

# November Newsletter

Issue 14 | November 2019



# CURA

Individual In-home Care

## Dear Clients, Volunteers, Support Workers and Friends of CURA

Ever wondered what you can do with your Home Care Package Funding? In this edition, we provide you with some options.

We also give you some ideas on how to get ready for the jolly season.

Please read on for information on the free December Computers for Seniors Workshop at the City of Vincent library, and how you can help Wheelchairs for Kids.

*Happy Reading!*



## MOVEMBER®

Every November, the Movember Foundation is responsible for the sprouting of moustaches on thousands of men's faces in Australia and around the world.

The aim of this facial furniture growth is to raise vital funds and awareness for men's health, specifically prostate cancer, testicular cancer and male mental health.

Guys start Movember clean-shaven. For the rest of the month, these selfless and generous men – known as Mo Bros – groom, trim and wax their way into the annals of fine moustachery. Supported by the women in their lives – Mo Sistas – Movember Mo Bros raise funds by seeking out sponsorship for their Mo-growing efforts. Mo Bros effectively become walking, talking billboards for the 30 days of November. They raise awareness by prompting private and public conversations around the often ignored issue of men's health.

Since its humble beginnings in Melbourne, Australia, the Movember Foundation has grown to become a truly global movement inspiring more than 4 million Mo Bros and Mo Sistas to participate in official campaigns in 21 countries raising \$710 million to help fund over 1,200 men's health projects focusing on prostate cancer, testicular cancer, mental health and suicide prevention.

For more info call 1300 GROW MO (1300 4769 66) or go to [www.movember.com](http://www.movember.com)

Movember Foundation has one goal: to stop men dying too young.



## What can you do with your Home Care Package Funding?

Sometimes we all become stuck in our daily routine and forget that there is a real choice with the Home Care Package and the funding it attracts. Most of our Cura clients are in the fortunate position to have a very healthy budget that is waiting to be spent on services that improve your health, wellbeing or might just be fun 😊

We would like to remind you that you can use your funding to:

- More support hours with your Support Worker to go and explore your community, attend social groups, go shopping or just go for a coffee
- Prepare meals with your Support Worker or do some baking
- With the warmer weather coming, have you thought about visiting your local pool and doing some exercises together with your Support Worker?
- Join the Cura outings
- Access allied health services like podiatry or physiotherapy
- Regular Visits and advise from Nurse Practitioner
- Home modifications to give you more freedom to move around your house
- Personal alarms
- Basic garden services
- Continence products
- Daily living aids (e.g. beds and accessories, bathroom aids, certain household equipment like clocks or specialist household aids and much more);

While there are some restrictions about what cannot be funded out of your Home Care Package, see Excluded Items below, there are a lot of possibilities that we might not have listed here.

Your care team looks forward to hearing from you and organising extra services for you.

### **Excluded Items:**

- use of the package funds as a source of general income for the consumer
- purchase of food, except as part of enteral feeding requirements\*
- payment for permanent accommodation, including assistance with home purchase, mortgage payments or rent
- payment of home care fees
- payment of fees or charges for other types of care funded or jointly funded by the Australian Government
- home modifications or capital items that are not related to the consumer's care needs
- travel and accommodation for holidays
- cost of entertainment activities, such as club memberships and tickets to sporting events
- payment for services and items covered by the Medicare Benefits Schedule or the Pharmaceutical Benefits Scheme
- gambling activities
- illegal activities

Are you a senior wanting to develop your computer skills?  
Join the City of Vincent Library for their free December Computers for Seniors Workshop.

## COMPUTERS FOR SENIORS : TECHNOLOGY AT CHRISTMAS TIME

MONDAY 2ND DECEMBER 2019

The Library & Local History Centre hosts monthly two hour workshops targeted at people with limited or no computer experience.

December's topic is Technology at Christmas Time. In this session you will learn how to stay connected and communicate online with your friends and family as well as create a festive digital greeting card.

Attendees will have hands on access to computers.

Workshops are limited to 15 attendees and bookings are essential.

**Bookings essential.**

**Venue:** City of Vincent Library

**Cost:** Free

**How to Book:**

Email: [libadmin@vincent.wa.gov.au](mailto:libadmin@vincent.wa.gov.au)

Phone: 9273 6090

### EVENT DETAILS

**Time:** 10:00 AM - 12:00 PM

**Venue:** 99 Loftus Street,  
Leederville, Western  
Australia, 6007

### EVENT DATE(S)

Monday 2nd December  
2019



### Do you like to knit or crochet or have leftover wool you want to donate?

Why not help Wheelchairs for Kids who send knee rugs, and a large cuddly toy, together with the wheelchairs they make in their volunteer run workshop in Wangara. Knee rugs must please be 90cm by 90cm in size, to fit with the parcel requirements.

Wheelchairs For Kids (WFK) is an organisation whose mission is to manufacture and distribute wheelchairs to disabled children in under-resourced countries, assisting them with the means to raise them off the ground from where they are presently confined, and gain a new level of freedom and mobility.

These wheelchairs are locally designed specifically to conform with WHO guidelines. They are built specially for rough terrain, adjustable for the child's size, with postural supports, head rest, harness, a waterproof cushion, tray and tool kit. Other than the toy, the wheelchair package is just waiting for the knee rug you have kindly knitted.

WFK is subsidised by Rotary club, Scarborough and otherwise all run by volunteers.

Take a look at the photos on their website: [www.wheelchairsforkids.org](http://www.wheelchairsforkids.org) or arrange a visit to see the workshop and volunteers in action; tel: 08 9409 3633 or email [wchairs@bigpond.net.au](mailto:wchairs@bigpond.net.au)

Rugs or wool can be dropped off at the WFK workshop or here at our office.



### Upcoming Events:

13<sup>th</sup> November –  
Have a Go Day  
Burswood

18<sup>th</sup> December –  
Cura Client Outing

We look forward to hearing  
from you,

*Your CURA Team*