



GLASSHOUSE COUNTRY

CARE

News

~ FEBRUARY 2025 ~

## Message from the GM

I hope this newsletter finds you all well.

This year brings significant changes to the aged care system which will impact many of our clients. At this stage, the most notable effects will be to Home Care Packages. I know it may be an unsettling time, but we are determined to ensure a smooth transition through these changes and encourage you to get in touch if there's anything you need to discuss.

We are investigating the construction of a new turning lane into our Peachester Road office. This will provide safer access for our clients and staff.

As always, we value your feedback and suggestions about our services, so please feel free to reach out anytime. To become involved in a more formal capacity, our Consumer Advisory Body meets twice a year to share feedback, ideas and information. If you're interested in joining, contact our office.

Warmest regards,

*Clare*

## Changes to the Home Care Package program

For many years Glasshouse Country Care has been supporting individuals in the local community with personalised Home Care Packages, helping them to maintain their independence while receiving essential care.



In 2025, the Australian Government will roll out significant changes to the aged care sector, with the current Home Care Package program transitioning to the new Support at Home program.

**Support at Home will bring together current in-home aged care programs, ensuring a simpler and more equitable system for older people that helps them to stay at home for longer.**

Source: Department of Health and Aged Care

We are committed to guiding our clients through this change with ease and certainty. Please be assured that our team will continue to provide high-quality and compassionate care, just as we have always done. We will provide more information about the new program as more details are released by the Australian government.

Current information about the new Support at Home program can be found at [www.health.gov.au/our-work/support-at-home](http://www.health.gov.au/our-work/support-at-home)

*Your future. Your care. Your choice.*



# Essential support for carers

Caring for a loved one comes with many challenges and requires a great deal of time and energy. Carers often ignore their own needs and feel they can't ask for help, leading to guilt, overwhelm and exhaustion. It is vital to take time for yourself to avoid carer burnout.

It can be hard to let go and let someone else help, but taking a break is beneficial for both you and your loved one, and for your relationship. That's where respite services come in — offering essential support to families and caregivers.

Respite care allows carers the opportunity to take a break, recharge, and tend to their own health and well-being with peace of mind, knowing their loved one is in capable hands. Respite services also encourage social engagement and offer a change in routine for those being cared for.

At Glasshouse Country Care, we understand the challenges of caregiving and are here to help. Our flexi-respite services can be provided in the home or out in the community, and are designed to provide both caregivers and their loved ones with the support they need.

If you would like more information about our flexi-respite services please contact Glasshouse Country Care on 07 5494 6948.



## Easter Trading Hours

The Glasshouse Country Care office will be closed on Friday 18 April and Monday 21 April for the Easter public holidays.

We will re-open at 8am on Tuesday 22 April.





# Social connection - A workout for your brain

Being social is essential for healthy ageing. Research has shown that the health risks of loneliness are as bad as smoking, and even greater than the risks associated with obesity.

Engaging with the world allows you to learn new things and create new memories, stimulating multiple areas of your brain. It's like giving your brain a workout.

Here are some simple ways to be more social in your daily life:

1. Join a seniors' group: Join a social group specifically for seniors.
2. Connect with neighbours: Say hello, strike up a conversation, or offer help when needed.
3. Be a regular: Visit the same coffee shop or local market to build familiarity with others.
4. Engage in small talk: Chat with people – at the supermarket or in line at the post office.
5. Attend social gatherings: Accept invitations to events, even small ones like coffee meetups.
6. Connect with family: Schedule regular phone calls or invite family members over to visit.
7. Reconnect with old friends: Reach out to past friends or acquaintances for a catch-up.
8. Foster a pet: Walking a dog or visiting parks often leads to interactions with other pet owners.
9. Join local classes or clubs: Participate in activities that interest you, like book clubs, fitness classes, or hobby groups.
10. Volunteer locally: Helping out at a library, charity, or school can foster meaningful connections.



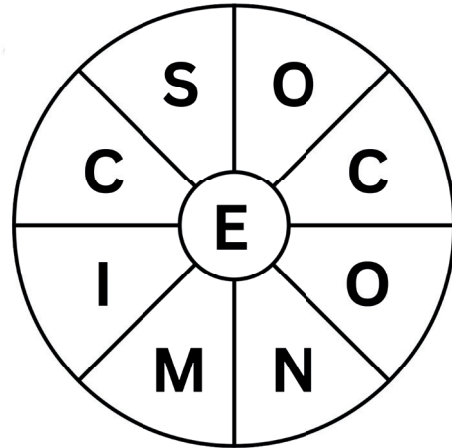
# PUZZLE PAGE

## Sudoku

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

## Word Wheel Puzzle

How many words can you make using these letters?  
All words must include the centre letter.




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## Word Picture Puzzle



## Sudoku solution

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

Answers: Turning over a new leaf. Banana split.  
Broken heart. Last chance.