



SAMAA

South Asian Muslim Association of Australia Inc.

www.samaa.org.au
Serving Elders since 2007

Mission Statement:
"To evidence the Islamic spirit of love, compassion and charity in providing a range of services to the aged of South Asian Muslims in NSW that best meet the physical, spiritual, cultural and emotional needs of the individuals, their families and the Muslim community"



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AGED CARE QUALITY REVIEW EXTENDED

The independent reviewers have an extra four weeks, until 29 September 2017, to complete the review on aged care quality regulatory processes.

A large volume of information was gathered through the consultation process including:

- over 400 submissions
- 39 meetings with key stakeholders
- 3 consumer forums.

Ms Kate Carnell AO and Professor Ron Paterson ONZM now have to deliver their report. The additional time will allow detailed consideration of the feedback and suggestions received. This will help the reviewers to identify opportunities to improve regulatory processes so

that people in aged care homes are safe, well cared for and have a good quality of life.

The Review is being led by Ms Kate Carnell AO, a veteran public administrator and regulator, in conjunction with Professor Ron Paterson ONZM, an international expert on patients' rights, complaints, health care quality and the regulation of healthcare professions.

The Review will examine and report on Commonwealth regulatory practices relating to monitoring the quality and standard of care in residential aged care facilities. The Review is not intended to investigate and resolve individual cases – that is the role of the Aged Care Complaints Commissioner. However, individuals' experiences of care may help identify opportunities to improve Commonwealth regulatory processes.

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Ms Kate Carnell



Prof. Ron Paterson

SAMAA EID GET- TOGETHER

SAMAA elders got together at Berala Community Centre on Saturday 8 July 2017 to meet and greet each other to mark the annual Eid ul Fitr festival. The main feature of the event was a presentation by Ms Anju (Anne) Kalra, the allied health, aged care and dementia consultant of Uniting on how to access aged care services.

The programme commenced with recitation of a Naat by Sydney singer Riyaz Shah. It was followed by the detailed and highly interactive session of the Uniting presentation. The elders showed keen interest in the information session and Anne Kalra was forthcoming in answering the questions in a very friendly manner. She explained all aspects in easy to understand language, at times speaking in Urdu/Hindi

and keeping in view of cultural aspects of South Asian elderly. Ms Julia Finn, MP, Member for Granville applauded SAMAA's efforts in serving the elders. She recalled how her own experiences with the elderly parents.

During entertainment session, the humorous Urdu poet Mr Shuja Atif read his poetry to bring laughter among elderly. Riyaz shah delighted elders with film songs of 70s and 80s. Mr Zahid Jamil welcomed elders to the event. He stressed the

need of elders and their families and carers coming forward in availing services which they are eligible for. He requested them not to be reluctant in mentioning their difficulties to SAMAA.

SAMAA is keen to help them in coordination with service providers with whom SAMAA has signed MoUs such as Uniting. The seniors felt overwhelmed with SAMAA's efforts and thanked SAMAA team for their passion. Elders were served snacks and Eid sweets.



UNITING PRESENTATION EXCERPTS

The following notes of the Uniting presentation on "How to access aged care service" will help readers in better understanding of the subject.

- The first step is to make a referral to My Aged Care (MAC) by ringing 1800 200 422 (Monday to Friday 8am – 8pm; Saturday 10am – 2pm). There is no cost involved in either referral or Assessment by My Aged Care.

- Government changes that have been introduced since February 2017 to Home Care Packages is to benefit the consumers.

- Once a person is assessed as eligible and subject to availability, the Home Care Package approval will be allocated to the consumer.
- Package is portable – if a consumer is unhappy with their provider, or moves to a different suburb, town or city, the package goes with them and they can choose a new provider.

The new changes offer

- Consumer choice, flexibility and control
- Support of consumer in decision making
- Assistance to remain as

independent as possible and wellness.

- Continue to participate in the community
- Co developed care plan, budget and monthly statement
- Choice about level of involvement in management of the HCP

Community Care - Home Care Packages

- Now government offer Consumer Directed Home Care Packages.

- Package Levels - 1, 2, 3, 4 (each has different funding approx \$7,000 - \$48,000 pa) depending

Uniting

Uniting Article Continued;

on the level.

- Services offered vary with the package levels.
- It will depend of the eligibility- ACAT Assessment (Free), can be accessed via MAC
- Fees – client contribution is dependent upon level of services you require and your personal financial circumstances. It may be negotiable.
- Fee paid by client forms part of the package to be spent by the client. It does not go to the provider.
- Maximum payable for full pensioner is 17.5% of the single pension, ie approx \$68/week.
- Non pensioners may also be assessed for an income tested fee

Commonwealth Home Support Programme (CHSP)

- CHSP is an entry level programme, for people with low level needs.
- Government subsidised – provides small amounts of low level support to older people and carers.
- Where people need higher intensity, ongoing care and/or case management, a Home Care Package may be more suitable.
- Examples: Domestic assistance, lawn mowing, social support in a group or individual, carer respite eg if you are caring for someone with dementia.

- Uniting fees in Western Sydney and Northern Sydney: currently from \$7.50 to \$20.09, depending how many services/fortnight.

And your Lord has decreed that you not worship except Him, and to parents, good treatment. Whether one or both of them reach old age [while] with you, say not to them [so much as], "uff," and do not repel them but speak to them a noble word. HQ 17:23

"Do they not have sense enough to note that when We grant a long life to any person, he is reverted to the position of helplessness in which he was when he was born?" HQ (Surah Yaseen, verse 68)

DEMENTIA FORUM

Dementia Support Group for Indian Australians Inc is holding a Dementia Forum at the Consul General of India Culture Centre at Level 2, 265 Castlereagh Street, Sydney for the community elders and members on Friday 27th October'17 from 5.30pm – 7.30pm.

It is a free event. For more information or to book your attendance, please ring Anju Kalra on 0478 130 464.

والد کی فریاد

بوڑھا ہو گیا ہوں میں تھوڑا وقت دے دیا کر

بیٹھ کر دو چار ہی سہی پر مجھ سے باتیں کیا کر

تو ہی میری لائٹھی ہے تو ہی میری ہی روشنی

کچھ پل کیلئے ساتھ میرے راستے طے کیا کر

مر جاؤں گا ایک دن چلا جاؤں گا چھوڑ کر تجھے

جو بچی ہے زندگی صاحب، لمحے کچھ میرے لئے بھی رکھا کر

SAMAA VOLUNTEERS

Volunteers are the community's most valuable hidden asset. SAMAA's volunteers extend a helping hand to the elderly by:

- Carrying out home visits and spending time with them
- Helping in general day to day shopping
- Providing transport to mosques, libraries and social events.
- Providing transport to medical, dental, and hospital appointments
- Assisting in wide range of other services such as food preparation, home maintenance and personal care.
- Training and sharing skills with our elderly.

A volunteer should be:

- Friendly, caring and a good listener
- Eager to learn and comfortable with older people
- Respectful of differences between us all
- Can be confidential and protect

other's privacy
Ability to build on your own strength.

If you wish to join samaa as a volunteer, please register yourself by visiting SAMAA website or ring Robina Yasmin on 0468 409 786. SAMAA may also pay you for the expenses incurred in providing the services.

OBITUARY

MRS ABIDA IRFAN

SAMAA elderly Mrs Abida Irfan wife of Mr Abdussami Irfan also left us for heavenly abode on 7 June 2017.

Her friends describe her as a pious lady who raised her family with much dedication. Mr Irfan lived in Sydney since 1970s. Begum Abida is survived by her husband and two sons Salman Irfan and Imran Irfan Cameron.

At SAMAA, we extend our heartfelt condolence to the family and pray for maghfirat of the deceased.

OBITUARY

MR MAHMOOD SOOFI

The highly respected community elder Janab Mahmood Ahmad Soofi left us for heavenly abode on Friday, 30th June, 2017. He is survived by his wife Mrs Nusrat Soofi, son Rayhan Soofi, daughters Mobeena Inam and Yasmin Soofi and a few grandchildren.

Mahmood Soofi was born in Rawalpindi, Pakistan, on 2 January, 1925. His daughter Mobeena Inam remembers him with much love & fondness for his passionate adoration of reading and unquenchable thirst for knowledge, he absolutely LOVED books, languages, literature, philosophy and poetry. A firm believer in promoting interfaith relations, he was deeply rooted in his Islamic faith and celebrated diversity in beliefs. This translated into friendships and endless discussions, talks, lectures etc with multiple-faith groups, where he was often invited as guest speaker; forever seeking to highlight commonalities, rather than differences.

Starting his career in the foreign service in the then new nation, Pakistan, he travelled extensively through Europe, and lived in Montreal, Canada and Philadelphia in the USA. A change in career direction made him join the Civil Service, from which he retired as Chairman, Industrial Court of Punjab. Bidding farewell to his beloved city, Lahore to pursue an academic career, moving to UK, Iran, and later, a final leap across the hemispheres, to settle in Sydney. He relished in the many fabulous libraries of Sydney to his heart's content. They must surely miss him!

His daughter, Mobeena,

wrote "I will never, ever manage to match you, dearest Daddy, in education, knowledge or accomplishment; BUT.... I promise I'll make you proud by keeping alive your passion for knowledge, and above all, FAITH in Almighty God and loving ALL his creation. May you be enjoying the best of the best libraries in Heaven... and I hope to meet you there one day.... and read to our hearts' content... Godwilling

At SAMAA, we extend our heartfelt condolence to the family and pray for maghfirat of the deceased.



OBITUARY

DR TARIQ KHAN

SAMAA community lost another prominent member Dr Tariq Khan, Consultant Geriatrician of Wollongong who left us for heavenly abode on Monday 14 August 2017.

Dr Tariq Khan arrived in Australia in 1983. He went on to specialise and become a successful Geriatrician in Wollongong. He was a proud father to two sons, Imran and Kamraan and a daughter Nadia.

He was the President of the Pakistani Association of Wollongong and Vice President of Pakistan Australia Council.



His sudden demise was a great loss to the Pakistani community.

At SAMAA, we extend our heartfelt condolence to the family and pray for maghfirat of the deceased.

OBITUARY

DR MOHAMMED HAFEEZUDDIN KHAN

SAMAA elderly Dr. Mohammed Hafeezuddin Khan left us for heavenly abode on 3 June 2017. After retiring as a professor of Agronomy in Andhra Pradesh Agricultural University, Hyderabad, Hafeezuddin Saheb moved to Sydney in 2008 to join his children here. He is survived by wife, a son and a daughter. He

was a regular attendee at SAMAA events. At SAMAA, we extend our heartfelt condolence to the family and pray for maghfirat of the deceased. .



REVIEW OF INCREASING DEMANDS ON AGED CARE FACILITIES

BY DR AHAD KHAN

The proportion of Australians 65 years of age & over, is predicted to increase to 18% by 2026.

It is also predicted that 900,000 Australians will have Dementia by 2050, almost triple of 342,800 as recorded in 2015.

It is evident that the Health Care needs of Residents at Aged Care Facilities (ACFs) are increasing in complexity. The Govt. must ensure that this Sector has the capacity to provide quality Care for this growing, more complex, ageing population.

- There needs to be increased awareness of Mental Health issues in our Elders.



- After-hours Care needs to be strengthened by adequately remunerating GPs for such work. Our Elders living in ACFs should have access to the same quality of Health Services, as all other Australians.

To achieve this end, the AMA has recommended that the following needs to be considered :

The decline in the proportion of Nurses & Enrolled Nurses needs to be reversed, to ensure Residents are provided with

timely & appropriate Care.

Residents at ACFs should have access to, and their Medical Needs met by qualified Medical Practitioners.

- Medical Practitioners, the 2nd highest Profession Australians trust, should be an integral part of ACF' Workforce to increase the quality of care.
- ACFs need adequate funding for the recruitment & retention of registered Nursing Staff & Carers, specifically trained in dealing with the issues that our Elders face.
- A contemporary IT system for Medication management will reduce the risk of polypharmacy, and in turn reduce the likelihood of Cognitive impairment, Delirium, Frailty, Falls & Mortality in ACFs.

The Australian Aged Care system needs adequate Financial support, Guidance, & Accountability from the Govt.

IWAA LAUNCHES IN SYDNEY

On Sunday 22 July 2017 the Islamic Women's Association of Australia (IWAA) officially launched its Sydney Branch. IWAA's Board of Management including CEO Galila Abdel Salam, President Fatima Ibrahim and the rest of the team from Brisbane, Gold Coast and Sydney, clients, members, key community and religious leaders, stakeholders and supporters gathered to attend the launch at The Renaissance in Lidcome.

With its expansion into Sydney, IWAA is able to bring its recognised expertise and award-winning high level of quality care in the aged care sector to target



communities. Many in attendance remarked how important this expansion into NSW was for the multicultural and multifaith communities. As one social worker and mental health specialist remarked, "This is a much-needed service. I have been waiting for a provider like this to refer my clients to."

IWAA started in August 1991 when a small group of inspired Muslim women with a dream to make a difference gathered at a community centre in Logan, Queensland and decided to form their own organisation. Twenty-six years later, IWAA employs a workforce of over 158 staff and caters for the diverse needs of

the community, in the areas of settlement, aged care, disability and community development. Moreover, at its most recent strategic planning held on 23 July 2017, IWAA is preparing itself for major growth leading into 2020.

SAMAA has been negotiating with IWAA for past few months and expects to sign a Memorandum of Understanding (MoU) soon. This will bring another service provider on board, that too who are better qualified to look after religious and cultural needs of Muslims.

big houses and want downsize. The Village provides elders a friendly social environment with facilities to cater for their needs which they find hard to afford at home due to lack of physical stamina or disability as they age, such as cooking of meals, house maintenance, laundry and other daily needs. It will offer security and independence within a great village community, and with the general day-to-day maintenance taken care of, everyone will have more time to relax and live happily. Please ring Sr Robina Yasmin on 0468 409 786 to express your interest.

SAMAA RETIREMENT VILLAGE

EXPRESSIONS OF INTEREST

SAMAA is seeking expressions of interest from community members to participate in a Retirement Village project. A Retirement Village is an accommodation for Over 55s, not necessarily retired. This village-style accommodation offers Independent Living Units and Service Units that usually offer low level of care such as meals, cleaning, or nursing. This should not be confused with Nursing Homes where high level of care is provided.

Retirees who are not comfortable at their homes due to social isolation and like to live in company of their contemporaries prefer to live in a retirement village. Also retirees who find it hard to do basic home chores may prefer to live in a retirement village. Such living also suits those who find it hard to maintain

FLU VACCINATIONS SHOULD BE COMPULSORY IN AGED CARE HOMES

Flu vaccinations could soon be compulsory for aged care workers, following a deadly outbreak of the virus at a number of facilities around the country over past couple of months. Seven people have died from a flu outbreak at a retirement village in Victoria, while another six have died in Tasmanian nursing homes.

Currently there is no legal requirement for aged care workers to have a flu vaccination, but Health Minister Greg Hunt said he wanted to change that. "We'll be moving to ensure all health workers in the aged care sector are vaccinated subject to

any medical exemptions," he said. "This is an emerging issue – it's never happened before in Australian history." Chief medical officer Brendan Murphy has been asked by the Federal Government to investigate how to make the vaccinations compulsory and whether it will require legislation. "The chief medical officer will work with the aged care bodies and the aged care industry, but we've already seen from the sector an overwhelming request and support for the initiative," Mr Hunt said. (source : ABC News)

DON'T THROW ME ON THE SCRAP HEAP

Don't throw me on the scrap heap
Just because I'm old
I still have talent and skills to offer
If I may be so bold
My talent is called multi tasking
Or so I've been led to believe
And I can simultaneously wet myself
And laugh, cough, fart and sneeze

At SAMAA, we wish our elders, volunteers, South Asian and other Muslims a blessed new Islamic year.

Donate to SAMAA

SAMAA has the privilege of being a Deductible Gift Recipient. Your donations to SAMAA are tax-deductible.
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