



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"

QUARTERLY NEWSLETTER - JANUARY - MARCH / 2013

AGED CARE STRATEGY FOR CALD PEOPLE

The National Ageing and Aged Care Strategy for People from Culturally and Linguistically Diverse (CALD) Backgrounds (the Strategy) was launched on 20 December 2012.

As part of the Older Australians from Diverse Backgrounds stream of the Living Longer Living Better aged care reform package, the Government announced consultation with groups representing people from diverse backgrounds to assess the requirement for the development of further tools and/or strategies to support their needs in aged care.

Some older Australians with diverse needs find it difficult to access aged care information and services that are sensitive to their backgrounds and circumstances. The Government is committed to ensuring people from diverse backgrounds can access aged care services that are specific to their care needs.

The Strategy will help inform the way Government responds to the needs of older people from CALD backgrounds and better support the aged care sector to deliver care that is sensitive and appropriate.

The Government recognises the importance of strong stakeholder consultation processes and in developing the Strategy, funded a series of targeted consultations. This was aimed to gather detailed feedback on the draft Strategy and to highlight any emerging issues and themes to inform the direction of the Strategy.

Consultation sessions were coordinated by the Federation of Ethnic Communities' Councils of Australia and held in all capital cities and a number of regional centres including Wollongong, Cairns and Shepparton. The Department

facilitated further consultation by inviting the public to comment on the draft Strategy via the Department's website.

The Department looks forward to the implementation of this Strategy and its initiatives which will benefit older people from CALD backgrounds into the future.



SAMAA APPLAUDED IN FEDERAL PARLIAMENT
REPORT ON PAGE 4 (LAURIE FERGUSON, MP)

Muslim AID Australia is an international relief and development agency working to support and assist the world's poorest and most needy communities regardless of race, creed or nationality.

Tel: 1800 100 786

www.muslimaid.org.au

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www.crescenttours.com.au

Sydney Contact: Masood Hussein: 0414 749 245

UPCOMING EVENT: JASHNE BUZURG 2013

SAMAA's annual event of Jashne Buzurg will be held at Auburn Town on Saturday 27 April at 6 pm. This event is held each year to bring together SAMAA elderly, volunteers, members and South Asian Muslim community to bring awareness about SAMAA programmes, upcoming projects and initiatives to service aged members of the community.

The event will be attended by political leaders from State and Federal levels, experts from Aged care and health sector and entertainers from South Asian music and arts.

During current year, SAMAA aims to hold events to raise funds to meet its long term objective of setting up an aged care facility of its own. South Asian Muslim community has been expecting SAMAA to engage heavily in efforts to achieve this goal. A major event is planned for later in the year.

DONATIONS TO SAMAA ARE TAX DEDUCTIBLE

Your donations to SAMAA are Tax Deductible. SAMAA is seeking donations from individuals, businesses and corporations. South Asian Muslim Association of Australia (ABN 17 677 354 647) is listed as a public benevolent institution in subdivision 30-B and has been endorsed as deductible gift recipient under Income Tax Assessment Act 1997.

It is important to mention that next few months will be an ideal period for donations as you can claim it in tax year ending 30 June 2013. Many major employers have the policy of matching donations of their employees. Thus if an employee donates a certain amount, the employer also donates the same amount to the same charity and thus the effective donated amount multiplies. You get tax deduction for your personal contribution and with your employer also donating, the charity receives an extra amount. Thus those working with major employers may further benefit SAMAA.



JASHNE BUZURG 2011

STEP UP TO HEALTH 12 WEEKS GROUP EXERCISE CLASS

For people 55 years of age or older of non-English speaking background

Registration: 7 March 2013 @ 10:00am
\$5 per Class or \$44 for all sessions
Ph: 9780 2829

12 Week programme on Thursdays 10:00 - 12:00
7 March - 23 May 2013 at Bankstown Arts Centre

The project is coordinated by Bankstown Multicultural Health Service & funded by Centre for Health Equity Training Research and Evaluation (CHETRE)

Bankstown Arts Centre is located on Olympic Parade, a 5-minute walk from train and bus services at Bankstown Station and Bankstown Bus Terminal.

SAMAA ACCOUNT DETAILS

Please send your cheques payable to: **South Asian Muslim Association of Australia Incorporated** to SAMAA's address.

Please provide your address so that the receipt can be sent to you. If depositing directly in a bank account, please send us an email with your postal address confirming your contribution.

Bank: ANZ **A/C Name:** South Asian Muslim Association of Australia Incorporated.

BSB: 012- 081 **Account Number:** 4877-20869

SAMAA VOLUNTEERS

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

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

A volunteer should be

1. Friendly, caring and a good listener
2. Eager to learn and comfortable with older people
3. Respectful of differences between us all
4. Confidential and protect other's privacy
5. Able to build on your own strength.

Volunteer Code of Conduct

The Volunteer Code of Conduct (Code) is a statement of behavioural principles, expectations and ideals. It reflects how SAMAA volunteers respect and treat the elderly as well as their fellow colleagues. The Code is intended to motivate and assert values to which we can aspire.

It is a vision which aims to both explain the commitment of experienced members and to guide the induction of new Volunteers. It is detailed on SAMAA website and includes aspects such as respect, trust, integrity, welfare, communication, honesty and truthfulness, loyalty, self-discipline, commitment, equity and diversity.

SAMAA requests community members to register themselves as a volunteer. You can do so by filling out the form on SAMAA website. For further inquiries please ring Services coordinator Rubinah Yasmin on 4620 4607, Mob 0432 284 530 or Volunteer coordinator Ayesha Ahmad on 96426311

BCS Care Call
EMERGENCY RESPONSE SERVICE

Do you want your ageing parents to remain safe in their own home?



BCS Care Call 24 hour emergency response system makes this possible!

Help is Immediate, Personal and Caring at the push of a button.

Call 1300 130 100
www.carecall.bcs.org.au

Baptist Community Services – NSW & ACT also operates Retirement Villages, Residential Aged Care, Flexible Respite and Community Care services

SAMAA APPLAUDED IN FEDERAL PARLIAMENT

SAMAA strictly adheres to ethical and religious guidelines while sourcing funds for its operations. This stand was applauded in Federal Parliament by long time supporter of SAMAA Hon Laurie Ferguson during his speech in House of Representatives on Wed 6 Feb 2013.

Referring to SAMAA, he said "The other organisation is the South Asian Muslim Association, with whom I have also been heavily engaged over many years, a group that is essentially focusing on MOUs with existing care providers to make sure aged care is culturally sensitive in regard to food, religious practices et cetera. I compliment them for having a bit of morality, a bit of ethics, which does not always characterise groups in the NGO sector. They refuse to take any money from clubs because of the association with gambling. That is a pretty principled stand given the amount of money that other groups receive. There was of course one group that was legendary in the recent debate over gambling; it had been a long-term opponent of gambling but it was exposed for taking considerable amounts of money and therefore was not too keen about change. But this organisation, providing for aged care in the Indian and subcontinent communities, took a principled stand."

OBITUARY

A well known South Asian elderly Syed Furqan Ahmad Bilgrami passed away on 15 Nov 2012.

Mr Bilgrami lived in Sydney for a few years with his children. He had retired in 1971 from the Pakistan Air Force. He had held various posts including Chairman Gem Corporation of Pakistan. He has left behind a big family in Sydney including his eldest son Fareed Ahmad Bilgrami who also worked for the PAF.

**AGED CARE WORKSHOPS**

CareConnect, a major partner of SAMAA, will soon be holding workshops for **people wanting a career in aged care and targeted to people from a culturally and linguistically diverse (CALD) backgrounds living in the Auburn area.** The workshops also meet the needs of bilingual care workers.

What will these workshops provide?

- Information on issues facing older people and carers living in the community from a CALD background.
- A focus on positive ageing
- Diversity demographics of the elderly living in the Auburn community
- The opportunity to explore the prospect of working and accessing training in aged and community care.

Workshop One:

When: Wednesday 6 March and Wednesday 13 March, Time: 9.30 am – 11.30 am

Workshop Two:

When: Wednesday 8 May and Wednesday 15 May, When: 9.30 am - 11.30 am

Address: Auburn Centre for Community, 44A Macquarie Road, Auburn

Cost: Free

For more information please contact Carol on (02) 9830 8900 or email cbush@careconnect.org.au

Syed Furqan Ahmad Bilgrami had completed his engineering degree from Aligarh Muslim University and after commissioning in the PAF in 1948 was sent to UK for further degree in aeronautical engineering by the PAF. He was one of the pioneers in the aeronautical engineering branch of the Pakistan Air Force.

At SAMAA we extend heartfelt condolence to his wife begum Zohra-Jabeen and all family members and pray for the departed soul.

FALLS PREVENTION IN THE ELDERLY

BY DR AHAD KHAN, GP



Falls increase with age, with substantial patient harm. An Australian study has found that about 40% of Women over 70 years have experienced a Fall.

Falls in the Elderly may result in Hip Fractures / Open

Wounds / Head injury / Institutionalisation / Mortality.

Of concern is the fact that once a Fall has occurred, the elderly person tends to become fearful of further falls & hence avoids daily activities, lowers the quality of Life, avoids socializing, spiraling towards a placement in a Residential Aged Care Facility.

Nearly 80% of Falls are multifactorial in nature – only 20% of Falls are accountable by a single cause. The key intrinsic factors are age-related Sensory decline / reduced lower limbs strength / Visual impairment / Vitamin D deficiency / other Medical Illnesses.

The injudicious use of Psychoactive Medications in the Elderly, can increase the risk of Falls.

Visual impairment is an independent risk factor for Falls. Multifocal Spectacles increase the

risk of falls, by distorting the lower Visual fields. Bringing forward impending Cataract Surgery is helpful in lowering the risk of Falls.

Strategies to minimize Falls risk

- Exercise: The link between Exercise & frequency of Falls is well established. 20 to 30 minutes a day, of gentle stretches & walking / swimming are recommended in the Elderly.
- High dose Vitamin D is recommended in the Elderly – there is evidence that this reduces the risk of Falls by 17 % & the risk of Fractures by 30 %.
- Psychoactive Medications needs to be carefully monitored by the GP.
- Occupational Therapist's Home Visit, can be very useful in reducing hazards in the Home, such as attending to slippery or uneven Floorings / provision of Hand Rails / avoidance of Bathing & encouragement of Showering / advice on proper Footwear, etc.
- Feet Care – appropriate Footwear / wearing Orthotics if necessary / foot & ankle exercises.
- Hip Protectors – wearing of these reduce the risk of Fractures, in the event of a Fall.

An early assessment & active intervention will enhance the quality of Life in our precious Elderly, by minimizing the risk of Falls.

SAMAA welcomes suggestions /feedback from the community about its programmes, newsletter etc. If you are a doctor or aged care professional, your advice, suggestions will be very valuable. please send your suggestions to samaa.inc@hotmail.com

“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)

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WHO IS A CARER?

A carer is someone who helps and supports a family member or friend who needs assistance. This may be a frail older person, an adult or child with a disability, a person with a chronic or mental illness or someone recovering after a long illness or accident.

Carers come from all walks of life - all cultures and all religions. Some are only 10 years of age while others are nearing 90. They may be spouses, parents, sons or daughters, siblings, friends, nieces or nephews or neighbours. Some are 'full-time' carers while others balance both a job and caring responsibilities. Most live with the person they care for although some live nearby or are caring from a distance. More carers are women but there are many men who are carers too.

It can be difficult to identify a carer because some don't use this word to describe themselves - many do not receive a Carer Payment or Carer Allowance from Centrelink. Nevertheless, they are still carers. If you are a carer and wish to know more about Carer Allowance, please check with Centrelink office.

WHAT DO CARERS DO?

The role of each carer is different depending on the needs of the person they care for. Carers may help with some or all of the following: shopping, walking, bathing, dressing, housework, gardening, preparing meals and more.

Of course there are many things that carers do which are not listed here including comforting, encouraging and reassuring their family member, closely monitoring their safety, helping their family member to maintain as much independence as possible and overseeing their health and wellbeing.

Caring can bring a great sense of satisfaction. It may allow carers to prove themselves, strengthen their relationship with the person they care for and gain their appreciation - these can be strong incentives for taking on a caring role.

It's very important that carers look after their own health too.

For carer information, support and counselling contact Carers NSW between 9am to 5pm

Freecall: 1800 242 636

website : www.carersnsw.org.au

For carers wanting emergency respite call 1800 052 222, After hours service call Lifeline 13 11 14 (Courtesy : Carers NSW)

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- ✓ Time frame - delivery in 2017 approx)
- ✓ Four years payment plan
(both land and development costs to be paid in 4 years monthly instalments)
- ✓ Limited lots are available
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Call (02) 9627 3073 or visit www.qartabahomes.com.au



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