

HALO & WINGS

Edition 1, May 2011

Welcome to the first edition of *Halo & Wings*, a new newsletter produced by **Archangel Gabriel Consultancy Pty Ltd** (Archangel). This newsletter aims to provide:

- ✚ information about various services available in the community
- ✚ information about products that help support someone ageing in place
- ✚ preventative health tips and practical advice.



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.

About Archangel's services

Archangel specialises in supporting the health and wellbeing of Clergy and Congregations. This support can be delivered in a variety of ways - from a casual engagement to a 12 month agreement, having a Healthcare Consultant who will monitor the health care needs of a Diocese and Congregation.

Assistance may be given by:

- accompanying a person to the doctor
- being an advocate for when someone is in hospital and being involved in discharge planning
- assessing someone's residence for suitability for ageing in place
- being involved in strategic planning for the future of those ageing in your Community
- referring a person to the appropriate community service
- organising seminars on health related topics.

These are a few examples of how we can support you. For further information, please contact us. If we cannot help you, we will do our best to link you into a service that can.

Supporting a person with memory loss

It's normal to forget occasionally, such as where we put the car keys or that the sunglasses are on our head. We lead very busy lives and at times, our brains just get full. However, concerns are raised when we forget part of our daily routine, regularly. Is there anyone you are concerned about?

Remembering daily activities

To remember daily activities, a diary (whether paper or electronic) can be helpful in reminding someone to attend to their usual daily routine. To remember the day, month and time, large clocks may be helpful, like this one from Hertz Electronics. For products and prices, go to

www.hertzelectronics.com.au

Note: This clock may also aid someone who is visually impaired; depending on the type of impairment.



Remembering medications

- The pharmacist can put tablets into a Webster pack, which is a blister pack that marks the time of day to take medications.
- Use an electronic diary, timer or pill box alarm to help remember medications.
- Australian company TabTimer supplies a range of handy reminders which help keep medications on time and help people remember important personal tasks.



TabTimer
helps keep medications on time



- TabTimer has generously offered a 10% discount to *Halo & Wings* readers. At www.tabtimer.com.au, at the checkout use the coupon code 'HALO' or call 1300 822 846.

For further help on memory loss and living with dementia, Alzheimer's Australia has great information and support. Their website is www.alzheimers.org.au

Continence Support

Ever sneezed or coughed and thought, "Oops I've had a leak"?

Ever gone to pass wind and thought, "Oh no, I've hit mud!"?

Ever without warning, had your pants soiled and you have felt the distress, embarrassment and helplessness?

For each event mentioned above, there is help. Pelvic floor exercises, when done correctly and regularly, can stop the leaks and give you back control over your bladder. If the second scenario occurs more than desired, a Continence Nurse may be of assistance. Talk with your GP or maybe all you need is a little more fibre in your diet. If you have lost control, a Continence Nurse will also assist. However there is more help.

The Continence Foundation of Australia assists in many ways. You can obtain: information for a healthy bladder and bowel; how to do pelvic floor exercises; where to get help; and access to the Continence Aids Payment Scheme (CAPS). There is a National Continence Helpline, **1800 330 066** and a website, www.continence.org.au

The Government offers CAPS, where a person can apply for payments through the Continence Aids Assistance Scheme (CAAS). This Scheme can assist with buying products so the person can maintain their lifestyle with freedom. For 2010-2011, the payment is up to \$497.79.

To apply for CAAS, you'll need a health professional to also complete the form, such as your GP, a Continence Nurse or a Registered Nurse. For more information, go to the continence website (above) or go to www.bladderbowel.gov.au

The Government has also produced a National Public Toilet Map, www.toiletmap.gov.au, for when people are travelling and want to know how long they have to 'hold on'.

If you have any other questions, you are welcome to contact us and we will help link you in to the most appropriate service. A Registered Nurse is on staff, who can assist with the CAAS application form.

Services for the Private Individual

Although Archangel specialises in the health care needs of Clergy and Congregations, there are many in the wider community who have loved ones who need support with their health care needs as they age.

The services offered to the Private Individual are the same as those provided to Clergy and Congregations; please refer to Archangel's services on page 1. The differences for the Private Individual will arise: in the type of agreement, be it casual or on a month to month basis; and by who engages the service, be it a family member or the individual themselves.

Archangel is an inclusive private service, offering assistance to people not in Religious Life.

Update on our website

Our website is under development and will be completed soon. On the new website you will find many answers to your questions regarding our services. We will keep you posted as to when the site is ready to view. In the interim, you are welcome to contact us if you have any questions or require support for your health care needs.

Contact details: Gabrielle Charlesworth M: 0413 409 585 P: (02) 9631 4409 F: (02) 9631 0334
PO Box 3011, Toongabbie East NSW 2146
E: gcharlesworth@archangelgabriel.net.au W: www.archangelgabriel.net.au