

July  
2019

Edition 2

# CareNews



Monthly  
Newsletter of  
Care in Midstream

## OUR SERVICES

Assisted Living

Comprehensive  
Person-centred Care

Dementia & Alzheimer's Care

Short Term Care

Stay a Day

## CONTACT US

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 [CareInMidstream](https://www.facebook.com/CareInMidstream)

## Sharing news and information

A warm hello to all our readers!  
Winter has settled in, and we hope everybody is keeping well and warm.

Thank you for the feedback we received following the publication of our first newsletter at the beginning of June. The purpose of the newsletter is to share news and information about Care in Midstream with all our stakeholders.

We have extended our core service offerings, and we are working on more initiatives that will benefit not just our residents, but also the Midstream community. We look forward to sharing details about the new initiatives in the near future.

This month, our feature article looks at some of the nuts and bolts that make up person-centred care. Person-centred care focusses on an individual's relationships, life experiences, abilities, and preferences, and represents innovation within the care environment. Training workshops were recently held where the Care in Midstream staff formalized their Code of Ethics. Read more about this, and the Domains of Wellbeing on the next page.

We would love to hear from you. If you have any feedback or news that you would like to share, please contact us at [marketing@careinmidstream.co.za](mailto:marketing@careinmidstream.co.za)

*“Mindful time spent with the person we love is the fullest expression of true love and real generosity.”  
– Nhat Hanh*





## SUNDAY LUNCH

Family and friends are welcome to join residents for a wholesome Sunday lunch at Care in Midstream.

The cost is R100 per person and bookings must be confirmed by 12h00 on Fridays. Please confirm your booking by calling 012 940 9380, or email Siobhan at [siobhan.marnewick@gmail.com](mailto:siobhan.marnewick@gmail.com)



# The Domains of Wellbeing

By Ida Britz

Over the last few months, Care in Midstream has implemented Person-centred Care as part of our holistic approach to caring for our residents. Since implementing the methodology, we have experienced positive results over a remarkably short period. Our residents are enjoying smooth-running days, and they are not just more relaxed - they are flourishing!

Endorsing Person-centred Care involves much more than checking tick boxes on a form – it is a lifestyle; not only for our residents but also for our staff. During June, we facilitated four full days of staff training to reinforce the Person-centred Care principles. The training presented by a specialist in the field, a highly trained occupational therapist, focussed on the Code of Ethics and Domains of Wellbeing.

The Domains of Wellbeing provides a base from which our residents are enabled to thrive. Research and experience have taught us that three areas hamper our residents' quality of life – loneliness, helplessness and boredom. The Domains of Wellbeing guide us to develop a holistic wellness plan for each resident, considering their strengths and goals.

**IDENTITY** – individuality; wholeness; having a history. Part of knowing each other profoundly involves acknowledging our strengths and what we have to offer.

**GROWTH** – development; enrichment; expanding; evolving. Individuals living with frailty continue to grow and teach us how to be human beings in a culture of caring.

**AUTONOMY** – self-governance; self-determination; immunity from the arbitrary exercise of authority; choice; freedom. Simply put, to be autonomous is to be one's own person - to be respected for one's ability to decide for oneself, control one's own choices.

**SECURITY** – freedom from doubt, anxiety, or fear; safe, certain, assured; having privacy; dignity, and respect. Abraham Maslow taught that a hierarchy of needs motivates human beings and that certain lower needs must be satisfied before higher needs can be fulfilled. For example, safety needs – the security of home and family, freedom from fear and anxiety – must be satisfied before we can grow toward self-actualization.

**CONNECTEDNESS** – state of being connected; alive; belonging; engaged; involved; not detached; connected to the past present and future; connected to personal possessions; connected to place; connected to nature. It is about being a part of something bigger than ourselves.

**MEANING** – significance; heart; hope; value; purpose; reflection. A person-directed approach infuses meaning into every corner, every act, and every relationship. Meaning is generated because of the caring relationships we have nurtured with one another.

**JOY** – happiness; pleasure; delight; contentment; enjoyment. Joy is a short, simple word that describes the best, most elusive dimensions of human experience. Joy is deeper and more encompassing than happiness. It is through the relationships we have with one another that we can discover ways to recognize and celebrate those moments of joy when they occur. **C.**

# INFORMATION HUB

## 16 Things People with Alzheimer's Wish You Knew

Memory loss can be scary, but patience, trust, and encouragement can help your loved one continue living a meaningful life. Here are 16 things people with Alzheimer's wish you knew:

Every stage of Alzheimer's is unique | Life is still pretty normal in the early stage | I might notice my symptoms more than you do | I don't forget things on purpose | Reminding me my loved ones are dead is devastating | Socializing is important to me | I can do more than you think | You can help me get involved | I want to make decisions | I want a meaningful life | I enjoy the same things I used to | Music is especially enjoyable | My other health conditions need attention too | Loud restaurants can be stressful | I need help making legal arrangements | Alzheimer's can hit the young

[Read the full article here](#)

## NOTICE BOARD



### Care in Midstream Family Day 27 July 2019, 09h00 to 13h00



**Bergh and Cilliers Physiotherapists** is a team of compassionate, dynamic and competent physiotherapists. We strive to be your physiotherapists of choice every time, regardless of your condition or that of your loved ones. We are an out-patient based physiotherapy practice delivering a general physiotherapy service to the community and specifically to the residents of Care in Midstream. We are passionate about patient care, and that is why we strive to deliver treatment of the highest quality to every patient assigned to our care. Our team has a special love for the elderly and strive to keep them fit, strong and healthy.

Contact us on 012 940 9477  
or 082 819 0594



**Sonja Smith Funeral Group (Pty) Ltd** Midstream offers a high level of dedicated funeral care, advising you of all your options and choices and seeing that the funeral arrangements are made following your wishes and those of the deceased. The days following the death of a loved one will challenge you emotionally and mentally, with many more decisions to be made. Making funeral arrangements can be a challenging task, and we can support you by taking care of all the practical arrangements.

For any further information, or assistance in taking care of your family when a loved one passes away, contact Mariandra Heunis at 084 421 1980, alternatively contact the emergency number 079 895 4414 and ask for MIDSTREAM.

