

NOVEMBER 2023



# Yallambee

## BUZZ

A Monthly Newsletter by Yallambee Traralgon Village for the Aged Inc.  
*Margery Cole Residential Care Service*



## This Month

Melbourne Cup

Remembrance Day & Memorial Service

Resident & Staff Spotlight

Margery Cole & Village News

Staff News

Activity Calendar

Upcoming Events



“

A horse gallops with his lungs,  
perseveres with his heart and wins with  
his character.

Frederico Tesio

# A Word from the CEO



Dear Residents, Families, and Friends of Yallambee,

As we approach the festive season, I want to take a moment to reflect on the resilience, strength, and sense of community that has defined our journey together throughout this challenging year. While we've faced the uncertainties brought on by the COVID-19 pandemic, it is the unwavering spirit of our residents, the dedication of our staff, and the support of families

that have been a beacon of hope. This year Yallambee, like many others, experienced a couple of COVID-19 outbreaks that tested our collective resolve. The challenges were met with courage, compassion, and a commitment to the health and well-being of our cherished residents. I extend my deepest gratitude to our incredible staff who worked tirelessly to ensure the safety and comfort of everyone in our community.

To our residents, you have shown immense strength and patience throughout these trying times. Your resilience inspires us daily, and your positive outlook is a testament to the close-knit family we have here at Yallambee.

To the families and friends of our residents, your unwavering support has been a source of comfort and encouragement. Your trust in our team and your understanding during difficult moments have meant the world to us.

As we approach Christmas, let us come together in a spirit of gratitude, unity, and hope. It is a time to celebrate the enduring bonds that tie us together as a community. Despite the challenges, we have shared moments of joy, laughter, and triumphs that have strengthened our collective spirit.

May this festive season bring warmth to your hearts, joy to your homes, and a renewed sense of hope for the future. Let us cherish the precious moments with our loved ones and look forward to a new year filled with brighter days.

Wishing you all a Merry Christmas and a Happy New Year!

With heartfelt wishes,

A handwritten signature in blue ink, which appears to read 'Alison Snell'. The signature is fluid and cursive.

Alison Snell  
Chief Executive Officer



# Melbourne Cup



On Monday, 6 November here at Yallambee we celebrated Melbourne Cup Day.

In each house, residents dressed up in their best frocks and Fascinators and hats and showed off by walking the red carpet.

Each resident looked so amazing judges had trouble deciding who the best-dressed winners will be. In our opinion, everyone was a winner.

Staff and residents played Cup Day Bingo and other games while enjoying afternoon tea.





# Lest We Forget

On Saturday, 11 November a flag ceremony was conducted at the front of Margery Cole to commemorate Remembrance Day. A heartfelt thank you to all those who participated in this solemn ceremony.



# Remembering our Friends & Loved Ones

Annually, the Yallambee community comes together to honor the memory of residents who have departed in the past year.

In November we held our Memorial Service which allowed us to say our final farewells to our much loved residents.





# Resident & Staff Spotlight

Cliff Morris  
Margery Cole Resident



Length of time at Yallambee:  
3 months  
The best thing about living at Yallambee:  
The staff  
The worst thing about living at Yallambee:  
Not being independant  
One thing you don't know about me:  
I tried different trades and I built my own house  
My favourite staff member:  
Stacey & Dee  
My favourite food:  
Bacon sandwich  
My favourite lifestyle activity:  
Bingo

Lovis Varghes  
Staff Member



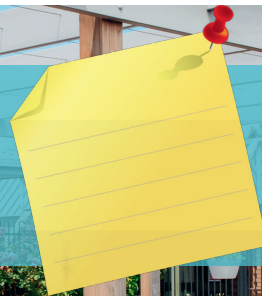
Role at Yallambee:  
Catering Assistant  
Length of time at Yallambee:  
1.5 years  
Job previous to Yallambee:  
Data analysis  
One thing you don't know about me:  
I love to cook  
Favourite pastimes:  
Watching movies  
My favourite food:  
Indian  
Advice to new staff:  
Be patient

Wilma Collins  
Yallambee Village Resident



Length of time at Yallambee:  
3.5 years  
The best thing about living at Yallambee:  
Meeting other residents.  
Location! Good size unit  
The worst thing about living at Yallambee:  
The gardens could better maintained more  
One thing you don't know about me:  
I was a butcher for 53 years  
Favourite food:  
Chow mein  
Advice to new residents:  
Get to know your neighbours

# Margery Cole *News*



## Christmas News!



### Resident & Relative Christmas Party

The Resident and Relative Christmas Party will be held on Monday, 18 December at 1:30 pm in the Grevillia lounge with entertainment by Destiny Band. See the attached flyer for further details. Kindly contact reception to RSVP.

### Christmas Light Tours

Christmas light tours will be happening throughout December starting at 8:30 pm. If you have expressed interest, the Lifestyle & Wellbeing Team will be in touch to confirm dates and times.

If you would like to book a date and time please let the Lifestyle & Wellbeing Team know.

### Christmas Day Movements

To ensure the best possible experience for Christmas Day lunch, please advise Reception if you will be dining elsewhere on Christmas Day or if you would like to have family and friends in for lunch. The cost will be \$40.00 per person for non-residents and a maximum of two guests.

### Christmas Shop

Margery Cole residents Christmas Little Shop will be open on Tuesdays, 5, 12 & 19 December to buy gifts.

Gift wrapping also available.



A banner image featuring a blue semi-transparent overlay with the text 'Margery Cole News Continued'. A yellow sticky note is pinned to the right side of the overlay. The background shows a garden with a wooden pergola and a brick building.

Margery Cole

# *News Continued*

## COVID-19 Booster Vaccines

**Monday, 18 December 2023**

Covid-19 Annual (Booster) Vaccinations for Margery Cole Residents and Yallambee workforce are being provided on-site by Latrobe Community Health Service.

Resident consent forms are being completed with our Clinical Team.

Any concerns regarding the booster vaccination, please contact our Clinical Operations Manager, Jayne Linton.

A logo for COVID-19 vaccination. It features the words 'COVID-19' in blue above the word 'VACCINATION' in blue. A large orange checkmark is positioned to the left of the word 'VACCINATION'.

The header image shows a blue pergola structure over a garden with various plants and flowers. A yellow sticky note is pinned to the blue background.

# Village *News*

A graphic featuring the words 'Christmas News!' in a light blue cursive font. To the right of the text is a black silhouette of three reindeer pulling a sleigh with Santa Claus. The background is a light gray with faint, larger cursive letters.

## Christmas *News!*

### **Village Christmas Party**

Unfortunately, the Village Christmas Party has been canceled due to COVID-19 outbreak.

### **Village Christmas Day Lunch**

If you would like to dine at Margery Cole for your Christmas day lunch or have a meal delivered to you via our Meals on Feet Program, please contact Reception by Monday, 18 December

### **Village Bus Trips**

Village bus trips to the Traralgon Plaza

Depart 11:00 am

Return 1:00 pm

- Wednesday, 6 December
- Wednesday, 20 December

Don't forget to pre-book your seat with at least one days notice at Reception.





# Village News Continued

## Traralgon Men's Shed

Yallambee Village Independent Living Units received their order of Tables, Chairs and Benches made by Traralgon Men's Shed (TMS) last week. The funding of the project was from Alinta Loy Yang B Grant.

Lyn Matthews TMS Secretary said "A total of 7 x 6' Bench Seats, 2 large Tables and 8 Chairs were made by our wonderful volunteers for Yallambee . These items will be a long-lasting benefit for the Yallambee Village residents, their friends and family to use".

TMS members contribute to the wellbeing of many communities across Gippsland throughout the year and continue working on a variety of other projects.

If you want to know more about the Traralgon Men's Shed, drop in and check out our Shed. TMS offers individuals a place to engage in hands on activities. You will be able to interact with others, and by doing so, develop a sense of meaning and value around the process of completing projects. Through shared experiences in the shed, members make friends, build a network of emotional support, and develop a sense of belonging, with the health and wellbeing aspect of the 'Men's Shed' being its greatest benefit.

Traralgon Men's Shed is located at 5 Howitt Street and is open Tuesday, Wednesday and Thursday from 8am to 2pm.

TMS will be closing for Christmas break from 20th December and will reopen 9th January 2024.





# Village *News Continued*

## Unit Renovations

Earlier this year, significant renovations commenced on three of our Village Units. We are delighted to announce that the work has now been officially completed!

While these units will be available for sale soon, take a sneak peek at one of the two-bedroom units below in the meantime.





# Staff *News*

## New Staff - November

Welcome to all new staff!

### Personal Care Worker

Dahna Cadaday

Tayla Jee

Mercy Cherup

Danielle Naughton

### Catering

Jacinta Zweirlein

### Catering/Enviro

Winnie Lei

Vicky Zazelis

### Lifestyle & Wellbeing

Amy Grieve

Jacinta Mudge

*Welcome!*

## Star of the Month - Angela Jellis



Here is what Angela's colleague had to say:

- I wish to nominate Angel Jellis for always offering to help me and other cleaners when she has time and our work is overflowing. Without her help, I would not have been able to do all my normal work plus all the extra duplexing needed for today.

Don't forget if you have something awesome to share about your colleagues, be sure to enter your nominations into Manad Feedback.

*Star of the Month!*

# Feedback from the Board

## Food Safety Audit

Chef Manager, Lee Ruane and his catering team have demonstrated exceptional dedication and professionalism in maintaining high standards of food safety at Yallambee. An external Food Safety Audit was conducted onsite on 25 October 2023 in accordance with the Food Act 1984.

The Board recognises the importance of providing nutritious and well-balanced meals to our residents, and we commend the efforts of the catering team in achieving this goal.

The positive feedback from the auditor is a testament to the hard work and commitment of Lee and his team. Their attention to detail, adherence to food safety regulations, and focus on providing quality meals have been instrumental in attaining this successful certificate of annual compliance. The Board would like to extend our sincere congratulations to Lee Ruane and his catering team for their outstanding achievement. Their dedication to excellence in food safety and their commitment to meeting the nutritional needs of our residents are truly commendable.

We are proud to have such a capable and talented team at Yallambee, providing daily cook fresh meals and we look forward to their continued success in providing exceptional dining experiences for our residents.

## Recognition of Director, Angela Jacob's 5-year voluntary service to the Yallambee Board of Directors



The Board warmly acknowledges former director, Angela Jacob's outstanding contribution during her tenure on the Yallambee Board of Directors. Angela's dedication, insight, and invaluable service as a volunteer Board Member is greatly appreciated. Angela retired as a director from the Board at Yallambee's 2023 Annual General Meeting.

The Board and Executive would like to extend our heartfelt gratitude to Angela for her exceptional contribution as a Board Member.

Angela has been a Gippsland resident for over 25 years, having been employed as a physiotherapist at Monash Health and West Gippsland Healthcare Group. Following five years' experience as a General Manager at Latrobe Regional Hospital she was appointed to the position of Executive Manager Operations at the Gippsland Primary Health Network (Gippsland PHN). She is also a Vic/Tas Branch Councillor for the Australasian College of Health Service Management. Angela is a Graduate of the Australian Institute of Company Directors, Fellow of the Australasian College of Health Service Management, and a Certified Health Executive.



# December 2023

## Yallambee Lifestyle & Wellbeing Activity Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>4</p> <p>10:15 Walking H</p> <p>1:30 Carpet Bowls G</p> <p>1:30 Christmas Cards Making BN</p> <p>3:30 1:1s H</p>	<p>5</p> <p>10:15 Movers &amp; Shakers H</p> <p>10:45 Brain Teasers H</p> <p>1:30 Craft &amp; Knitter Natter BN</p> <p>3:00 Christmas Shop CBD</p>	<p>6</p> <p>10:15 House Meeting H</p> <p>10:30 Movers &amp; Shakers H</p> <p>10:45 Brain Teasers H</p> <p>1:30 Bingo G</p> <p>3:30 1:1s H</p>	<p>7</p> <p>10:15 Movers &amp; Shakers H</p> <p>10:45 Brain Teasers H</p> <p>1:30 Bill Bishop Concert G</p> <p>3:30 1:1s H</p>	<p>1</p> <p>10:15 Walk Around F</p> <p>10:45 Brain Teasers H</p> <p>10:45 Anglican Church G</p> <p>1:30 Happy Hour A</p> <p>1:30 Mystery Drive F</p>	<p>2</p> <p>Waratah Program</p> <p>10:15 Movers &amp; Shakers</p> <p>10:45 Brain Teasers</p> <p>1:30 Art/ Singing/ Outdoor/ games/ Sensory</p>	<p>3</p> <p>Waratah Program</p> <p>10:15 Movers &amp; Shakers</p> <p>10:45 Brain Teasers</p> <p>1:30 Art/ Singing/ Outdoor/ games/ Sensory</p>
<p>11</p> <p>10:15 Walking H</p> <p>1:30 Active Games G</p> <p>1:30 Gardening BN</p> <p>3:30 1:1s H</p>	<p>12</p> <p>10:15 Movers &amp; Shakers H</p> <p>10:45 Brain Teasers H</p> <p>1:30 Playgroup G</p> <p>1:30 Christmas Art BN</p> <p>3:00 Christmas Shop CBD</p>	<p>13</p> <p>10:15 House Meeting H</p> <p>10:30 Movers &amp; Shakers H</p> <p>10:45 Brain Teasers H</p> <p>1:30 Bingo G</p> <p>3:30 1:1s H</p>	<p>14</p> <p>10:15 Movers &amp; Shakers H</p> <p>10:45 Brain Teasers H</p> <p>1:30 Anna &amp; Phil G</p> <p>3:30 1:1s H</p>	<p>15</p> <p>10:15 Walk Around F</p> <p>10:45 Brain Teasers G</p> <p>1:30 Happy Hour A</p> <p>1:30 Mystery Drive F</p> <p>3:30 1:1s H</p>	<p>16</p> <p>Waratah Program</p> <p>10:15 Movers &amp; Shakers</p> <p>10:45 Brain Teasers</p> <p>1:30 Art/ Singing/ Outdoor/ games/ Sensory</p>	<p>17</p> <p>Waratah Program</p> <p>10:15 Movers &amp; Shakers</p> <p>10:45 Brain Teasers</p> <p>1:30 Art/ Singing/ Outdoor/ games/ Sensory</p>
<p>18</p> <p>10:15 Walking H</p> <p>1:30 Marjory Cole Xmas Party with Destiny Band G</p> <p>3:30 1:1s H</p>	<p>19</p> <p>10:15 Movers &amp; Shakers H</p> <p>10:45 Brain Teasers H</p> <p>10:45 Catholic Church G</p> <p>1:30 Playgroup G</p> <p>1:30 Christmas Movie BN</p> <p>1:30 Baking CBD</p>	<p>20</p> <p>10:15 House Meeting H</p> <p>10:30 Movers &amp; Shakers H</p> <p>10:45 Brain Teasers H</p> <p>1:30 Bingo G</p> <p>3:30 1:1s H</p>	<p>21</p> <p>10:15 Movers &amp; Shakers H</p> <p>10:45 Brain Teasers H</p> <p>1:30 Christmas Songs of Praise G</p> <p>3:30 1:1s H</p>	<p>22</p> <p>10:15 Walk Around F</p> <p>10:45 Brain Teasers G</p> <p>1:30 Happy Hour A</p> <p>1:30 Mystery Drive F</p> <p>3:30 1:1s H</p>	<p>23</p> <p>Waratah Program</p> <p>10:15 Movers &amp; Shakers</p> <p>10:45 Brain Teasers</p> <p>1:30 Art/ Singing/ Outdoor/ games/ Sensory</p>	<p>24</p> <p>Waratah Program</p> <p>10:15 Movers &amp; Shakers</p> <p>10:45 Brain Teasers</p> <p>1:30 Art/ Singing/ Outdoor/ games/ Sensory</p>
<p>25</p> <p>CHRISTMAS DAY</p>	<p>26 BOXING DAY</p> <p>10:15 Movers &amp; Shakers</p> <p>10:45 Brain Teasers</p> <p>1:30 Active Games</p> <p>3:00 Little Shop CBD</p>	<p>27</p> <p>10:15 House Meeting H</p> <p>10:30 Movers &amp; Shakers H</p> <p>10:45 Brain Teasers H</p> <p>1:30 Bingo G</p> <p>3:30 1:1s H</p>	<p>28</p> <p>10:15 Movers &amp; Shakers H</p> <p>10:45 Brain Teasers H</p> <p>1:30 Singing with Tess G</p> <p>3:30 1:1s H</p>	<p>29</p> <p>10:15 Walk Around F</p> <p>10:45 Brain Teasers G</p> <p>1:30 New Years Eve Happy Hour A</p> <p>1:30 Mystery Drive F</p> <p>3:30 1:1s H</p>	<p>30</p> <p>Waratah Program</p> <p>10:15 Movers &amp; Shakers</p> <p>10:45 Brain Teasers</p> <p>1:30 Art/ Singing/ Outdoor/ games/ Sensory</p>	<p>31</p> <p>Waratah Program</p> <p>10:15 Movers &amp; Shakers</p> <p>10:45 Brain Teasers</p> <p>1:30 Art/ Singing/ Outdoor/ games/ Sensory</p>

Please note due to limited places, Mystery drives and Midvalley outings are for Margery Cole Residents only





# *Yallambee*

## Resident & Family Christmas Party

Gather with joy, the season's here,  
for laughter, feasts, and festive  
cheer!

Yallambee warmly invites you to  
our Christmas Concert afternoon  
tea and a visit from Santa and his  
helpers.

Monday, 18 December

1:30 pm in the Grevillia Lounge

Entertainment by Destiny Band

Kindly RSVP to Reception on 5132 3500  
by Monday, 8 December

RAT testing and mask  
required by visitors





# Yaffabee

## Margery Cole Christmas Day Menu

### Entree

Prawn Cocktail

### Main

Traditional Christmas

Roast Pork with Crunchy Crackle and Apple Puree (Sauce), Beef Brisket and Red Wine Gravy, Christmas Turkey with Cranberry Sauce, Cauliflower and Broccoli, Tasty Cheddar Gratin, Oven Roasted Garlic and Rosemary Potato and Pumpkin and Green Minted Peas

### Dessert

Traditional Christmas Pudding

Plumb Pudding with Warmed Brandy Custard Cream and Garden Chocolate Mint

### Dinner

Christmas Cold Plate

Ham off the Bone, Chilled Roasted and Seasoned Christmas Chicken, Potato salad, Pumpkin Roasted Beetroots and Ricotta and an Aussie BBQ Green Salad

### Dessert

Nannas Christmas Pav

Whipped Cream loaded with Christmas berries, Passion and Kiwi Fruit





## **Live at ease.**

Dear Yallambee Residents, Relatives and Representatives,

This letter is to formally invite you to join Yallambee's Consumer Advisory Body. The Consumer Advisory Body plays a vital role in providing Yallambee with feedback about the care and services we provide. The Consumer Advisory Body will give you an opportunity to be involved in the development, delivery, evaluation and ongoing improvement of our care and services.

Members of the Consumer Advisory Body will meet every 3 months to fulfil its duties, which include:

- Providing feedback to Yallambees governing body and to other consumers;
- Contributing to policies, procedures and practices;
- Identifying opportunities for staff education and training;
- Identifying issues with Yallambees care and services, and provide input to the resolution of identified issues;
- Identifying opportunities for continuous improvement of Yallambees services and activities; and
- Providing a report on care and services to the governing body.

Joining the Consumer Advisory Body is not mandatory, and membership is for a period of 1 year.

Yallambee have previously conducted quarterly Consumer Voice Committee meetings which will now continue as the Consumer Advisory Body, giving Residents, Relatives and Representatives the opportunity to ensure your voice is heard by the Yallambee Governing body.

We will continue to run our monthly Resident and Relative meetings for all Residents and families to attend.

I have attached the Consumer Advisory Body information sheet for your review, if you are interested in joining the Consumer Advisory Body or would like additional information, please contact Leanne Felstead at [leanne.felstead@yallambee.com.au](mailto:leanne.felstead@yallambee.com.au) or 5132 3500.

Sincerely,

Leanne Felstead.

Customer Services Manager.

Chairperson, for and on behalf of the Governing body



# Consumer advisory body

A resource for aged care consumers.

1800 951 822  
[agedcarequality.gov.au](https://agedcarequality.gov.au)



**A new responsibility for providers is to offer aged care consumers and their representatives the opportunity to start a consumer advisory body.**



## **'Your voice is powerful.'**

Providers need to write to you and give you the opportunity to join a consumer advisory body at least once a year.

Providers approved before 1 December 2022 need to do this from 1 December 2023.

## Consumer advisory bodies

Consumer advisory bodies can help fix problems and improve your care. They give you a way to talk about care and service quality with others and share this with your provider's governing board.

### **Consumer advisory bodies are important because they:**

- ✓ look at the quality of care and services you and others receive
- ✓ find and communicate consumers' needs and issues
- ✓ provide opportunities for improvement.



If your aged care service is a state or territory authority or a local government authority, it doesn't have to offer to start a consumer advisory body. You can still share your thoughts, ideas and give feedback about your care and the services you receive - talk to your provider today.

## Membership

Consumer advisory bodies need people like you! Members from all backgrounds are welcome to join; diversity means that all consumers are represented. This includes people who:

- are a current or past consumer
- are a family member or representative of a current or past consumer
- are Aboriginal or Torres Strait Islander
- are LGBTI
- come from a culturally and linguistically diverse background
- have a disability
- live with a cognitive or physical impairment
- live with mental health issues and/or illness
- are socially or economically disadvantaged
- live in a rural or remote area.

## Provider obligations

### Your provider must:



offer to start a consumer advisory body at least every 12 months – even if you already have one



make the offer in writing – for example, an email, letter, poster or pamphlets around the service



think about feedback the consumer advisory body gives about care and services when making decisions



write to the consumer advisory body to explain how the feedback is used.





## Start date

This responsibility commences from 1 December 2023 for existing approved providers or on the day new providers are approved. You should get more information and an offer to start a consumer advisory body before this date.

If you don't get an offer to form a consumer advisory body or one isn't started, find out why. Maybe this is because other consumers don't have enough information, or they aren't interested in joining. If you want to start or join a consumer advisory body, talk to your family/representatives and other consumers to see if they do too. Then, talk to your provider.

## Quality care advisory body

Providers also need to start a quality care advisory body. This must have at least one member that represents consumer interests (for example, a consumer/representative, a member of the consumer advisory body (if established) or a consumer advocate).

## More information

- **Talk to your aged care provider.**
- Phone the Older Person's Advocacy Network (OPAN) Support Line.

**1800 700 600**

8am – 8pm Monday to Friday

10am – 4pm Saturdays

OPAN helps you and your representatives fix problems you have with Commonwealth-funded aged care services.

- Phone the Aged Care Quality and Safety Commission on **1800 951 822** (free call) to give feedback on your provider or make a complaint.

June 2023



### Phone

1800 951 822



### Web

[agedcarequality.gov.au](https://agedcarequality.gov.au)



### Write

Aged Care Quality and Safety Commission  
GPO Box 9819, in your capital city



## Heatwave information for residential aged care

### Information for residents

#### What is a heatwave?

- ▶ A heatwave is a period of excessively hot weather.

#### Why are heatwaves a problem?

- ▶ Heatwaves can cause people to become ill, and sometimes die.
- ▶ Heatwaves are most dangerous if they occur early in the summer season, if they last for several days, and if they include hot nights.
- ▶ Heatwaves can cause fatigue, heat rash, heat cramps, heat exhaustion and heat stroke. Heat exhaustion and heat stroke can lead to death.
- ▶ Heatwaves also cause death by causing a worsening of existing health problems, especially heart or lung disorders.

#### Who is most at risk?

In an aged care service, all residents are at risk of heat-related illness.

Those residents most at risk are:

- ▶ aged 65 years or older
- ▶ overweight or obese
- ▶ people with a chronic disease, such as heart disease, high blood pressure, diabetes, cancer, kidney disease
- ▶ people unable to care for themselves
- ▶ people with a health condition that impairs sweating, such as scleroderma, extensive scarring from burns
- ▶ people with limited mobility or confined to bed
- ▶ people with dementia or psychiatric illness
- ▶ people taking medications that interfere with the body's ability to regulate temperature.



## **What you can do during excessively hot weather.**

### **✓ Wear light coloured, loose-fitting cotton clothing**

This could include:

- ▮ For women: sleeveless summer dresses and summer night wear.
- ▮ For men: short-sleeved shirt, shorts, summer cotton socks and summer pyjamas.

### **✓ Sip cool water or other drinks as recommended by care staff**

### **✓ Tell the care staff if you feel distressed**

- ▮ Rapid breathing or difficulty breathing
- ▮ Weakness, dizziness, fainting, nausea, vomiting
- ▮ Fatigue, headache, confusion.

### **✓ Stay out of the sun**

### **✓ Spend at least 3 hours in an airconditioned space**

## **Want to know more?**

- ▮ Ask care staff or a healthcare professional
- ▮ Visit the Better Health Channel website: [http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Heat\\_stress\\_and\\_heat-related\\_illness](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Heat_stress_and_heat-related_illness)



## Heatwave information for residential aged care Information for Village Residents

### What is a heatwave?

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- ▶ For men: short-sleeved shirt, shorts, summer cotton socks and summer pyjamas.

### ✓ **Sip cool water or other drinks**

### ✓ **Stay out of the sun**

### ✓ **Spend at least 3 hours in an air conditioned space**

### ✓ **Call 000 if you experience any of the following symptoms during a Heatwave**

- ▶ Rapid breathing or difficulty breathing
- ▶ Weakness, dizziness, fainting, nausea, vomiting
- ▶ Fatigue, headache, confusion.

## **Want to know more?**

- ▶ Ask care staff or a healthcare professional
- ▶ Visit the Better Health Channel website: [http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Heat\\_stress\\_and\\_heat-related\\_illness](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Heat_stress_and_heat-related_illness)

## Heatwave information for residential aged care

### Information for carers and families

#### What is a heatwave?

- ▶ A heatwave is a period of excessively hot weather.

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- ▶ Heatwaves are most dangerous if they occur early in the summer season, if they last for several days, and if they include hot nights.
- ▶ Heatwaves can cause fatigue, heat rash, heat cramps, heat exhaustion and heat stroke. Heat exhaustion and heat stroke can lead to death.
- ▶ Heatwaves also cause death by causing a worsening of existing health problems, especially heart or lung disorders.

#### Who is most at risk?

In an aged care facility, all residents are at risk of heat-related illness.

Those residents most at risk are:

- ▶ aged 65 years or older
- ▶ overweight or obese
- ▶ people with a chronic disease, such as heart disease, high blood pressure, diabetes, cancer, kidney disease
- ▶ people unable to care for themselves
- ▶ people with a health condition that impairs sweating, such as scleroderma, extensive scarring from burns
- ▶ people with limited mobility or confined to bed
- ▶ people with dementia or psychiatric illness
- ▶ people taking medications that interfere with the body's ability to regulate temperature.



## **What you can do to assist your family member during excessively hot weather.**

### **✓ Provide an adequate supply of light coloured, loose-fitting cotton clothing**

This could include:

- ▶ For ladies: sleeveless summer dress and summer night wear.
- ▶ For men: short-sleeved shirt, shorts, cotton summer socks and summer pyjamas.

### **✓ Encourage and assist with sipping cool water or other drinks as recommended by care staff**

- ▶ Offer assistance
- ▶ Ensure drinks are within reach
- ▶ Fill up water jugs.

### **✓ Look for any signs of distress and if present report this to care staff immediately**

- ▶ Rapid breathing or difficulty breathing
- ▶ Weakness, dizziness, fainting, nausea, vomiting
- ▶ Fatigue, headache, confusion.

### **✓ Take care of yourself!**

- ▶ Stay out of the sun
- ▶ Avoid travelling in the hottest part of the day
- ▶ Spend at least three hours in an airconditioned space
- ▶ Have plenty to drink
- ▶ Avoid strenuous activity.

### **Want to know more?**

- ▶ Ask care staff or a healthcare professional
- ▶ Visit the Better Health Channel website at  
[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Heat\\_stress\\_and\\_heat-related\\_illness](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Heat_stress_and_heat-related_illness)



**Live at ease.**

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