

Client and Staff Newsletter December 2014

Message from the CEO

As we head toward the close of the year it is important that in preparing for the year ahead, we reflect on the past. The last twelve months has been a period of immense change not only for Family Based Care North West but also for the community care sector and each of us individually.



The association has lost a number of wonderful long term clients this year. While this has been sad news, I take some comfort in the fact that it has been the excellent care provided by staff from Family Based Care that has made it possible for these people to stay in their homes for as long as possible.

In this year of challenges I am proud to say that we have all, staff and clients alike, supported each other as best we could and we have all been able to cope with the pace of change. For me it is heartening to see that the “Family” in FBC is more than just words.

The community care sector is changing significantly over the next 12 months with the new “innovations” from the Commonwealth Government coming to fruition. Over the next twelve months recipients of care will experience significant price rises for their care as the contribution for payment for care increases from the fixed \$5.00 to an income based assessment. This could mean a basic fee of up to 17.5% of the single basic Age Pension or an income-tested fee if you income is over a certain amount. The good news is that the Government has now flagged age care moving to a model similar to that currently being applied to the National Disability Insurance Scheme (NDIS) where consumers have absolute control over their aged care packages. This means that clients will be able to choose who they want in their homes and how they will spend their aged care package monies.

I have included a link to an interesting article on home care reform that is worth a read. If you would like a printed copy of the article please contact your coordinator and they will send one.

Finally, have a safe and merry Christmas and a happy New Year. We will see you in 2015.

www.hospitalandagedcare.com.au/news/gov-and-opposition-agreed-on-home-care-reform.



Important Dates Dec/Jan

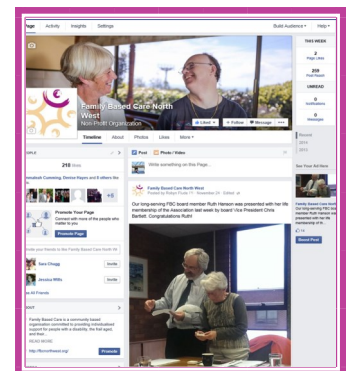
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5 Staff BBQ	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Office Closed	25 Office Closed	26 Office Closed	27 Office Closed	28 Office Closed
29 Office Closed	30 Office Closed	31 Office Closed	1 Office Closed	2 Office Closed	3 Office Closed	4 Office Closed

2014 at a glance

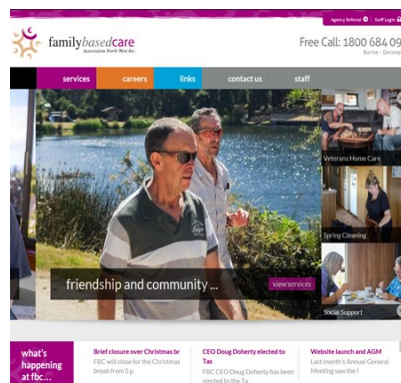


You may have seen our advertisement on the back of a Metro bus!

New Program
Damien started our Day Centre Program which has been joined by 42 people who now enjoy a variety of indoor activities and outings.



Lots of staff and clients 'liked' us and engaged with us on facebook!



We launched our new website!

www.familybasedcare.org.au

We moved to the new office in Mount Street

Board News
Long-serving Board Member Di Murphy was sadly farewelled, but five new members were welcomed.

Ruth Hanson and Steve Daley were honoured with life membership.

Consumer Engagement
23 clients attended Consumer Consultative Committee meetings in Circular Head, Devonport and Ulverstone. We hope to see more next year.

More interesting updates.....

From the 'My Aged Care' Website

The My Aged Care website has been established by the Australian Government to help you navigate the aged care system. The Gateway is part of the Australian Government's changes to the aged care system which have been designed to give people more choice, more control and easier access to a full range of aged care services. My Aged Care is made up of the website and a national contact centre. Together they can provide you with information on aged care, whether for yourself, a family member, friend or someone you're caring for. The contact centre can be phoned on 1800 200 422

between 8.00am and 8.00pm on weekdays and between 10.00am and 2.00pm on Saturdays. The My Aged Care phone line is closed on Sundays and national public holidays.

National Disability Insurance Scheme (NDIS)

Family Based Care participate in the NDIS as a provider. Our NDIS Coordinators Tammy and Fiona work with participants to implement their individualised plans, and achieve their goals and aspirations.

Over the past year we have employed quite a number of staff specifically to support NDIS clients.

Continued on next page

Coming soon.....

Staff did you know?

- ◆ Very soon support staff will have their own email address accessible through the website. This will allow us to communicate with you quickly and include useful information and links to items of interest on the internet that have been difficult to communicate before.
- ◆ Having your own email address will make it easy for us to do quick online surveys to find out what you want.
- ◆ Next year we will make online training available to all staff. We will let you know more about this when the time is closer.

Clients did you know?

- ◆ If you have a mobile phone we can text you with updates about your roster, important dates and notifications. Let us know if you would find this helpful.
- ◆ If you have an email address we can send you useful information and links to items of interest on the internet
- ◆ You can also keep in touch with your coordinator by email
- ◆ If you open a free facebook account you can also connect with the Family Based Care facebook community.

From page 3

We have placed a real emphasis on training and development of staff to provide quality individualised support to our clients.

Head to our website for more information and useful links about My Aged Care and the National Disability Insurance Scheme.

Wordfind.....

Christmas with Family Based Care

X	H	E	F	C	A	K	E	N	X	C	X	L	Z	R
N	H	B	P	S	T	N	C	N	T	E	I	T	R	C
Q	C	M	I	H	G	S	T	N	E	S	E	R	P	T
S	O	N	H	O	W	I	K	A	W	D	H	T	E	P
U	Z	O	A	P	S	A	M	T	S	I	R	H	C	W
P	C	O	M	P	S	R	E	T	S	O	R	R	W	Q
P	D	J	H	I	Y	H	Q	B	T	I	X	E	N	K
O	G	Y	T	N	L	Y	D	A	C	R	N	S	T	H
R	G	Q	G	G	E	M	N	R	M	M	Z	P	P	B
T	S	P	T	K	Y	I	Q	B	O	Q	R	I	U	F
H	A	U	R	X	D	M	J	E	N	G	L	T	D	F
L	N	U	F	R	P	U	E	C	O	V	W	E	D	A
J	T	Y	O	D	E	X	W	U	Z	F	Q	V	I	T
S	A	O	N	U	H	O	Z	E	K	H	L	U	N	S
L	C	C	V	Y	N	T	J	V	V	H	K	E	G	F

BARBECUE
CAKE
CHRISTMAS
COORDINATOR
FBC
HAM
PRESENTS
PUDDING
RESPIRE
ROSTERS
SANTA
SHOPPING
STAFF
SUPPORT
TURKEY

Simple salad ideas for summer.....

Tomatoes with Mint: Sprinkle heirloom tomato chunks with salt, pepper and sliced spring or red onion; set aside 5 minutes. Top with fresh mint; drizzle with olive oil and white wine vinegar.

Greek Cucumber Salad: Mix red onion slices, chopped cucumber, Kalamata olive halves, dill and feta. Dress with olive oil and lemon juice; season with salt and pepper.

Curried Potato and Egg Salad: Mix 3/4 cup of plain Greek Yoghurt with 2 teaspoons madras or regular curry powder and 1 1/2 teaspoons Tabasco Sauce. Combine cooled potatoes with chopped hard boiled eggs and chopped spring onion. Stir through dressing. Chopped cooked bacon makes a nice addition.

Rice Salad Combine cooked rice with chopped red, yellow and green peppers, spring onion, chilies and parsley. Stir through a splash of vinegar to moisten and sprinkle with Tabasco Sauce if desired. Season with salt and pepper.