Loneliness - the forgotten health issue

Loneliness is a negative feeling that arises within a person, when they are not receiving social interaction and support.

There are many factors that lead to loneliness and isolation, including not having access to transport, especially if the person is located in a remote regional area, not having the opportunity to leave the house as there is a loved one that requires full time care or simply if a person doesn’t know where to find social events or how to get involved in local clubs.

Increased stress is a huge factor of loneliness. Not having someone to share ideas, thoughts or life challenges with, greatly increases stress. Increased stress is a huge factor of loneliness. Not having someone to share ideas, thoughts or life challenges with, greatly increases stress.

In order to deal with loneliness, the Australian Government announced they are investing $46 million into the community visitors scheme in aim physiological affects including a person’s ability to process and handle cognitive tasks. Obesity is another impact of loneliness.

In welcoming new staff to Kilora

With the new management and operation of the Kilora Residential Aged Care Facility, 5 permanent employees have transitioned to the McLean Care® team.

The Human Resource team undertook an extensive period of recruitment with 15 new team members employed that had previously worked at Kilora through a local labour hire company and whom currently reside in the local area.

Additionally to this we are continuing our recruitment of skilled aged care professionals to build on our Kilora workforce.

McLean Care® pride ourselves on being able to employ locally and support the communities we serve with stable, sustainable employment opportunities.

Cottage Pie

Ingredients (Serves 8)
- 500g 5-star mince beef
- 1 tbsp olive oil
- 400g can diced tomatoes
- 1 teaspoon Italian dried herbs
- 1 cup beef stock
- 1 ½ kg sweet potato
- 2 tbsp milk
- 1 cup frozen peas
- 1 onion, finely chopped
- 1 red capsicum, chopped

Method
1. Add diced tomatoes, herbs and stock and bring to the boil. Reduce the heat and simmer pie filling for 10 mins. Preheat the oven to 200C or 180C fan forced.
2. Heat the oil in a large, deep frying pan and cook the onion and capsicum over medium heat for 5 minutes. Add beef mince and cook for 5 minutes until browned, breaking up any lumps with a wooden spoon as it cooks.
3. Meanwhile, peel the sweet potato and cut into 3cm pieces. Boil or steam until tender; drain well. Mash until smooth and stir in the milk. Stir the peas into the mince mixture and transfer to an 8-cup capacity ovenproof dish. Spoon the mash over the top of the filling and bake for 20 minutes.

Recipe courtesy of taste.com.au

Elder Abuse – the Impact on Aged Care

Elder abuse is currently being highlighted across all media. Sadly, elder abuse happens in Australia – it happens in our communities and happens in some aged care facilities – but not in all aged care facilities.

Elder abuse involves the physical, emotional, sexual or financial abuse or neglect of an older person by another person in a position of trust. Elder abuse involves the physical, emotional, sexual or financial abuse or neglect of an older person by another person in a position of trust.

The Australian Institute of Family Studies indicates that somewhere between 2 and 10% of older people are subject to elder abuse each year and the majority is intergenerational.

We regularly hear these stories in the media, and it could be very easy to assume this appalling behaviour is common within all aged care facilities. Statistically, however, this is simply not the case. Whilst elder abuse does happen, and it is absolutely abhorrent, the vast majority of aged care organisations go above and beyond to provide the best quality of care, services and support for their consumers.

Elders are often from vulnerable populations and are not protected against the wide array of abuse that takes place. Elder abuse can include, but is not limited to, physical, psychological, emotional or financial abuse.

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Elder abuse cont’

By asking these questions, McLean Care® can provide our consumers with all the resources and information they need to make their aged care experience tailored to their individual needs, creating a positive, comfortable and enjoyable experience. The Sapphire Model is just one of the ways McLean Care® ensures every person receives the highest quality of care in the way that they need it.

We also want you to know that we have many safeguards in place to protect those that choose us to provide care and we operate on a model of transparency and accountability.

McLean Care® is actively involved in our communities, attending and supporting local events, schools and community groups, and we also encourage local members of each community to participate in McLean Care® events helping create a culture and environment that protects against neglect and abuse.

It takes a special kind of caring to do what we do, …and to do it well. It’s the sort of caring which comes from the understanding that we’re not just coming to our job every day, we’re an important part of the home life for residents (and their families).

They deserve our best and at McLean Care®, we’re committed to making sure we give them nothing less.

VR Driving Simulator - 1st phase completed!

Stage one of the three trial phase was completed in July at Killean in Inverell. Conducted by Australia’s leading virtual reality (VR) lab at Deakin University, the first stage of testing allowed the Deakin Team to collect data and gain feedback from the senior recruitments. The simulator is now back at Deakin University, undergoing further developments for the next phase of testing.

For the first VR driving simulator, the technology has been specifically generated to replicate the streets of Inverell, featuring many local landmarks, to make the experience as real as possible.

The technology was 30% completed for the first trial phase. By November University, the first stage of testing will complete and the VR Driving simulator will find its permanent home at McLean Care®, Inverell

Congratulations Catalina

A big congratulations to our Newest Australian Citizen - Catalina!

Catalina, is one of our wonderful Home Care Employee’s, who came to Australia from the Phillipine’s and has become our newest Australian Citizen.

The Inverell Community has been very fortunate to have Catalina as one of their valuable Home Care Employee team since 2015. Beside being a popular Careworker, Catalina is always ready with a smile and happy to help in any way and… we have recently discovered she really knows how to put together a great feast which was enjoyed by many!

NAIIDOC Celebrations!

McLean Care®’s Home and Community Services in the Darling Downs were proud to engage with our local Indigenous community to celebrate our local mob and recognise the contribution of our mothers, auntsies and sisters in our community. This years theme being “because of her we can”

Aunty Patsy and Aunty Jo were recognised as the NAIIDOC for 2018 for their many years of supporting many of our mob.

CHSP Funding Extension

Federal Government funding arrangements for the Commonwealth Home Support Programme (CHSP) have been extended for up to two years from 1 July 2018.

McLean Care® has entered into a new funding agreement with the government to continue to deliver CHSP services in the New England region.

The aim of the CHSP is to help older people live as independently as possible – with a focus on working with you, rather than doing for you. It is about working on your strengths, capacity and goals to help you remain living independently and safely at home.

Do you need an assessment

To find out if you need an assessment and if you are eligible for help at home services, you should call My Aged Care on 1800 200 422.

World’s first smart phone pain assessment

We’re very proud and excited to be one of the world’s first users of PainChek at our Killean Residential Aged Care Facility.

PainChek is the world’s first smart phone pain assessment and monitoring device. It uses cutting edge technology to automatically detect and score pain levels through facial recognition technology, empowering all caregivers to accurately assess and manage pain.

We trialled PainChek at our Killean facility for 2 months and found the technology easy to use and reliable in detecting pain levels. Since the success of this trial we have now rolled PainChek out across the full facility, the staff at our Killean site use PainChek on our iPad Pro fleet which enables them to complete their electronic care documentation from the Residents bedside.

One of the main benefits of PainChek is that it uses smartphone technology and artificial intelligence (AI) to measure pain in people who cannot verbalise their pain. These assessments can be done from as far away as 3 metres, meaning that the system is not intrusive to our care recipients.

We’re looking forward to bringing this technology to CWA House and Kolora in the future.

"Enriching experiences beyond all boundaries"