



Ageing in Australia

Changes, choices and challenges

I recently attended a lecture at Charles Sturt University in Albury given by Dr Belinda Cash (Social work and Gerontology). She highlighted the fact that families are now spread all over the world pursuing their career and lives. Geographically, families are not as close as they used to be. The impact this has on older people can mean there are more older people living without the informal care support that is given by family members. It was also pointed out that people from the baby boomer generation don't want to accept care from family and don't expect family members to be their carer. They just want choice, control and autonomy.

The other challenge brought up in discussion was the declining number of volunteers. There is a huge shift in society with people living longer and retiring later, support of grandchildren or older family members is having an impact on volunteering. Is this one of the issues that impacts on Parish Nursing? Parish Nursing in Australia is predominantly a volunteer role when situated in a church.

Nursing in the church

There are some questions about nursing in the church that are worth considering. They resonate considering that, as I write, we have just had mental health week. The questions each of should be contemplating are:

What do you want and need from Pastoral Care Nursing practice? What are you getting from your ministry? What is the ministry taking from you?

These may be self-centred questions, but having just come out of a season of intense, focused pastoral care work, where I was on the brink of burn-out, they are very pertinent questions to ask oneself. They are also good questions to ask in reflection and self-assessment. In Pastoral Care Nursing we serve people. We are part of an organisation, and we work with clergy and possibly other staff too. It has potential to be chaotic.

'Self care that centres around God and his strength and rest prevents us from being consumed by the chaos of our ministry.' (Hinton S, 2019, *Nursing in the Church* in the *Journal of Christian Nursing* October/December, Volume 36 No 4, Page 211). In my experience the 'in tray' is never empty! There is always someone who needs care. There is always another project to work on. There

comes a time when it is wise to let something go so we can focus on the better things that God has for us. It is so important to keep God in the practice of Pastoral Care Nursing and not lose sight of him. Proverbs 31:10-31 is about honouring the woman who has God at the centre, and Luke 10:33-42 is about going and being a good neighbour. Therefore our self-caring in God and being in God's mission are both important. One is not possible without the other.

Some useful websites

The Aged-Care Royal Commission is in full swing, and I think about it often as I work in the aged-care sector. There are several publications that are available on the website: agedcare.royalcommission.gov.au/publications/Pages/default.aspx. These really highlight the potential for Pastoral Care Nursing as an option for supporting people in the community.

Mental Health week reminds us that at times we nurses also need support. We may be carers, but we can be in need of care too. The website for nurse and midwife support -- www.nmsupport.org.au -- is a good one. It has some good tips and some podcasts. AFCNA has updated its website which now has a member's area at www.afcna.org.au --.

The Australian Institute of Family Counselling site -- www.aifc.com.au -- has some great webinars and short courses. They are not about nursing, but are excellent for pastoral counselling, which can be a big part of what we are involved in.

I can be contacted on 04.1741.8660. Please leave a message if I do not answer as my phone is often on silent. My email is auhrhane@westnet.com.au

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What's happening

Personal



Roslyn Zadow



Rosie Price



Rose Howard

Nuriootpa (SA) Pastoral Care Nurse, **Jenny Wood**, was one of five members from the St Petri congregation who walked the full 26 kilometres from Hahndorf to Beaumont in Adelaide on 13 April as part of the *Walk my Way* project. *Walk my Way* is part of an Australian Lutheran World Service project that aims to support 40 000 refugee children in Africa to go to school.

Three other *St Petri* members joined the walk at Stirling. Altogether, 381 people took part in the SA walk. Walks were also held in other States.

Earlier this year, **Roslyn Zadow**, former Parish Nurse at Morley, in suburban Perth, had an extended stay in hospital due to a serious hip and spine infection. As president of Lutheran Women of Western Australia, she welcomed members and visitors to the 50th annual convention on 4 May from a wheelchair. The convention was held at her home church, *Bethlehem*, Morley. Roslyn has been succeeded as LWWA president by Ronda Hahn.

Rosie Price served as Parish Nurse at *St Mark's* in Mt Barker, SA, for some 18 months, before moving to Adelaide. She is now back in Mt Barker and, though not formally appointed as Pastoral Care Nurse, is continuing to visit members on behalf of the congregation.

Glenda Butler, the Pastoral Care Nurse at Minlaton, SA, has been seeing quite a bit of Australia on extended caravan trips with her husband to various parts of the country. She regularly visits older members of the congregation who are resident either at *South Park* in Minlaton, or at *Elanora* in nearby Stansbury.

Rose Howard, Pastoral Health Care Worker at Aberfoyle Parke, SA, recently spent six weeks at

the Flinders Medical Centre and Mt Barker hospital following a fall that led to a broken leg and dislocated ankle.

Due to the rapid escalation of her Alzheimer's earlier this year, **Lynette Wiebusch** has moved into residential care at LHI, Hope Valley, SA.



Jenny Wood



Glenda Butler



Lynette Wiebusch



Lutheran Parish Nurses International Study Tours

Registrations are coming in for the **2020** study tour to Alice Springs, scheduled for 8-14 July. The program includes a visit to the Royal Flying Doctor base, the Lutheran Mission site at Hermannsburg, and to tourist attractions such as Simpson's Gap, with Uluru an 'add-on' extra.

There will be a seminar with the opportunity to learn about health matters among Australia's Aboriginal people, and a visit to *Yirara*, a unique Lutheran secondary boarding college for Aboriginal children from remote outback communities.

The number of places available for this tour is limited, and already more than half have been taken.

For more information or a registration form, contact: robert.wiebusch@lca.org.au



The **2021** tour will take participants to eastern USA, on 15-21 September. Time will be divided between Washington DC and Williamsburg.