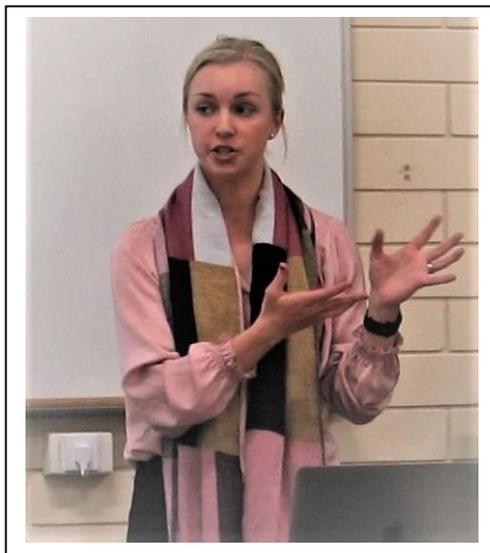




Developmental Education

The guest speaker at the May LNAA meeting was Evie Proeve-Kitson. Evie is the daughter of LNAA committee member, Dianne Proeve. She is an educator with *Access4u*, which exists to help people understand the new National Disability Insurance Scheme (NDIS) or *My Aged Care* and plan for their future. It then works with people to find the most appropriate service providers to support clients.



It was a full on session with lots of information in connection with the new NDIS, which is Australia's first national scheme for people with disability. It provides funding directly to individuals.

Evie pointed out that all new schemes need a period of patience and running-in time. Holland started a similar service about eight years ago. **Now**, Evie said, it is running well. There is hope for Australia!

Lots of people had to be and are still being trained for the new job. There were certain dates for enrolments. The scheme is meant for people with significant permanent disabilities. The process involves interviews and sorting out the need of every single disabled person. Lots of teams work together for the benefit of each client. These include health professionals such as GPs, physiotherapists and psychiatrists. They are all called providers. Institutions such as *Minda* in suburban Adelaide are included.

It takes careful listening to work out the plans for individual. The aim is a practical approach: to provide support for families/carers,

to encourage positive behaviour support, longer term goals, support for care worker, improved daily living, care support, early intervention,

community involvement and many more areas as needed.

When all the needs and wishes/hopes are considered, the next step is to develop a plan to implement improvement in the life of the client.

For the individual support money is available. Some people are able to self-manage this; others get help through an agency or through NDIS.

There will be yearly reviews re progress and/or suitability of the chosen path.

If necessary, the existing plan can be altered.

Evie is a Developmental Educator. She has a number of clients to help in all aspects of life. Her role needed special university study. She sees clients mainly at their home and supervises and guides their progress according to their plan.

Because there are so many different forms of disability, it is impossible to group them together. It takes a lot of teaching and learning together to improve the client's daily life.

As the new names can be confusing, here some explanations:

NDIS: National Disability Insurance Scheme - handles the medical part, providing support for people with a disability, their families and carers.

NDIA: National Disability Insurance Agency - the Commonwealth government body that administers the NDIS and handles the money side.

For more information, Evie can be contacted on: evie.kitson@access4u.org.au

Mobile: 0412 368 754

ACCESS4u is in Fullarton Suite 3/250 Glen Osmond Road, Fullarton in suburban Adelaide.

Sigrid Burford

From the President

At the May meeting of the LNAA our Spiritual Advisor, Pastor Chris Gallasch, focused his devotion on the importance of having goals in life to stay on course. As the best guidance is God's word, he read from Hebrews 12:1-3. We are advised to set our course with the end in mind because if we do not know where we are going we will end up somewhere else!

It is important to be aware when we have strayed so we can get back on track. God's word helps us do this better than any GPs! When something goes 'wrong' ask the question: 'Are we still on course, that is, doing God's will?' If the answer is 'Yes', there is no need to over react or panic, even when surrounding events seem to be going haywire.

Jesus himself was tempted continually to stray off course from his mission to die for the sins of the world; but right from the start he remained faithful to his heavenly Father's will. He did that for us, so we can remain on course for our eternal destination, *'for the joy that set before him'*. We will have doubts as we struggle along the way, but God's word remains pure and he remains faithful. So stick to the 'flight path', stay on course and trust in God's plan no matter what changes occur! God is faithful.

Life may not be easy when learning new things, especially for individuals with a disability, their families and carers. The guest speaker in May, Evie Proeve-Kitson, explained how Developmental Educators address issues that may affect the function, independence and social inclusion of individuals in this group. and how their services can be accessed by the National Disability Insurance Scheme. She admitted that this scheme, in its infancy, is having 'teething problems', but said it is still 'on course' to be a valuable institution for the many disabled people it aims to assist.

Able-bodied people tend to take their faculties for granted. They may not appreciate the extra effort those with various disabilities have to make to do the simplest things, such as hear the word of God.

At our next meeting Pastor Michael Prenzler will tell us how the LCA supports Adelaide's deaf community, so their lives can be enriched with the love of God.

I am pleased to advise that the LNAA Nurse of the Year Award has been promoted in various church bulletins and aged-care facilities, and initial responses have been favorable.

An extra LNAA activity has been scheduled for 19 August: a visit to *Wantok Place*, the LCA's new museum of artefacts, mainly from Papua New Guinea. This replaces the proposed visit to the new ambulance station at Parafield. More details are in this issue of *IN TOUCH*.

The next meeting on 29 July will also be the Annual meeting, where proceedings usually are succinct.

This will be a defining meeting for the LNAA as a new President will be appointed. My future participation is unclear as my caring responsibilities for my mother continue. I take this opportunity to wish our hard working secretary, Rose Howard, a speedy and uncomplicated recovery from a broken leg, and thank Kris Reeve (acting chairman), Vicki Minge (treasurer and acting secretary) and Di Proeve for taking on extra responsibilities during my absence.

At a time when surrounding events are challenging, the question is asked 'Are we still on course, doing God's will?' We know that the Lord is always with us on the 'flight path', and we are confident that we are being guided through times of change into a good future.

Sylvia Hutt



Thinkpoint

God doesn't call the qualified, he qualifies the called.

++*+*+*+*+*+*+*+*

Our prayers are the bandages that God uses to treat those whom we hold up before him.



The Important Role of Palliative Care

What is palliative care?

Palliative care is person- and family-centred care for people living with a life-limiting condition. The emphasis is on quality of life and dignity, supporting people to live as long and fully as possible. It recognises that every life is meaningful. A special aspect of palliative care is the wholistic approach to care. The World Health Organisation defines palliative care as an approach to care that supports the physical, psychological, social, cultural and spiritual needs of a patient. A definition adopted by the Australian Government's National Palliative Care Strategy and Palliative Care Australia.

Who needs palliative care?

Life-limiting conditions can affect people of any age, and include advanced heart, lung or kidney disease, Parkinson's disease, motor neurone disease, dementia, and cancer. Palliative care may be provided at varying stages of the illness trajectory. This can start early, occurring alongside other treatments throughout the course of a condition, or it may be required only during the last few days or weeks of life. Palliative care may also be appropriate for older people nearing their natural end of life with more complex care needs. The number of people who could benefit from palliative care is increasing.

The role of nurses

The largest group of health care professionals providing care to people living with life-limiting conditions are Registered and Enrolled Nurses. Nurses may be providing palliative care through general practices, residential aged care, home care, or hospitals. While care provided in these contexts may not always involve palliative care specialists, the care provided requires nurses to possess the appropriate knowledge and skills to deliver the key components of palliative care.

Having access to evidence-based information and resources to help make informed decisions about advanced-care planning, treatment options, symptom management and support for those dying and grieving can assist with providing quality care. Aged care recipients and their carers also need access to trustworthy information and resources to inform their decisions about quality care, services and symptom management. Knowing where to find that information is important.

Palliative care resources

CareSearch provides online evidence-based palliative care information relevant across the life-course for health professionals, patients, carers and families. *palliAGED* by *CareSearch* provides end-of-life and palliative care guidance and resources specific to the aged-care sector.

The Important Role of Palliative Care

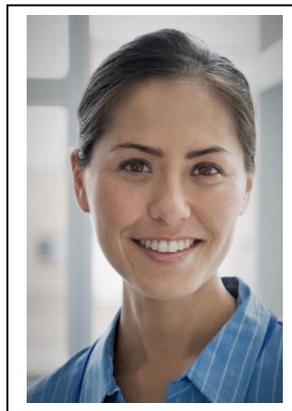
Both online resources are funded by the Australian government.

The Nurses section of *CareSearch* offers information, tools and resources specific to the role of nurses. This is complemented by the Clinical Evidence section that provides summaries of available evidence on care issues in palliative care. For those working with older people and new to palliative care, the *palliAGED* Practice Tip Sheets offer an introduction to 29 topics related to palliative care.

palliAGED apps are also available for nurses to assist in the delivery of advanced care planning for the person who is dying, and fact sheets are available to be printed or downloaded to read later or share with colleagues. You may wish to start by reading Dr Ann Aitken's blog on The importance of *palliAGED* in rural and remote nursing.

Nurses also have an important role in supporting patients and their families by providing information. Experiencing the need for palliative care can be an overwhelming and stressful time for patients and their families. Offering education and counselling can help them prepare

and manage their illness and the changes in their lives. In the My Information Kit, *CareSearch* provides resources and fact sheets health professionals can download and share with patients and their families. *CareSearch* also has a section for patients, carers and families, with information and videos on topics such as living with illness, how to care, and finding services. For those new to the website there is a 'Getting Started' page designed to guide you to information relevant at different stages of a life-limiting illness. The aim is to assist patients make informed choices when facing end of life.



For further information:

www.caresearch.com.au
www.palliaged.com.au

Robyn Dutschke
Research Assistant
CareSearch
palliative care
knowledge network
Flinders University
Adelaide

Newsbrief



In July/August a team of men from the LCA will travel to Papua New Guinea (PNG) to work with men from Karkar Island and Ogelbeng Seminary, helping with repairs and maintenance needs at the Gaubin hospital and seminary. Originally the team was to travel in March. The team will spend a week on Karkar Island and a week at Mt Hagen in the PNG highlands.

The June issue of *The Lutheran* included an article on the ministry of members of *St John's*, Unley who for the past 30 years have been wheeling people with disabilities living at what

used to known as the Julia Farr Centre to join them for twice monthly worship in the centre's chapel. The story featured LNAA member, Marcia Hyde, who has been serving in this role for 20 years, and now coordinates this ministry.

In May, Lutheran Community Care in partnership with the Royal Life Saving Society of SA organised water safety sessions in five locations in northern Adelaide. Participants learned how to keep themselves and their children safe around water. A number of migrants who come to Australia do not know how to swim, so water education is very important.

Pope Francis has unveiled a significant change to the Lord's Prayer, but not everyone is pleased. The Pope changed the phrase 'lead us not into temptation' to 'do not let us fall into temptation', as mentioned in Matthew 6:13, because the original translation implies that God induces temptation. The change, officials said, is closer to the original intent of the prayer.

LNAA mission museum visit

Valuable rare and culturally significant items are among an LCA collection of artefacts now housed in *Wantok Place*, a museum that was officially opened in June.

The artefacts, mostly from Papua New Guinea (PNG), had been housed in the Louise Flierl Mission Museum at Hahndorf in the Adelaide Hills since 1998. They were relocated to the LLL building in North Adelaide when the Hahndorf building, was sold.

LNAA has booked a visit to the museum for Monday 19 August, at 11.00am. The group will be limited to 15. Participants will need to assemble 15 minutes before the tour starts. Non-members are welcome, but their participation will only be confirmed after 12 August. There will be a charge of \$5.00, payable in cash on the day. This will be a donation to *Wantok Place* and will be matched by the LNAA. To book for the tour, contact Sylvia Hutt ☎ 04 1785 4873, or tesehutt@adam.com.au.



There are approximately 1000 items on display. These include daggers, bows, arrows, shields, spears, sorcery and magic bundles, bullroarers, flutes, masks, tools, jewellery, pots, drums, conch shells, *bilums* (woven bags) and storyboards similar to the one pictured above.

Most of the artefacts were given to or acquired by Australian Lutheran missionaries and lay people who worked in PNG missions from 1886 for the next 100 years. These were donated to the museum. Some items are extremely rare; some are culturally and financially very significant.

The layout is based on geographical mission regions and features new interpretive signage.

Some 50 of the artefacts come from the LCA's South-East Asia mission partners in Malaysia, Singapore, Indonesia and Thailand. Most of these items have been given to the LCA by Australian Lutheran College scholarship holders.

The name, *Wantok Place*, honours PNG culture through the use of the Pidgin word, *wantok* ('one-talk' in English), which means friend, partner, or one who speaks the same language. *Wantoks* are people who belong together, who are friends and compatriots.

Timothy Pietsch, the museum manager, said: 'The word, *wantok*, catches the idea of partnership, of working together, of people who share the same values'.

The layout of the museum has been designed along geographical mission regions:

- PNG – the coastal areas of the Huon Peninsula, then the highland areas, with special features for Menyamya and the Sepik region;
- SE Asia mission partners – Malaysia, Singapore, Indonesia and Thailand.

The museum is open to the public, including school and church groups and individuals, and includes a small shop selling tourist-quality items from the collection to help finance museum operations.

From the very beginning, providing health-care services has been an integral part of the Lutheran church's ministry in PNG. Today, Lutheran Health Services (LHS) is a department of the Evangelical Lutheran Church of PNG. At present, LHS has four hospitals, 28 health centres, 88 aid posts and 14 two-person aid posts. It operates two schools for training Community Health Workers, and a School of Nursing with 50 teachers, located in Madang. Several of the Madang nurses who have completed the LNAA's *Introduction to Pastoral Care Nursing* course are lecturers at the School of Nursing.

Until her retirement, LNAA member, Margaret Voigt, was head of the School of Nursing.

† LCA PARISH NURSE
TRUST FUND MEMORIALS
Rev Leonard (Len) Arthur Tcharke
Died 09/05/2019
Rev Gordon Wilfrid Mibus
Died 10/05/2019

Program



Venue for regular meetings: LCA/SA District Office, 137 Archer Street, North Adelaide

29 July 7.30 pm *Communication for the deaf community within the LCA* – Pastor Michael Prenzler

19 Aug 11.00am *Visit to Wantok Place, International Mission museum, North Adelaide*
Book with Sylvia Hutt ☎ 04 1785 4873

30 Sep 7.30 pm *Forum: Caring for the Carers*

25 Nov 7.30 pm *Lutheran Community Care*

8-14 July 2020 *Lutheran Parish Nurses International study tour to Alice Springs*

LNAA office bearers

President: Mrs Sylvia Hutt, 6 Brook Dr, Aberfoyle Park, SA 5159; ☎ 04 1785 4873

Vice-President: Mrs Megan Materne, 48 Saltram Pde, Oakden, SA 5086 ☎ 04 0391 9061

Secretary: Mrs Rose Howard, 2 Glen Eyre Crt, Aberfoyle Park SA 5159; ☎ 08 8270 1575

Treasurer: Mrs Vicki Minge, 16 Douglas St, Lockleys, SA 5032; ☎ 08 8352 8819

Extra Members: Mrs Diane Proeve, Littlehampton, SA

Mrs Lynette Pech, 51 Alabama Ave, Prospect, SA 5082 ☎ 04 1889 2131

Spiritual Counsellor: Rev Chris Gallasch, 1215 Grand Junction Rd, Hope Valley, SA 5090;
☎ 08 8265 8001

IN TOUCH

IN TOUCH is published six times a year. News items, letters, articles, jokes, and suggestions for topics for future issues, are welcome. **Editors:** Lynette & Robert Wiebusch, 56 Donaldson Drive, Paradise, SA 5075 ☎ 08 8336 3936. Email: robert.wiebusch@lca.org.au. Deadline for next issue: **15 August 2019**.

Membership renewal for the 2019-20 financial year are now due

Memberships (\$25 for all members) for the **2019-20 financial year** are now due. Kindly return the form below, together with your cheque, to the LNAA Treasurer, Mrs Vicki Minge. Funds can be transferred electronically, using the following: BSB: **704942** Account number: **155449** Account name: **Lutheran Nurses Association of Australia**. Please advise the Treasurer. Your name or postcode may be given as a reference. This reference should be included when notifying the treasurer.

Lutheran Nurses Association of Australia

MEMBERSHIP RENEWAL FORM 2019–2020

NAME: _____ **DATE:** _____

ADDRESS: _____

EMAIL ADDRESS; _____

TELEPHONE: () _____ **NURSING STATUS:** _____

My membership fee of \$25 is enclosed.

I arranged electronic transfer of my membership fee \$25 on: _____

Reference: _____

In future, please send me electronic copies of *IN TOUCH*

SIGNATURE: _____

LNAA TREASURER: Vicki Minge, 16 Douglas St, Lockleys, SA 5032 pvminge@hotmail.com