Australia Day Celebrations

Nobody at Saint Hilarion could have missed our Australia Day celebrations. In addition to participating in the Australia Day parade, we also enjoyed the traditional Australia Day BBQ at both sites.

Fulham Refurbishment

We are pleased to say that the refurbishment of our Fulham facility is completed. We are now looking forward to using the new gym, hairdressing facility and community areas.
Pop-up kitchen

Everyone is enjoying our new pop-up kitchen project. This month Chalermporn Butsrijaroen (known as O) (pictured at right) demonstrated how to make Thai dim sims. The best part was the taste testing.

We have heard that our CEO Carol Davy will be running the next pop-up kitchen. Hoping that everyone will be there to cheer her on.

Residents and Relatives coming together to improve services

Two groups of Residents and family members have come together to help us improve our services. One group is focusing on improvements to our menus. Our next meetings will be on Monday, 16 March 2020 at Seaton from 10am - 12noon and at Fulham from 1pm - 3pm. Contact Karan on kshrestha@sainthilarion.asn.au beforehand if you would like to discuss any recipes/ideas that we can incorporate.

The second group is focusing on new activities which can be added to our leisure and lifestyle program. Our next meeting for this group will be on Wednesday, 26 February 2020. If you are interested in joining either or both groups please speak to one of our Diversional Therapists or email m Silva@sainthilarion.asn.au.

A visit from South Korean Students

We loved having the TAFE students from South Korea visit us last week. The highlight of the visit was a concert in the afternoon which included singing, dancing and a piano recital. The highpoint for students was a beautiful Italian song from our Residents about the importance of mothers. Some pictures from the day at right.
**Advanced Care Planning**

A new initiative is underway to ensure our Residents have their care wishes upheld as their health changes. Saint Hilarion Inc Aged Care are working with the Primary Health Network (PHN) which is an Australian Health initiative and running a project aimed to improve Advanced Care Planning in residential care facilities.

The Advance Care Directive (ACD) has replaced the Enduring Power of Guardianship (EPOG) in South Australia. While existing EPOG documents are still upheld, the new ACD is the preferred option and it is set up to provide guidelines for ongoing care as well as to nominate substitute decision makers to speak for us when we can no longer make our own wishes known.

Many residents at Saint Hilarion arrive with little or no directive instructions to guide their care as their health changes. Some are no longer able to legally sign the directive as they have lost the capacity to understand the implications it will have. This project involves discussions with Residents and/or their families aimed at completing an ACD for all residents who are able.

We are also using a My Life Decisions Document for those who are no longer able to complete an ACD. We will be talking about some of the decisions that need to be made when they become unwell and as they get closer to the end of their lives.

Registered Nurse Wendy Rushton is the lead nurse for this project and is working with the nursing team and PHN to facilitate the process of getting these discussions to take place and the relevant documentation in place.

Advanced Care Planning discussions will become an active part of all Admissions and Care Plan Reviews going forward. This will enable us to better understand the wishes of the Care Recipient and have the knowledge that their family are partnering with us to provide the best care for them at every stage of their life.

**Client, Family and Friends Meeting dates for 2020**

These are two way meetings and enable Saint Hilarion staff and management to advise our residential Clients and their families of important information, such as forthcoming activities/outings and new policy statements, while similarly, there is the opportunity for our care recipients and their families to provide feedback to our staff and management so that we are able to respond to concerns, listen to suggestions and more generally, maintain an on-going dialogue within the community.

Families and friends of Clients are encouraged and welcome to attend.

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<thead>
<tr>
<th><strong>Seaton meeting dates</strong></th>
<th><strong>Fulham meeting dates</strong></th>
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<tbody>
<tr>
<td>Wednesday, 4 March 2020 from 10:30am</td>
<td>Thursday, 5 March 2020 from 10:30am</td>
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<td>Wednesday, 8 April 2020 from 6pm</td>
<td>Thursday 9 April 2020 from 6pm</td>
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<td>Wednesday, 6 May 2020 from 10:30am</td>
<td>Thursday, 7 May 2020 from 10:30am</td>
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<td>Wednesday, 3 June 2020 from 6pm</td>
<td>Thursday, 4 June 2020 from 6pm</td>
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<td>Wednesday, 1 July 2020 from 10:30pm</td>
<td>Thursday, 2 July 2020 from 10:30am</td>
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<td>Wednesday, 5 August 2020 from 6pm</td>
<td>Thursday, 6 August 2020 from 6pm</td>
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<td>Wednesday, 2 September 2020 from 10:30am</td>
<td>Thursday, 3 September 2020 from 10:30am</td>
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<tr>
<td>Wednesday, 7 October 2020 from 6pm</td>
<td>Thursday, 8 October 2020 from 6pm</td>
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<tr>
<td>Wednesday, 4 November 2020 from 10:30am</td>
<td>Thursday, 5 November 2020 from 10:30am</td>
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<tr>
<td>Wednesday, 2 December 2020 from 6pm</td>
<td>Thursday, 3 December 2020 from 6pm</td>
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Do You Know Your Rights?
We would like to take this opportunity to remind you of your rights. If you ever feel that we are not adhering to your rights, please let us know by talking to any of our Managers or by contacting our Director of Care Services via m.spudic@sainthilarion.asn.au.

The Australian Government Department of Health and Aged Care Quality and Safety Commission have a Charter of Aged Care Rights that came into effect on 1 July 2019 (replacing previous charters of care recipients’ rights and responsibilities). The rights of consumers are protected by this Charter, regardless of the type of subsidized care and services they receive.

Charter of Aged Care Rights
I have the right to:

1. safe and high quality care and services;
2. be treated with dignity and respect;
3. have my identity, culture and diversity valued and supported;
4. live without abuse and neglect;
5. be informed about my care and services in a way I understand;
6. access all information about myself, including information about my rights, care and services;
7. have control over and make choices about my care, and personal and social life, including where the choices involve personal risk;
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
9. my independence;
10. be listened to and understood;
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf;
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly;
13. personal privacy and to have my personal information protected;
14. exercise my rights without it adversely affecting the way I am treated.