

The District News

TDN October 2018

A word from the Chief Executive

I am delighted to be writing to you in this first edition of our Client Newsletter.

We will be producing this newsletter, at the beginning of each season, and it will be a way for us to provide you with updates about our services and also to give some hints and tips about staying healthy and safe at home.

In this edition for example, our Clinical Projects Officer Emma, has written an article about the importance of Vitamin D. For those of you I haven't met, I would like to tell you a bit about me.

I have been the Chief Executive of The District Nurses since 2000. Whenever I speak to community groups I start off by telling them that I have the best job in the world. Heading up Australia's second oldest nursing service which is committed to keeping people safe, healthy and happy in their own homes and community is the greatest privilege that anyone could have.

I am a registered nurse and prior to coming to The District Nurses, I enjoyed a long career in the Royal Hobart Hospital Department of Emergency Medicine.

The turning point in my career came when I worked at Brighton with the Kosovo refugees.

It was this amazing experience that awoke my passion for primary health care and led to my decision to focus my career on community health care.

The District Nurses is a state-wide organisation with 149 staff members.

We employ both Nurses and Community Support workers who every day live out our purpose of "Committed to Care".

We welcome and encourage feedback from our clients. You have all received a copy of our Customer Service Charter which tells you what you can expect from us in terms of our service. If we have done a good job, let us know but more importantly if there are occasions when you may not be fully satisfied with the service you have received PLEASE tell us. You can ring, email or send a letter. If you have any suggestions for information that you would like included in future editions of the newsletter please call Kate on 62080500.

I hope to see many of you at our Open Day in our Moonah Offices on Friday 19 October between 10.00am and 12.00pm. Come and have a cuppa, meet the staff, tour our facilities and learn more about the range of services that are available from The District Nurses.



Kim Macgowan Chief Executive



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The District Nurses

Seniors Week 2018

Join Seniors Week activities at The District Nurses 2 Birdwood Avenue Moonah

When: Friday 19th October 2018
Where: The District Nurses building,
2 Birdwood Avenue Moonah
Time: 10am – 12pm

You can be involved in a range of free activities including:

- Health & Wellness Checks
- Gentle Exercises
- Meet The CEO
- Learn about our services including Home Care Packages
- Tour The District Nurses Community Clinic
- Free Morning Tea

Please contact The District Nurses on 6208 0500 if you would like to be involved



Did you know that The District Nurses has a Community Clinic at 2 Birdwood Avenue, Moonah?

If you receive nursing services, it may be more suitable for you to see the nurse in the clinic rather than in your home. To organise a clinic appointment or if you would like some more information please call **Paula Macdonald on 6208 0500.**



7 October 2018 – Daylight Saving Time Starts

On Sunday, 7 October 2018, at **2:00:00 am** clocks were turned forward 1 hour. The main purpose of Daylight Saving Time (called "Summer Time" in many places in the world) is to make better use of daylight. We change our clocks during the summer months to move an hour of daylight from the morning to the evening.

Smoke detectors

The Tasmanian Fire Service strongly recommends that batteries in smoke detectors be replaced at the commencement of daylight saving.



Have you checked your smoke detector? Do you need someone to help check your smoke detector or change the battery? Call The District Nurses for information from the Tasmanian Fire Service.

Accounts

Did you know you can pay your account through direct debit?

Direct debit is a convenient way to have your account payments withdrawn regularly.

If you have any questions relating to your payment options or if you would like to set up a direct debit, please call the accounts department on **(03) 6208 0500.**

Home Care Packages

The District Nurses provide a wide range of services to help keep you living at home but sometimes it is difficult to know what services are available or what assistance you may be eligible for if your care needs increase.

The District Nurses are an approved provider of Australian government funded Home Care Packages. There are four levels of home care packages to help meet the different levels of care needs for older people living in the community. Prospective clients need to be registered on My Aged Care (MAC) and assessed by the Aged Care Assessment team (ACAT) as needing assistance.

The benefit of a home care package is that all packages are provided on a consumer directed care basis which means you can choose the care and services that best meet your needs and goals. Our Registered Nurse Navigator works in partnership with you to organise and manage the care and services required.

If you, or a friend, require up to date advice and information, our community team is well qualified to guide you and if necessary assist you to register with My Aged Care or to arrange a referral for a new assessment with the Aged care Assessment Services.

For more information, please contact The District Nurses on 03 6208 0500
Janice Parker Director of Community Services

Emergency Contact Information

Here at The District Nurses we take the safety and wellbeing of our clients very seriously. As part of our commitment to client safety we ask all clients to assist us by updating your choice of emergency contacts you would like us to contact in the event of an medical emergency or if you are not at home for a previously scheduled visit.

Your nominated contact can be a partner, family member, neighbour or trusted friend.

We do have emergency plans in place for all clients, but we understand that your preference may change from time to time. The emergency plan may be activated in the event that you do not answer your door to a visit, and also to ensure you are not injured or unwell inside of the home and unable to call for help.

If you need to update or change the emergency contact details we have on file, please contact The District Nurses office on 62080500 to advise.

Robyn Millar Statewide Community Services Coordinator

Find the help you need with
myagedcare
1800 200 422
www.myagedcare.gov.au



October is a great time to be getting some extra sun!

Sunlight is best source of vitamin D for healthy bones and muscles. Your body makes vitamin D when UV light from sunlight touches your skin - it cannot make vitamin D with sunlight through glass.

Currently many Tasmanians do not get enough vitamin D.

In winter it is very difficult for our bodies to make enough vitamin D because there is less sunlight, UV levels are low and we cover up to keep warm.

People who may not get enough vitamin D:

- People with dark skin
- People who do not go outside in the sun with bare skin
- Babies of mothers with low vitamin D

Talk to your GP

Some chronic diseases can affect how your body makes vitamin D, ask your GP for more information. Some people will need vitamin D supplements.

Check the UV index

Check the UV Index daily to give you information on the strength of the sun at:
www.cancertas.org.au,
www.bom.gov.au/uv, in the weather section of the newspaper and as a free app for smart phones from
www.sunsmart.com.au/resources/sunsmart-app

Emma Curnin Project Manager

To help get enough vitamin D

IN SUMMER	IN WINTER
For people with fair skin About 10 – 15 minutes a day in the sun before 11am or after 3pm	For people with fair skin At least 30 minutes a day in the sun around midday
For people with dark skin About 30 – 90 minutes a day in the sun before 11 am or after 3pm	For people with dark skin At least 1.5 – 3 hours a day in the sun around midday

- **AVOID SUNBURN** – It increases your risk of skin cancer
- You need sunlight on as much skin as possible , at least hands and arms
- Be active outside every day to help make vitamin D.
- In summer avoid the middle of the day.
- Protect your skin and eyes from the sun if you are outside for longer times.
- March and October are good times to get some extra sun.

Ref: Department of Health (2014), Vitamin D in Tasmania



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