

belong

ISSUE 8 March 2017



Spoiled for choice

Changes to Home Care

Driving force

Removing barriers to employment

Seed money

Dalby's community garden





CEO'S Message



Geoff & Nancy's story

Over the last year, Carinity has grown and changed in response to the ever-increasing needs of the people we assist. We welcome the Federal Government's February changes empowering older Australians with greater choice and control over the care services they receive at home (p. 6). We expect to see similar reforms in residential aged care over the next couple of years, with a move to enhance consumer choice. Carinity is building integrated seniors communities to cater for these changes. Last month, works started on the redevelopment of our Brookfield site with Brisbane Lord Mayor Graham Quirk turning the first sod on Brookfield Green (p. 8).

We are continuing to collaborate with like-minded organisations to provide innovative services focusing on community needs through grants (p.11) and partnerships such as the PCYC and Carinity Fassifern Community Centre's Braking the Cycle program (p. 4).

Over the next five years, Carinity is laying the foundations for growth and stability to continue to provide much needed services to the community through chaplaincy, aged care, home care, retirement living, education, counselling, disability services, homelessness assistance and community grants. We continue to differentiate ourselves by delivering solutions for people to achieve their goals through a supportive and valued relationship where they experience a sense of belonging.

No matter how large Carinity grows, reflecting God's love to people in need will always be at the heart of what we do.

Jon Campbell

Living the life you love, in the home you've always loved

When Geoff Lohse had a fall and broke his kneecap at 87, he was told he would never walk again and would need full-time care. Yet he was determined to stay in the home he and wife Nancy had built 67 years ago.

That is when Carinity Home Care stepped in.

Carinity Home Care Lifestyle Coordinator Sandy Cain met Geoff and Nancy in the hospital.

"Geoff wasn't allowed to go home until we had a home care package in place. We helped them navigate the aged care system and were there when he came home from the hospital," Sandy says.

"He was using a walker around the home and a wheelchair when he went out for shopping. We would have to be there every time he went."

"I suggested we use part of his package to get him an electric wheelchair."

Thanks to the wheelchair, he can get out in his treasured garden again.

"Gardening is part of me. I'd see something I thought I could grow and I'd get a cutting or get it from the nursery," Geoff says.

"I can get outside now, and it's a whole different world."

Geoff's wife Nancy says they remind themselves every day they have a lot to be thankful for.

"Every stick and stone of this house is part of us, and the lifestyle carers allow us to stay here," she says.

To see the video story of Geoff and Nancy visit CarinityHomeCare.org.au



“There are not a lot of jobs in Boonah so I need to be able to travel to Brisbane or Ipswich for work”.

Shanice Hook-Dries

Help ‘Brake’ the cycle of youth unemployment

The free Braking the Cycle program consists of volunteer mentors and community-sponsored vehicles to help disengaged and disadvantaged young people gain the 100 hours of driving experience required for a licence. It is being delivered in Boonah, south-west of Brisbane, in partnership by Carinity Fassifern Community Centre and PCYC Ipswich.

Carinity’s Community Development Coordinator Samantha Caves is seeking people to volunteer as mentor drivers.

“We need people who have held their open Queensland licence for at least a year. We provide driver refresher training, so all mentors are up to speed on the current road rules. Mentors don’t have to have their own cars as we have two community-sponsored vehicles,” she says.

“We have been successfully working with disengaged and disadvantaged young people in the community for over 30 years. We have been running the Dreams Achieved program that helps young people gain a vocational education certificate and mentoring in soft skills to overcome unemployment. We saw many young people attending the program needed a licence, but we didn’t have the resources to assist.”

“We partnered with the PCYC and their established driver program to get an initiative running as quickly as possible.”

“The requirement for 100 hours of supervised driving experience is a barrier to young people gaining employment as there is no public transport in Boonah. Many don’t have access to a registered vehicle, money to pay for professional lessons or an open licenced driver available to supervise them.”

Shanice Hook-Dries will be one of the first young people to complete the program.

“There are not a lot of job opportunities in Boonah, so I need to be able to travel to Brisbane and Ipswich for work. I also want to study at university which I will also need to travel for,” Shanice says.

To find out more about becoming a mentor, or to participate in the program, contact Carinity Fassifern Community Centre on (07) 5463 2966 or email fassifern@carinity.org.au

Continue to live
the life you love,
in the home you've
always loved.

Five reasons to choose Carinity Home Care

At Carinity, our goal is to ensure you are living the life you love. We want you to continue to enjoy what is important to you. We pride ourselves on knowing our clients, and our clients knowing us. Our commitment starts with understanding your dreams and aspirations, what you enjoy doing and taking away any concerns or worries. We want you to get on with living life, so leave the hard work to us!

- 1. You have a dedicated Lifestyle Coordinator:** Once you are a client of Carinity, you can directly contact your locally based Lifestyle Coordinator, and they will get back to you. We also do face-to-face meetings in your home or at our office.
- 2. Your partner and family are always welcome:** While your funding is for your care and support, we understand your partner and family are part of your life too. If both you and your partner love getting out and about, like going to the movies, our Lifestyle Carer can take both of you.
- 3. We make your money go further:** Our Lifestyle Coordinators always strive to give you the greatest value for your budget. If you want more social activities, we will do our best to find low-cost and free options. If you love the movies, we will always find ways to get you the cheapest tickets. If you need mobility aids, we can help source what is right for you.
- 4. Your choice of carer:** We understand that having someone come into your home requires trust. All our staff are qualified and trained by Carinity so we know whichever carer comes to your home you will be happy and feel safe. We make sure you always have a familiar face.
- 5. We are always flexible:** We understand life happens. If you have an emergency or want to change the services from week to week, we can do this. You can also change your allocated activity on the day. If your carer was supposed to clean, but you would just rather go out and have a coffee...no problem!

We are here to help. If you are looking for assistance at home or looking for a new provider to better meet your needs, we can take you through the process step by step. Simply call **1300 109 109** or visit [CarinityHomeCare.org.au](https://www.CarinityHomeCare.org.au) to continue to live the life you love, in the home you've always loved.

Introducing Carinity Brookfield Green

A \$25-million residential aged care development at Brookfield officially began construction in February with the first sod turned by City of Brisbane Lord Mayor Graham Quirk and Carinity CEO Jon Campbell.

The re-development of Carinity's existing site increases the number of aged care and retirement accommodation in the popular Brisbane suburb. The new community will be called Carinity Brookfield Green reflecting the sympathetic integration of buildings into the local environment.

The development is only Stage One of a \$65-million Master Plan for the site which will see some of the existing residential aged care and retirement buildings replaced with a 96-suite, hotel-style residential aged care building, Community Pavilion and 102 terraced retirement villas over the next five years.

Lord Mayor Graham Quirk says there is an urgent need for new retirement and aged care accommodation locally to cope with the increased population growth over the next two decades.

"Over the past six years less than 1,000 aged care rooms and retirement units have been approved each year on average, but projections show our city will require an annual increase of 3,600 to accommodate our ageing population," he says.

"We believe residents should be able to transition into aged care accommodation in the communities they are already part of, but this will only be possible if the amount of aged care accommodation increases in our suburbs."

Carinity CEO Jon Campbell says the revitalised site will enhance the positive and caring community culture already in place.

"We're excited to be redeveloping the site to be able to give our existing residents and future residents the best care possible," he says.

"We combine the learnings from 68 years in the aged care industry, the latest technology, and consumer needs to be able to deliver excellent support for ageing Queenslanders whether it be retirement, home care or residential aged care."

"We've already built a wonderful community here at Brookfield, and we're looking forward to expanding it in the years to come."

"Brookfield Green will be our flagship development in Brisbane. The residential aged care building is sited to follow the creek line so the majority of residents will be able to look out on a beautiful treed brook."

"The design will feature bright, open-plan public spaces to create the feeling of being in a stylish contemporary hotel rather than a traditional residential aged care centre. The terraced retirement villas nestled into the surrounding bush and hillside will have spectacular views."

Paynter Dixon Queensland is managing the project which will be completed in early 2018.



Cr Kate Richards, Brisbane Lord Mayor Graham Quirk and Carinity CEO Jon Campbell turning the first sod.



From little things, big things grow

Dalby Baptist Church's Food Garden project is not yet a year old, and there are already big plans on the horizon.

The "no-dig" garden means all items are in planters and are off the ground allowing children, people with a disability and seniors to participate.

Dalby Baptist Church's Vicki Payne says a Carinity Innovation Grant was used to build a propagation shed, allowing them to grow food from seeds protected from pests, heat and storms.

"At the moment we're working with Work for the Dole to allow people to develop skills in the primary production industry as well as set up the garden for us. We have a full-time supervisor who assists us."

Site Supervisor Joe Graham says there are big plans for the future of the project.

"The intention is to have a practical engagement with the community via an outreach ministry. At the moment we're focusing on positive cash flow and putting it back into the community, but eventually, I see the project developing into another industry for Dalby through the growing of specialist crops and horticultural research."

"Primary production is very important in Dalby, and we're hoping to show more sustainable ways of growing and new niche crops."

"We're on the Lord's time, but we hope it to be a long-term project that makes a significant difference to the Dalby community."

The Carinity Innovation Grants open in May each year for Queensland Baptist Churches. For more information, go to www.carinity.org.au/innovation-grants



Get connected with Mobie

Social isolation is a significant issue facing people as they age. Loss of mobility, loss of friends or spouse, distance of family or moving into a new area are some of the reasons older people feel disconnected from their community.

Carinity Chief Information Officer Simon Hartfiel says technology is helping combat social isolation however there are often challenges for seniors.

"Technology can be a bit overwhelming for some people. We've worked on getting a digital device called Mobie that is easy to use and customised to each person's lifestyle," he says.

"Users can video call their families and friends, order groceries online, play brain training games, listen to their favourite music and watch their favourite movies. They can also use it to stay in contact with their Carinity Lifestyle Coordinator."

Mobie is available to Carinity Home Care clients, offers unlimited downloads and access at home, and when you're out and about. And it can all be part of your Australian Government-funded Home Care package.

To find out more about Mobie simply call 1300 109 109 or visit CarinityHomeCare.org.au



PO Box 6164 Mitchelton Q 4053
Ph: (07) 3550 3737
www.carinity.org.au

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ACCREDITED

All Carinity Residential Care and Home Care services are fully compliant with the Australian Government's Quality Standards

