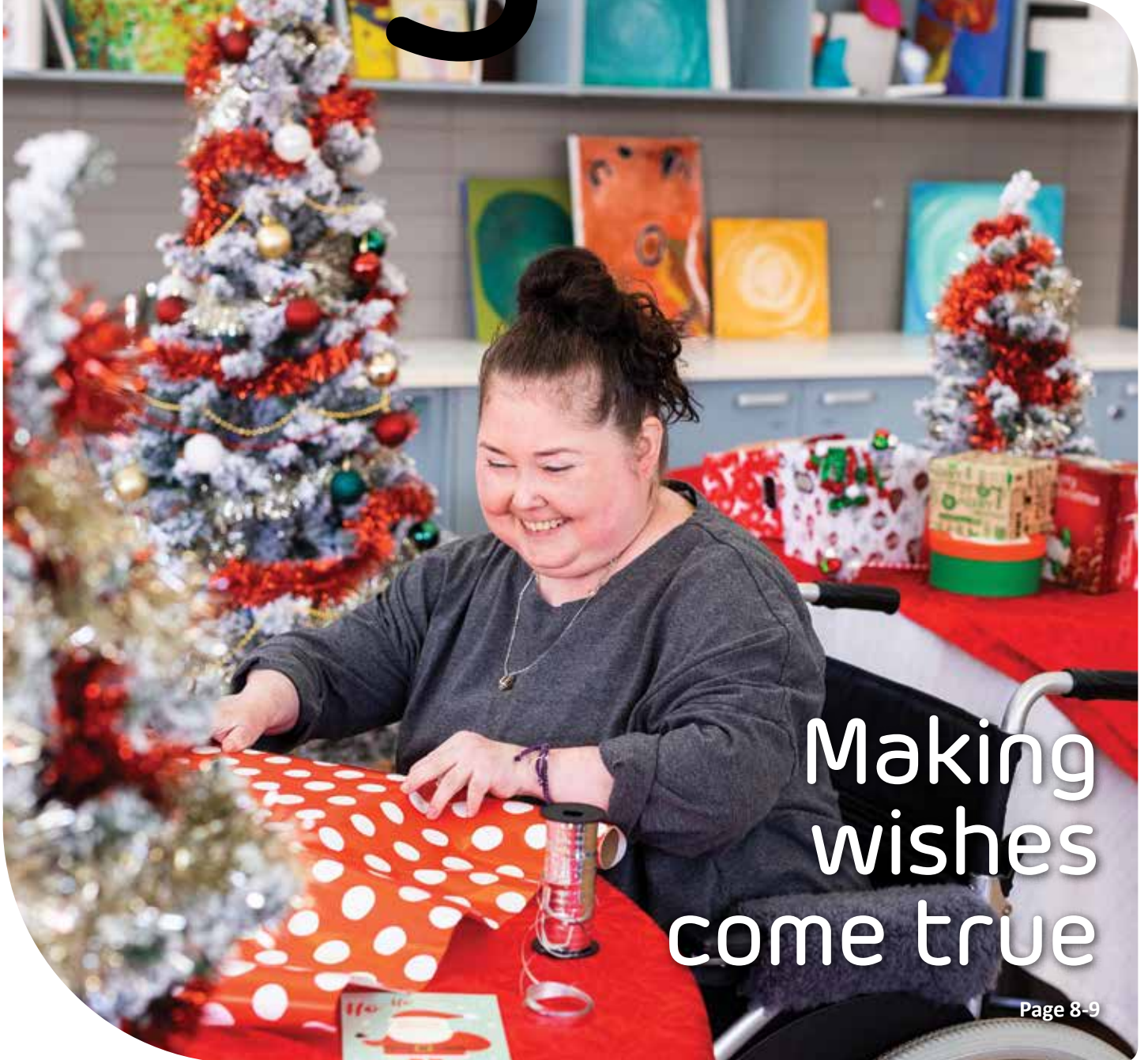


Brightlife



Making wishes come true

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Inspiration follows David wherever he goes
Page 5



"Why I keep coming back"
Page 7



Prevent falls – stay safe at home
Page 10

From the CEO



Heading into December, I reflect on the year that's been - a year that has been pivotal for Brightwater. If I had asked myself earlier this year if our industry could undergo more change than it had in 2018, I would have answered that it wasn't possible - but I would have been wrong.

I'm pleased that Brightwater has not only responded, but been a positive contributor to the aged care and disability narrative in Australia. We are committed to providing safe

and high quality care, and while the Royal Commission Interim report findings have highlighted some of the shortcomings of our industry, we're eager to embrace this integral change and continue to strive for a deserving standard for everyone. We will be sure to provide updates of all relevant changes in the new year.

Over the year, it has taken a committed and focused team to keep the wheels turning while continuing to look positively to the future. So to all of our staff and volunteers, I would like to say a big thank you, without you we wouldn't be where we are today - a strong and sustainable organisation approaching our 120th anniversary.

I would also like to thank our generous donors - without you, our ongoing investment in ideas, innovation and infrastructure would not be possible.

And of course, I would like to thank all of our clients and their families -

we wouldn't be where we are today without your continued support.

At this time of year, many of us come together with friends and family, spoilt with gifts, feeling full of love and a warm heart - but, what if these simple pleasures were out of reach - something as small as going to the local football game or picking up a new shirt from your favourite shop?

This Christmas, our Life's Possibilities Program has set a goal of making 250 dreams come true. See page 8 to learn how you can make a big difference to someone's life by granting them a special wish this Christmas.

On behalf of all of us at Brightwater, we would like to wish you a safe and splendid festive season and a happy New Year.

Jenny

Jennifer Lawrence
Chief Executive Officer

In 2019:



We continued our investment in the upgrade of our aged care and disability sites, implementing a set of design guidelines that will provide a lighter, more contemporary feel to common areas and influence the wellbeing of both clients and staff.



We announced our new multi-generational campus in Inglewood, built on vacant land alongside Brightwater The Village. The hub will include a new 120 bed aged care home, a dedicated space for our research centre and new corporate headquarters.



We began piloting Australia's first Specialist Dementia Care Unit, after selection by the Commonwealth Government. Located at The Village in Inglewood, the unit accommodates up to nine clients who would otherwise require care in a hospital setting.



We welcomed the new Aged Care Quality Standards on July 1, and commenced a major initiative to "reimagine the meal experience" for our clients, thanks to the support of a wonderful donor.



We launched the NDIS Toolkit, supported by a grant from the Department of Communities, Disability Services. The NDIS Toolkit helps guide individuals with disability and their support network to effectively plan for the NDIS and the supports they need.



We commenced development of a new project that supports children who have a parent or family member with an acquired brain injury or younger onset dementia. This project is supported by a Lotterywest grant, and is in collaboration with the University of Western Australia.

NDIS made easy

Keen to find an easier way to navigate the National Disability Insurance Scheme (NDIS)? We've got good news – Brightwater has developed an online toolkit to help take the guesswork out of the application process.

The toolkit, www.ndistoolkit.com.au, steps through the NDIS application process — from checking eligibility, to making a successful NDIS Access Request and equipping you with everything you need to know for your planning meeting.

With a range of links and downloads, our NDIS toolkit is a one-stop-shop for information. It is suitable for use by individuals with a disability and their families, as well as health professionals and other service providers.



Championing inclusivity

We are proud to share that we now have our very own Brightwater lesbian, gay, bisexual, transgender, and intersex (LGBTI) advocacy group.

The LGBTI Consumer Advocacy Group was established to give members the opportunity to:

- express their thoughts, wants and needs regarding care;
- be consulted in the assessment, planning, delivery and review of services that impact them; and
- provide feedback on these services.



Who can join?

- Brightwater clients
- Family and friends of Brightwater clients
- Carers
- Brightwater staff

If you would like more information on the LGBTI Consumer Advocacy Group, or if you would like to become a member, please contact Angela on 0409 938 121 or email angela.lowe@brightwatergroup.com

Inspiration

CORNER

Embrace the season of sunshine and festive fun

Santa's workshop

This Christmas, why not get your creative juices flowing with some do-it-yourself arts and crafts?

It's a great boredom-banishing hobby to enjoy solo, or an activity the whole family can get involved in, and a single Google search offers countless DIY Christmas projects to choose from.

Avid baker? Put your skills - and imagination - to the test creating festively-frosted gingerbread cookie ornaments for your tree. A treat to look at and to enjoy with a cup of tea!

With extra sugary confections about, and nowhere to put them, try your hand at découpage and give new life to an unused ceramic pot or wooden box. Using Christmas-themed family photos or cut outs from your favourite wrapping paper, your one of a kind collaged treat jar will function as both a holiday centre piece and a conversation starter.

What about handmade papier-mâché baubles or beautifully knitted Christmas stockings?

Participating in arts and crafts can have a positive impact on your health and overall wellbeing. Benefits include stress and anxiety relief, improved memory and concentration, and better hand-eye coordination.



Stay healthy, and happy!

Good planning can play an essential part in ensuring a healthy, happy holiday.

Changes to routines can be common at this time of year, with extra events on the calendar, family members visiting, loved ones heading on holiday, changes to the sorts of food we eat and the absence of loved ones even more noticeable.

For this reason it's important that you factor in some time for self-care. Mark up events on a calendar and give thought to whether you'd like to attend them all or whether there may be ones you wish to sit out. Try to continue to get a similar level of rest and eat a balanced diet throughout the silly season. Also remember, that if you're feeling out of sorts or like you have a touch of the holiday blues, to talk to a friend, family member or professional. A good chat can make a world of difference.



KEEP YOUR COOL

As the thermometer creeps up, here are a few simple tips to remember:



Stay hydrated. Water is the obvious choice but seasonal fruits with high water content, like watermelon and grapes, are also great to incorporate into your diet.



Be sun smart. Try to avoid being outside for long periods of time, especially in the middle of the day. When you do venture outdoors, sunscreen, a broad-rim hat and sunglasses make for a winning combination.



Move wisely. During warmer months, get your daily walk or stretching session in when it's not too hot. Early mornings and evenings are best.



Check your meds. Some medications don't work as well when they are exposed to higher temperatures. Discuss recommended storage conditions with your doctor or pharmacist.

Onslow's creative spark

"Music, art and writing take you away from the real world"

Painter, author, songwriter, musician... name a creative skill and chances are the talented Onslow Gardens resident David Grant has mastered it.

David who is living with motor-neuron disease, has a strong affinity towards nude figure drawing which he studied at university in South Africa in the 60s. With the art form revealing a more open, truthful version of those who have posed for him, the conversations which took place whilst capturing the silhouettes of 105 models inspired the storylines of the Judy Dosh series - six novels and one play authored by David.



Onslow Gardens' unofficial artist-in-residence David continues to explore his passions. Inset – pictured performing with Brightwater staff member Ruby.

“ Finding out what people think, you can put them into characters, you can put them into sketches. You can even put them into songs. Grabbing the spark of life that you see around you and that's what I enjoy. It's creativity. ”

David Grant
Brightwater (Onslow Gardens)

Today, despite having reduced upper limb function, the 68 year old is fiercely independent and takes full advantage of his powered wheelchair to get around. Between painting, telling fortunes and reading palms at Onslow Gardens, David still manages to find the time to teach an art class out of his home studio in Mount Hawthorn.

Having always been involved in music and playing guitar for various

bands over the years, David can often also be found performing songs he has written with Ruby, a cleaner at Onslow Gardens who David describes as having “the most beautiful, natural voice”.

Learn more about David's story

Visit the Brightwater YouTube channel to hear more about David's passion for art. You'll also find stories from some of our other residents and clients as part of our new Senior Stories video series.

Stronger together

Brightwater is excited to be developing a new program to support family members of people affected by brain injury or younger onset dementia.

We know it can be tough when a loved one is diagnosed with a life-altering condition and therefore we see the value in being able to create a unique support program.

Thanks to a Lotterywest grant of almost \$225,000, Brightwater's

research team will be partnering up with the University of Western Australia (UWA) to develop a program which will combine research with the lived experiences of clients and families.

UWA School of Psychological Science researcher, Dr Jeneva Ohan, revealed that while families with vulnerable children and adolescents are known to seek non-specific care, such as mental health services, support provided to-date has often been on

an ad-hoc basis, leaving affected families with unmet needs.

“ The support intervention will be readily integrated into routine care for our clients and importantly enable long-lasting change. ”

Dr Angelita Martini
Brightwater Research Centre

Tricia's story: Reclaiming independence, regaining purpose



Brightwater client, Tricia Nealms has reclaimed her independence with the help of Brightwater.

Mountains can be moved when you are surrounded by people who believe in your potential – at least that's been the experience of Tricia Nealms, who now lives in one of Brightwater's community-based supported living homes.

Little under a year ago the 63-year-old, who has Wernicke-Korsakoff syndrome, a condition that affects her memory function, balance and vision, had spent the previous six years living in a secure residential aged care facility where most of her fellow residents were 20-30 years her senior.

Tricia said she felt trapped by historical substance abuse issues and described herself as being "in a bad way" when she first met her Brightwater Support Coordinator Andrew Heathfield about three years ago.

Today her spirit – and her independence – has been returned.

Tricia, Andrew and the rest of her Brightwater capacity building team were convinced that she should have

access to accommodation comparable to her peers in the wider community. They spent the next two years working together and gathering evidence for the NDIS to support Tricia's goal to move into accommodation where she could enjoy an ordinary life, and rebuild her skills and confidence in the Western Australian community.

That day came last December when Tricia finally left the aged care home and moved into a home she could call her own. A small but significant milestone for both Tricia and Andrew was the day Tricia was able to offer Andrew a cup of tea in her own home for the first time. Tricia is now able to come and go as she pleases but also has the reassurance of having a support network on hand to keep her safe and motivated.



My life has changed. I was in a real big mess but Brightwater got me on my feet again.

Tricia Nealms, Brightwater community-based supported living client



And what a year it's been! The Brightwater team has helped to build Tricia's confidence and every day skills to a point where she is now able to independently catch the bus and travel to her local shopping centre where she can practice daily life skills like shopping for groceries, enjoying a movie, and meeting her peers in the community.

One of the other motivating forces behind Tricia's progress has been to reconnect with her family.

"I missed seeing my kids, they're all grown up. When I went through a bad time, my kids justifiably wiped their hands of me. I'm slowly trying to rebuild the broken bridges."

Tricia is in the process of applying for a volunteer position at her local Anglicare Op Shop. She's also been taking advantage of the fact she has access to a kitchen again, something she didn't have while living in aged care, making dinner for herself and two housemates once a week – her Chicken Parma is a big hit!



I like it here. I feel good now.

Tricia Nealms



5 things you might not know about... Brightwater's over 55 communities

There's no question about it – most of us would prefer to stay in our own home for as long as possible.

But life is unpredictable which is why many people opt to take out an 'insurance policy' on their future by moving into a purpose-built community as they enter their retirement years. Here they get a home of their own but little-to-no maintenance, and all the services they could need in the future within a stone's throw.

Judging by some of the things on offer at Brightwater's own two retirement communities – Kingsway Court in Madeley and the new Odyssey Residences development underway in Iluka – these retirees could be on to something!

Although one is a suburban village with freestanding homes and leafy streets, and the other a beachside apartment building, we're pretty proud of the similarities they do share.



Great on-site facilities to share – pool, gym, community centre, entertaining areas



Lots to get involved with – social committee and a brimming activity calendar



Likeminded neighbours – enjoy your privacy or be a social butterfly



Peace of mind and security – featuring all the 'little things' that make a difference as you age like a 24/7 medi alarm, accessibility



A helping hand – access to Brightwater At Home services

What do volunteers get out of giving back?



Downer Volunteer, Pegah Ittehadhi (right) with Helen (left) from Brightwater Kailis House at the annual Downer Getaway Camp 2018.

For the past four years, a group of Brightwater clients have been given the opportunity to participate in the Downer Getaway Program - a four-day adventure where they have the opportunity to participate in a range of exciting activities.

But, it's not just our clients who benefit from the camp. There are volunteers who put their time, energy and love into the program who would argue that they are the ones who get the most out of the experience.

One such volunteer is Pegah Ittehadhi.

Pegah has volunteered at two camps and one Christmas function. Her favourite part of it all? Seeing the clients take part in activities that are out of their comfort zones, showing bravery and confidence within themselves that they can do it.

Pegah says she is filled with joy and hope when she sees how much progress camp participants have made in just a few years.



To see everyone's positivity, how much fun they have and the team work they put in, it is just amazing.

Pegah Ittehadhi, Downer Getaway Program volunteer



She says she is grateful that she is able to help make sure that everybody has a fun-filled week.

Established in 2016, the Downer Getaway Program is funded by the Downer Group which also gives Downer staff the opportunity to get involved by volunteering.

The 2019 camp took place in mid-November, as this issue was going to print.



This Christmas... MAKE 250 DREAMS COME TRUE

It's often the little things that bring us the greatest joy. But, what if even the smallest pleasures were out of reach - like picking out a new t-shirt, going fishing or watching your favourite cricket team at the local stadium?

This Christmas, through our Life's Possibilities Program, we've set a goal and want to make 250 dreams come true which is why this year we've launched a very special Christmas appeal!

Natasha's (left) Christmas wish is to visit Margaret River while Nick (right) dreams about doing a hot lap in a V8.



The group of Brightwater clients who shared their Christmas wishes with us recently.





All I want for Christmas is...

We've asked 250 of our clients from Brightwater Oats Street, Marangaroo and Maylands what they would like for Christmas – their responses delighted us and we hope they will you too:



... to go on a fishing trip to Rottneest and some presents for the grandkids

Brent (Pinky)

... to go to Queensland with my sister to see our family

Jodie

... to see the Scorchers smash the opposition at Optus Stadium, skydiving and to swim with dolphins (his childhood dream)

Mark

... a new t-shirt

Andrew

... to go skydiving, bungee jumping and maybe abseiling

Aiden

... a fishing charter in Busselton

Tom

... to go on the train to Kalgoorlie

Tanya

... to do a hot lap in a V8

Nick

... to get down to Margaret River and check it out

Natasha

... to take a trip to Rottneest to have an ice-cream or iced coffee

Julian



Jodie's Christmas wish is to fly to Queensland with her sister to visit their family.



While many of these wishes sound simple, there are often many behind-the-scenes needs to consider – the logistics required to physically get a person from A-to-B and the level of care required by someone when they are away from home or participating in an activity are good examples.

Brightwater's staff love a good challenge, so no stone will be left unturned in finding ways to make this happen.

But we do need help

We'd love to turn these wishes into reality which is why we're currently asking the Western Australian community to help us make dreams come true.

Giving, even just a little, can mean a lot so if you, or someone you know, would like to help please complete the donation slip on the back page of this newsletter and return it in the reply paid envelope provided. Donating \$50 will grant Andrew's wish of a new t-shirt. \$100 will grant Julian his wish of a day trip to Rottneest Island.

Together, we can improve the wellbeing of people living with reduced possibilities.



Tanya's Christmas wish is to go on the train to Kalgoorlie.



Brightwater Oats Street clients, Aiden (left) and Jodie (right).

The melodies of Madeley



Lynne (middle) and her children, Clare (left) and Dean (right) bring joy to residents with their music.

Every second Friday, when a family of musically talented volunteers pop in, residents at Brightwater Madeley spend the afternoon singing some of their favourite songs.

Lynne, a piano teacher, and her two children – Dean who plays the violin and Clare who plays the flute

- spend hours sorting through old song books to find the best golden oldies to perform for the group of residents. The family's efforts have definitely not been in vain as they continually delight and entertain residents who enjoy singing along to the beautiful music.

The family also play Christmas Carols at Madeley during the special Family Christmas Afternoon Tea each year.



It's wonderful to see the residents' happy faces. It is particularly heart-warming to see the residents help each other in the singalongs and listen to their stories. We love to bring joy into their lives as they do into ours.

Lynne Langford



TOP TIPS: Preventing falls

In Australia, one in three people over 65 experience a fall each year.

Tip 1: Build your balance

- Practice lower-impact sports such as tai chi, yoga or lawn bowls
- Address foot concerns with your podiatrist
- Wear supportive footwear

Tip 2: Improve your strength

- Walk the dog
- Clean the house
- Swim

Tip 3: Give your body what it needs

- Eat more calcium-rich foods like dairy products and leafy green vegetables
- Get your quota of the sunshine vitamin (Vitamin D) by spending some time outdoors

Tip 4: Improve your vision

- Wear your glasses when you're moving around
- Make sure your glasses are clean and fit properly
- Use two pairs of glasses instead of multi-focal lenses

Tip 5: Remove hazards around the home

- Replace loose or slippery tiles
- Secure cords and cables with electrical tape
- Install anti-slip surfaces in high traffic areas and stairways
- Rearrange furniture to give you more room to move around
- Keep areas well illuminated
- Add hand rails to staircases or install ramps
- Add grab bars and non-slip mats in the shower and next to the toilet

Veterans share stories

Nothing brings people together quite like shared experience. For some of our Oxford Gardens residents, visits from Veterans Support Centre volunteers mean travelling back in time, speaking 'vet lingo' again and sharing tales from days spent in the Australian Defence Force (ADF).

Two veterans in particular - resident, Steve and volunteer, Nev - have reminisced and chatted their way into a genuine friendship.

Nev also visits other Brightwater homes, helping out when our residents receive a visit from the



Veterans Support Centre member, Nev (left) volunteers at Brightwater Oxford Gardens where he bonded with veteran resident Steve (right).

Department of Veterans' Affairs to reassess or update their details and services.

Did you know: Many former servicemen and women are entitled to benefits, even if they didn't actually go to war?

Contact the Department of Veterans' Affairs to determine your eligibility or use the entitlement self-assessment tool on their website. The team at the Veterans Support Centre is also always happy to provide support on this.

And remember... always ask for help if you need it. A Brightwater OT can provide advice on modifications and equipment that can help to prevent falls and keep you safer.

Brightwater Noticeboard



Bunnings delivers smiles... and snags

Residents and staff from five different Brightwater communities came together to enjoy an eventful visit from Bunnings Warehouse Port Kennedy recently.

With a range of donated material, residents from Warnbro, Bentley, Manning, Maylands and Balcatta spent the day making bird feeders before being treated to a customary Bunnings sausage sizzle.

A great day was had by all!



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Sudoku puzzle courtesy: www.sudokuoftheday.com
Solution page 12.

A day of champions

It was a fun-filled day out for the 66 Brightwater clients who participated in our much-loved annual tenpin bowling tournament at Zone Bowling Cannington.

Split into 22 teams, the competition which is funded through our Life's Possibilities Program brought together bowling enthusiasts from our residential aged care homes, Oats Street and our supported-housing sites. We were also joined by a special guest team - Alpha Care Australia.



“The standard of bowling has improved ten-fold since last year, which put pressure on the reigning champions, *Ellison House Bowling Queens*,” said Richard Ayres, Brightwater Transport and Holiday Coordinator.

Following hours of fun, Hillary from Brightwater Balcatta was awarded the Fairest and Best trophy for her infectious spirit and continued support for her fellow competitors. Achievement awards were also presented to Andrew from Balcatta, Mark and Jodie from Oats Street, and Giovanni and Sandra from Onslow Gardens.



