

Welcome to the May Newsletter!

With winter settling in already, now is a great time to think about how your services can best support you at home. In this edition, we'll guide you through ways to make the most of your funding, along with simple tips to help you stay warm, well and comfortable this season.

We also have the ever popular 'Blast from the Past' and another scrumptious recipe from 'Dickie La Pews Recipes'. If you have any recipes you would like to share with us we would love to share them. Happy reading!



Staying independent at home with Alpha Support at Home

Staying in your own home for as long as possible is a goal many older Australians share. Home is familiar, comfortable, and full of memories. Alpha Support at Home is designed to help you remain independent by providing the right support, at the right time, in a way that suits your needs.

Your services can be tailored to match your goals, routines and health needs, including help with:

- Daily tasks such as light housework, meal preparation, shopping support, and help keeping on top of everyday routines.
- Personal care such as showering, dressing, grooming and mobility support.
- Clinical needs where required, including support that helps you stay well and safe at home.

Staying safe at home for longer

Having the right support in place can reduce risks that often lead to hospital visits or the need to move into residential care.

Alpha Support at Home can help by:

- Reducing fall risks through assistance with mobility, safe routines, and support with tasks that may be difficult or unsafe to do alone.
- Helping you keep up with personal care and health needs, which can prevent small issues from becoming bigger problems.
- Providing reassurance for you (and your family) that you have support when you need it.

The overall aim is to help you stay in your own home safely and comfortably for longer.

Support at Home isn't only about tasks it's also about connection. Regular visits can provide friendly conversation and social interaction, which is especially important during times when you may be seeing fewer people.

A quick chat, a familiar face, and regular contact can make a real difference to wellbeing and help reduce feelings of isolation.

Use your funds – they're there to support you

Your Alpha Support at Home funding is there to help you live well and stay independent. If you don't use your available funds, you may miss out on support that could make life easier and safer.

It's also important to know that you can only keep a maximum of \$1,000 per quarter as a carryover budget at any time. This means that if your funds build up and you don't use them, you may lose any amount above \$1,000.

Not sure what to spend your funds on?

If you're unsure what services your funding can be used for, we can help you plan supports that suit your needs. Depending on your goals and eligibility, this may include things like:

- Extra support at home during winter.
- Help with shopping, meals, or keeping on top of household tasks.
- Organise allied health services you may need, such as physiotherapy and tailored exercise programs.
- More regular personal care support.
- Additional check-ins for reassurance and wellbeing.

Blast from the past – When Australia changed its money

On 14 February 1966, Australians woke up to a brand new way of handling money. It was "C-Day," the day we said goodbye to pounds, shillings and pence, and welcomed the Australian dollar and cents.

The new decimal system based on dollars and 100 cents made everyday life much easier, from shopping at the grocer to balancing the household budget.

For many, it's a fond memory and a time of excitement, learning something new, and stepping into a more modern Australia.



Bank tellers prepare for the changeover to decimal currency, 1965, **Source:** National Museum of Australia



Dickie le Pews Cottage Pie Recipe

We have another delicious recipe this month for you to try from ASAH client Richard (aka Dickie La Pew).

"This is always a family favourite and can be made in a few different ways. It used to be a meal after a Sunday Roast when you would mince the left-over meat, but in my house, we never really have left over meat so try this."

Ingredients (serves 4)

- 500gm good quality Beef or Lamb mince
- 1 onion sliced or diced
- 1 large carrot peeled and sliced
- ½ Cup Peas (can also add corn kernels)
- 1 Beef stock cube
- Good pinch of herbs your choice and salt and pepper to season.
- 3 large Potatoes peeled and cut into portions
- 1 cup pumpkin peeled and cut same as potatoes
- 1 cup Cauliflower or 1 ½ cups shredded Cabbage.

Method

Step 1. Braise off onions and carrots in a small amount of oil in Saucepan then add mince, herbs, salt and pepper and stock cube. Braise off meat and then add just enough water to cover and cook for around 30 to 40 minutes. Adjust seasoning as required. Thicken with a bit of gravox or flour slurred up with some water. Add Peas and Corn. Pour this into a casserole dish and allow to cool.

Step 2. Place potatoes, pumpkin and cauliflower or cabbage into a Saucepan add water to cover salted or unsalted to suit your taste and boil until tender. Drain and allow to dry in pot. Add butter, a good splash of milk Mash all together and top the mince mixture. Bake off in the oven for 20 to 30 minutes until golden brown top.

"I sometimes top the mash with grated cheese or a sprinkle of curry powder or even a diced rasher of bacon, or all three! If you wish you can add curry powder to the mince mix for another variation."

We call the mash "Sunshine Potato" and this can be served as a side dish with any meal."

Enjoy! - "Dickie"

Have a favourite recipe you'd love to share? We'd be delighted to feature it in an upcoming Alpha newsletter! Email us at contact@alphasupportathome.com.au

Keeping well in winter

Winter can bring chilly mornings, shorter days, and a higher chance of coughs, colds and flu. The good news is that a few simple habits can make a big difference to how you feel and help you stay active, connected and well through the season.

Support your immune system

You can't avoid every germ, but you can give your body the best chance to fight them off.

- Wash hands regularly (especially after shopping, appointments, and public transport).
- Keep warm and dry.
- Stay up to date with vaccinations - talk to your GP or pharmacist about the flu vaccine and any other recommended vaccinations.
- Prioritise sleep and aim for a consistent bedtime and a restful routine.

Keep moving (even when its cold)

It's normal to move less in winter, but gentle activity helps circulation, mood, strength and balance.

- Try short walks during the warmest part of the day.
- Do indoor movement if the weather is poor like stretching, light strength exercises, or a simple chair routine.
- If you're not sure what's safe for you, ask your health professional for guidance.

Eat and drink for warmth and energy

In winter we often feel less thirsty, but hydration still matters.

- Choose warm, nourishing meals like soups, stews and casseroles.
- Include protein (eggs, fish, lean meat, legumes, dairy) to support muscle strength.
- Add plenty of colourful vegetables for vitamins and fibre.
- Keep a water bottle or warm drink nearby to remind you to sip throughout the day.



Scan here to
view more tips
on staying healthy
over winter

Choice, Dignity, Respect – Know your rights in Aged Care

Older Australians have stronger rights and protections following recent changes to aged care laws. To support this, the Aged Care Quality and Safety Commission has developed a dedicated online hub with helpful information and resources.

The site also explains your right to speak up, with reassurance that you can raise concerns or provide feedback and access support if needed. You'll also find information on what to expect from your provider, including safe, respectful care and clear ways to handle concerns or complaints, as well as how the Commission can help protect your rights and resolve issues.



Scan here to
view the resources
available