

CAMELLIA
CARE
SERVICES

Newsletter

The care you need, delivered the way you choose



Holidays

The school holidays have come and gone. It is always really lovely to hear clients speak about family gatherings with their grandchildren and some great grandchildren. Special to hear about the bonds they share and how the children love going to nan and pops to raid the chocolate and lolly tin. We have been blessed with beautiful weather, remember to keep well hydrated and in the sun, keep covered and apply sun screen.



Welcome

It is hard to imagine that we are a couple months away from beginning a New Year. The year seems to fly by quicker each year. Camellia Care Services in its first year of operation, continues to grow and welcome wonderful clients and their families. In line with our values, our staff are ready to provide that quality care you need, delivered the way you choose.

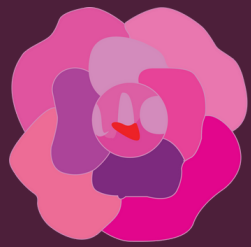


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VOLUME 04 NOVEMBER 2023



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Camellia Care Services Local Business Awards FINALIST

Camellia Care Services has been selected as a Finalist for the Local Business Awards. We look forward to meeting other finalists and celebrating all the wonderful businesses assisting our beautiful community in The Blue Mountains and beyond.



Spotlight Birdwood PODIATRY

Camellia Care Services understands the importance of footcare and the need of receiving specialised care in order to achieve successful treatment outcomes. Birdwood PODIATRY located in Springwood offers personalised treatment plans and consistent care with experienced podiatrists Phillip and Edward. Established in 2022, owner Phillip Smith, a familiar face in the Mountains, along with his staff, provides exceptional care in a welcoming and friendly environment.



Birdwood
PODIATRY

Sports Podiatry (Injuries & Prevention)

Children's Feet & Walking Assessments

Nail & Skin Conditions

Diabetic Nerve & Circulation Assessments

Ingrown Nail Management & Surgery

Plantar Fasciitis | Orthotic Therapy

📞 **02 4707 6558**

🌐 birdwoodpodiatry.com.au

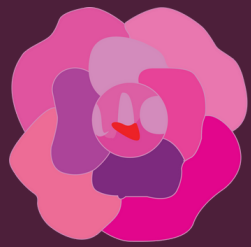
📍 4/127 Macquarie Road, Springwood

Social Groups

We are excited to be bringing back our social groups. Many of our clients have enjoyed our floral workshops with friends. Register your interest to receive our calendar of events.. enquiries@camelliacareservices.com.au
Fees apply per session.



Camellia Care Services will also be trialling our in-home manicures and pedicures. Grab a few friends and enjoy being pampered in your own home. Standard fees apply. Register your interest at enquiries@camelliacareservices.com.au



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Did You Know?



FALLS PREVENTION

As we get older, our feet can change in shape and lose feeling and flexibility. This can change the way we walk and affect our balance. Sore, aching or tired feet can make walking difficult at times – prohibiting us from staying active and independent. Foot problems can also be the first sign of more serious medical conditions like diabetes, circulation or nerve problems.

Looking after your feet makes a huge difference:

- Make sure to see your doctor or a podiatrist if you have painful or swollen feet, tingling or pins and needles in your feet, or if you have any changes in the shape of your feet (e.g. bunions).
- Have your nails cut and filed and have a podiatrist treat any corns, calluses or ulcers.
- Ask a podiatrist about ways to improve circulation and reduce pain in the legs and feet.
- Foot and ankle strengthening exercises can help reduce your risk of falling.
- Wearing correctly fitting, supportive shoes can greatly help reduce your risk of falling.
- Certain shoes or slippers can increase the risk of falls.

Helpful tips on what to look for when buying shoes or slippers:

- Make sure the sole is not slippery.
- Walk around in the shop to ensure that the shoe fits properly and the heels don't slip.
- Try both shoes on, as one foot may be bigger than the other, and buy for fit, not size.
- Feet tend to swell during the day, so try shoes on in the mid-afternoon, with usual socks or stockings and orthotics.
- Ask your podiatrist about specialist shoe stores if you're having trouble finding suitable shoes due to your particular foot issues.

What makes a good shoe?

- Shoes that fit well and are in good condition
- Slip resistant shoes
- Shoes with the right amount of grip
- Shoes with laces, buckles zips or Velcro fastenings (not slip-on shoes) to fixate the foot into the shoe
- Wide heel to avoid losing balance
- Wide and deep toe box for foot deformities
- Firm midsole

If you feel that you are at an increased risk of falling or have previously experienced a fall, it is important to seek assistance from a Podiatrist to perform a falls assessment. We can support you in reducing the risk factors of future falls.

To make an appointment with one of our podiatrists for a falls assessment, contact Birdwood Podiatry on (02) 4707 6558. Or head to our website to book an appointment online.

www.birdwoodpodiatry.com.au

4/127 Macquarie Rd, Springwood 2777



The Ascent Stratus - Zip



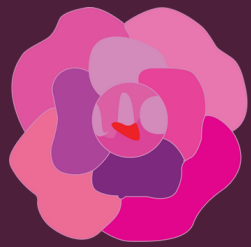
The Instride Newport Strap



The Propet Easy Walker

Falls are Australia's leading cause of injury hospitalization and death, representing 43% of injury hospitalisations and 42% of injury deaths.

Source: Australian Institute of Health & Welfare



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Did You Know?

SIDE EFFECTS FROM MEDICATION

Side effects of medication are common and can be related to the action of the medication, the dose, or a combination of medications where added effects may cause unwanted symptoms. In many cases are related to serious adverse effects including admission to hospital and can be a cause of serious problems even death and in many cases are preventable.

Often older people take several medications for many different health problems such as blood pressure, heart problems, breathing problems, diabetes, pain, constipation, frequent urination, insomnia, anxiety, and depression to name a few. Medications used can commonly be involved in side effects. Even medicines for coughs and colds and many herbal/complementary medicines also may cause problems

Studies in several countries show that 90% of people over 65 take at least one drug weekly and more than 40% take 5 or more.

What happens with increasing age?

As you get older your body can become more sensitive to medications, even those you have been taking for a long time. Often changes may be required such as a dose adjustment or switching to another medication or stopping the medication all together.

Taking 5 or more regular Medications is known as polypharmacy

This is a result of increasing medical conditions with aging, and although there is an expected improvement in outcomes, often there is an increased risk of associated

adverse events, such as poor adherence to taking the medicine, adverse reactions, falls, hospitalisation and even death. Regular review is important to ensure adverse effects of medication are not being experienced and missed and thought to be another medical condition or just part of getting older.

In some cases, medication can be prescribed to treat side effects of other medications which may just add to the risks.

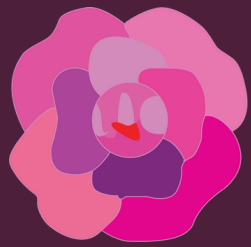
This is called "The Prescribing Cascade"

What can we do?

Firstly, we need to be aware that any medication can be associated with side effects or adverse effects. If any new symptoms appear after starting a medication, it is likely that the medication may be responsible and reviewing that medication would be the first step, rather than adding another one to treat the new symptom.

An example may be when starting a new medication symptom such as blurred vision, dry mouth, constipation and difficulty urinating may be experienced. These symptoms can commonly be associated with some types of medication and rather than attempting to treat the new symptoms, reducing, or ceasing the new medication may be required. There is also the possibility of an interaction with another medication that leads to the new symptoms.

**Always talk to your doctor
or pharmacist before
stopping or changing any
of your medications**

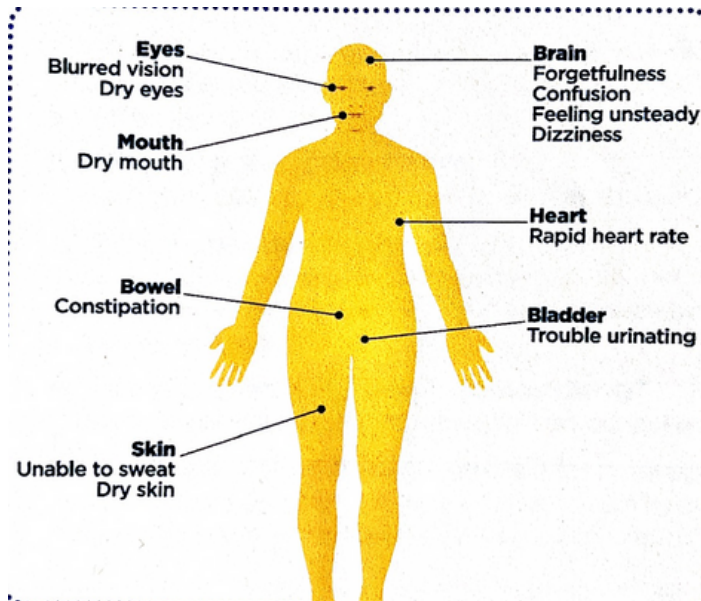


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Did You Know?

SIDE EFFECTS FROM MEDICATION

Examples of symptoms you may notice:



- Side effects can be caused by medication used for many conditions including:
 - Sleep problems
 - Depression/anxiety
 - Mental health conditions
 - Heart burn and reflux
 - Parkinson's disease
 - Fluid
 - Heart conditions and blood pressure
 - Diabetes
 - Pain
 - Bladder control
 - Allergies
 - Coughs and cold

What are important questions to ask your pharmacist or doctor?

1. Why am I taking this medication?

Ask if you are taking medications you no longer need. Some medications may only be required short term or your condition may have improved. Maybe you are taking another medication which may be more effective

and the original medication may be stopped. A medicine review can help with medications that are not needed or not working.

2. What are the side effects?

Ask if the symptoms you are experiencing are related to your age, your health conditions or medicines.

3. What can I do about side effects?

Ask how you can manage or decrease side effects from your medicines. Maybe timing can be important in relation to other medications or meals. Ask your doctor or pharmacists if there are any changes required.

4. What will happen if you do not do anything?

Ask if side effects may get better or worse. In some cases side effects may be experienced soon after commencing the medicine but may pass in time or may get worse and what to expect.

5. Are there any other things I can do to manage my condition or side effects?

Ask if any other treatments or lifestyle changes may help. Exercise diet and other lifestyle changes can be good options with many conditions.

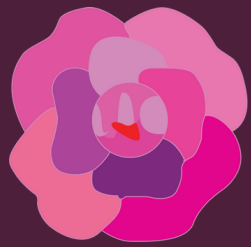
Anything else?

• Ask your doctor for a medication review where a pharmacist may visit your home and go through everything with you in a place where you feel more comfortable and you can also show any other non-prescribed medicines that you may be using such as supplements and complementary or herbal medicines.

• Keep an up-to-date list of all your medicines. Your pharmacist can help with this.

• Do not take anything new non-prescription medicine without discussing with your doctor or pharmacist

• Do not go to multiple doctors for different prescriptions except a Specialist who will communicate with your GP.



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EMERGENCY CONTACTS

AMBULANCE, POLICE, FIRE

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Katoomba Hospital

02 4784 6500

Nepean Hospital

02 4734 2000

State Emergency Service (SES)

132 500

Bush Fire Information Line

1800 679 737 / 1800 NSW RFS

National COVID-19 Helpline

1800 020 080

Lifeline

13 11 14

Beyond Blue

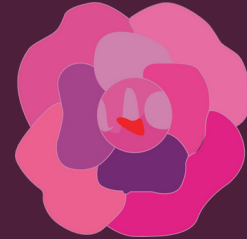
1300 224 636

Native Animal Rescue

WIRES 02 4754 2946

Domestic Violence Line

1800 656 463



Contact Us



(+61) 0406 755 373

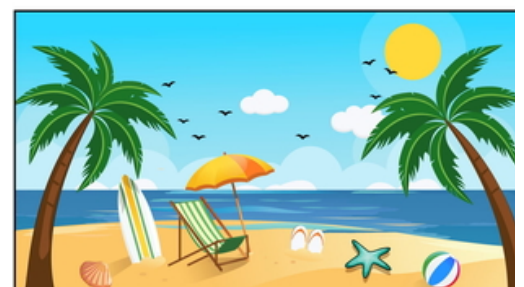


www.camelliacareservices.com.au



Enquiries@camelliacareservices.com.au

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