



# MHA CARE

## Customer Newsletter

JUNE  
2017

### PERSONAL CARE GROWTH FUNDING

MHA Care was successful in our application for Personal Care Growth funding for our Commonwealth Home Support Programme (CHSP) clients. This additional funding will provide increased resources for MHA Care to implement additional services such as assistance in personal care to further support and enable our current and future clients to remain living independently in their homes and communities.

#### Tasks that our Care Workers can assist you with during Personal Care:

- **Self-Care** - Bathing, showering, dressing, shaving, haircare, cleaning teeth, toileting.
- **Mobility** - Getting in and out of bed, standing, sitting, walking.
- **Medication** - Monitoring of self medication or medication administration.
- **Shopping** - Assisted shopping (take you to buy groceries and pay bills).
- **Nutrition** - Cooking and food preparation, eating and drinking.



*If you would like more information on our personal care services please call us on*

*(03) 5742 1111*

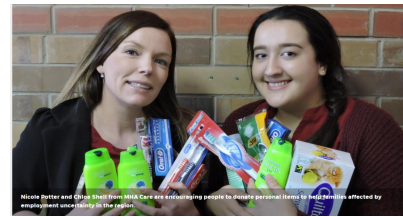
**MHA Care is constantly striving to improve the services we deliver to our community.**

### MHA CARE NEWS

#### JBS AUSTRALIA GOODS DRIVE

MHA Care is running a goods drive to help those affected by the recent shutdown of the JBS Australia Abattoir in Cobram.

We are calling for donations of personal items such as toothpastes, shampoos, soaps etc. If you can help drop off your donations at our MHA Care office today.



Nicole Potter and Chris Shell from MHA Care are encouraging people to donate personal items to help people affected by employment shutdown in the region.

#### VISIT BY DAMIAN DRUM MP

The MHA Care Opportunity Shop and Foodshare warehouse welcomed a visit by the Federal Member for Murray Mr. Damian Drum MP. The visit provided a wonderful opportunity to showcase the very important Moira Foodshare program and gave Mr. Drum a greater insight of the positive outcomes achieved for those people and communities who are in need. During the visit at the Opportunity Shop he saw first hand the valuable contribution our volunteers provide to ensure much needed funds are provided back into our communities for additional care and service delivery beyond what MHA Care is funded for.



*Pictured: Damian Drum MP with MHA Care staff*

# MHA Care and My Aged

What is My Aged Care ?

My Aged Care is the main entry point to the aged care system in Australia. My Aged Care aims to make it easier for older people, their families, and carers to access information on ageing and aged care, have their needs assessed and be supported to find and access services.

MHA Care encourages all new and future clients who require assistance at home to contact the My Aged Care call centre as the starting point to access information and the services you may require.

The My Aged Care call centre/ website can help you get started, find out what to expect and plan ahead before you need services. We encourage all current clients to commence the conversation with their friends and neighbours who may be in need of additional support to help them stay at home and remain in their communities.

Go to [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or call 1800 200 422



**Our friendly staff at MHA Care are more than happy to assist you to navigate this new and exciting system  
Please do not hesitate to call us!!**

## MEDICATION ASSISTANCE SERVICE

We are pleased announce that MHA Care now have several Community Care Workers that have completed their medication assistance training. MHA Care provide this service together with General Practitioners and District Nursing service to ensure our clients are well supported to take their very important medication.

### What this means for you?

Our trained Community Care Workers can now apply, dispense, or give drugs or medicines as prescribed by a medical professional.

It is pleasing to see this new service grow, which is a 'First' for a Rural Home Care Provider.

Please contact the office if you require any further information.

## GET TO KNOW US

Carolyn Bushby



**Carolyn is one of our fabulous Cobram Community Care Workers. She has been with MHA Care for 5 years and supports clients within the home and community.**

**She is a regular face at the Cobram Planned Activity Group and enjoys interacting with all of our clients.**

**Carolyn is a professional, caring and dedicated Community Care Worker and she is an important member of the MHA Care team.**

### FUN FACTS ABOUT CAROLYN

**Food to die for:** Seafood.

**Film I could watch over and over:** Shawshank Redemption.

**MHA Care is a great place to work because:** I love the clients and staff and also get a lot of support.

**A place that makes you smile:** My workplace.

**If I won lottery I would:** Take my husband and two children on a family holiday.

## DIRECT DEBIT

***Sign up today to have your MHA Care account direct debited from your bank account.***

***Direct debit saves time and takes away the hassle of late payments.***

***It's easy to sign up - Call the MHA Care Office and we will send out a direct debit form.***

**Sign Up Now!**