

AUTUMN '19



PeopleBank News

CEO WELCOME

Lynelle Hales **CEO SNHN**

“ Positive Ageing is the focus for the Autumn edition of the PeopleBank News. ”



Aged Care is a major focus for SNHN. In the SNHN 2016 Needs Assessment we identified that improvements in Primary and Community care will be paramount to meet the service needs of our ageing community in the region now and in the future.

In the Northern Sydney PHN region, the population aged 75 years and over is forecast to increase from 7.5% (2016) to 9.1% by 2026.

90% of the population aged 65 and over will have at least one chronic condition and 57% will have multiple long term conditions. This increase will mean increased hospital visits and necessitate an increase in services for people to remain living independently. Through careful planning and implementation of our commissioned services, we are working to improve access to services. Please visit the Aged Care Section of our website for more information on these.

As we age, our work, family and social lives change, and physical health may also alter. Understanding what opportunities and services are available in your community, as well as how to access these, can help you plan to age well.

Local councils, organisations and sporting clubs provide many opportunities to stay fit physically, socially and mentally. This March many local councils have activities running to celebrate Neighbourhood day and what it means to be neighbourly. Find ways to stay socially connected to your local community.

If your physical or mental health needs attention, there are services such as the GP Social work program (P4). We also check in with Mary Potter, from our Community Council, who shares her perspective on positive ageing (P4).

Above all, from SNHN we wish you a healthy and safe autumn.

HELP US SUPPORT YOUR COMMUNITY: SNHN are recruiting for new members for our Community Council. We are looking for people with life experience with the local health system in conjunction with disability, culturally and linguistically diverse, and refugee health. For further information >> [Click here.](#)

WHAT'S NEW

SHOWCASING: MENTAL HEALTH SERVICES **for SENIORS**

SNHN has received funding from the Department of Health to commission mental health services to elderly people living in Residential Aged Care Facilities (RACFs). Mental health services offered in the community, including those through the Medicare Benefits Better Access initiative are not routinely available to RACF residents. The new services are intended to address this service gap.

This funding allows for gradual increment in services over the coming years, which has allowed SNHN to commence three pilot models in small number of RACFs in the region for a six-month period. These pilot models will include group therapy and individual therapy models, as well as work building staff capacity to identify and work with people with mild mental illness through training and supervision, which has been identified as an area of need.



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Lynelle Hales CEO SNHN

Meet your FREE digital coach for anxiety and depression

HEALTH RESOURCES

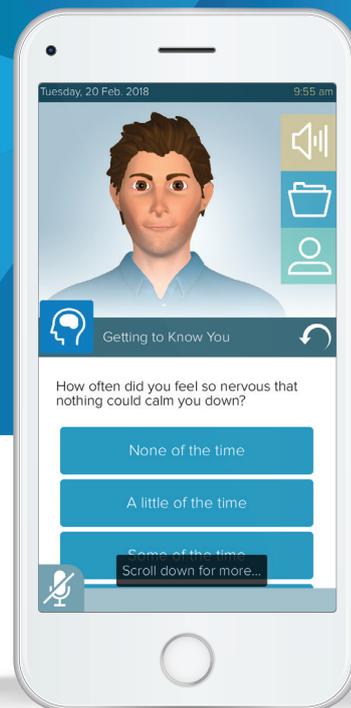
Created by Flinders University, the Clevertar program will guide you through a tailored program to help you make changes to improve how you feel.

How to get started on Clevertar:

1. Use your smartphone or tablet to download the app by searching for 'Clevertar' in the App store or Google Play
2. Open the app and tap 'Create Account'
3. Enter the invitation code

HealthyMind

4. Complete the registration details and get started with your coach



WHAT'S BEEN HAPPENING IN SYDNEY NORTH

GPs IN SCHOOLS

4 DEC: Balgowlah Boys High School
12 FEB: Naremburn School
20 FEB: Turramurra High School

Indigenous Events

- 4 DEC:** Connected Mobs "On Track" Xmas gathering, Billabong Reserve, Narrabeen.
- 15 DEC:** Ryde Indigenous Community gathering, "On Track" at Xmas Eastwood Community Hall.
- 24 FEB:** Caber-ra Nanga Wellbeing day, Narrabeen Lakes. A day of Cultural healing, dancing, activities and community connectedness.
- 1 MAR:** Connected Mobs, Family Indigenous gathering, re-commences for 2019, 5:30-7:30pm, monthly, all ages welcome.

DECEMBER

- 13: 18 Community Engagement Greenway Community
- 19: Mental Health Information for local primary school teachers

FEBRUARY

- 27: Health Expo, Barton Rd Community - Artarmon
- 24: Caber-ra-nanga Wellbeing Day, Narrabeen



Health Expo, Barton Rd Community - Artarmon



Connected Mob "On Track", Ryde (L) & Narrabeen (R)



COMING UP

Mar

REFUGEE HEALTH TALK

St Leonards (18 Mar)



This program provides free English lessons and health care information to newly-arrived eligible migrants, and refugees.

[>> Click here for more](#)

BRINGING UP GREAT KIDS

Chatswood



This group will assist parents recovering from alcohol and/or drug issues by providing positive parenting education.

Participants will increase skills to be more reflective in their parenting. The group supports caring and nurturing relationships between parents and children.

[>> Click here for more](#)

END OF LIFE PLANNING WORKSHOP

Lane Cove (27 Mar)



A free workshop facilitated by industry experts to help guide your end of life decisions.

[>> Click here for more](#)

SUICIDE BEREAVEMENT SUPPORT GROUP

Gordon (14 Mar - 9th May)



An 8-week structured support program suited to those (over 18) recently bereaved by suicide. Preregistration is essential.

There is also a monthly 'open' group (no booking required), on the last Thursday of each month.

AGED CARE SUPPORT

Will you need assistance as you get older?



Access My Aged Care for Government funded services.

- Available services
- Eligibility for services
- Local service providers
- Cost
- Advocacy services
- How to make a complaint

T: 1800 200 422

[>> Click here for more](#)

Apr

YOUTH MENTAL HEALTH

Macquarie Uni



A forum to raise awareness about mental health resilience and provide young people with the chance to have their voices heard.

[>> Click here for more](#)

TAFE GP TALK

Brookvale



This program provides up to free English lessons and health care information to newly-arrived eligible migrants, and refugees.

END OF LIFE PLANNING WORKSHOP

Lane Cove (3 Apr)



A free workshop facilitated by industry experts to help guide your end of life decisions.

[>> Click here for more](#)

BRINGING UP GREAT KIDS

Chatswood, Manly



This group will assist parents recovering from alcohol and/or drug issues by providing positive parenting education.

[>> Click here for Chatswood](#)

[>> Click here for Manly](#)

FOSTER CARERS FORUM

Seaforth (4 Apr)



This forum provides an opportunity to learn more about the outcomes of trauma on children and young people.

[>> Click here for more](#)

INDIGENOUS EVENTS

PCYC Youth Groups

Northern Beaches

C: Clarence Bruinsma

T: 0431 819 089

Hornsby

C: Melanie Gould

T: 0406 472 106

Ryde Women's Gathering,

Melanie Gould, 0406 472 106

Connected Mobs

Clarence Bruinsma, 0431 819 089



Every Month

STEPPING ON FALLS PREVENTION



A friendly community-based falls prevention program for seniors. Designed to build knowledge, strength and confidence to prevent falls and stay active and independent.

[>> Click here for more information](#)

CARE COORDINATION FOR CHRONIC & COMPLEX CONDITIONS



Could you benefit from care coordination to reduce your risk of hospitalisation?

A Care Coordinator can support you by helping to access services such as My Aged Care or providing short term assistance while you wait for other services.

GPs and other clinicians can refer you by contacting the following:

Just Better Care

L: Hornsby and Kur-ring-gai
T: 0437 522 258 OR

Kincare

L: Other LGA's in the SNHN region
T: 1300 689 741

For more information or to visit contact dclark@snhn.org.au.

INTRODUCING D-CAF



D-Caf (Dementia Café) supports both people living with dementia, and their caregivers.

Featured on Channel Nine recently it provides a safe environment where people with memory loss and their caregivers can relax and socialize with like-minded people.

D-Caf is held at the PCYC in Waitara on Thursday mornings @ 10am. It is the first of many D-Cafs to be rolled out in 2019.

[>> Click here to watch](#)

SPOTLIGHT ON:

MARY POTTER ON POSITIVE AGEING

Positive ageing is a way of approaching life as we go through the various challenges which face us in the later years. This is not being unrealistic: it is likely that as we age, we will experience situations such as bereavement, retirement or illness. There are a lot of losses there, however we also come to realise that we need help in maintaining home, or downsizing. Positive ageing is realistic, we realise changes will happen out of our control, but we will have control over how we respond. Our responses have a powerful impact on how we view life; but also on how we affect other people.

How often do we spend time with someone who is in the grimmest of situations, and yet leave with a sense of being encouraged ourselves?

Positive ageing gives us time to reflect, enables us to work to gain wisdom from negative experiences, and perhaps pass this on to younger generations. It is no accident that indigenous people across the world value the elders.

How many people set off the metal detectors at the airport? One hundred years ago those dicky knees and hips would have been a sentence to a life of pain and immobility. New metal joints have revolutionised countless lives of people who can now travel, participate in walking groups or volunteer. Of course, new joints and becoming bionic humans are not a perfect solution for everyone.

What if a walking frame is recommended for safety? The response can be 'No, I don't need that.' This is the wrong type of pride. The positive response is 'Yes, I will use one. So, I can maintain independence and go to activities which are important to me'. There is a better type of pride — resist the kindness of those who suggest help with good intentions (e.g. receiving encouragement to catch a lift instead of walking up the stairs). Choose the healthier option. The difficulty is discerning appropriate independence of spirit.

There is a T shirt printed "Don't mess with an old lady with a stick!" This statement emphasises older people can be a force to reckon with and that the world does not just belong to the young.



Mary Potter
Community Council
member & Health
Literacy Advocate

“Don't mess with an old lady with a stick!”

FALLS PREVENTION

Learn more about falls and how to prevent them. This video covers risks, treatment and mobility aids. It also looks at physical aspects like balance, posture and strength. With helpful insights into the use of mobility aids and public transport the video supports confidence and independence for people 65+.

[>> Click here](#) to watch the video on falls prevention

[>> Click here](#) to read more about falls prevention or to join a falls prevention program

Get informed about the best way to prevent falls, & how to treat them if and when they happen



USEFUL LINKS

FIND A HEALTH SERVICE findahealthservice.com.au

If your injury or illness is serious, but not an emergency, there are services available which can provide faster, more convenient care.

[>> Click here](#) for more

HEALTH PROMOTION nshealthpromotion.com.au

This site implements population health projects & activities in Northern Sydney. Find out what's on in your local area.

[>> Click here](#) for more

Falls Prevention Clinic

This Clinic supports people 70+ who are at high risk of falls.

[>> Click here](#) for more

Active and healthy- preventing falls

Info about how to make your home safe, and what to do if you have a fall.

[>> Click here](#) for more

Active & healthy - being physically fit

Stay fit and independent reduce your risk falls and prevent chronic disease.

[>> Click here](#) for more

EMAIL A STORY

Do you have a health story or event to share?

Email your story and you could be featured in our next Newsletter. (Story limit: 300 words).

[>> Email us your story](#)