

THE SUNRISE

A Monthly Newsletter by  Kalyna Care

Strengthened Aged Care Quality Standards



Standard 1

I am valued and have choices over the life I lead

Standard 2

I have confidence in my provider

Standard 3

My care is based around who I am and what's important to me

Standard 4

I feel safe and supported where I live

Standard 7

I contribute to the community I live in

Standard 6

I enjoy tasty nutritious foods every day

Standard 5

I get the right clinical care for me

Strengthened Quality Standard 2: The organisation



This standard helps us focus on how to:

- partner with older people with different backgrounds.
- promote a culture of quality and safety.
- be accountable and have quality systems in place.
- plan and support your workforce to deliver great care.
- plan and manage emergency disasters.

We have commenced the education. Our plan is to ensure that we educate 100% of staff

- **NEW STRENGTHENED STANDARDS**
- **ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE**
- **TRAUMA- INFORMED CARE**
- **LGBTQIA+**

Older people statement



I have confidence in my service provider.

Worker statement



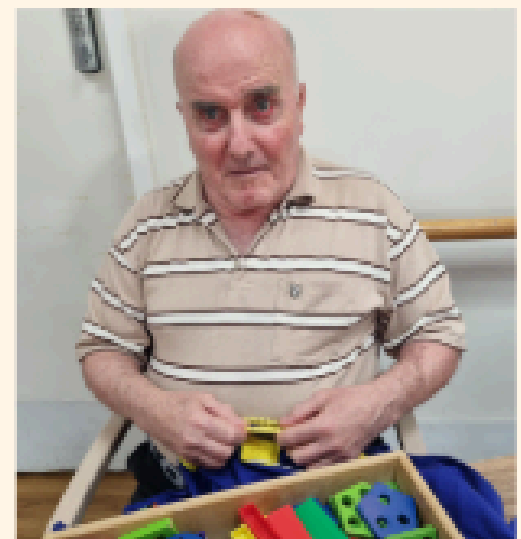
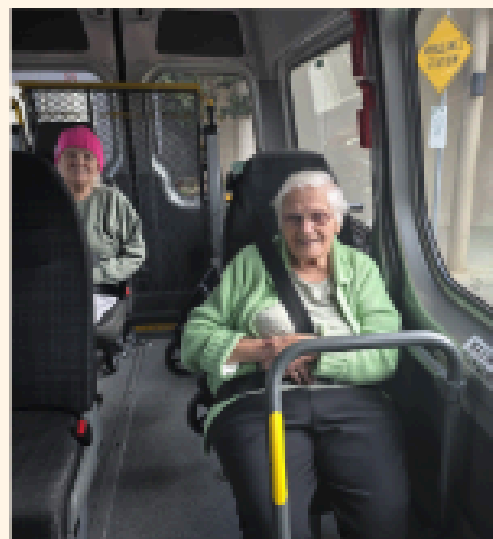
I feel empowered to do my job well.

Monthly Care Statements

- is a written statement that providers give to residents and their representatives every month.
- it summarizes the care the resident accesses, changes to the resident's health or care needs and other relevant events that occurred in the previous period.

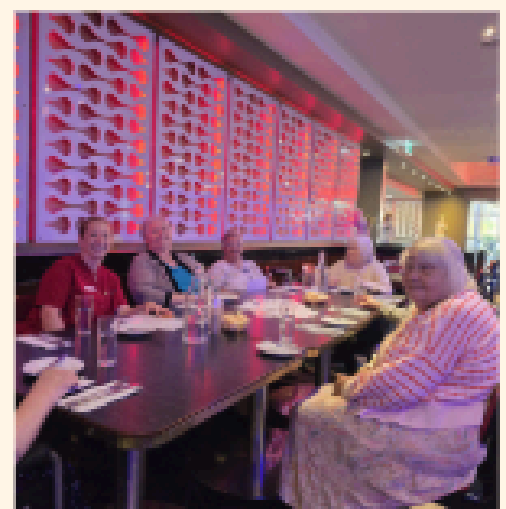
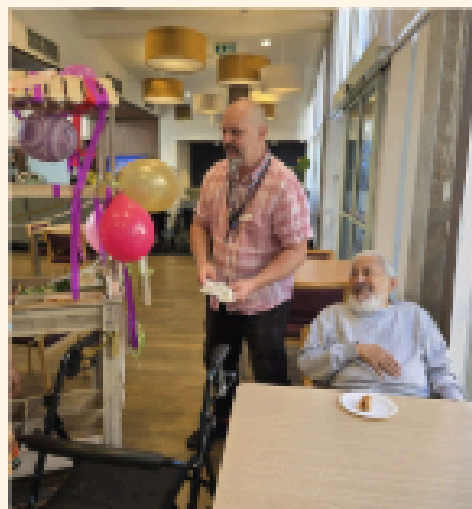
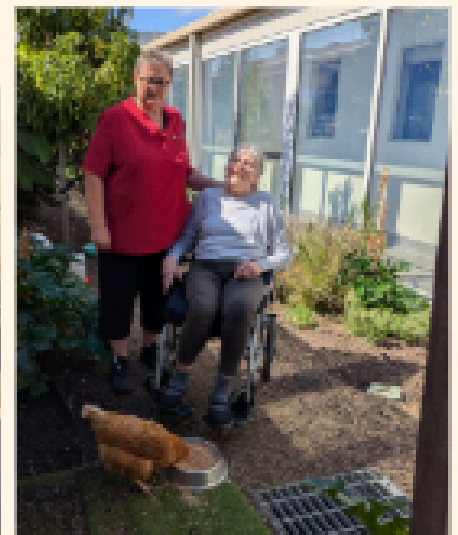
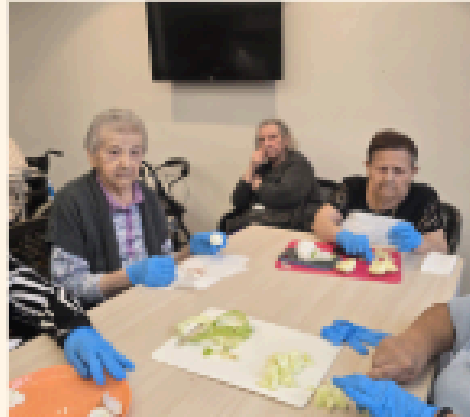
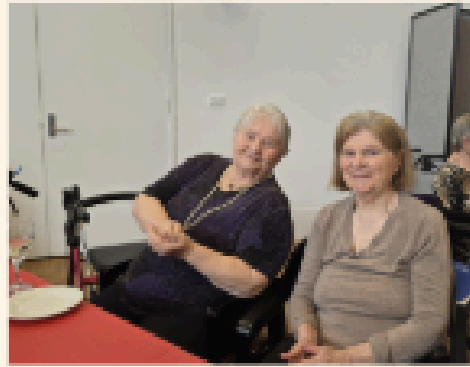
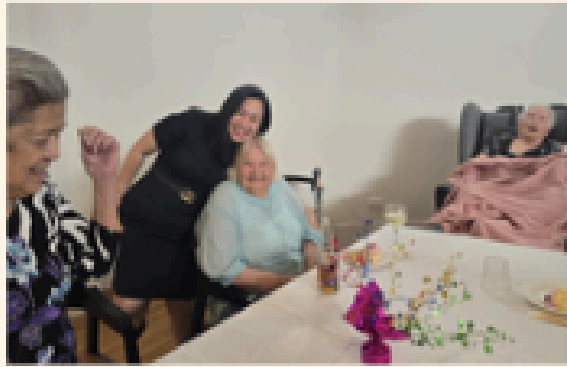
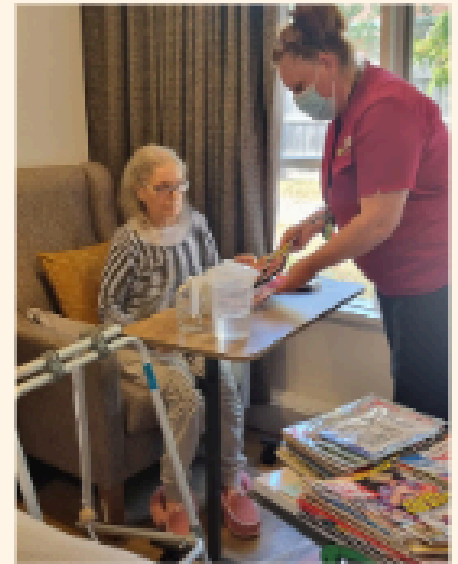
MAJA HRUDKA

Flower arranging, Gardening, Morning Walks, Bus Trips, Animal Therapy, and more fun activities!
Wanna see more? Take a look at our latest photos in MH!



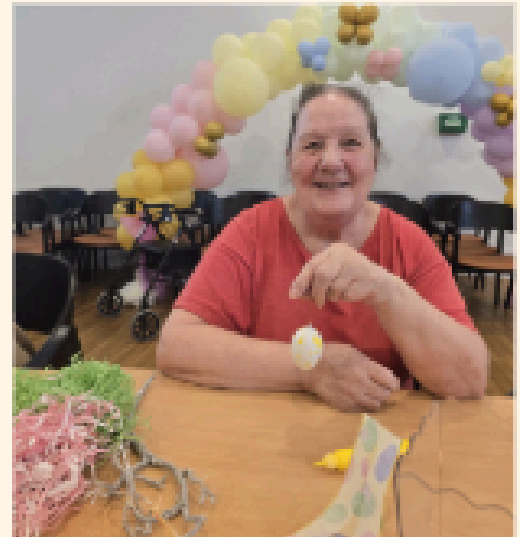
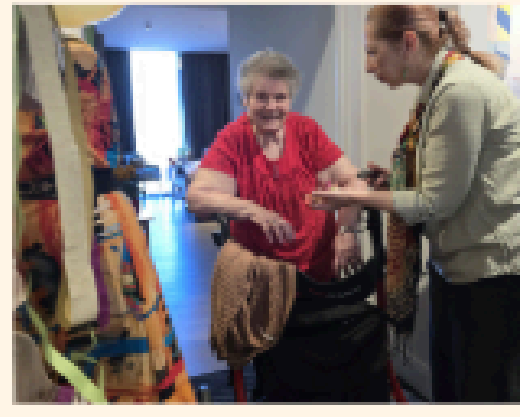
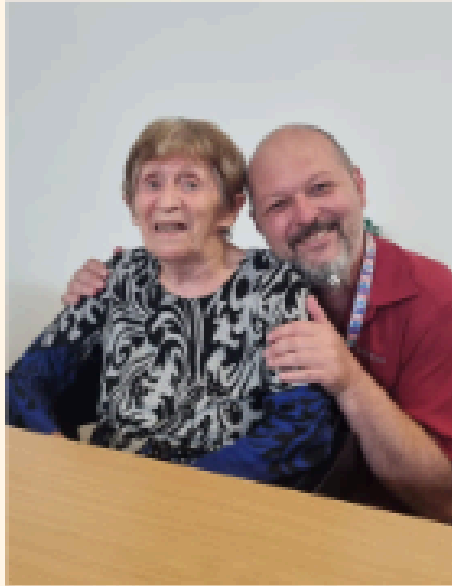
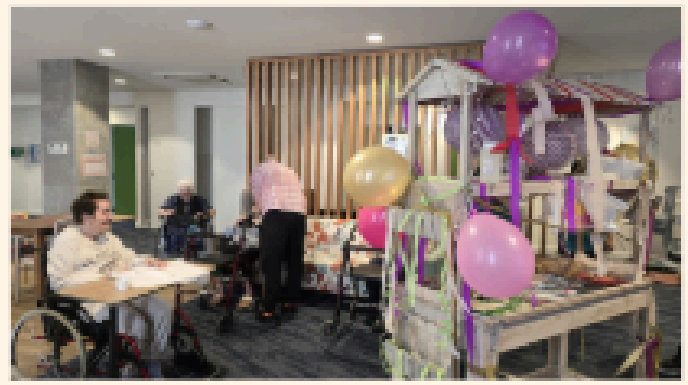
KONVALYIA

Community that feels like home! From cooking together to sharing a coffee with friends!



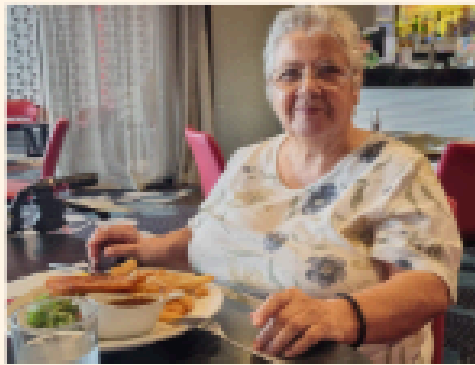
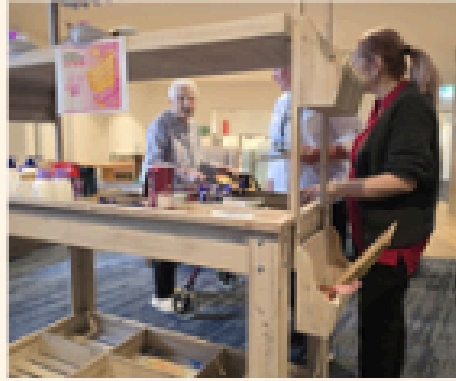
SOSNA

Women's Day Concert, Coffee Club, Gardening, Cooking Bingo, Eid Celebration, and More! Here's a glimpse of our month in photos.



TOPOLYA

Shop N Go, Craft, Bingo, Pampering, Dancing, a visit from WhiZ KidZ Delahey, cooking.. and more!!





Congratulations to Father Dmytro on his 58th anniversary of priestly ordination. We wish you continued good health, and a life filled with blessings for many more years to come!



In March, we celebrated Eid, Harmony Day, and Women's Day. Now, let's get ready for Easter!



Happy BIRTHDAY

May your birthday be as special and extraordinary as you are...

JOSEPHINE, RAFFAELINA, VELJKO, THOMAS, MARIA, DOSTA, NIJAZ, CVETANKA, STEFANIA, JOZIP, IVANKA, HAIDO, JOY, ZORAN, LJUBICA

Influenza vaccination
 Influenza can be serious. The best way to protect against influenza is to get vaccinated each year.



REGULAR COVID-19 VACCINATIONS (ALSO KNOWN AS BOOSTERS) ARE THE BEST WAY TO MAINTAIN YOUR PROTECTION AGAINST SEVERE ILLNESS, HOSPITALISATION AND DEATH FROM COVID-19.

Care Minutes Report for March 2025

Requirement: 228.74
 Actual: 230.07

TARGET MET

WE thank you all for your patience and support.

Welcome to the Family
Sofia, Paul, Bjelica, Marinko, Andy, Milka

Booster dose recommendations

	Less than 5 years	5 to 17 years	18 to 64 years	65 to 74 years	75 years and older
Without severe immunocompromise	Not recommended	Not recommended	Eligible for a dose every 12 months	Recommended every 12 months and eligible for a dose every 6 months	Recommended every 6 months
With severe immunocompromise	Not recommended	Eligible for a dose every 12 months	Recommended every 12 months and eligible for a dose every 6 months	Recommended every 12 months and eligible for a dose every 6 months	Recommended every 6 months

Sending our sincerest condolences to the bereaved family of Tony and Helen.

May you rest in peace.

FALL PREVENTION IN THE ELDERLY

Implementing effective fall prevention strategies is crucial in safeguarding residents from falls. Below are several strategies that can be employed to mitigate the risk of falls:

1. Maintain a clutter-free environment and adequate lighting.
2. Educate residents to call for assistance when needed.
3. Ensure that residents wear appropriate footwear.
4. Consider both chronic and acute clinical conditions of residents.
5. Monitor for any changes in medication.
6. Address resident needs promptly.
7. Promote proper nutrition and hydration for residents.
8. Observe residents' risk-taking behaviors while supporting their independence.
9. Utilize chair and bed sensors for added safety.
10. Conduct regular monitoring and visual checks of residents.

It is essential to recognize that multiple factors can contribute to falls among residents. At Kalyna Care, we collaborate with allied health professionals to adopt a comprehensive approach aimed at preventing falls effectively.



Bruising



Bruising is a common concern among the elderly due to their sensitive skin, which is more susceptible to injury. At Kalyna Care, we are committed to implementing strategies that minimize the risk of bruising among our residents. The following measures can be adopted to prevent skin injuries:

1. Handle residents' skin with care, recognizing its fragility, especially for those on blood-thinning medications or anticoagulants, which can increase the likelihood of bruising.
2. Ensure correct number of staffs when repositioning residents, as determined by physiotherapy assessments.
3. Conduct timely skin checks following incidents such as falls, which may result in bruising to specific areas of the body.
4. Manoeuvre mobility aids with caution to prevent contact with residents' limbs.
5. Utilize appropriately sized slings for non-ambulatory residents to ensure their safety.
6. Monitor for risk-taking behaviours or impulsiveness in residents that may contribute to injuries.
7. Provide properly sized clothing to facilitate easy changes for residents, thereby minimizing skin trauma.

By adhering to these strategies, we can enhance the safety and well-being of our residents, reducing the incidence of bruising.

Thank You For Trust and Support

For any suggestions, compliments and complaints, please feel free to contact us:

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Jennifer.Ibanez@kalynacare.com.au

www.kalynacare.com.au/feedback/

Friendly Reminder

BLESSING OF
THE EASTER
BASKET WILL BE
ON SATURDAY,
19TH OF APRIL AT
1:30PM.

THANK YOU