

Guiding Kevin:

How CatholicCare's support services help empower independence...

For Kevin, making the move from his rural property in Far North Queensland to his new unit in suburban Central Queensland has been life changing.

Too dangerous to stay living home alone in the bush after suffering a stroke and losing his left peripheral vision, Kevin 'moved to the city' a year ago and has been receiving CatholicCare services ever since.

When asked to think about what his CatholicCare services mean to him, Kevin says emphatically: "I don't think I'd be able to survive, honestly".

"I'm unable to drive, so I have to rely on sighted people to take me out. I'm okay in the house, walking around and doing things... But once I get out that door, I grab my walking stick and it's all foreign to me."

Kevin said that even daily tasks that many of us take for granted, such as a quick visit to the supermarket, are too much for him to handle without support.

"It's just acres of shelves and food and all that... It's difficult."

"[But] when I have one of the support workers with me, they always find what I'm looking for and tell me the choices... We have a successful shop."

One of the support workers Kevin speaks about is Debbie, a proud and dedicated carer who has worked for CatholicCare for the past seven years.

"I just love caring for the elderly," said Debbie.

"Being out there, helping them as much as I can, helping them to keep their independence, you know."

"It's hard to put into words... I just love what I do."

While Debbie may not have many words to describe her work with CatholicCare, Kevin certainly does.

"When they tell me I've got Deb for domestic or shopping and that, I'm pretty excited because I know that it'll all go pretty smoothly."

"My vision's not good, so I do rely on a good worker to help me."

"It's experience, she's so experienced. If I could, I'd request Debbie all the time."

Continued over...





COVER STORY
Guiding Kevin continued...

While Kevin makes no secret that Debbie is one of his favourite workers, Deb is just one of many incredible CatholicCare support workers who provide excellent care to hundreds of people across Central Queensland.

For anyone who doesn't have in-home care services set up yet, but is thinking about getting some extra help to manage daily life, Kevin's message is simple: pursue it.

"It's really nice to have guidance," said Kevin.

"I don't really need a seeing eye dog, I need a seeing eye person."

If you or a loved one could benefit from personal support services, like Kevin, call **1300 523 985** or visit: www.catholiccarecq.com to learn more.

Dementia together:

a Staying at Home Program
 by CatholicCare

Wellness retreat & education program

New 2024 dates announced...



October
 22nd – 24th – Coolwaters, Kinka Beach

November
 5th – 7th – The Haven, Emu Park
 19th – 22nd – The Haven, Emu Park

December
 3rd – 5th – The Haven, Emu Park
 17th – 19th – The Haven, Emu Park

To find out more and register your interest*

Call **1300 523 985** or visit www.catholiccarecq.com



*Eligibility criteria applies. Places are limited

Aged Care Reforms

Survey for Older People



The 2024 Aged Care Reforms Survey for Older People is now open.

The Australian Government Department of Health and Aged Care is seeking feedback from older people, their families, and carers on:

- how well you understand the changes being made to aged care
- ways access to aged care services can be improved
- how you would like to receive information in the future
- if you feel the changes are having a positive impact

The survey should take no more than 10 minutes to complete and your details will remain anonymous.

The survey closes on Friday 18th October 2024.

You can complete the survey online by scanning the QR code below, or request a paper copy with a reply-paid envelope from: communication.agedcare@health.gov.au



Scan QR code or visit

www.catholiccarecq.com/acr-survey



The CEO's Corner

Welcome to the October edition of *Chat*.

As the weather warms up and we welcome spring, it's a fitting time to reflect on growth and change, which are both central themes in this month's issue.

One story I'm particularly proud to highlight is Kevin's. Kevin's journey of adapting to new challenges and regaining his independence with the help of CatholicCare's support services is a powerful reminder of the difference we can make in people's lives.

Speaking of care, the government's **Aged Care Reforms Survey for Older People** is currently underway, giving you the chance to voice your opinions on the future of aged care services in Australia. I encourage everyone to participate and help shape the future of our industry.

In addition to Kevin's story and the Aged Care Reforms Survey, we are also proud to announce more dates for our Dementia Together program. Given national **Dementia Action Week** was just held in late September, what better time to highlight this excellent program designed for people in the early stages of their dementia journey - including carers.

Finally, I'd like to acknowledge **Queensland Mental Health Week**, which this year takes place from 5 - 13 October. Maintaining mental wellbeing is just as important as physical health, and it's a reminder for all of us to be mindful of our mental health and to seek help when needed. We have many support services available here at CatholicCare, including counselling, and we are always here to support you should you need us.

For more information about any of our services, please call our friendly team on 1300 523 985.

Until next time,

Robert Sims

CatholicCare
 Chief Executive Officer



Pressed Flower Photo Frames in minutes

Enjoy our seasonal blooms all year round, with this quick and simple craft activity!

You will need...

- Fresh flowers and/or greenery
- Paper towels or 100% cotton rags
- A heavy microwave safe dish/container (to use as a weight)
- Microwave
- Photo frame
- Coloured card/paper for background

Source: studiodiy.com

Just six steps to create a blooming masterpiece...

1. Cut blooms and leaves as desired.
2. Place the blooms on top of a piece of paper towel or on one side of a cotton rag.
3. Cover with another paper towel or by folding the rag in half.
4. Place in microwave. Set a heavy microwave safe dish on top.
5. Microwave at half power for 45 seconds. Remove the dish and check your flowers. They should feel quite dry, almost like paper. If they still feel moist, put them back in the microwave (cover again with the heavy dish) for 20 second increments until dry.
6. Allow to cool and position the flowers on the inside glass of the photo frame. You can use a white background or even coloured card to make your design pop!



WONDERWORD

Spooky Words

Are you brave enough to complete our spooky Halloween Wonderword puzzle? All treats, not tricks, just fun!

- | | | | |
|------------|----------------|-------------|----------|
| GHOST | TREATS | COSTUMES | MIDNIGHT |
| SCARY | JACK O LANTERN | PUMPKIN | GOBLINS |
| BATS | WITCHES | BROOM | BOO |
| CHILDREN | LEAVES | EYEBALLS | TRICKS |
| CANDY CORN | SPIDERS | DECORATIONS | MONSTERS |

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | N | T | R | E | A | T | S | S | K | C | I | R | T |
| I | S | I | B | R | O | O | M | O | S | F | T | B | O |
| P | U | M | P | K | I | N | V | U | L | U | C | R | S |
| G | O | B | L | I | N | S | C | A | L | N | O | C | S |
| C | A | N | D | Y | C | O | R | N | A | N | S | H | R |
| M | I | D | N | I | G | H | T | P | B | Y | T | I | E |
| N | L | T | B | L | U | E | E | J | E | N | U | L | D |
| E | E | S | U | A | S | C | A | R | Y | M | M | D | I |
| N | A | O | A | I | T | G | C | O | E | S | E | R | P |
| L | V | H | M | O | N | S | T | E | R | S | S | E | S |
| L | E | G | D | E | C | O | R | A | T | I | O | N | S |
| A | S | A | U | S | S | W | I | T | C | H | E | S | S |
| F | J | A | C | K | O | L | A | N | T | E | R | N | I |
| R | S | O | Y | P | P | A | H | O | O | O | B | C | P |



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

Source: thewordsearch.com