

AUTUMN '23



# PeopleBank News

## SENIORS EDITION

### AGEING WELL... LIVING YOUR BEST LIFE

Ageing well means to live our best life by being able to do the things we love for as long as possible.

It's a fact, we are all living longer than we have ever before. The key to making those years count is by staying independent and looking after our health through exercise, maintaining social connections, and being resilient and well informed.

Unfortunately for some people ageing can contribute to developing health conditions that reduce their independence and quality of life. We can now measure our level of frailty using 'The Frail Scale'. Not all older people are frail and not all people living with frailty are old. However, it is important to identify frailty early to combat the condition and its effects. Current health guidelines suggest that people over the age of 70 should be screened routinely. Accessing the right health and community services can help you manage in making sure you receive the right kind of support. Ask your GP about what services or support are available to you.

[Learn more about frailty here](#) on our website.

#### Did you know that loneliness and social isolation have been linked to affecting serious health conditions?

There is strong evidence that many adults aged 50 and older are socially isolated or lonely in ways that put their health at risk. You can reach out to your local council to learn about what activities and programs there are available for Seniors. Connecting with others and being socially involved in your community can bring many health benefits.

#### A body that is moving will age better than one sitting on the sofa.

Here are some useful links to some simple exercise and movement activities to keep the body moving and the mind healthy.

1. [Active & Healthy NSW - Sit to Stand](#)
2. [Active & Healthy - Knee Raises](#)
3. [Active & Healthy NSW - Side leg raise / Sideward Walking](#)
4. [Active & Healthy NSW - Stepping up a step](#)

## WHAT'S NEW

### Last Days. Navigating death and dying

Sydney North Health Network is hosting a free 3 hour (in-person) workshop for families, carers and the community equipping participants with practical tools and information to help navigate a dying person's last days.

Delivered by an experienced Palliative Care Nurse, the workshop aims to demystify death and dying by understanding what palliative care is. It covers what care is available, future planning, understanding what to expect in the last days, discussing grief and loss, and learning about rituals, rules and regulations.

The Last Days workshops will be held on the following dates in March:

#### Chatswood | SNHN office

Wed 8th March 2023  
5:30pm to 9pm

#### Hornsby | Hornsby Shire Library

Wed 22nd March 2023  
1pm to 4:30pm

#### Gladesville | Twilight Aged Care

Wed 29th March 2023  
5:30pm to 9pm

**REGISTER NOW** 

Light refreshments will be provided at the workshop

## SPOTLIGHT ON:

# ADVANCE CARE PLANNING

If you knew someone who became very unwell and was not able to communicate their preferences to others, would you know what they wanted? Could you make healthcare decisions on their behalf?

Advanced illness or serious injury can sometimes mean that people cannot make their own decisions about health and personal care. This can happen to people of all ages, and especially towards end of life. Advance care planning helps to ensure that a person's preferences, beliefs and values about health care are known and respected if they are too unwell to speak for themselves.

It can also be a good idea to take some time to plan for your own future medical treatment and care, and to discuss your preferences and values with your family, friends, and health care team.

### WHAT IS ADVANCE CARE PLANNING?

Advance Care Planning is the process of discussing your preferences and wishes about future treatment and care with those close to you and your healthcare team.

This may include:

- Talking about where you want to be cared for,
- Identifying the people you'd like to be consulted about your care,
- Making treatment decisions in advance.

It is important to carry out advance care planning before an urgent issue arises. It is never too early to plan.

### WHAT IS AN ADVANCED CARE DIRECTIVE?

Making healthcare decisions for others can be difficult. An Advance Care Directive can give peace of mind and comfort as preferences are clear, understood, and respected.

Advance Care Directives are one way of formally recording an advance care plan. An Advance Care Directive is a type of written advance care plan recognised by common law or authorised by legislation that is completed and signed by a competent adult.

**Advance Care Planning Australia also has a telephone advisory service available to the community and healthcare workers. The phone line 1300 208 582 operates Monday to Friday 9.00am to 5.00pm.**



## CONVERSATION STARTERS

Having a conversation about advance care planning can be daunting, here are some suggestions to get you started



About me

Being able to .....  
is the most important  
thing to me because.....

I was thinking about what  
happened to .....  
and it made me realise .....

As part of my culture, values  
and beliefs ..... is important to  
me because .....



About life

A good day for me is one where  
I .....  
because .....

What I value and enjoy most in  
my life is .....  
because .....

The most important things on  
my bucket list are .....



About  
health care

I would prefer to receive my  
health care at .....  
because .....

When ..... happens I get  
worried about my health care  
because.....

I would want these people .....  
included in discussions about  
my health.



About  
choices

An unacceptable health  
outcome for me would  
be ..... because .....

I would not want .....  
treatment if there was little  
chance of recovery because .....

If I was choosing between  
quantity and quality of life, I  
would choose ..... because .....



**UPDATE:**

# HORNSBY VILLAGE HUB

## CREATIVE ARTS THERAPY WORKSHOP

A Creative Arts Therapy workshop was held with members of the Hornsby Village Hub recently. The session, facilitated by Creative Arts Therapist, Adrina Saroglu incorporated movement, visual arts, and mindfulness activities for the hub members, which followed with conversations around end of life and palliative care, over morning tea.

Creative Arts Therapists use creative processes to help individuals and community to explore and express feelings that might often be difficult to articulate in words. These evidence-based participatory methods can provide a supportive space for participants to explore feelings or 'try on' and practise new behaviours.

Research by the World Health Organisation (WHO) has shown the use of artistic media in health care and in communities can have a variety of health outcomes. Artistic expression grew in lockstep with human cultural development and has long played an integral part in how we teach, learn, communicate, and heal.

The workshop was an initiative of the Hornsby Village Hub with Greater Choice for at Home Palliative Care. Through consultation with hub members, the need for information around Advance Care Planning was realised, and education around this important topic has been added to our 2023 calendar for hub members.



### CREATIVE ARTS THERAPY

*Using a creative approach can help individuals explore and express difficult to articulate feelings*



### FIND OUT MORE

Scan the QR code to visit the SNHN website and register or contact The Hub's Community Connections Officer:

**T:** (02) 9432 8250

**M:** 0424 960 637

**E:** [villagehub@snhn.org.au](mailto:villagehub@snhn.org.au)



*Attention...  
...all carers*

## NORTHERN BEACHES SENIOR CARERS CONNECTED

Are you a carer and interested in connecting with other people in the northern beaches community and enjoying social events, health and wellbeing seminars?

Carers Connected Northern Beaches is a program designed by SNHN to support healthy ageing and social connection in older carers. The program invites participants aged 65+ (50+ Aboriginal and Torres Strait Islander), to meet monthly for free activities and events designed for your wellbeing at Dee Why RSL.

Need support for your loved one while you participate? Carer Gateway offers a range of FREE supports for carers including respite.

### Find out more:

**W:** [carergateway.gov.au](http://carergateway.gov.au)

**T:** 1800 422 737  
(8am-5pm, Mon-Fri).

### 2023 Dates (DY RSL)

5th April 2023  
17th May 2023  
14th June 2023  
12th July 2023  
16th August 2023  
13th September 2023  
11th October 2023  
15th November 2023  
13th of December 2023

### Register your interest now:

To register for your free place email [community@snhn.org.au](mailto:community@snhn.org.au) with your full name and contact details or call SNHN on 02 9432 8250 and ask to speak to someone in the Community Team.

**REGISTER NOW**

# THE NORTHERN BEACHES DEMENTIA ALLIANCE

The Northern Beaches Dementia Alliance was formed in August 2018. It consists of aged care, dementia and healthcare professionals as well as community members, people living with dementia and their carers. The partnership includes Northern Beaches Council, Sydney North Health Network, CCNB, RSL LifeCare at Home and Just Better Care Northern Beaches and Northern Suburbs.

[dementiaalliancenb.com.au](http://dementiaalliancenb.com.au)



**HEALTHY, ACTIVE &  
CONNECTED EXPO**

**May 4, Dee Why RSL**

Join us at the Healthy, Active & Connected Expo, because if you are a carer of someone living with dementia, it's okay to ask for help. The expo will feature Dementia experts along with service providers who can support you on your journey. Enjoy a morning tea, activities and connect.

**REGISTER NOW** 

## Working with our local community



We aim to increase awareness and understanding of dementia on the Northern Beaches, and to encourage dementia friendly communities.

In 2019 we formed the Northern Beaches Dementia Advisory Group. Members of this advisory group include people living with dementia and their carers. The advisory group works in collaboration with the NBDA to guide our project direction and consult on the development of new resources. If you would like more information about the advisory group, [download the Dementia Advisory Group flyer](#).

Help us make the Northern Beaches dementia friendly. If you would like information about support services for you or a loved one contact us at [info@dementiaalliancenb.com.au](mailto:info@dementiaalliancenb.com.au).

## Working with local businesses



We encourage local organisations (including small businesses, community providers, local government, primary health and allied health providers) to become dementia aware.

A great starting point is to become a [Dementia Friend](#).

For more information about Dementia-Friendly Organisations, download the information sheet on [how to become a dementia-friendly organisation](#).

Download the [Handy Hints when communicating with those with Dementia](#) reminder card for your business or contact us for printed copies.

Email us at [info@dementiaalliancenb.com.au](mailto:info@dementiaalliancenb.com.au).

## **USEFUL LINKS**

### **Find a health service** [findahealthservice.com.au](http://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](#)

### **CARERS SUPPORT**

Information and support to help in your caring role – this information is practical and localised so you feel confident about finding the right services for your needs.

[>> Click here for more](#)

### **BRIGHTER BEGINNINGS: INSIGHT INTO THE FIRST 2,000 DAYS**

A great resource for your Grandchildren and helping them develop.

[>> Click here for more](#)

### **HEALTHDIRECT CALD HEALTH SERVICE**

A free and confidential helpline to help people in multicultural communities get health advice. It is run by workers from multicultural backgrounds

[>> Click here for more](#)

## **TALK TO US**

Do you live in the Northern Sydney region and want to keep up to date with local health and community news or have a question about the PeopleBank newsletter?

Email the SNHN Community team at [Community@snhn.org.au](mailto:Community@snhn.org.au) and we'll be in touch.

