

HALO & WINGS

Edition 6, March 2013

A production of Archangel Gabriel Consultancy® Pty Ltd (Archangel)

Welcome to the sixth edition of *Halo & Wings*. Easter Holy Week is a busy time. With many religious ceremonies to attend, resources can be challenged. There may be a time when someone requires support with a health care issue or maybe an advocate in dealing with medical staff, if someone is in hospital. Archangel is available throughout the holy season to assist, as needed. It is as simple as a phone call to Archangel to determine if you require any assistance.



As *Halo & Wings* can cover many topics, if you would like information on any health issues in particular or if you would like to contribute to future editions, please contact Gabrielle Charlesworth; contact details are on page 2.

Ageing in place

Ageing in place is a term freely used when discussing aged care. Sometimes it can be misunderstood to mean that a person stays in their home until 'the end'. However a better understanding may be that a person stays in their home until it is no longer safe to do so.

The main causes for people having to leave their home and move into an aged care facility may be: advancing dementia; unmanageable faecal incontinence; and a fractured hip.

In *Halo & Wings** Edition 1, memory loss and incontinence were discussed, particularly how a person may be supported at home in relation to these concerns. In this current edition we cover osteoporosis and some ways to support a person staying at home.

Both the government and private sector offer many forms of support for people wanting to feel confident about staying in their home. These supports also give peace of mind to communities and families that their loved one is safe.

If you have an enquiry about a concern and what may be available for assistance, you are welcome to contact Archangel on 0413 409 585 or refer to our previous newsletters on our website.

* Previous editions of *Halo & Wings* can be found on our website www.archangelgabriel.net.au

Osteoporosis – an overview

What is osteoporosis?

Osteoporosis is a disease in which the bones become fragile and brittle. They fracture more easily than normal bone. Even a minor bump or fall can cause a serious fracture. **Half of all women and one-third of men over 60 in Australia will have a fracture due to osteoporosis.**

Osteoporosis and fractures are major causes of injury, long-term disability and even death in older Australians. **One fifth of people who suffer a hip fracture will die within six months. Of those who don't die, 50% will be unable to walk without help or stay in their own homes. Some may even need full-time nursing care.**

Osteoporosis is often called a silent disease, as there are usually no signs or symptoms until someone has a fracture. Any bone can be affected but the most common are bones in the hip, spine, wrist, ribs, pelvis and upper arm.

What causes osteoporosis?

The health of your bones depends on:

- your genes (60-80%)
- the level of hormones in your body
- how physically active you are
- what you eat.

These things affect how well bones form in early adulthood when your bones are at their strongest. After the 30s, it's important to maintain bone strength and prevent bone loss.

Prevention of osteoporosis

Preventing osteoporosis is important. Although there are treatments for osteoporosis, *there is no cure*. You can reduce your risk of developing osteoporosis and having a fracture by:

- Having a balanced diet rich in calcium and vitamin D. For most people, three serves of dairy foods daily will provide enough calcium.
- Vitamin D to help the body absorb calcium. Vitamin D is in small amounts in foods such as dairy products fortified with vitamin D, egg yolks, saltwater fish and margarine. The best source of vitamin D is from safe sunlight exposure.
- Weight-bearing, high impact and strengthening exercises (such as walking, tennis, dancing and weight training).

(Continued overleaf)

(Resourced from Arthritis NSW www.arthritisnsw.org.au)

Prevention of osteoporosis (continued)

- Having a bone density test, if appropriate
- Asking your doctor if you need medication
- Asking your doctor if any medicines you take may be causing bone loss
- Not smoking
- Drinking alcohol within the recommended guidelines (refer www.alcohol.gov.au).

What are the best exercises for strong bones?

Exercises which mean your body has to carry its own weight (e.g. walking, but not swimming), and which involve running, jumping or skipping, help new bone to grow and prevent bone loss. Walking, jogging, dancing, tennis, volleyball, lifting weights, and netball, are all good.

Exercise for managing osteoporosis

If you already have osteoporosis and have had fractures, it is good to ask a doctor or physiotherapist before starting an exercise program.

Balance

Falls can be a result of poor balance due to: weak muscles; changes in blood pressure or heart rate; medications; ear problems; and even a poor diet.

(Resourced from Arthritis NSW www.arthritisnsw.org.au)

Personal alarms

When a person is unsteady on their feet and/or living alone, a personal alarm offers confidence, reassurance and peace of mind. A personal alarm can be used if someone has a fall or even if they are concerned there may be an intruder in their home. Personal alarms are an all-round emergency system.

There are many options on the market and it is well worth researching the best one for an individual's needs.

Care Call, part of the Baptist Community Services, is one option for personal alarms. They also provide a Fall Detector Package, a Flood Detector Package and a Panic Alarm Package. The alarms can provide peace of mind for different aspects of a person's life, even in temporary situations, for example early discharge from hospital.

For people living alone and wanting a sense of security, call Care Call on 1300 130 100 or go to carecall.bcs.org.au

Nutrition assistance

Another way to assist someone staying in their home is having meals delivered. While it would be great for us all to be a master chef, it is impractical to have every ingredient handy. It would also mean shopping, carrying and cooking.

One option may be Tender Loving Cuisine (TLC). They have a variety of choices that are delivered to your freezer. Many of the dinners are:

- Heart Foundation Tick Approved
- a healthy option to assist with managing blood glucose levels
- gluten free
- easy chew meals
- low in salt
- snap frozen with heating instructions included
- prepared so you can heat and serve in approximately 6 minutes in a microwave, or 30 minutes in an oven
- able to be kept in the freezer for up to 12 months.

TLC also offers a free taste testing. If you have a community who would like to sample the meals, TLC can come to you and provide lunch with a variety of meals to taste.

TLC can be called on
1800 801 200 (freecall)
or go to www.tlc.org.au

*Archangel wishes you and
your families*



a renewed and holy Easter.

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