

Brightlife



The power of play



Change is good
Brightwater's evolution continues
[Page 3](#)



New beginnings
Find some springtime motivation
[Page 6](#)



Wills
Why it pays to ensure your affairs are in order
[Page 10](#)

From the CEO



What a huge few months of change for older Australians, our organisation and our industry!

On 1 July some very important changes came into being:

1. The new Aged Care Quality Standards; and
2. The new Charter of Aged Care Rights.

The new Aged Care Quality Standards will apply to all aged care services including residential care, home care, flexible care and services under the Commonwealth Home Support Programme.

We have great hopes that these standards will result in positive changes for both our clients and families, and for us as a provider. The new standards focus on quality outcomes and the experience for clients rather than the processes used by providers.

This will make it easier for clients, their families and representatives to understand what they can expect from a service. The intention is to also make regulation for aged care services simpler for providers working across multiple aged care services, and encourage innovation, excellence and continuous improvement.

At Brightwater we are very proud of our long history of quality care, and these changes build on our commitment to you, our clients, wherever you receive our services.

While the standards came into effect on 1 July, the new charter of rights will be rolled out to you in stages, depending on the type of aged care services being received, and you will receive information on this over the next six months.

The new charter will provide the same rights to all clients, regardless of the type of subsidised care and services being received.

I would also like to reassure you of our continued attention to the Royal Commission into Aged Care Quality and Safety. In my last column I mentioned my invitations in March and May to provide information on best practice dementia care, and we continue to learn from the valuable (and sometimes difficult) evidence and information being presented. It is a once-in-a-generation opportunity to hear voices from our community, and industry experts, which can only improve the system and result in better outcomes for all Australians.

I hope you enjoy this edition which contains real stories featuring the wide range of services and activities that support our clients to live well and happily across Perth.

Jenny

Jennifer Lawrence
Chief Executive Officer

CEO Jennifer Lawrence with client Peter and staff member Sakila at Brightwater Onslow Gardens.



Know your rights – what it means for you

The new Charter of Aged Care Rights is your key to the gate. It articulates more clearly than ever before what any older Australian receiving care – be that in the home, at a residential aged care site, or during a stay in transition care – can and should expect from the experience.

It both simplifies and builds on the group of charters it has replaced, and ultimately is designed to give you – the consumer – the confidence to call out any behaviour that does not align with your rights.

I have the right to:

- safe and high quality care and services;
- be treated with dignity and respect;
- have my identity, culture and diversity valued and supported;
- live without abuse and neglect;
- be informed about my care and services in a way I understand;
- access all information about myself, including information about my rights, care and services;
- have control over and make choice about my care and personal and social life, including where the choices involve personal risk;
- have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
- my independence;
- be listened to and understood;
- have a person of my choice, including an aged care advocate, support me or speak on my behalf;
- complain free from reprisal, and to have my complaints dealt with fairly and promptly;
- personal privacy and to have my personal information protected; and
- exercise my rights without it adversely affecting the way I am treated.

How things change!

Change has been a constant in the evolution of Brightwater!

In the mid-1930s, at the Home of Peace (as Brightwater was once known), it was a case of embracing new methods and procedures. These were inspired by the newly-installed Matron Bottle (pictured centre), who had served both as



The nursing team at the Home of Peace, Subiaco, in 1937.



The nursing team at our Kingsley-based Transition Care Program in 2019.

a nurse in the First World War and later risen through the ranks at King Edward Memorial Hospital.

Today, in 2019, the changes and enhancements to our services look a little different...as does the attire of choice for our nurses!

Do you have any stories about Brightwater of yesteryear that you are able to share with us? Drop us a line at marketingcommunications@brightwatergroup.com.

Open wide, come inside, it's play time



Madeley resident Ted delights in the time spent with youngsters each week during the playgroup session.

Most Thursdays a group of small but very welcome visitors descend on Brightwater Madeley with one clear objective – to play. And the residents are up for the challenge!

For more than 10 years, Madeley has been home to one of WA's longest-standing intergenerational playgroups.



Jacinta actively sought-out an intergenerational playgroup for her two-and-a-half year old son Eric.

The children (there are currently nine families enrolled) undertake different activities each week during a two-hour session.

For Ted, a long-time Brightwater Madeley resident and playgroup participant, it's one of his favourite times of the week.

"I'm happy because the children are here," he said in delight, while watching the children play around him.

It's also an activity that parents love.

Being part of this playgroup is really quite special.

**Jacinta Jennings,
Playgroup member**

“

It's so wonderful to see our residents' faces as they engage with the children. The excitement, positive energy and happiness that kids naturally exude transfers across to the residents. It's something that the group who attend regularly really look forward to.

**Donna Alderson,
Therapy Assistant**

”



When Jacinta was researching opportunities for her son Eric, she was excited to learn that she could join an intergenerational playgroup. She was even happy to travel a bit further from home to attend despite there being other playgroups closer to her.

"The kids thrive on the attention and it's a really nice way to expose them to new people – especially if grandparents aren't a regular fixture in their lives," she said.

Bringing generations together

For some families, the playgroup is a regular opportunity to bring multiple generations together.

Lexi (right) gets to spend time with not only her daughter and granddaughter, but also her great-grandchildren, including 12-week old Sage who receives plenty of cuddles in her weekly visits.

90-year old Valma (below) has been attending the playgroup since it first began and she's had plenty of company over that time – with seven of her great-grandchildren and Valma's daughter Bobbie (the children's grandmother) attending the sessions at different times over the past decade.



A youthful injection

Brightwater understands the value that comes from bringing young and old together. In addition to the intergenerational playgroup at Madeley, a number of our residential aged care homes also participate in activities such as:

- Events for residents and their extended families
- Visits to local childcare centres and primary schools for play sessions, and hosting on-site visits in return
- Attending special events put on by local schools, such as ANZAC Day ceremonies
- Hosting students to support dementia-training programs like 'Dementia Friendly Communities' and 'Become a Dementia Friend'

The value of intergenerational activities

Events that bring generations together are important as they:

- ✓ Foster understanding and respect
- ✓ Immerse seniors in the fun and enjoyment young children bring
- ✓ Facilitate sharing knowledge and experience with new parents
- ✓ Help to normalise difference by broadening the child's experiences



Inspiration

CORNER

Spring has sprung – it's the perfect time to hit refresh!

EAT UP!

With the arrival of spring, many favourite fruits and veggies return to the menu – stone fruits, grapes, berries, leafy veg, vine-ripened tomatoes, cucumbers, lettuces and more! Not only are these tasty and provide much-needed nutrients and fuel our bodies – they can also make us smile. Research from the University of Warwick has found that increasing your intake of fresh produce can lower your risk of depression.

Add a dash of olive oil to cook or dress multi-coloured veggies and you could also improve your



heart health. Those who eat an olive oil-rich Mediterranean diet have 30% fewer instances of heart attacks and stroke, improved lipid and cholesterol levels and lower blood pressure, a Spanish clinical trial found.

Move that body

A bit of incidental exercise can do you good. Try to stand a bit more and walk as often as possible – you might see your waist circumference decrease along with your risk of several health issues like cardiovascular disease. Those movements you make throughout the day have been shown to be as beneficial to your health as a dedicated work-out.

If you are up for something a little more energetic, how about Tai Chi or yoga, which has been found to help reduce cortisol levels and inflammation in the body while improving cardiovascular health.



Prefer walking? Pick up the pace a little and reap the benefits. Brisk walking has been linked to better memory, better health and longer life.

Did you know that trees release phytoncides into the air which, when inhaled by us, help lower blood pressure, reduce stress and boost immunity? So also ramp up the benefits of your exercise by heading into green spaces and communing with nature.

Reflex those green fingers

With the rain easing off, frost disappearing and the garden blooming into life again, it's a great time to re-acquaint yourself with the world outdoors.

A bit of fresh air and sunshine can do you wonders – reducing stress, high blood pressure and type 2 diabetes, according to a report from the University of East Anglia. You'll also get a good dose of vitamin D, needed to support your nervous and immune systems, and maintain bone, teeth and brain health. It can also help you sleep better at night by suppressing melatonin production (a hormone that influences your sleep patterns).

If you can, donning the garden gloves is a good way to get a bit of exercise, keep your hands strong and dexterous, and your joints limber. It's also an activity that can help you to de-stress, express your creativity and boost your self-esteem.



Rachel is one of more than 250 clients supported by Brightwater to live a more meaningful life.



Cultivating opportunity

We love nothing better than empowering people to live the life that they want to live.

For a lot of our younger clients, that's living an independent life, one where they have access to the right tools, are equipped with appropriate skills and have a home where they feel happy, supported and comfortable.

The widespread roll out of the National Disability Insurance Scheme (NDIS) has seen many changes, for many people. And for Brightwater too – our Capacity Building service, which launched October 2017, has grown exponentially over the past 12 months.



Many people don't realise that with NDIS they can access more than what they used to be able to. It's been exciting to see the progress our clients make when they have a team of people who are entirely focused on helping them to grow their capacity in a way that increases their independence.

Sharidan Shimmin,
Program Manager – Capacity Building



This service assists people under the age of 65 to leverage greater social opportunity and economic independence.

The Capacity Building service broadly covers four key areas:



Support coordination

– enabling clients to understand and action their NDIS plan so they can optimise the best outcomes



Skills for living – working with therapists to develop programs that focus on building key skills such as managing money, shopping and cooking, maintaining personal hygiene and getting employment. The team also assists in accessing the most appropriate equipment that suits our clients' needs should there be something missing in their life



Behaviour assessment and intervention

– working with Brightwater staff to implement strategies to enable the best response to situations that may cause behaviours of concern



Equipment and assistive technology

– ensuring clients with complex seating needs have access to the right equipment and seating

'Tis the season to start a-fresh

Some of our Brightwater At Home clients might be surprised to learn that there is more flexibility in a homecare package budget than they may first realise.

Your budget is there to enhance the quality of your life and experiences which means you can choose to use it on a range of added extras such as:



A 'spring clean' or even just assistance in sorting through old drawers filled with memorabilia



Home modifications, to make it easier and safer to get around the house



Dog walking



Technology such as an iPad that can improve your ability to communicate



Gardening



Equipment to make it easier and safer for you to do things you enjoy – from making a cup of tea to venturing down to the local café



Trips to the supermarket or to purchase items of clothing

Your coordinator can let you know how much budget you have available for extras and help to organise these extra services for you at any time of the year.



Raise your voice



Martin Meader, conductor of the Born to Sing Choir, holds weekly singing sessions at Oats Street.

Brightwater's fundraising team gratefully received a donation from Martin and the Born to Sing choir.



A group of Oats Street clients' enthusiasm for music-making has become almost insatiable thanks to much-loved weekly singing sessions.

This injection of musical interest is, in large, thanks to well-known choirmaster Martin Meader.

The Perth local's Born to Sing all-inclusive choir has been raising money for charities and causes since 2008. Not only are we fortunate to have recruited him as our very own Oats Street

choirmaster, in June Brightwater was named a beneficiary, alongside the Fiona Stanley Hospital Medical Oncology Research Fund, of the 'Can you feel the love' concert which saw the Born to Sing choir perform alongside Melbourne's Brunswick Women's Choir to a packed crowd.

And, because we appear to have a huge hit on our hands with the weekly singing lessons, it won't come as a surprise to hear us say that this donation will be used to continue to feed the appetite for music at

“

Music is a language that doesn't speak in particular words. It speaks in emotions, and if it's in the bones, it's in the bones.

Keith Richards

”

Oats Street. With talk about getting 'the band' together (Blues Brothers' sunglasses optional!) on weekends, it seems the purchase of a karaoke machine is imminent. Hold on to your microphones!

A big thank you!

In a recent issue of Bright Life we welcomed donations for the Brightwater Music Pharmacy, a dedicated program to bring songs and rhythm into the lives of more of the people we provide care and support for. We were delighted by our readers' generosity so thank you to the many who have taken the time to support this work. We look forward to sharing more stories about our clients' musical endeavours in future issues.

Think about the future

Research plays a vital part in helping governments, businesses and organisations plan for the future.

This is why when Brightwater CEO Jennifer Lawrence was asked to join the University of Western Australia's newest think tank – the UWA Public Policy Institute (UWAPPI) – she jumped at the chance.

UWAPPI is looking at solutions to local and global challenges, while also identifying and providing advice on unforeseen future policy issues. Many of these issues – think health (medicines and ageing, managing chronic diseases, mental health, heart health); society (ageing and mobility, finances); laws (privacy, rights); and development (transport, homes) – affect older Western Australians as well as those living with a disability, so, as a think tank contributor, she hopes to be able to provide a valuable voice for those who are often marginalised by policy-makers.

It's not all give



John, second from left, enjoys spending time with our Brightwater Warnbro residents.

Ask John and he'd no doubt say he gets as much out of volunteering at Brightwater Warnbro as our residents do. But we definitely think his efforts go above and beyond.

It's been almost two decades since John first volunteered his time, energy, patience, skills and passion to benefit those living with complex disability at Warnbro. And during that time he's been dedicated to enhancing residents' social and spiritual wellbeing.

John and fellow volunteer Erica help residents get out and about – from weekly bus trips to explore the local area to visits to the beach

and taking part in Disabled Surfers Association events. John also accompanies one of the residents to Mass every second weekend.



The people I visit are an inspiration to me, in that they are accepting of where they are at, and when I'm having a 'bad day', their company cheers me up no end. There is a great deal of mateship between us, and I truly see them as my friends, not just people to visit.

John, Brightwater Volunteer



There's so much our volunteers do

Our 400+ volunteers get involved in everything from cooking classes to meditation, sing-a-longs to gardening, bingo to bowling, pampering sessions to arts and crafts, worship to board games, men's shed to iPad lessons, and admin support to social media instruction.

You don't need experience to become a Brightwater volunteer – just enthusiasm! If you would like to register your interest, please contact volunteer@brightwatergroup.com or call 9202 2800 to speak with Wendy or Sharon from our Volunteer Services team.

Three things to do this spring

If the sunshine and warmer weather are encouraging you to shake up your routine why not try one of the following:

- **Stop and smell the wildflowers**
WA is renowned for its wildflower displays each spring but the good news is that you don't have to travel out of Perth to enjoy them! The annual Kings Park Festival runs throughout the month of September. Wireless Hill in Booragoon also has a level pathway and plenty of nearby parking. For more location ideas you can visit the Wildflower Society of Western Australia's website.



- **Learn a new skill**
Whether it's the words to a new song, facts about a topic of interest or how to connect with your family members on Facebook, giving your mind a workout is a great way to feel energised. Your local library is a good place to start – they often run a range of courses.



- **Take a Stadium tour**
It was recently crowned the 'most beautiful sporting facility in the world' so why not book to take a behind-the-scenes tour of Optus Stadium? Be prepared though – you'll cover around 2.5km over a 90 minute period but the good news is that it's wheelchair friendly. Tours run most days and can be booked via the Optus Stadium website.



A warm welcome

Did you know that Brightwater has a team of Engagement Coordinators whose job it is to make the transition into care – be that receiving care at home, moving into one of our 11 aged care facilities, or tapping into our growing number of services for young people with a disability – easier?

The 'Welcome Team' consists of experienced nurses who both understand the care needs of an individual and the system itself. This single point of contact is designed to give our future residents and their families the reassurance that Brightwater is there with them to help at every stage of their journey.

"It can be a time of high-anxiety and uncertainty when a loved one needs care, but often, just having someone explain the admission process, answer questions and listen to their concerns and preferences can help a lot," said Michael Bowran, a Registered Nurse who now works with families to ensure they find a care solution that works for them.



Michael Bowran, far right, enjoys being part of Brightwater's Welcome Team, and helping families to navigate the system.

Let's talk... Estate planning

Each issue we hope to bring you relevant life advice. This time around we're tackling a big one – making sure you have your ducks in a row when it comes to your will.

What is a will?

A will or last testament is a legal document, formally declaring how your assets are to be distributed after your death, giving you the opportunity to provide for your family, dependents and friends after you pass (helping to avoid confusion, delay, fees and taxes too).

Why do you need one?

Having a will helps ensure that your wishes are known and carried out.

How do you create one?

Creating a will doesn't need to be a complicated affair – though if your affairs are complicated you'll need to engage an estate lawyer to draw up the documents. Seeking legal advice about making a will is always recommended, but you can create your own. Here are the basics:

- Wills need to be documented in writing. They cannot be oral and this means video recordings cannot generally be considered a valid

will (though you could record a DVD as a way to further clarify or explain your wishes in the will). Simple will forms can be purchased from the post office or a template downloaded from the internet (but make sure it will comply with all State and Territory legislation in Australia).

- You need to name an Executor(s)/ Executrix(s). This is the person(s) who will be responsible for taking care of your estate. It's best to nominate two people (must be over 18) and they can be beneficiaries of your will.
- You need to provide instruction as to how any outstanding debts or liabilities (like a mortgage or loan) are to be handled.
- How you want your assets (physical assets such as a house, cars or jewellery, financial assets such as shares or savings, and heirlooms or possessions with sentimental value) to be distributed should be detailed.
- You need to sign and date your will in the presence of two adult witnesses who are not beneficiaries of the will or related to anyone who could be a beneficiary.

- Keep your will in a safe place and make sure to let your Executor(s) know where it is. Wills do not need to be lodged or registered anywhere.
- If you want to make changes, you need to draft a new will. You can't make handwritten changes and initial them – if you write on the will, it will invalidate it.

How to make a gift in your will

There are three ways you can make a gift to charity in your will:

1. Share of your estate (residuary gift)
2. Fixed sum of money (pecuniary gift)
3. A special gift (such as an item like artwork or jewellery which could be sold)

Gifts in wills received by Brightwater help us to support our initiatives today and for generations to come. If you'd like more information feel free to contact our fundraising team on 9202 2800 or go online to Support Us.

Brightwater Noticeboard

Cheers and thanks for all the cake!

There were a few tears and lots of laughter as Brightwater Joondalup bid volunteer Margaret a fond farewell. After four-and-a-half years volunteering at Joondalup, residents and staff alike were keen to attend the surprise morning tea to wish her well and thank her for always bringing a smile to everyone around her.

“Margaret will be missed at Joondalup – especially her energy and sparkle. Oh and not forgetting her baking!” said Susan, Therapist Assistant.



How does your garden grow?

The answer is very well at Warnbro! A team of green-thumbed clients have been busy planting up a storm to create an edible garden. Michelle Givens from our Hotel Services team has helped to lead the green brigade, raising seedlings in her garden to bring to Warnbro for planting and care.

“We have plans for salad items and a herb section. We are hoping to have some home-grown produce for the residents to enjoy,” enthused Martina, Coordinator.

Michelle has some chillies on the go and one resident can't wait for them to be ready to harvest so he can treat everyone to his favourite – “boom boom steak”!



La dolce vita

There was more than one happy diner humming a Dean Martin tune when the residents at The Cove were treated to an Italian feast recently. The café was transformed into a trattoria with a menu bursting with Italian flavours – lasagne, spaghetti bolognese, chicken tortellini, gnocchi gorgonzola and garlic bread. Everyone got into the ‘la dolce vita’ spirit, enjoying a glass of wine and good company as residents from the different houses came together for the meal.

“It was a lovely, happy atmosphere and the Italian menu went down a treat,” said Petina Beckman, Lifestyle Coordinator.

Wild at heart

Rising early to make the most of the day, residents, staff and volunteers from Onslow Gardens hightailed it over to Perth Zoo bright and early for a suburban safari. A morning enjoying the jungle vibe with lions, elephants and monkeys delighting, worked up a hunger that was sated by a delicious fish ‘n’ chips lunch. More animal adventures beckoned and the afternoon was spent lapping up the sunshine and watching the fauna strut their stuff.



“The best part of the day was to see smiling, happy faces and hear about what a great day everyone had,” said Richard Ayres, Transport and Holiday Coordinator. The Zoo outing was made possible by Brightwater’s Life’s Possibilities program.



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

Reunited... and it feels so good!

The prospect of getting to see his sister again and spend his birthday with family was one that filled Rob McFarlane with anticipation and unbridled joy.

A client of Brightwater's Oats Street brain injury rehabilitation centre since 2017, when a sudden stroke curbed Rob's nomadic lifestyle, the one-time adventure seeker was feeling isolated. His brain injury not only caused physical impairment, but also dented his socialising. However, any chance Rob has to get into the community sees him light up.

Through the Life's Possibilities program, Rob was able to travel down to Bunbury to spend his birthday with his sister Glenys, who he hadn't seen

for several years, and her husband. The chance to make up some lost time was irresistible to the siblings.

The long weekend in June was full of adventure – visiting farmers' markets, the Dolphin Discovery Centre, Bunbury Wildlife Park and sites around Busselton. Meals were enjoyed in picturesque beachside locations, quirky cafes, cosy pubs and the local Indian restaurant. Reminiscing about their younger lives at Glenys' home was a highlight.

The reunion went so well, Rob is keen to move to Bunbury when he is ready to leave Oats Street so he can continue exploring his relationship with his sister and recapture his adventurous spirit.



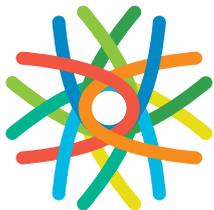
Rob was reunited with his sister Glenys in Bunbury for his birthday weekend thanks to the Life's Possibilities program.

Bright Life is published quarterly.

Ideas and comments can be directed to:

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Puzzle Corner solution

7	2	3	5	6	8	1	4	9
5	4	9	1	2	7	3	6	8
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3	7	6	4	5	1	9	8	2
9	5	4	3	8	2	6	7	1



A gift that keeps giving

Your gift will make a big difference! If you would like to make a donation today you will be supporting many of our initiatives which include, Life's Possibilities, Music Pharmacy and research.

Three easy ways to donate:

☎ 1300 223 968

✉ post completed coupon in the enclosed reply paid envelope

💻 brightwatergroup.com/appeal

Title _____ First name(s) _____

Surname _____

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Street address _____

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Please debit the above amount to my credit card:

VISA



Card number

CVN Card holder's name _____

Expiry date ____ / ____ Signature _____

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Thank you for your generosity!

Donations over \$2 are tax deductible.