual Support.

The program provides a professional pathway through the health sector and following the completion of the traineeship, program participants may choose to further their studies by becoming an Endorsed Enrolled Nurse and then a Registered Nurse.

This is part of REDHS' "Growing our Own" initiative that provides opportunities for individual professional development and supports REDHS to continue delivering quality care and Leading our Community to Better Health.

Navigating primary care services

REDHS offers many primary care services and knowing what is available and how to access them can be daunting.

To assist people who are seeking these services, and with support of the Board of Management, REDHS is excited to announce a new client intake and referral management initiative.

The role of the Central Intake Officer is to:

- consult with the person seeking services and complete an initial needs assessment
- identify and meet individual needs
- ensure all possible opportunities are captured and appropriate services delivered at the right time
- ensure a seamless, consistent and integrated pathway for people who are referred
- manage incoming referrals from a number of systems, e.g. My Aged Care, National Disability Insurance Scheme My Place Portal, Connecting Care, etc.
- manage waiting lists to ensure people access services in a timely and efficient manner
- increase efficiency and response times



Stephanie - Central Intake Officer

Central Intake contact details:

Email: intake@redhs.com.au

Phone: 5484 4465


Anne McEvoy
Chief Executive Officer

Home Care Standards Review

A Quality Review of some of REDHS primary care services was conducted on 13 September 2017 by the Australian Aged Care Quality Agency, assessing our Commonwealth Home Support Programme funded services – Podiatry, Social Support, District Nursing, Occupational Therapy and Physiotherapy. Two surveyors spent the day interviewing management and frontline staff, reviewing documentation and observing interactions between staff and care recipients. The Quality Review was a success and REDHS met all of the requirements of the 18 Home Care Common Standards.

Staying active in the community

REDHS Social Support Group (formerly Planned Activity Group) has increased access to different activities and primary care staff such as group exercise sessions, dietetics education and live music events.

The role of social support groups is to promote and maintain

- independence,
- enhance quality of life,
- provide respite and support to carers,
- provide socialisation, and
- maintain ties to the community

Social Support Group members meet in REDHS' Function Room on Mondays, Wednesdays and Fridays from 9.30am to 3.30pm.

Please contact Social Support Group on 5484 4448 for further information.



Carers' Support Program

As part of the Carers Support Program, REDHS provides outings for care recipients so their carers are able to have some "time out". To register for Carers' Support, please Visit the "My Aged Care" website or contact REDHS Reception on 5484 4465.



In Home and Centre-based Commonwealth Home Support Program (CHSP) respite

This is a Government funded service that provides respite in the form of Day Centre or In-home respite, allowing carers to have quality time. Being a carer can be emotionally draining, physically exhausting and socially isolating. Regular breaks from caring can help relieve stress and exhaustion that the carer may be experiencing.

To register for a CHSP respite service, please visit the "[My Aged Care](#)" website or contact reception 5484 4465.



Patients benefit from newly equipped gym

Patients in REDHS' Acute ward now have access to a new gym. Opened in September, the purpose-built gym provides easy access for patients to attend physiotherapy sessions and the opportunity to make frequent visits as required to aid rehabilitation. Previously patients and Transition Care Program clients were only able to access the main gym in the primary care department two half-days per week to complete their exercise programs. Now, allied health staff and patients are utilising the gym every weekday.

The new gym includes a rail and mirrors installed to provide bio-feedback (so that the patient can see their exercise movements and correct them as necessary). Margaret, a REDHS patient, stated that she finds the facility and the staff very supportive of her recovery and has used the gym every day to help with her recovery so that she can return home.



Margaret Roberts and Physiotherapist Haley Warren using the new gym

Silent Voices visit

REDHS' Social Support Group (SSG) was visited by the Silent Voices choir from Murray Human Services in August. The choir uses sign language set to a variety of songs that were thoroughly enjoyed by audience members.

SSG clients and REDHS staff joined in with the choir at the end of their performance to sign and sing along. Silent Voices founder, Lisa Sawyers, was in front leading the choir and she was overwhelmed by the support of all those who attended the performance. She particularly loved the end of the performance where we all joined in. Lisa said "We have never done anything like that before". She is very proud of her group and is looking forward to further performances at REDHS for all to enjoy.



Calendar of Events

Aged Care Activities

Christmas Craft Stall

6 December, 10.30am - 12.00pm

Ecumenical Christmas Service

12 December, 2.00pm

Residents' Santa visit

22 December, 3.00pm

For further information please contact
Aged Care Activities
Mon-Fri on 5484 4439

Social Support Group Activities

Christmas lunch & concert

20 December, 12.00pm

Social Support Group Christmas Break

Closed 21 November 2017 - 15 January 2018

Men's Day Out

Second Monday of the month, you must bring/buy your own lunch.

Music Melodies in Moama

Third Monday of the month, you must bring/buy your own lunch.

For further information please contact
Social Support Group
Mon/Wed/Fri on 5484 4448