



SAMAA

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## SAMAA 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”***

## AGED-CARE SECTOR REFORM

The Prime Minister Julia Gillard has promised to reform the aged-care sector as she launched the Productivity Commission report a few weeks back.

SAMAA had also made a submission to the Productivity Commission under this programme of “Inquiry into Caring for older Australians” which can be found at <http://goo.gl/dE8l0>

SAMAA’s submission detailed specific issues relating to aged of South Asian Muslim community.

The commission in its final submission to the Government finds that to keep residential care sustainable, a shift towards a user pay model is needed, so that those with the highest means pay more. A new means test, taking into account all assets, would be developed.

While the government would still pay on average two-thirds of aged-care costs, the commission estimates an elderly person could pay between \$40 and \$240 a fortnight for in-home care under the reformed system, depending on their means, and up to \$1500 a fortnight for rolled-gold residential care.

It urges the system to move away from the present disparate set-up that ranges from low-cost high-care, to episodes where many people sell their homes to



**SAMAA-CareConnect workshop**  
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fund a bond for a low-care bed. People could tailor their care to their budget and tastes.

The commission recommends abolishing low- and high-care classifications and encouraging people to stay in their homes as long as possible. Once residential care is a necessity, it says people can still sell their homes and pay a bond or periodic payments if they wish, although the amount paid for the bond would reflect the quality of care, they receive.

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*Crescent Travel will donate to SAMAA a specific amount for each booking if you mention to them that you have learnt about them through SAMAA : an easy way of supporting a good cause*

## SAMAA CELEBRATED EID MILAN



South Asian Muslim Association of Australia (SAMAA) celebrated Eid Milan on 11 Sept 2011 at Auburn Town Hall to mark Eid ul Fitr. A few parliamentarians, a large number of elderly, their families, and representatives from aged care industry, SAMAA members, volunteers and friends attended the event with much enthusiasm and joy. It was another event organised by SAMAA for the aged of South Asian Muslim community who keenly wait for SAMAA programmes as an opportunity to meet their contemporaries, learn from information sessions and enjoy cultural entertainment.

Hon Laurie Ferguson, the renowned labor politician and federal MP applauded SAMAA for engaging in an aged care programme at the right time, as the South Asian Muslim community's aged are now maturing in numbers. He said some of the communities in the past did not act at an appropriate time and some of their elderly missed out on the opportunity of enjoying culturally appropriate care. He assured full support to SAMAA in all its endeavors.

Auburn MP and Shadow Minister for Ageing Hon Barbara Perry congratulated all for Eid and commended the work of SAMAA executives for their dedication in serving their community. She promised ongoing support to SAMAA and received loud applause from the audience for a very fine speech. Auburn councilor Melikeh Michaels spoke about a few developments in the aged care arena and encouraged the audience to participate in those programmes.

SAMAA official Mr Zahid Jamil told the audience that SAMAA has travelled a long distance over the last year in meeting several of its objectives. SAMAA has signed Memorandums of Understanding with another nursing home and also with CareConnect, a major service provider who will arrange various aged care services to the elderly living at their homes in various areas of Sydney with special focus on South Asian Muslims. Their service availability in various areas will depend on funding in current Aged Care Approval Rounds.

Zahid Jamil informed the audience that SAMAA is now officially a public benevolent institution and donations to SAMAA are now tax deductible. He hoped that the South Asian Muslim community will come forward in making donations which will help SAMAA in strengthening its programmes. One of the major item needing donations is the building of a nursing home and a retirement village which needs huge sums of money. He said that the South Asian Muslims have donated big amounts for building the mosques. We now need to develop a belief that we must build a facility where our elderly can live as per their beliefs and practices and are able to have social interaction with their contemporaries and achieve some mental peace despite the difficulties of old age. He emphasised that building such a facility is an act of great sawab (reward in life hereafter).

*If you give to charity seeking GOD's pleasure, these are the ones who receive their reward manifold. (HQ 30:39)*



## SAMAA-CareConnect Workshops

South Association Muslim Association of Australia (SAMAA) in association with a major community care provider CareConnect organized the workshops during the current year. The workshops are funded by Ageing, Disability and Home Care NSW as part of the Positive Ageing Grant 2011.

The workshops have been designed to support ageing initiatives that strengthen communities, contribute to an aged-friendly culture in NSW and maximise opportunities for older people to remain active, socially connected and engaged. This 3 Hours session includes talks by health care experts including community doctors, representations from local aged care services providers.

The first workshop was held at Blacktown, the second one at Novotel in Brighton Le Sands, the third at RSL club Hornsby, the fourth at Catholic club, Campbelltown, the fifth at Liverpool city Library, the sixth at the Rydges hotel in Wollongong and the last at Bankstown Sports club. The final workshop will be held at RSL club in St Marys on 17 November. We are very pleased with a very positive response from the South Asian Muslim Community. All the workshops were very well attended.

Alzheimers Australia were the main presenter at all the workshops. SAMAA also engaged a South Asian Muslim Doctor for each workshop who covered a major aged health issue. Dr Ahad Khan, Dr Abdul Majeed Khan, Dr Tariq Khan, Dr Soofia Khan, Dr Zainab Ali and Dr Noor Jahan have spoken in the workshops so far. The major exhibitors at the workshops included

**Tunstall Healthcare**, the world's leading provider of telecare and telehealth solutions. Their services include 24 hour emergency response service, coordination of professional response, after hours response and many related services.

**Independence Australia**- the leading supplier of continence pads, wound care products, and health and wellbeing products that support people's level of Independence within their community.

**Carers NSW**: an association for relatives and friends caring for people with a disability, mental illness, chronic condition, terminal illness or who are frail. They are a peak organisation for carers in New South Wales and the only statewide organisation that has carers as its primary focus.

Several other exhibitors from local area aged care agencies also participated at various workshops.

To register your interest for the final workshop at St Marys, please contact : Care Connect Ivy Yen: 029830 8905, SAMAA Mona: 02 9543 9769, Syra Buksh : 88246435 M 0414334613



Please donate to SAMAA by sending cheques or depositing your donations in SAMAA account.

**A/C Name:** South Asian Muslim Association of Australia Incorporated. **BSB:** 012- 081 **Account Number:** 4877-20869

Please send us an email with your address to confirm your deposit so that a receipt could be sent to you.

## INSOMNIA (BY DR. AHAD KHAN)

Insomnia defines as difficulty falling or staying asleep, resulting in a non-refreshing Sleep.

It is more common in Women & in the Elderly.

It often presents as 'Tiredness'.

There are 3 types :-

1. TRANSIENT INSOMNIA - This lasts several days, but less than 4 weeks. It is brought on by onset of sudden Stress / Anxiety / Intense Excitement of something good happening / Jet lag.
2. SHORT-TERM INSOMNIA - Lasts upto 6 months - caused by strained Relationships / loss of a close Relative or a Friend / loss of a Job / relocation from usual place of abode / sudden & significant Financial loss, etc.
3. CHRONIC INSOMNIA - Lasts more than 6 months - caused by Physical Illnesses such as severe Arthritis / Respiratory Illnesses / Periodic Leg Movements Disorder / Gastro-Oesophageal Reflux Disease / Thyroid Disease / Anaemia, etc. or Psychiatric Illness ( Depressive Illness / Anxiety Disorders, etc.)



## OTHER CAUSES OF CHRONIC INSOMNIA

- Use of Stimulants close to sleep time ( Coffee / Tea / Coca-Cola / Cigarettes / Exercise )
- Alcohol - whilst it may give some Initial sleep, it destroys the Deeper Sleep Cycle.
- Shift Work - rotating shifts disturbs the Circadian Rhythm ( Body's Inner Biological Clock )
- Disturbing Noise - passing Traffic / Airplanes / TV / Radio, etc.
- Brightly lit Bedroom
- Periodic Leg Movements Disorder / Restless Legs Syndrome - involuntary leg jerks occur every 30 seconds or so & lasting upto an hour or two - Medications can be helpful.
- Snoring & Sleep Apnoea.
- Depressive Illness - typically the Sleep disturbance occurs in the second half of Sleep.
- Heartburns / GORD ( Gastro-Oesophageal Reflux Disease )

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## WHAT CAN HELP INSOMNIA SUFFERERS ?

1. Avoid Tea / Coffee / Alcohol / Chocolates / Physical Exercise close to sleep time.
2. Do not use the Bedroom as a Home Office & do not have a TV in there.
3. Wind down Physically & Mentally as Sleep time is approaching - do not do any ' Heavy ' reading ( such as Agatha Christie's Murder Mystery / Books such as ' How to survive a Recession ' or ' Everything you ever wanted to know about Carbon Emissions ' !! Avoid doing Financial Planning close to sleep time.
4. Avoid a heated argument with your spouse close to sleep time !!
5. Set the Bedroom Temperature to slightly on the cooler side ( 20 to 21 degrees ) & have softer lighting in the Bedroom.
6. Meditation / Prayers can have a calming effect & help sleep better.

## IN SUMMARY :

- Sleep is essential to re-charge our Life Battery on a daily basis.
- Sleep is essential for our Emotional Well-being - Sleep Deprivation will result in us being easily irritable / grumpy / aggressive / less smiling / less pleasant to be with. Be kind to your Elderly Parents when they are this way - maybe they are Sleep Deprived.
- Heart Attacks are more common in Poor Sleepers, particularly in Snorers & Sleep Apnoea Sufferers - Sleep Studies are very effective in picking up these cases & treating them with CPAP Machines.
- Consult your GP if an Elderly you know of, maybe suffering from Insomnia - your GP will do a Clinical Assessment / perform appropriate Pathology Tests / prescribe Hypnotics / Anti-Anxiety Agents / Anti-Depressants / refer for Psycho-therapy.

(This Article is dedicated to each & everyone of us, who is actively involved in the Care of the Elderly - may Allah bless all the Carers of the Elderly – aameen)

**"Your Lord has commanded that you worship none but Him, and be kind to your parents. If either or both of them reach old age with you, do not say 'uff' to them or chide them, but speak to them in terms of honour and kindness. Treat them with humility, and say, 'My Lord! Have mercy on them, for they did care for me when I was little.'" (Qur'an 17:23-4)**