

August 2025

Making the Most of Your Visits

**Do you receive in-home support services from CatholicCare?
If so, here are some handy hints to help get the most out of each visit!**



Speak up & share

Your worker wants to know what matters to you. Whether you need a hand with something new or want to change how things are done, a quick conversation can go a long way.



Ask questions

Not sure what your worker can help with? Ask away! You might be surprised at what's possible.



Maximise your service time

You can expect your worker to arrive any time within your two hour service window. Being ready from your service window start time means you can make the most of every minute.



Keep pets secure

We know pets are part of the family, but for everyone's safety, please make sure they're contained or restrained during your service window.



Don't smoke

You and anyone present in your home must not smoke or vape any substances while your worker is providing your service. This is for everyone's health and safety.



Let us know what's working

Love how things are going? Prefer something to be done a bit differently? Say so! Your feedback is important to us. Chat with your worker, call or message us.



Avoid alcohol

For everyone's comfort and safety, you and anyone present in your home must not drink alcohol excessively during your service. Our team cannot stay if it is unsafe to do so.



Enjoy the company

Sometimes, the best part of the service is simply having someone visit. Don't underestimate the power of connection – it can brighten both your days!

Why choose CatholicCare?

Our Home Care services help you stay independent, safe, and comfortable in the place you love most — your home.



Experienced Staff



Personalised Care



Dedicated Support



Local Near You

Call 1300 523 985 or visit www.catholiccarecq.com

CatholicCare
CENTRAL QUEENSLAND



People in FOCUS

Eliza - Registered Nurse

Q. Tell us about your job at CatholicCare.

I provide clinical care to clients with the assistance of our enrolled nurse, Krystal. I complete wound care, post-hospital reviews, clinical assessments, continence assessments, cognitive assessments, and regular clinical welfare reviews. I support our client's families in the hard times. I assist our support workers with medication competencies and provide advice to develop policies and procedures as needed. I provide a multidisciplinary approach and liaise with families, GPs, specialists, palliative care teams, and other teams as required.

Q. How long have you been working at CatholicCare, and what inspired you to join the organisation?

I have been with CatholicCare for 2 years. Previously, I worked with another organisation in residential aged care. The position was advertised here, and so I applied to get back into community nursing. Nursing in the community suits my family and our commitments.

Q. What aspects of your job bring you the most fulfillment? Do you have a particular achievement or story that stands out to you?

Providing support and clinical care to the most vulnerable people in our communities brings me joy. I feel a great sense of achievement when we have a positive outcome for our clients and our team. On a personal note, I am four weeks off completing my Bachelor of Dementia Care.

Q. What are some of your favourite ways to relax and unwind after a long day?

I am usually writing essays, and this is often my happy place, or taking my dogs for a walk and playing with the kids.

Q. Outside of work, what hobbies, activities or interests do you have?

I enjoy time with my family - I have three boys (aged 15, 10 and 8.5) and my husband. I also have a 25 year old stepson. I have two German Shepherds who are also my babies. We enjoy the beach and camping. I also enjoy study and that is why I have been studying at university for 11 years. I enjoy reading, playing computer games, and watching Gem Hunters and gold mining tv shows.

Q. Are there any special places you like to visit or travel to? If so, what makes them special to you?

Perth is quite special to me as my in-laws are there and I spent my younger years living in Perth. Bendigo is my hometown and is a special place to me, as our son who passed away is there.

Q. Do you have any favourite quotes or sayings that provide you with inspiration and motivation?

"Dream big" and "Reach for the stars".

Q. What are some interesting facts about you or your life that you are comfortable to share?

In 2013, our son Phoenix was stillborn at over 40 weeks gestation. He is the reason I was drawn to becoming a nurse. During my maternity leave I enrolled in a Bachelor of Nursing. I am one of four children.

Q. Can you share an example of a time when you witnessed the positive influence of CatholicCare services and/or staff on someone's life?

I often hear during client visits the wonderful things CatholicCare staff do for them and how grateful they are for our services. Sometimes you could be the only person that client sees for the day and your presence is important.

CatholicCare offers in-house nursing services in Bundaberg, Rockhampton & Gladstone.
Find out more: www.catholiccarecq.com/nursing



Aged Care Employee Day



Hosted by
Ageing Australia

On Aged Care Employee Day (ACED), we pause to say a big and heartfelt #ThanksforCaring to the extraordinary people working in aged care across Australia.

Now in its seventh year, ACED is a national day of recognition, shining a light on the **more than 370,000 aged care workers who support over 1.5 million older Australians.**

From nurses and personal carers to lifestyle teams, cleaners, cooks, drivers, admin staff and beyond, it's a moment to celebrate the many roles that keep aged care running with compassion and heart.

At CatholicCare, we know it takes a village. Behind every cup of tea, gentle hand, and listening ear is someone who

gives their all to enrich the lives of others. Whether they work directly with clients or behind the scenes, their efforts matter and don't go unnoticed.

Organisations mark the day in different ways: with morning teas, cards, awards, or simple gestures of appreciation. But the message is the same everywhere: **thank you.**

So this 7 August, join us in celebrating the backbone of our sector. Let's recognise the dedication, resilience and warmth of our aged care workforce, not just on ACED, but every day.

Thank you for caring.



The
CEO's
Corner

As we prepare for the change from winter to spring, it's a fitting time to reflect on the brighter things in life: like our incredible aged care team.

This month, we're celebrating Aged Care Employee Day. On August 7, we celebrate the people who bring heart to every home visit and moment of care. Their dedication is something we feel across every corner of our organisation.

To our aged care workforce, thank you for caring. We sincerely appreciate who you are and what you do.

Until next time,

Robert Sims

CatholicCare Chief Executive Officer



RECIPE



Rachael's... Zucchini Slice

Slice Slice Baby... A hearty healthy tray bake that's packed with veggies. Delicious hot or cold.

Ingredients...

1 onion, chopped
2 medium zucchinis, grated
1 medium carrot, grated
½ cup tasty cheese, grated
Handful fresh parsley, chopped
3 rashers bacon, chopped into small squares (fat removed)
5 eggs
1 cup self-raising flour
(optional: gluten free flour)
½ cup olive oil
Salt and Pepper
Optional: capsicum, corn, tomato, mushroom.

Just six simple steps:

1. Preheat oven to 180 °c. Prepare a lasagne tray with butter or sprinkling of olive oil.
2. Mix onion, zucchini, carrot, cheese, parsley, bacon, and any optional vegetables in a large bowl.
3. Whisk eggs, flour, olive oil, salt and pepper in a separate bowl.
4. Mix the egg mixture with the other ingredients in the large bowl.
5. Pour into prepared tray.
6. Bake for approximately 50-60 minutes (until golden brown).

CatholicCare offers individual consultations with our qualified nutritionist, Rachael, to help you improve your overall health and wellbeing.

Contact us today
to get started!



WONDERWORD

One Word Movies

No epic length marathon titles here, just one word movie names! Can you find them all?

EVOLUTION
SERENITY
HOSTEL
FANTASIA
SPLASH

DISTURBIA
JUNIOR
SWORDFISH
THIRTEEN
RANGO

MONSTER
STARDUST
SPACEBALLS
CATWOMAN
LABYRINTH

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Need a hint or looking for the solution?
Scan the QR code or visit:
www.catholiccarecq.com/wonderword

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