

June  
2019

Edition 1

# 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

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CareInMidstream

## Sharing news and information

Welcome to the first edition of CareNews, Care in Midstream's newsletter. We look forward to sharing news and information with you every month.

Since opening its doors in March 2018, Care in Midstream has grown from strength to strength. We have been fortunate to create a core team made up of dynamic, forward-thinking individuals who collectively enable us to provide exceptional care and service to our residents. 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.

This month our feature article looks at person-centred care. Person-centred care focusses on an individual's relationships, life experiences, abilities, and preferences, and represents innovation within the care environment. Care in Midstream endorses person-centred care as part of our holistic approach to caring for our residents. We have had tremendous success since implementing this ground-breaking care methodology. 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)

*"To care for those who  
once cared for us, is one  
of the highest honors."  
- Tia Walker*





## Making a difference through person-centered care

By Ida Britz

### SHORT TERM CARE

Care in Midstream offers Day, Week and Weekend Care. This provides home caregivers with the opportunity to take a short holiday, attend to important business or allow them time to nourish their own health. Holiday care can be the most valuable tool in avoiding caregiver stress and burnout. It helps to sustain the health of the primary caregiver, and in so doing, supports the health of the person receiving care.

There is no minimum period applicable for short term care. Contact us for more information.

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The single biggest misconception about Care in Midstream is that it is an institution or a hospital. It is not. For our residents, Care in Midstream is home – not a home away from home, but their permanent home – furnished with their personal belongings, and each person can follow their unique routine.

The person-centred care approach starts before the resident arrives at Care in Midstream. Detailed information is obtained upfront from family members, as well as from the resident. This information gathering process allows us to build a personal profile for each individual. Information gathered covers medical history, medication

schedules, dietary requirements, sleeping patterns, personal preferences regarding clothing, hobbies, physical activities, daily routines, formal and informal activity preferences etc. This information enables care partners to help new residents settle into their new home with minimum disruption and anxiety.

Our care partners (traditionally called nurses) form an integral part in the lives of our residents from the very start. Care in Midstream maintains care partner ratios that consistently exceed the industry standards. Our dementia unit has a ratio above the industry norm, and the comprehensive person-centred care unit's ratio is one care partner for every four to five residents.

The care partner holds and nurtures the relationship between the resident, the family, the care team and bigger Care in Midstream team. The care partner forms a close bond with the resident and knows all their preferences and routines; they can immediately identify any change or

discomfort and react to it quickly. The care partner will accompany the resident to group activities and will ensure that they are comfortable and within their comfort level. Care partners do detailed handovers between shifts, i.e. day and night shifts.

Person-centred care goes hand in hand with Person Centred Support Services (PCSS) and home-based care assistance. By systematically and professionally building a care profile over an extended period, Care in Midstream can provide high-quality personalised care for residents. The process ideally starts before the resident arrives at Care in Midstream.

An essential tool used in building the care profile is a professionally structured Risk Assessment. This assessment assists in creating a baseline of the risks a prospective resident may have. The purpose of the assessment is twofold - to help keep people in their private homes for as long as possible and to make the transition to Care in Midstream as smooth as possible when required. **C.**



# INFORMATION HUB

## Anosognosia: When Dementia Patients Can't Recognize Their Impairment

Often an aging parent or spouse is refusing care because they are unaware that they are in need of assistance. This brings to question whether a senior diagnosed with Alzheimer's or other dementia is able to recognize their own cognitive status. For many Alzheimer's and dementia caregivers, this can pose a bit of a dilemma. When Alzheimer's is coupled with anosognosia, there also comes a limited capacity for insight into and acknowledgement of the true ability to perform activities of daily living.

Known as anosognosia, this lack of awareness differs from the shock and denial that many individuals and families experience following an initial diagnosis.

The word anosognosia is composed of three Greek roots, which combine to mean "without knowledge of disease." Changes in the brain cause individuals with mental illness, brain tumors, stroke, Alzheimer's disease and other forms of dementia to truly believe that there is nothing wrong with them.

[Read more](#)



## GALLERY

