



Brightwater calls the tune with music program

Coming home

How Brightwater supported Lynda to return home to Denmark



Furry friends at The Cove

Rebel and Spook, with owner and Brightwater volunteer Lynne, are a big hit at The Cove in Mandurah



From the CEO



At this time of year when we see the full effect of changing seasons, it can be difficult to know how many layers of clothing to have on hand for the day ahead. But being prepared certainly makes us more comfortable when we need to be.

I believe that Brightwater has been adopting a similar approach over the past few years – looking ahead to see what’s coming, while preparing the best way possible to ensure that our clients and staff are well supported in the changing climate of aged care and disability services in which we find ourselves.

We have some terrific innovations and programs that have commenced, or are about to commence, across our business. I’m delighted that we’re launching a music and wellbeing program for our residential aged care and community clients. Many of us already know how much music can connect us to each other and to our memories and sense of self, and you can read more on page 4 about how the program will tap into benefits being seen in similar programs around the world.

We’re always learning and growing at Brightwater, and technology plays a large role. We’ve recently rolled out a medication management system in our aged care sites (see p.12) which we know gives more time back to our staff to spend with clients. Plus the new fingerprint attendance scanners have streamlined ‘behind the scenes’ to make the movement of staff coming and going to sites more efficient.

Our newest Brightwater development at Beaumaris Beach is now accepting registrations of interest at odysseybeaumaris.com.au – this ocean-side multigenerational village (see next page) is going to be a game

changer in the boutique accommodation market, and we’re excited to be offering it to the Western Australian community.

Last, but certainly not least, one of the most enjoyable parts of my job is getting to sites and talking to our clients and staff. It never ceases to amaze me what a dedicated and passionate workforce we have whose aim is to make a difference to our clients’ lives.

Recently I received an email from Mark, who has just moved into his own home after three years of hard work at our Oats Street brain injury rehabilitation centre. Mark was very keen to thank Brightwater and the Oats Street staff for their support during his rehabilitation. He says, “The program at Oats Street gave me a second chance,” and, “Your staff are absolute heroes.”

Having gotten to know Mark quite well during his stay, these comments highlight just how important the work of our staff is, and I’m sure will continue to be in the future.

Jennifer Lawrence
Chief Executive Officer

Former Oats Street centre resident Mark, with Brightwater General Manager Janet Wagland, just prior to his departure after three years in the centre’s brain injury rehabilitation program.



Brightwater's Odyssey journey begins!

Registrations of interest are now being invited for Odyssey Residences at Beaumaris Beach, a proposed \$40million development in Iluka that is set to offer a new lifestyle choice by the beach.



Consisting of 58 private residences, Odyssey will become a multi-generational lifestyle village on the corner of Burns Beach Road and Fernando Parkway in Iluka, just a stone's throw from the beach. Brightwater has partnered with boutique developer OP Properties to oversee the development.

Our CEO Jennifer Lawrence, said Odyssey would be an integral part of the new village, which will also include new shops and cafes, plus accommodation for a variety of different life stages.

"It's a game changer," Ms Lawrence said.

"By paying attention to how people want to transition into retirement, we're building for the future and offering lifestyle opportunities that keep people connected – connected to their neighbours, to their community and to nature.

"Our vision for Odyssey is the result of extensive research and planning, including a study of east coast trends

showing how people want to live as they start thinking about retiring from work, and enjoying more time for travel and other interests," she said.

Just 300m from the ocean across the natural dunes, Odyssey will include landscaped gardens, diverse community spaces and an all-weather heated swimming pool.

Offering a choice of two-bedroom and three-bedroom lock-and-leave residences with either one-and-a-half or two bathrooms, Odyssey is expected to have strong appeal for people aged over 55 looking for an exclusive seaside lifestyle.

The low-rise development has been designed to encourage an active, tightly knit and trusted community in the heart of what will become Iluka's town centre. The homes will offer outstanding value for money and feature a high level of security for peace of mind. They will also be tech-ready so that owners simply need to 'BYO devices'.



Building the future (L to R): OP Properties Director Luke Parker (developer), MJA Studio Director Jimmy Thompson (architect) and Brightwater CEO Jennifer Lawrence.

Livable Housing Australia has benchmarked the premium design and fit-out to Gold Livable standards. Odyssey will be easier to access, navigate and live in, with features such as wider-than-average doorways and corridors.

Odyssey will also be close to a range of amenities, including Joondalup Bowling Club, Currambine Central Shopping Centre and Joondalup Golf Course.

For more information on Odyssey and to register your interest, please visit www.odysseybeaumaris.com.au or contact the selling agent Caryl Sutrisno at Seniors Own Real Estate on 1300 593 109.



Music and Wellbeing Program Manager Hayley Antipas (with flute) and Dementia and Wellbeing Coordinator Wendy Hudson among some of the instruments to be used in the music program.

Groove
is in the
heart



Recognising that music provides meaning, purpose and connection, Brightwater will soon implement a Music and Wellbeing program for its residential aged care and community clients.

The goal of the program is to provide our residential aged care and Brightwater At Home clients, their families and staff with music and how it can be used as a tool to support health and wellbeing.

“I think music - or groove - is in everyone’s heart, mind and body,” said program coordinator Hayley Antipas, a musician with experience working in the aged care and disability sectors.

“Music encourages communication between individuals, family and staff and facilitates communication among people in group settings. The benefits of music to physical and mental health are attracting media attention around the world,” she said.

“Music can support cultural and personal connections, reduce isolation and facilitate social interactions. It encourages verbal communication, improves alertness and stimulates memories. Music can also reduce feelings of pain and distress and improve cognition.

“For people living with dementia, music can help restore their sense of identity and enhance their quality of life.”

“There is an ever-increasing amount of research that emphasises the wellbeing benefits of music, including for people with advanced dementia. Our program’s creative approach is grounded in this research and we will seek to collaborate with experts in the field.

“The program will use music in different ways. For people living at home, the music program can aid independence and provide opportunities for social interaction and local community involvement through group music making,” said Hayley.

Training for staff and volunteers will be provided in September, and the program will be rolled out from October. If you are interested in finding out more or participating in our music activities please email Hayley at hayley.antipas@brightwatergroup.com.

Hayley studied classical music at the University of WA, majoring in flute performance. She has taught flute and performed with various orchestras and ensembles. Hayley is currently taking guitar and singing lessons to expand her instrumental repertoire, and is looking forward to sharing her passion for music with our clients. Bravo!

Sharing music

makes a great job even better



Disability Support Worker Kyriakos (Aki) Kyriazis thinks he's fortunate to combine two loves in his work at Brightwater.

He says the joy of being a disability support worker at Marangaroo and Kailis House means work is more like a second home, and being able to share his passion for music with residents makes it even better.

"It's wonderful to connect with the residents and put a smile on their faces," said Aki.

Aki has had a lifelong passion for music and DJ-ing, so he thoroughly enjoys the opportunity he has been given to share his lounge music mixes with residents and staff.

He says it's great to be able to transfer emotions through music.

"I feel my recent DJ-ing sessions at Marangaroo have had a positive impact on residents. Throughout the session

I watched them relax and smile, and many then drifted off to sleep with a smile still on their faces," he said.

"I love the idea of music appreciation being incorporated in activities at all Brightwater sites. As the German philosopher Nietzsche said 'without music, life would be a mistake'."

Disability Residential Manager, Terry Wragg, supports incorporating music into Brightwater's disability care practices.

"Music reaches our hearts and spirits and has the power to bring not only pleasure but memories and emotions that are deeply personal and meaningful," said Terry.

"The people we support have often experienced a great deal of loss and

change in their lives and to be able to offer activities that nurture their spirit, their sense of connection to the world or their own lives and histories, has to be worthwhile," she said.

"It is obvious that residents appreciate that Aki takes the time to ask what sort of music they want to hear, and involves them in the music selection for the week."

Aki has regular music sessions every fortnight at Marangaroo, and also shares his love of music through his support worker role at Brightwater's Ellison and Kailis Houses.

Thank you for the music, Aki!

Decision-making and couples with dementia

New research supported by Brightwater has shown the importance of maintaining joint decision-making for couples living with dementia.

The study, coordinated through the Cognitive Decline Partnership Centre of which Brightwater is a partner, aimed to understand the lived experiences of couples where one partner is diagnosed with dementia, in terms of health care, lifestyle, and everyday decision-making.



The goal was to develop the existing literature on joint decision-making among couples affected by dementia, and yield practical guidance and resources for health professionals.

“The research showed how couples typically used strategies to maintain involvement of both partners in decision-making, as a way of maintaining a sense of ‘couplehood’ and relationship,” said

project investigator Dr Craig Sinclair from The University of Western Australia.

“While the progression of dementia did impact on involvement in decision-making, a range of factors was also influential; for example, individual factors such as communication skills, relational factors like the couple’s typical approaches to decision-making, decision factors such as the complexity of the decision or time available, and external factors such as the availability of information and advice.

“Decisions about living arrangements provided powerful examples of how efforts to maintain a sense of ‘couplehood’ in the relationship resulted in different outcomes for different people.

“For some couples, living together at home was the highest priority, and perhaps symbolised a sense of ‘couplehood’. For others, residential

care admission was seen as a means of protecting the ongoing relationship, even as living arrangements changed,” Craig said.

“Where partners had different understandings about potential changes to living arrangements, this could be a source of tension and conflict.

“Health professionals should consider both partners’ needs and facilitate efforts to maintain joint decision-making with sensitivity to the dynamics of the couple relationship and disease progression.”

The study has identified a number of areas for future research, including the potential role of post-diagnostic support, education resources, and assisting partners to facilitate joint decision-making by couples living with dementia. The full article is available via open access from the Cambridge Core website.

During 2018, the project team will be producing a range of practical resources aimed at helping practitioners and the community with decision-making. A number of these resources are already available on the project’s resources webpage:

sydney.edu.au/medicine/cdpc/resources

Are you a carer who would like to make a difference?

Are you an unpaid carer who would like to contribute to our Carers Recognition Advisory Group (CRAG)?

Please register your interest in joining the group and help make a difference to the lives of carers, help influence Brightwater policy, and network with other carers.

CRAG chair, Helen Christopher, said eligibility to join the group is to be a current or previous unpaid carer of a Brightwater resident or client. The group meets once per quarter on a Monday afternoon.

For more information, contact Quality Support Officer, Julie Halton, at julie.halton@brightwatergroup.com.





Supported independent living a vital step in ABI recovery

Supported independent living units at acquired brain injury (ABI) rehabilitation facilities help ensure successful and sustainable independent living, according to research findings from the Brightwater Research Centre.

The opportunity to transition into supported independent living units

can reduce the risk of failed discharge, harm to health and wellbeing and homelessness by adequately preparing people for independent living in the community.

The research demonstrated that people with an ABI who could access supported independent living had increased community participation, in particular initiating involvement and social contact.

People also demonstrated improved physical abilities when living in their own supported unit.

Brightwater General Manager Community, Janet Wagland, said improvements in physical ability may be attributed to not having to completely rely on others, and an increase in day-to-day activities in a solo unit.

“Moving from post-acute rehabilitation to independent living following an ABI can often lead to difficulties when people are not fully prepared,” said Janet.

“People are often faced with limited supports and are at high risk of failing to manage their finances, maintain and establish positive relationships and take care of their personal health,” she said.

“The study determined the skills learned in independent living units can enable people to successfully move into independent community accommodation.”

Brightwater has eight independent living units as part of its Oats Street ABI rehabilitation centre, and six supported community houses.

Understanding the journey ahead crucial for brain injury rehabilitation



(L to R) Angelita Martini, Director of Brightwater Research Centre; Katie Beros, Occupational Therapist ; Sally Willmott, Oats Street Service Manager; Elly Williams, Senior Research Officer; Nicky Brosnan, Senior Clinical Psychologist; Lynne Turner-Stokes, King’s College London; Adelene Yap, High Care Project Coordinator; Curtis Reddell, Rehabilitation Coordinator; Michelle Fossa, Senior Therapist, Physiotherapy and Acting Rehabilitation Coordinator

Brightwater is proud of its association with Professor Lynne Turner-Stokes, Northwick Park Professor of Rehabilitation Medicine at King’s College, London.

Prof Turner-Stokes recently visited Perth to meet with Brightwater researchers and disability services staff to discuss a range of acquired brain injury (ABI) related issues, including how to help clients and their families understand the journey ahead.

Prof Turner-Stokes’ service in the UK includes providing each client with written material about their specific brain injury and the effects, the potential for rehabilitation, as well as what to expect from the service. These resources have helped British

clients and their families to better understand what can be achieved through rehabilitation and what the service can offer.

Sally Willmott, Service Manager at Brightwater’s Oats Street rehabilitation centre, said her team is focused on providing clear and consistent information to clients and their families regarding expectations and shared goal setting, and had developed a companion publication to help families fully understand the brain injury rehabilitation journey.

Established in 1991, the Oats Street program provides rehabilitation for people aged 18 to 65 who have experienced an acquired brain injury (ABI).



“ The Oats Street role was a good match because as a psychologist I’m interested in movement and change and it’s great to look at clients being able to achieve their goals and move on ”

Sharidan Shimmin’s role as Program Manager Capacity Building allows him to draw on his diverse array of roles across Brightwater, as well as his broader experience as a psychologist and counsellor.

Sharidan worked at the original Oats Street rehabilitation centre as a support worker when he was studying psychology, before being offered jobs at both Brightwater Oats Street and Oxford Gardens residential aged care on the very same day.

With a particular interest in rehabilitation, he opted for the Oats Street role, and has undertaken a variety of roles in the rehabilitation space since then.

After his original support worker role, Sharidan was appointed to the rehabilitation activities facilitator role before the travel bug took hold and he and his partner (now wife) headed to North America and Europe.

By the time they arrived in Scotland, they had run out of money, so Sharidan took a role as a chef’s assistant at a school for musically gifted students. He later worked as a drug and alcohol counsellor in the justice system, before working as a re-integration coordinator for high risk offenders with disabilities.

After returning to Perth, Sharidan reconnected with Brightwater and took on a new role as the Bentley community house coordinator. His duties involved coordinating staff and client programs.

“It was a client-driven service and very rewarding, because working for my manager was very much like working with someone rather than for someone,” said Sharidan.

“After that I took on an additional role, as the holiday program coordinator, and this helped develop my project management skills,” he said.

“I then spent five and-a-half years as a rehabilitation coordinator for the Social Support Program before taking on my current role in 2016.”

Sharidan said starting at the coal face as a support worker has helped him support his current staff of 20. His years in the disability sector have built a good understanding of the National Disability Insurance Scheme (NDIS) and his latest role has helped him learn new skills in the area of business development.

“My focus is to ensure we have a good team and a good disability program,” he said.



Getting Lynda Home:

a Brightwater support story



Determination, strong family support and intensive therapy at Brightwater's Oats Street centre were the key ingredients to Lynda Halse's rehabilitation following a brain injury.

Lynda experienced a renal malfunction in October 2015, which caused very high blood pressure, which in turn led to multiple strokes.

Her rehabilitation at Oats Street involved physical and emotional support, as well as liaison with other agencies and advocacy for her to reach her ultimate goal of returning to her home town of Denmark.

The Oats Street team made applications for Lynda's communication devices, including a Bluetooth speaker so she could speak to her husband every day. They also liaised with a neurologist to reduce medications so she could be more alert to participate in therapy.

The team worked with the Disability Services Commission for funding, and with Denmark Hospital to provide in-depth care plans after her discharge. Another important role was educating Lynda's family in fatigue management, equipment and how to work together to achieve quality of life goals.

"The major gain for Lynda was cognitive function, which allowed her communication skills to improve, enabling her to interact more freely with family and friends," said Lynda's husband, Kerry.

"The improvement in her speech and the ability to swallow has given Lynda the capacity to socialise with friends, enjoying the atmosphere and simple pleasure of tasting regular food and drink," he said.

"The Oats Street team were not only outstanding in their care for Lynda, but also of great help and support to me and our family in working through this traumatic experience.

"According to Lynda's husband, Kerry, she received great care and attention from all Oats Street staff."

"Their help was also integral in achieving our desire to return to our home in Denmark. The knowledge I gained by association with the Oats Street team has helped me in my own care for Lynda."





a popular part of the volunteer mix for Lynne

Lynne Salter and her dogs Rebel and Spook are a big hit at Brightwater The Cove residential aged care facility in Mandurah.

The Singleton resident has volunteered at The Cove for two and a half years.

Lynne and her Japanese Spitz 'boys' visit residents twice a week. For her third volunteer shift she supports a singing session in the dementia unit.

"When I was looking for volunteer opportunities in the Peel region I noticed pet therapy and I thought, yes, that would be ideal," said Lynne.

"There are about 20 residents who love visits from my dogs. I'm conscious that many residents have had to give up their own pet before moving into residential aged care, so it's lovely to help put a smile on their face and take time for a chat.

"Spook is my party dog who loves being the centre of attention. In contrast, Rebel has a quiet nature and a strong compassionate streak"

"Visiting residents at The Cove is like being part of a big family," said Lynne.

Brightwater resident Lena with volunteer Lynne and her dogs, Rebel and Spook.



Volunteering highly recommended

by
George



George Wakelin is so passionate about volunteering that he simply doesn't understand why everyone doesn't do it.

"I enjoy bringing joy to the lives of Brightwater residents. It's about being involved with the community, being active and doing something worthwhile," said George.

Fortunately for Brightwater, George has drawn on his experience from two previous paid job roles – as a renovator and restorer of Federation homes and as a home maintenance officer in the aged care sector.

After retiring, George got involved with the Volunteer Taskforce and Volunteering WA, and it was at the latter organisation that he saw a mention of Brightwater. As he lived walking distance from the Kingsley site, he decided to volunteer.

Since then he has been in high demand – he has volunteered at our Balcatta and Inglewood sites, before joining Oxford Gardens. He has a particular speciality in wheelchair maintenance.

At Oxford Gardens he cleans and maintains the fleet of wheelchairs and assists with lawn bowls, dominoes, footy tipping and art classes.

"I love volunteering at Oxford Gardens because it has a lovely atmosphere and the staff are wonderful," said George.

"I'm doing something I enjoy, I feel valued and I enjoy working with my fellow volunteers, Alan and Pat. I'd highly recommend volunteering to others."

Oxford Gardens Therapy Assistant, Carole Mulvay, said George has a wonderful way of interacting with residents.

"He's very patient, enjoys a laugh and because he's a good artist he's been a great help with our creative arts group," said Carole.

The groups run by staff wouldn't run as well if we didn't have help from our volunteers, and I'm sure our hairdresser would say the same," she said.

"I also think the volunteers get a lot from this – friendship, laughs and a little bit of wisdom from both sides."

Volunteer training



Training	Location	Sept	Oct	Nov	Dec
Dysphagia Training - 1.30 - 4.00 pm	Currambine	Friday 7	Friday 5	Friday 9 Friday 23	Friday 14
	Rockingham	Friday 14	Friday 12	Friday 16 Friday 30	
Orientation to Disability Services and Acquired Brain Injury - 9.30 - 11.00 am (for volunteers within Disability Services only)	East Vic Park	Monday 13	Monday 15	Monday 12	Monday 10

 To express your interest in attending the above training sessions please contact:

Wendy Delahoy-Bianchi, Volunteer Services Coordinator
Wendy.Delahoy-Bianchi@brightwatergroup.com
 Office **9202 3545** Mobile **0439 377 952**

Are you already a Brightwater Volunteer?
 If so, Volunteer Services would love to hear about your experience:

What do you love about it?

What can we do better?

Email volunteer@brightwatergoup.com

Are you thinking of volunteering,
 but don't know where to start?

Simply register your Expression of Interest on the Volunteering page on the Brightwater website www.brightwatergroup.com or contact Wendy on the details above.



We want to hear from you

Please let us know what kind of stories you enjoy reading in Brightlife. Do you prefer stories about people (residents, volunteers and staff), our services, research or industry news? Send an email to marketingcommunications@brightwatergroup.com and let us know.

Medication processes *streamlined*

Medication delivery to clients has become more efficient at Brightwater, thanks to the adoption of new technology.

The rollout of electronic software known as iCare Medication System is cutting the time it takes for staff to complete their medication rounds as well as ensuring better compliance and drug safety.

General Manager Residential, Libby Simpson, said the software was a game-changer in terms of reducing the time taken to complete medication rounds.

“In a 12 month period, around two million medications are administered across Brightwater residential aged care and this system helps ensure safer delivery of medications to our clients, enhanced documentation and better communication with our pharmacies,” said Libby.

“The new process also means better transparency across medication management practice and easy monitoring of compliance.”



General Manager Residential, Libby Simpson (L), and iCare Project Coordinator Larissa Madunic at Brightwater The Village during the iCare rollout

Good governance means good care

High quality, safe and personalised care motivates our Clinical Governance project, which is designed to strengthen consumer relationships and improve systems across Brightwater services.

CEO Jennifer Lawrence said that as a provider of aged care and disability services, it's critical to have an organisation-wide commitment to good governance, and staff with the

appropriate education, training, skills and motivation.

“We're particularly pleased to work with clients and their communities to understand and achieve their goals, and encourage them to participate in Brightwater's planning, monitoring and improvement of services,” said Jennifer.

Achievements to date:

- Launch of Clinical Governance Framework
- Review and launch of clinical policies and procedures
- Strengthening consumer partnerships, in consultation with consumer advisory group
- Brightwater Research Centre increasing clinical innovation and research

Welcome to our Patron

We're delighted that the Honourable Kim Beazley AC, Governor of Western Australia, is continuing a long tradition of patronage for Brightwater. Did you know: Brightwater has always had the privilege of the Governor of the day being our Patron since Sir Arthur Lawley, when the Homes of Peace began in the early 1900s.

We are looking forward to welcoming His Excellency to our organisation soon!

Bright Life is published quarterly. Ideas and comments can be directed to: (08) 9202 2874 marketingcommunications@brightwatergroup.com



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