

BeWell news




Welcome to the April 2025 edition of BeWell News

In this edition, occupational therapist Johnny Chan looks at planning for future needs, and nurse Tania Heywood talks bathroom safety. We also spotlight our social programs, respite care and some friendly local community hubs: the Monash Men's Shed and neighbourhood houses. You'll find lots of options to meet other people, learn new things or exercise.

We've listened to your feedback about safe cleaning products being hard to find or too expensive. This month, we'll review the current list and send a revised copy to all domestic assistance clients.

With the change in daylight savings, remember to change your smoke alarm battery and check it is working.

It's also time to prepare for winter. Are you up to date with your influenza and COVID-19 vaccinations?

Did you know you can receive BeWell News via email? Email  communitysupport@monash.vic.gov.au to register for the digital newsletter and stay updated on the changes to Aged Care.

Feedback on  **9518 3553**

To receive this newsletter by email:

 communitysupport@monash.vic.gov.au

Next edition: August 2025

Public Holidays

- Good Friday: Friday 18 April 2025
- Easter Monday: 21 April 2025
- Anzac Day: 25 April 2025

PLANNING FOR THE FUTURE

by occupational therapist Johnny Chan

Don't wait until a crisis!

It is always heartbreaking when a beloved family member is diagnosed with a degenerative condition. However, not everyone will experience the same rate of progression.

Some may develop advanced symptoms rapidly, while others may not see significant changes for months or years. Even with early-stage symptoms, preparing ahead for your needs can reduce stress for you or your family down the track.



As a person with the diagnosis, or the carer(s) of the person, it is important to:

Understand the trajectory of the disease



Find available services that provide support and care, and research their eligibility and waiting periods.

Discuss the limitations of care within the family and with external providers.



Set priorities on care and services, based on the results of discussions.

Most people who need aged care should call My Aged Care on 📞 **1800 200 244** or visit 🌐 **myagedcare.gov.au** to discuss their needs and arrange an assessment.

It is crucial to understand that, with the ageing population in Australia, all services under My Aged Care, including assessments and support services, are subject to certain waiting periods. If you only call for help at the point of crisis, there may be limited options of care available to support you or your family.

Talk to your doctor and healthcare professionals, and engage with community support groups. This will give you a sense of calm and help you plan for the future.

Contact My Aged Care on 📞 **1800 200 244**
or visit 🌐 **myagedcare.gov.au**

ASK THE NURSE: BATHROOM SAFETY TIPS

By Tania Heywood

Prevent falls

- Falls in bathrooms are common and can lead to severe injuries.
- Use mobility aids like walkers or walking sticks in the bathroom.

Shower safety

- Using the shower is safer than the bathtub.
- Use non-slip mats or high-grit grip tape in the shower.
- Step onto a fabric, non-slip mat when exiting the shower.
- Consider a shower stool or chair for sitting while washing.
- Handheld shower hoses provide better control.



General safety

- Sit to dress/undress and dry instead of standing.
- Install rails inside and outside the shower with an occupational therapist's (OT) assessment.
- Keep electrical equipment away from water.
- Remove shower doors if space is limited and use a weighted shower curtain.

Support

- Trained support workers can help with personal care and showering for your confidence and safety.
- Contact My Aged Care for referrals to OTs, home modifications, and personal care.
- Monash Council Commonwealth Home Support Programme (CHSP) personal care service offers subsidised support.

CHANGE YOUR CLOCK, CHANGE YOUR SMOKE ALARM

Daylight Saving Time ended Sunday 6 April 2025.

Take this chance to check your smoke alarm is working.

Press and hold the test button until the smoke alarm beeps three times. It is recommended you test your smoke alarm monthly.



GETTING OUT AND ABOUT

Are you looking to connect with friends and make the most of living in Monash? There are social options to suit every interest and schedule! Below, we highlight some of the amazing opportunities around you.

Monash Council social groups

Join the excitement with council's vibrant small and medium-sized social groups!

With multiple days to choose from, these groups are all about connecting, sharing laughs, and exploring exciting destinations decided by you and your fellow adventurers.

During the intake process, we'll ask about your availability, preferred group size, and location to ensure we match you with the group that best suits your needs.

Your day, your way

The fun starts with the group!

Together, you'll decide on destinations, discussions and activities, with the support of a friendly team member to bring your plans to life.

Transportation is included, so all you need is your sense of adventure!

What you need to know

- Participants must be registered with My Aged Care.
- A program fee does apply.
- Participants are responsible for covering entry fees and food expenses on outings.

My Aged Care - how to apply

This social inclusion program is offered through the Commonwealth Home Support Programme (CHSP).

To access this program, individuals aged **65 or over** can start by registering and having an assessment with My Aged Care and requesting a social group referral with City of Monash.



Contact My Aged Care on ☎ 1800 200 422 or visit
🌐 myagedcare.gov.au to begin your journey

MONASH MEN'S SHED

The Monash Men's Shed (the Shed) aims to improve the physical and mental health and wellbeing of its members.

Connect with like-minded people, learn about health programs, and work together on projects that benefit the whole community. Through their community work, members often find a sense of purpose and belonging.

What you need to know

Inclusive and welcoming community.



Members can undertake woodwork, metalwork, leadlighting, painting, model trains, electronics and more activities.



Members can also take part in quieter activities, including card games, tech support, table tennis, gardening and more.



How to join

Contact the Shed to drop in for a cuppa and a tour any time during opening hours.

Contact

Address:

1/49-77 Bogong Avenue,
Bogong Reserve,
Glen Waverley

Opening hours:

Monday to Saturday,
9am to 1.30pm

Phone:

☎ 9561 8557

Email:

✉ info@monashshed.org.au



NEIGHBOURHOOD HOUSE WEEK: 12-18 MAY

Neighbourhood houses are the heart of the community. They bring people together from all walks of life to connect, learn and play.

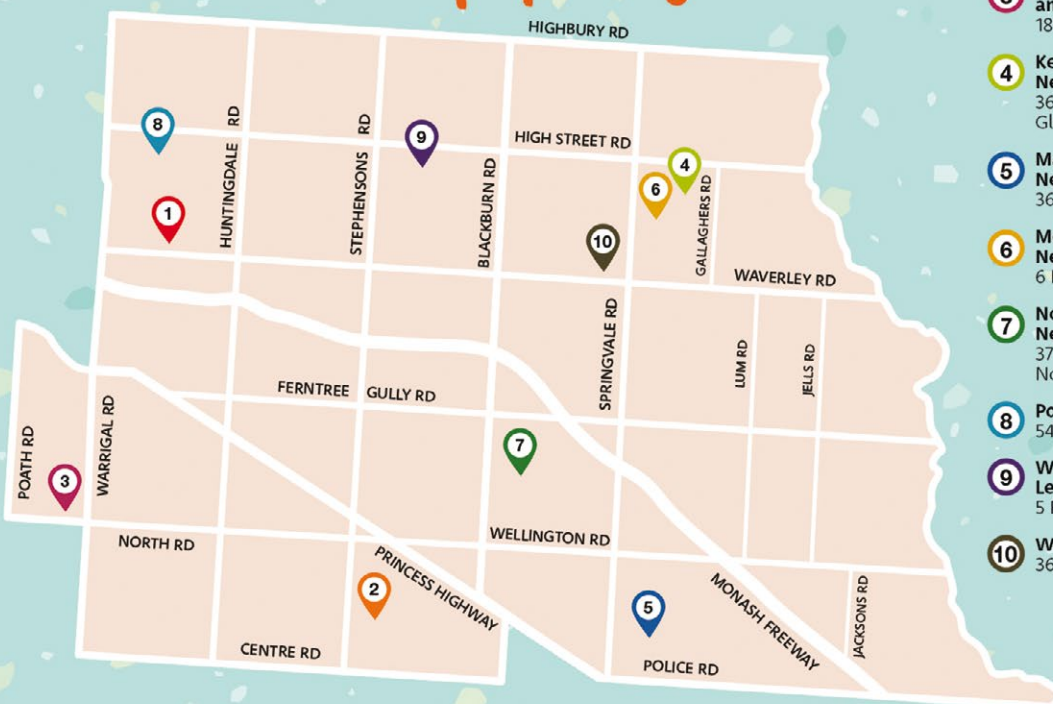
Monash's 10 neighbourhood houses are making waves this Neighbourhood House Week with the theme **'Ripples of Change'**.

Small actions can lead to big impacts. This May, make a change and take advantage of the vast array of free and low-cost social, educational, recreational and support activities your local neighbourhood house offers.

How to join

Each neighbourhood house offers their own unique programs. Contact one to find out what's on near you!

NEIGHBOURHOOD HOUSES *in Monash*



- 1 **Amaroo Neighbourhood Centre**
34 Amaroo Street, Chadstone
- 2 **Dixon House Neighbourhood Centre**
2 Dixon Street, Clayton
- 3 **Fusion Oakleigh Youth and Community Centre**
185 Warrigal Road, Hughesdale
- 4 **Kerrie Rd Neighbourhood House**
36 Kincumber Drive, Glen Waverley
- 5 **Mackie Road Neighbourhood House**
36-42 Mackie Road, Mulgrave
- 6 **Mount Street Neighbourhood House**
6 Mount Street, Glen Waverley
- 7 **Notting Hill Neighbourhood House**
37 Westerfield Drive, Notting Hill
- 8 **Power Neighbourhood House**
54 Power Avenue, Ashwood
- 9 **Waverley Community Learning Centre**
5 Fleet Street, Mount Waverley
- 10 **Wavlink**
36 Myrtle Street, Glen Waverley



RAINBOW FILM AND BOOK CLUB FOR SENIORS

Enjoy film screenings and share your latest reading recommendations at Monash Libraries' monthly book and film club for the older LGBTI+ community and their allies. Join us for interesting discussions in a safe and inclusive environment.

Meetings will alternate between watching films and sharing book reviews that are all about LGBTI+ themed content. Morning tea provided.

What you need to know

For adults aged 55 years and over.

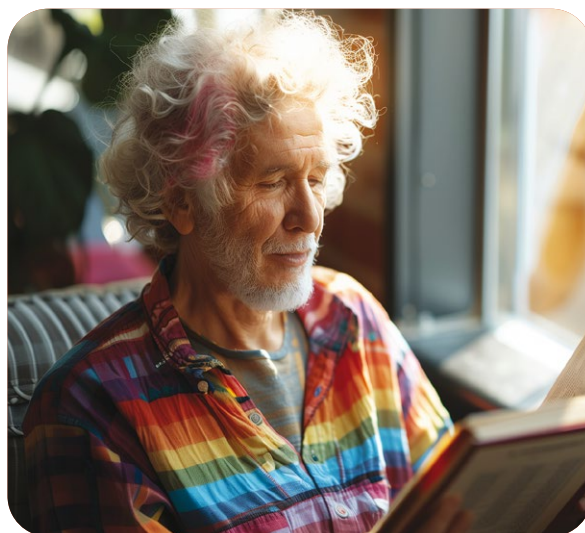
Where:

Upcoming sessions at Wheelers Hill Library,
860 Ferntree Gully Road, Wheelers Hill

When:

10am to 12pm

- Thursday 24 April
- Thursday 29 May
- Thursday 26 June
- Thursday 31 July



Book online:  www.monlib.vic.gov.au/rainbow-film-book-club

UNCOVERING LGBTI+ HISTORY WORKSHOP



Join Dr Geraldine Fela for IDAHOBIT 2025 for this interactive workshop where you will learn how to uncover LGBTI+ history within historical records (such as in Trove), which is often hiding in plain sight.

Dr Fela is a postdoctoral research fellow, with her research and teaching spanning gender and sexuality, labour, social movements and medicine. She has received numerous awards for her work as well as featuring in both academic and social media.

Thursday 15 May, 6pm, Wheelers Hill Library.

Book online:  www.monlib.vic.gov.au/lgbti-history-workshop

DEMENTIA-FRIENDLY MEALTIMES

Mealtimes can become difficult for someone living with dementia. They might not know what the items on the table are, for example.

Tips to make mealtimes easier

Food

- Serve familiar food, one course at a time in small portions.
- Serve finger food that can be eaten with hands.
- Serve food at safe temperatures for eating.

Cutlery and tableware

- Bowls can make food easier to eat.
- Use no-spill cups.
- Remove distractions, such as extra cutlery, glasses, salt and pepper shakers, and items that might be mistaken for food such as napkins or flowers.
- Use contrasting plate colours: Studies show that dark blue plates help people with dementia see different foods more clearly. For example, white mashed potatoes on a white plate provide no definition, causing confusion.
- Use simple cutlery and plates that contrast with the placemat or table. Avoid complex patterns.

Surrounding environment

- Minimise noise, activities and other distractions.
- Make sure the room is well lit.



It's okay to take care of your own health and happiness. If you're struggling as someone who cares for a person with dementia, contact the free, confidential **National Dementia Helpline** on 📞 **1800 100 500**, any time of the day or night, for information, advice and support.

Find more tips:

 www.dementia.org.au/living-dementia/home-life/eating

COMMUNITY WILLS DAY: TAKE CARE OF YOUR LOVED ONES

Most of us don't think about it very much, but having a professionally prepared will is one of the best ways to make sure the people who matter to you are taken care of.

A will is a legal document that specifies your wishes regarding the distribution of your property and assets and the care of any dependents after your death. It ensures your estate is distributed according to your preferences, and offers clarity to your loved ones when settling your affairs, reducing stress, time and costs.

The Salvation Army offers a Community Wills Day where local solicitors help community members prepare a simple will.

Next Community Wills Day

- Thursday 19 June 2025
- Salvation Army Camberwell,
7 Bowen Street, Camberwell, VIC, 3124
- Appointments between 9am and 5pm

Bookings are essential and includes a fee.

The cost for a will is \$150 per person, \$250 for a couple, plus an online booking fee of \$0.50.



Contact 📞 8541 4575 to book or visit 🌐 www.salvationarmy.org.au/donate/wills-and-bequests/community-wills-days

NEW AGED CARE ACT

The new *Aged Care Act* (the Act) starts from 1 July 2025. It will respond to the issues facing older people, aged care providers, workers, and the broader sector. It will put the rights and needs of older people at the centre of the aged care system.

The new Act focuses on:

- upholding the rights of people accessing aged care
- empowering individuals
- enforcing and streamlining obligations
- supporting decision making and protection for whistleblowers.

Stay up to date with the Act by subscribing to the Australian Government's online newsletter at

🌐 www.health.gov.au/our-work/aged-care-reforms



Learn more: 🌐 www.health.gov.au/our-work/aged-care-act/rights

RESPIRE IN YOUR LANGUAGE

Respite care is there to support you and your carer for short periods of time. It provides carers with a short break and allows clients to meet new people.

Monash Council has a large pool of support workers who speak different languages. If you are referred to us for respite, we try to match you to a suitable support worker in both language and interests.

What does the support worker do?

What type of care you receive depends on your situation. Our support worker could meet you at home for a coffee or tea, for a garden stroll or a board game while your carer attends to other tasks. Domestic assistance and personal care is not included as respite care.

How do I receive respite care?

Respite care is offered through the Commonwealth Home Support Programme (CHSP). The first step is to determine if you are eligible and what type of respite services you are eligible for. Contact My Aged Care on **1800 200 422** to discuss your eligibility and a referral.

I'm eligible for respite care. How do I request care in my language?

We will call you to discuss what we can provide you when we have received the referral form My Aged Care.



Contact My Aged Care on [1800 200 244](tel:1800200244)
or visit myagedcare.gov.au

MONASH INTERPRETER SERVICES

普通话	4713 5001	Ελληνικά	4713 5004	한국어	4713 5010	தமிழ்	4713 5021
廣東話	4713 5002	हिंदी	4713 5005	සිංහල	4713 5020	Other languages	4713 5000
Việt Ngữ	4713 5003	Italiano	4713 5008				

WHO'S YOUR LOCAL HERO? WHAT'S THEIR STORY?

Do you know someone who volunteers their skills and time to the Monash community and deserves an award?

They could show a positive attitude to ageing, advocate for people with a disability, or use their expertise for a more sustainable Monash.

There are 11 categories to choose from.

To nominate and more info

🌐 www.monash.vic.gov.au/awards
or 📞 9518 3619

Nominations close Sunday 13 July

SIR JOHN MONASH
AWARDS 2025



ADVOCACY FOR OLDER PEOPLE

We provide free, independent and confidential support to older people receiving government-funded aged care.

Catch up on one of our recent webinars, which cover a wide range of topics, or replay one of your favourite discussions for more tips.



Visit  open.org.au/events-videos