

VOLUNTEER UPDATE

There are 16 days remaining until all aged care staff and volunteers must have received at least one dose of the COVID-19 vaccine in order to continue working in aged care. See links to NSW and ACT Public Health Orders below.

I want to say a big THANK YOU to all volunteers who have provided me with their COVID vaccination evidence and to those who have made bookings to receive their vaccination over the coming weeks. Your assistance has been greatly appreciated.

Most of us have now been in lockdown for 9 weeks! This is a long time not being able to see family and friends or freely going out in the community to do the things we love. It is not unusual for feelings of despair or being overwhelmed to come to the surface, especially with the constant media coverage on the pandemic.

At times like this it is so important to take some time out for self care. Simple things can make all the difference for our emotional and physical wellbeing.

Take time away from the news reports, call a friend, have a cuppa in the sunshine, potter in the garden, read a book, go for a walk or start that hobby you've always wanted to do.

As a Warrigal Volunteer you have access to Lifeworks, which is a free, voluntary and completely confidential services that can be accessed at any time to discuss work or personal related issues. Tel: 1300 361 008 (24 hours/7 days a week).

We're all in this together and to support each other.

Michelle Chate, Volunteer Coordinator

NSW Government enacted the Public Health (COVID-19 Aged Care Facilities) Order 2021 -
<https://legislation.nsw.gov.au>

ACT Government enacted the Public Health (Aged Care Workers COVID-19 Vaccination) Emergency Direction 2021
<https://www.legislation.act.gov.au/ni/2021-501/>

Can I volunteer at Warrigal during current lockdown? ✓

YES, all our volunteers are needed to keep doing your essential work in our care homes and home services programs.

Your assistance in our homes during the current lockdown is greatly appreciated in providing companionship and giving emotional and spiritual support to our residents.

How can I help at Warrigal during lockdown?

Here are some ways you can provide assistance in our residential aged care homes during lockdown:

- Companionship (coffee and chat, one-to-one visits)
- Play board games, cards
- Read the newspaper to a group
- Book Club
- Assist with setting up activities
- Assist residents to contact a family member (via Facetime, Zoom, Messenger, etc)
- Provide relaxing hand massage
- Pamper sessions (nails, hair, makeup)
- Pet Therapy
- Colouring
- Art Class
- Trivia
- Clean residents eyewear
- Organise activity rooms (if required)
- Assist at meal times (setting tables, clearing dishes)
- Take residents to and from activities
- Take residents for a walk in the gardens and outdoor
- Gardening/pottering residents plants
- Knitting group
- Assist with exercise group

If you would like to assist in any of the above, or have another suggestion, please contact the Lifestyle Team Leader at your home of volunteering.

See contact list on back page of the newsletter.

Latest Updates

taken from letters to families from Craig Smith (Exec Leader - Service Integrated Communities)

- We are still seeing COVID positive cases in the Illawarra, Goulburn and Canberra.
- Exposure sites are communicated to each home, screening tools are updated and staff that may have been to a venue at any time during the date of exposure are required to provide evidence of a negative COVID result prior to returning to work, which also applies to any staff that display any symptoms.
- Rapid Antigen Testing is a screening tool to help detect COVID-19 in people without any symptoms, and the testing involves a nasal swab with the results available within 15-20 minutes. Rapid antigen tests will detect most cases of COVID-19 but are not as accurate as the standard test.
- These tests are being used at aged care homes in the high-risk areas within the Sydney LGA where there are no current outbreaks and Warrigal are considering trialling the testing at two care homes to understand the additional level of safety that it will provide our residents, and if successful it could provide an opportunity to increase visitor arrangements if they agree to testing.
- The vaccination program has been a focus at Warrigal since the Government mandated compulsory vaccinations, which has resulted in a number of on-site clinics being arranged, and a partnership with Company Medical Services to undertake clinics in Illawarra, Southern Highlands, Queanbeyan and Canberra.
- The vaccination rates are reviewed weekly and reported to the Commonwealth. As at week beginning 23 August, 83% of our staff had either received their first vaccination or have booked their vaccination prior to 17 September.
- The number of staff who have indicated they will not receive the vaccination has been minimal, and there is a plan to communicate and follow up with all of the outstanding staff in the coming days.

For full letters, please visit warrigal.com.au (Family and Carer Communications)

Volunteer Vaccinations

It is fantastic to see over 67% of our current volunteers have received their COVID vaccination or advised a booking date to receive the vaccination.



A short survey and letters have been sent to volunteers who have not yet advised their vaccination status. If you received this survey, can you please complete this as a matter of urgency.

Under the Public Health Order, from 9am on 17 September 2021, staff and volunteers working at a residential aged care facility may only enter the facility if they have received at least one (1) dose of a COVID-19 vaccination. If you have not provided evidence prior to 17 September 2021, you will be refused entry to the Warrigal residential care home that you work at.

If you have any concerns or questions regarding the COVID vaccine, please speak to your health care professional.

For any other questions, please do not hesitate to contact me.



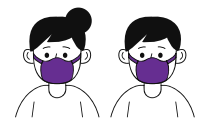
Infection Control

It is vital that everyone remain vigilant with infection control and hand washing whilst volunteering in a care home.

- Hand sanitise upon entry and exiting.
- Hand sanitise between visiting residents.
- Wash hands with soap and water for more than 20 seconds after using the bathroom, prior to preparing food, or if hands are soiled.

QR Codes

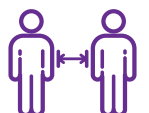
We now have QR codes at all our Warrigal sites and services. Please remember to use QR code when entering a premises and Check Out when you leave.



Face Masks

It is currently a requirement for anyone entering an Aged Care premises to wear a face mask. This includes our ACT homes.

You can obtain a face mask when you sign in at any Warrigal home or premises.



Stirling (ACT) Volunteers

Preparations are well underway to commence a 'Golden Angels' volunteer program with NSW Health.

Volunteer positions have recently been advertised on social media, Volunteer recruitment platforms and the local Canberra newspaper (see picture below).

The 'Golden Angels' program provides dementia-specific person-centred activities and companionship to residents living with dementia and delirium.

The Golden Angel Volunteers will undertake comprehensive training in dementia and delirium, how to understand and respond to behaviour changes that can occur, different communication techniques and a range of therapeutic activities that improve residents' emotional wellbeing and comfort.

The Golden Angel volunteer program is also a unique opportunity to participate in an aged care study with NSW Health, evaluating the important role that volunteers play in the life of individuals living with dementia and delirium.


The aged care study will run for a six month period, however the volunteer role will continue at the conclusion of this study period and be expanded to our other Warrigal homes.

Do you want to make a positive difference in the life of an older person?

Join our Warrigal Stirling team as a Golden Angel, and participate in this unique volunteering opportunity.

You'll receive ongoing training and support as you carry out important work with individuals living with dementia or delirium.

Register your interest now by emailing volunteering@warrigal.com.au

Follow us on  



Op Shop

The Warrigal Op Shop remains closed due to current lockdown restrictions and are NOT accepting any donations at this time.



Thursday 9 September

R U OK? DAY

R U OK? Day is our national day of action dedicated to reminding everyone that every day is the day to ask, "Are you OK?" and support those struggling with life's ups and downs.

Volunteer Positions

If you (or anyone you know) are interested in any of the following volunteer positions, please contact Michelle Chate, Volunteer Coordinator on:

M: 0436 806 723

E: volunteering@warrigal.com.au

Warrigal Stirling (ACT)

- Companion (one-on-one visit)
- Bus Driver (Class C licence)
- Bus Carers Assistant
- Activities Assistant
- Entertainment Volunteer
- Pet Therapy Volunteer
- Golden Angel Volunteers to join a new program that provides support to residents living with dementia and delirium (this position is part of a study with NSW Health)

Warrigal Bundanoon

- Companion to visit a male resident in the memory support unit

Warrigal

- Bus Driver (LR Licence)
- Gardening Assistant (Mt Terry, APR, Mt Warrigal)

— HAPPY — Retirement Heather from Bundanoon

After 32 years of service, Warrigal Bundanoon celebrated the retirement of Heather Peacock, Leisure and lifestyle officer.

Heather began working at Warrigal in 1989 and attributes Warrigal's positive company culture, friendly team members and supportive management to being the reason for her long tenure.

Heather recently said "we are a lovely community up here and there's no particular memory that really stands out because most days it's always special. Everyday it's always fun to come to work and be happy with everyone. I've never regretted anything in all my years. I've loved every day".

There are four generations of Warrigal employees in Heather's family; her mother Dorothy was a volunteer for 25 years (retiring only in January 2021), her daughter-in-law began as a nurse for 17 years and is now working at Warrigal head office, and her granddaughter Jess also volunteered on the school holidays.

Heather's daughter-in-law, Deb Jenkins, said "Heather and I worked extremely closely during my 17 years at Bundanoon nursing together, and had many happy memories there. It is staff like Heather that make coming to work easy, her dedication and love for the residents is second to none."

Mark Sewell, Warrigal CEO said, "Everyone here at Warrigal would like to congratulate and thank Heather for the outstanding contribution she has made over the past 32 years, and celebrate the positive difference that four generations of her family have made to thousands of older people over the years. Her service is a true testament to positive culture we have here at Warrigal, and we are so proud to have such a quality workforce with people like Heather on our team."

Warrigal Bundanoon held a small afternoon tea during Heather's last shift, as they were unable to celebrate due to lockdown restrictions. Heather's retirement plans are spending quality time with her husband, Alan, and tending to her garden.



For more information on scams or to report a personal scam you can go to the scam watch government website <https://www.scamwatch.gov.au/about-scamwatch/contact-us#contact-scamwatch>

Scams are on the increase and scammers are becoming smarter in stealing your money or personal details. No one is immune to an attempted scam and you may only realise you have been scammed when it's too late.

Be alert and follow our tips

- Read emails carefully, check email addresses even if they look real. Are there spelling mistakes or does the wording look strange.
- Before answering unexpected emails, use the phonebook to call to check if they are genuine.
- Never click on any links or email attachments from unknown sources.
- Beware of any unsolicited requests to send money, provide credit card details or personal documents.
- Be very suspicious of requests to pay with gift cards, debit cards, iTunes or bitcoin.
- If it doesn't feel right, it probably isn't. Always check first.



Lifestyle Team Leader Contact

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