



Happy Holidays

Each year seems to fly by quicker than the year before.

We hope the July holidays have brought many families together for much needed quality time, rest and recovery. The beautiful Three Sisters glistening under the beams of sunlight deceiving all who watch with the fresh temperature of a mere 12 degrees. Hoping you are all keeping warm.



Welcome

Thank you for all the feedback we have received so far. If there are any topics you would like covered in our 'Did you Know?' please get in touch.

On another note, what a wonderful community we live in. I love seeing how our community looks after one another, so encouraging and supportive, a true definition of community spirit. Kindness, such a beautiful quality.



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Get to know Camellia Care Services

Camellia Care Services provides home care support for senior Australians 65 years and over (50 years for Indigenous and Torres Strait Islanders).

Home supports such as domestic assistance, personal care, social support, transport and home maintenance.

We understand the importance of remaining independent and enjoying your quality of life in your own home. We pride ourselves on our old school values being HEART.

H - HEART; Heart is at the very core of everything we do. We serve with kindness and love.

E - EQUALITY; Every Camellia is the same with its own uniqueness and beauty.

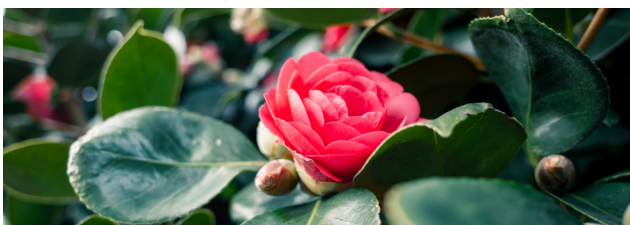
A - ASPIRE; Together we achieve our goals and continue to maintain independence and quality of life.

R - RESPECT; Every journey is given timeless patience, adoration and is client focused.

T - TRUST; We care, we support, we deliver every time.

Our staff love what they do and enjoy being a part of the Camellia Family.

If you or a loved one requires assistance around the home or have any questions, please feel free to get in touch, we are more than happy to assist.



Lennox Village Centre

Camellia Care Services joined the community at Lennox Village Centre this month during the school holidays.

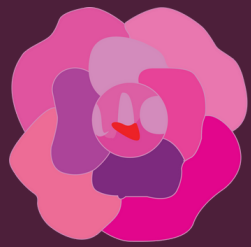
It was nice to see our clients out and about, enjoying their shopping at their local.

Wonderful to also meet new people and have a chat which always brightens our day.



Upon meeting new people, it was interesting to see how many people were not aware of how to receive supports in their home or who they should contact initially. It is difficult to understand a process if you have not had to navigate through it before.

If you or a loved one require home support services please get in touch with **My Aged Care** and ask to be assessed. Call 1800 200 422 or visit their website www.myagedcare.gov.au



Frailty, Falls and Fractures

Frailty is a condition that can develop with aging and can lead to falls and fractures and can be the most common reason for admission to hospital and can cause further decline and dependency.

What is Frailty?

There are many definitions of frailty which include loss of strength, reduced mobility, weight loss, muscle loss, fatigue, possible cognitive changes, increased risk of side effects from medications and increased risk of infection due to changes in immunity and longer time for recovery from any illness or surgery.

Frailty is now a recognised diagnosis and often assessed when older persons are hospitalised or as part of general health checks.

The most common scale used to screen and assess for frailty measures deficits in these five areas:

- Weight loss (self-reported unintentional weight loss or decreased appetite)
- Exhaustion (self-reported energy levels)
- Physical activity (frequency of moderate intensity activity)
- Muscle strength (measured grip strength with dynamometer)
- Walking speed (self-reported slow speed or measured slow gait)

What can we do to prevent or delay frailty?

"You are over 85 years old! What do you expect? Not much can be done" NOT TRUE!

You can't turn back the clock" – BUT YOU CAN REWIND IT!

Increased physical activity to maintain or improve muscle size and strength include:

May need advice and support from an Exercise Physiologist-

Examples: Regular walking, dancing, Tai Chi and balance training, resistance training.

Ensure enough protein and dietary intake. (Consult your GP)

Loss of appetite can occur and it is important to ensure protein rich foods and enough calories are included in your diet and can help with muscle strength and size – May need advice from a dietitian. A 65 Kg older person needs up to 100g of protein per day.

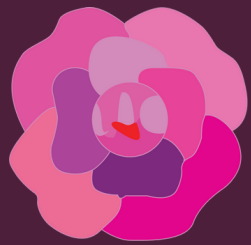
Protein Rich foods include:

Eggs, Almonds, Chicken breast, fish, lean red meat, other nuts, and some grains.

One 50g egg contains about 6.3g of protein.

Protein Supplements also may be helpful. Vitamin D deficiency is common and a supplement recommended in most older persons.





Medications and Frailty

1 in 10 hospital admissions in elderly patients are due to medications and often associated with falls – 50% are preventable

With increasing age and frailty regular review of medications is important as there is often a relationship between frailty and adverse effects of medications.

As we age, we often accumulate medications often from multiple prescribers and often based on several single disease states.

50% of people over 75 years have 8 or more regular medications

40% of people over 75 years have chronic kidney disease

There is reduced muscle and increased fat as we age and this may change the concentration of some medications.

Most medications are eliminated through our kidneys and there is risk of adverse effects or toxicity if not adjusted or reviewed according to kidney function and many may also impact on cognition either individually or in combination and can commonly be associated with increased frailty and falls.

Risks include:

- Adverse effects
- Dose too high
- Drug interactions
- Additive effects

Examples of medications that may require review include blood pressure medications, sedatives, analgesics, medications for anxiety/depression and

any drugs that may act on our brain (there are many).

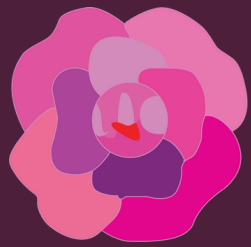
Did you know that in an older person taking some common regular sleeping tablets their driving ability is impaired as much as being over the limit due to alcohol. Also, their falls risk increases more than 50%.

Summary:

Addressing frailty is part of healthy aging and there are many factors to consider but there is much we can do based on lifestyle changes if necessary to improve our quality of life as we get older. It is important to address what we can in both avoiding risks and adopting things that give us benefits.

Other factors such as mental health and depression are also important with recommendations for continued socialisation and ongoing mental stimulation as part of health aging.

If you are concerned about your medications ask your GP if a Pharmacist Home Medicine Review can be done.



CAMELLIA
CARE
SERVICES

Directory

The care you need, delivered the way you choose

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

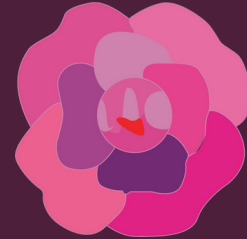
1300 224 636

Native Animal Rescue

WIRES 02 4754 2946

Domestic Violence Line

1800 656 463



Contact Us



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