

The District Nurses Consumer News

Spring Edition 2020



A word from the CEO

Welcome to our spring edition of The District Nurses News.

This year 2020, marks the 30th Anniversary of the International Day of Older Persons (UNIDOP) and we celebrate and acknowledge this day on the 1st October.

Across the state you will see many activities advertised including Seniors Week from 12-18 October 2020. I hope you will be able to join in the many events and activities and more importantly stay connected to family and friends.

This year has been a challenge for us all with the emergence of COVID-19 and I want to reassure all our consumers and your families that TDN continues to ensure that we are COVID ready.

We have continually updated our COVID-19 safety plan which includes all necessary steps we need to undertake in relation to a potential outbreak including,

policy and procedures specific to home care requirements and workforce planning. Like many organisations we have had the benefit to learn and improve our systems and process following lessons learnt from our Victorian colleagues. Specifically, ensuring our staff are COVID-19 trained with regular updates and practical hands on training.

If you or your family have any queries or are seeking information please contact TDN and ask to speak to our Liaison Officer who is available Monday to Friday to assist you with your COVID specific queries or contact the Tasmanian Public Health Hotline: 1800 671 738

In September we farewelled our Auxiliary who held their first meeting in 1961 and have continued to provide an amazing and valuable service to The District Nurses through their fundraising and various events, supporting not only TDN but the wider community. The Auxiliary have epitomised TDNs values and 'Commitment to Care' ensuring our staff and consumers are provided with items and funds to continue to provide care and service to the most vulnerable within our community. We will always be indebted to this wonderful group of women.



Glenorchy Auxiliary 2020

Finally, as we head into October I would like to share an acknowledgment of Older Persons, from the WHO...

'We're fortunate to have older people around us, whether they're family, friends, or just general acquaintances. Older people are fonts of wisdom, experience, and storytelling. They can inspire us to continue striving — or warn us of dangers we're unaware of. We should look to them for guidance whenever and wherever possible.'

Sally Faulkner
CEO

[TDN Consumer Val](#)

One grateful recipient of home care from The District Nurses, now in Deloraine's Grenoch Nursing Home, is accomplished Tasmanian landscape artist Val Whatley.

Largely self-taught, Val grew up in Launceston and has lived in Westbury, Liffey and Deloraine. Val describes her decade or more in a cottage deep in the forest of the remote upper Liffey River Valley as "my own wilderness with only the mountains, trees and river as my everyday companions. It was a delightful existence."

After her move to Grenoch Nursing Home, friends Bob Brown and Paul Thomas organised a Launceston exhibition of 42 of Val's paintings and it sold out. Due to the kindness of a doctor in attendance, Val was able to visit the gallery and see the magnificent display. She has also agreed to a book of her artistry being published: called 'Val Whatley's TASMANIA', it includes quotes from her writings, and has also almost sold out.

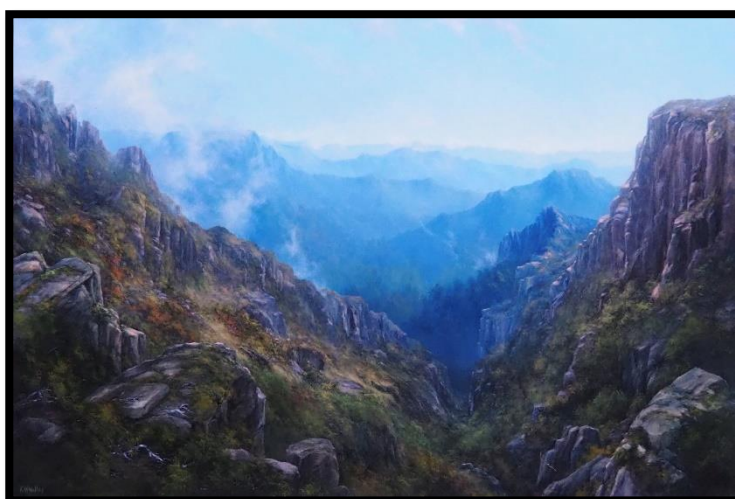
A few copies remain at bookshops like Petrarch's in Launceston and the Black Swan in Cygnet. Interest in Val's exhibition came from around Australia and her book is now on the shelves of both the State Library and National Library of Australia.

Congratulations Val Whatley for all you have given to protecting Tasmania's wild and scenic places, not least through your remarkable natural skill with the paint brush and easel!

Bob Brown



Valerie Whatley



Sublime Tasmania

Are you looking after someone and you think they need some more help?

Robert was miserable.

Robert could not walk due to arthritis, and moved around his unit by sitting on his 4 wheeled walker seat, and laboriously pushing himself around slowly with his feet.

He could not leave his unit and was alone and sad. Robert just wanted to be able to feed the birds on his verandah.

Robert was referred for an assessment through My Aged Care by his Home Care provider. He was assigned an STRC (Short Term Restorative Care) Package.

Through the 8 week STRC Robert received many services. Most significantly the program was able to fund a "Go Chair". This little motorised chair made it possible for Robert to zip around his unit, and he could get onto his verandah!

Robert was discharged from his STRC feeling happy. He could move around, his pain was improved, and he could get out of his unit.

If you know someone like Robert have a chat to Louise in our Home Care Package Team to see if STRC may be right for them. STRC is a free service.



James Nicholson, OMA

The Order of Australia

In September at Government House our TDN consumer James Nicholson was presented the Medal (OMA) of The Order of Australia in the General Division for his outstanding contributions to the Tasmanian community including:

Australian Institute of Advanced Motorists (Tasmania) (RTO - non-profit organisation specialising in advanced and defensive driving courses)

Board Member of Education Tasmania

Develop and teach Mechanical and Technical courses.

Congratulations James!!

News of development in the old TDN Day Centre

During COVID 19 the tough decision was made to close our Day Centre, whilst we were sad to see the Day Centre close it has allowed us the opportunity to offer something new and exciting.

The multi-purpose area will be reutilised as the TDN Wellness Hub which will be a social space where the focus is on holistic Wellness and Reablement Activities.

This is an evolving program that will continue to offer lots of exciting new experiences such as; technology support sessions, group get togethers, planned activities like craft, singing and music, Allied Health sessions including exercise, guest speakers, beauty and grooming services plus lots more.

COVID 19 has presented the world with lots of challenges this year, not least coping with the social isolation that has affected so many. As part of the TDN Wellness Hub service we plan to combat social isolation by offering a range of the above services either in person at the Wellness Hub or online as Recorded or Live content that you can access from your own home. This will enable us to continue to operate the service even in the unfortunate event of further COVID related lockdown.

October will see a very slow start to a new TDN Wellness Hub program. This is a trial start and we hope to see activities in the Hub grow in coming months.

At this stage we are investigating transport options for our attendees but will not yet be able to offer this service. For the first month at least we will require you to source your own transport for attendance.

There will be a small cost for attendance at sessions which will be published on monthly activity planners. All sessions will need to be pre-booked as we have limited capacity in the Hub due to COVID 19 restrictions.

I look forward to welcome you all to activities at TDN in coming months and we will share our activities planner as soon as it is available.

Lois Jenkins
Director of Care

Stomal Therapy Services



Tess Bond

The District Nurses are proud to offer the only home and community based Stomal Therapy service in Hobart and surrounds.

Tess Bonde is a Stomal Therapy Nurse with over 7 years experience. She has worked with The District Nurses for almost four years and offers clinic and home based reviews.

If you are an existing consumer with a stoma and have need of a review, please contact The District Nurses on 0362 080 500 to arrange a consult.

Health & Wellbeing Tips

**Leaves are meant to fall, NOT people.
Too many of us have falls - they cause such
pain, inconvenience and cost.**

How can we help to prevent falls?

Talk to our staff about your footwear

Trip hazards in your home

Lighting, colour and shadows

Hand rails

Personal alarms.



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