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Edition 6

CareNews



Monthly
Newsletter of
Care in Midstream

OUR SERVICES

Assisted Living

Frail Care

Dementia & Alzheimer's Care

End of Life Care

Short Term Care

Stay a Day

Home Care Nursing
Assistance

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CareInMidstream

Keeping in touch

A year is so much more than just 365 days!

Hardly a day goes by that somebody does not mention that this year has rushed past. People express their shock and amazement that Christmas is just around the corner, and that in only a few weeks it will be 2020.

Central to daily life at Care in Midstream, are the small victories and the moments of happiness that make each day special. We celebrate the small moments of joy that bring smiles to the faces of those who do not necessarily have a great day, every day.

Our year is not just measured in days – it is measured in the small victories, happy and sad moments, growth and most importantly, gratitude.

At Care in Midstream, we have had a busy year. We have expanded our service offerings to meet the growing demand for specialised care in the community. Our staff numbers have increased in line with our growing number of residents, and we have focussed on training and skills development to ensure that we continue to offer excellent service.

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



Occupational Therapy

By Chantelle Vischer



It is with great excitement that we can officially announce that we are launching Occupational Therapy Groups at Care in Midstream. You might be wondering what occupational therapy is and what it is that we do? Or even why we play such a vital role in the treatment of the elderly?

A very general description would be that an Occupational Therapist (OT) works with people of all ages, i.e. from newborn babies to the old and frail. We work with people who have different diagnoses - these can include anything from developmental delays, physical disabilities, mental illnesses, learning difficulties, orthopaedic injuries to geriatrics. We work with people who face certain hindrances in their everyday life, which can include personal grooming, bathing, dressing, socialising, recreation, working, playing, schooling, driving, etc.

If something were to happen which might cause a person to completely lose independence, or a portion of their independence in their daily occupations, an OT's primary focus is to enable them to become as independent as they possibly can within those occupations, or in the case of the elderly, empower them to remain as independent as they possibly can within those occupations, for as long as possible. The goal is to shift the focus from the disability or inability of a person to the ability of a person. As Ginny Stoffel so beautifully captured it, "Occupational Therapy Practitioners ask 'What matters to you?' not 'What is the matter with you?' "

In more accessible terms, the occupational part of Occupational

Therapy not only refers to the daily occupations as mentioned above, but also to the fact that our method of treatment is based on making use of meaningful activities, to ensure that our clients live their unique best quality of life.

The group activities presented to the residents at Care in Midstream will, therefore, be specifically crafted to their level of functioning both physically and cognitively; as well as their level of motivation, emotional status and interests. Active engagement in every-day-life activities is known to assist in retaining a person's functionality, in all its spheres, for as long as possible. Maybe you have even heard it said; "use it or lose it", which is the ultimate goal of the OT groups. Having said that, we cannot disregard the degenerative nature of certain diagnoses; therefore, treatment in this capacity would more so be aimed at maintaining aspects of the residents overall functioning, as far as possible; as well as delaying the loss of their overall functioning for as long as possible.

In turn, our elderly are meant to be our storytellers, those who share secrets of wisdom and knowledge and life with us. We cannot wait to learn from them as we embark on this journey. **C.**

"Age is an issue of mind over matter. If you don't mind, it doesn't matter." – Mark Twain

SHORT TERM CARE – a perfect option for the holiday season.

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.

Alzheimer's Communication

1. Never Argue.
Instead **Agree.**

2. Never Reason.
Instead **Divert.**

3. Never Shame.
Instead **Distract.**

4. Never Lecture.
Instead **Reassure.**

**5. Never say
"Remember."
Instead Reminisce.**

**6. Never say "I Told You."
Instead Repeat.**

**7. Never say "You Can't."
Instead say what they
Can Do.**

8. Never Demand.
Instead **Ask.**

9. Never Condescend.
Instead **Encourage.**

10. Never Force.
Instead **Reinforce.**



SUNDAY LUNCH

Family and friends are welcome to join residents for a wholesome Sunday lunch at Care in Midstream.
The cost is R80 per person and bookings must be confirmed by 12h00 on Fridays.
Please confirm your booking by calling 012 940 9380, or email Siobhan at siohhan@careinmidstream.co.za