



Message from Mel – ECS Manager

August 7 is Aged Care Employee Day, on which we recognise and celebrate each and every team member involved in caring for the 1.3 million older Australians receiving home and community care (like we provide at ECS) or residential care services (ie. nursing home care). This includes nurses and care workers, allied health professionals, hospitality teams, drivers, cleaners, volunteers, lifestyle officers, administration staff and many, many others.

The services we provide to people over 65 in ECS Aged Services are subsidised for eligible seniors by the Commonwealth Home Support Programme (CHSP) and referred by My Aged Care <https://www.myagedcare.gov.au/>. CHSP is intended to support people who only need low level help to remain living in the community and in their own homes, and includes housework, transport, meal delivery and some personal care services. At ECS, we only provide Social Support services:

- ◆ Friendly Phone Calls
- ◆ Home Visiting
- ◆ One-on-one Individual Social Support
- ◆ Assisted Shopping
- ◆ Social Buses
- ◆ Parkinson's Fitness Group
- ◆ Senior's Fitness Group
- ◆ Seniorcise
- ◆ Craft Group
- ◆ Men's Social Group
- ◆ Cards for Seniors

Our 'employees' are a team of 10 volunteers, who are supervised by the Aged Services Coordinator, Lynette Buss. This small, but energetic group, with the addition of the ECS office staff and volunteers, assists 130 clients. Last month, they successfully completed their routine review by the Aged Care Quality and Safety Commission, with all requirements of the Aged Care Quality Standards met!

For more information about ECS Aged Services, please visit our community centre between 9.30am and 4pm weekdays, on the 2nd and 4th Saturday mornings each month, or check out our website at <https://www.ecs.org.au/social-support>

We have brochures about My Aged Care and can explain how to organise an assessment. You can find out more about Lynette in the article below written by our student on placement, Karrah.

This month, ECS is also launching a recruitment drive for volunteers to join the ECS Team; this includes a series of interviews with current Aged Services volunteers at <https://www.ecs.org.au/current-opportunities>

If you are interested in reading ECS policies, they're all online now at <https://www.ecs.org.au/policies>

COMPUTERS FOR SENIORS Basic Technology Help

Would you like to learn how to use a
computer or mobile device?

Need some tips about day-to-day uses?



ECS can help, with lessons by an experienced computer helpdesk person who has been volunteering at ECS for over 5 years.

- ◆ One-on-one, 45 minutes per lesson
- ◆ Mondays [9.30am – 12.30pm]
- ◆ \$50 for 5 lessons [free for My Aged Care referrals for Social Support Individual]



For more information: admin@ecs.org.au or ring the office on 9520 7022. For further lessons, please enquire about re-booking.

Need help with your mobile phone?

Our lovely computer teacher, Alan, can assist with mobile phones too, giving tips on how to download apps etc!

If you have a simple issue or questions which can be resolved in less than 45 minutes, we will take one-off appointments through *Computers for Seniors* [see ad above] for \$8. The fee is payable upfront, and contributes to the costs of running ECS Resource Centre, including our rent to Sutherland Shire Council for the building, to Xerox for the photocopier, to Telstra for phone charges etc.

ECS Aged Services clients are subsidised for *Computers for Seniors* if they are eligible for CHSP and have the appropriate My Aged Care referral.



Meet Lynette – Aged Services Coordinator

Lynette is a well experienced staff member, who has participated in many areas of community work in addition to aged care. She has had a lot of jobs in different big organisations before coming to ECS. Lynette is a qualified Youth Worker and that served as her initial training; she worked at Riverwood Community Centre for 8 years and ran a service called Links to Learning Program for high school students. Her experience in aged care and carer support followed, with roles at The Benevolent Society and 3 Bridges Community Services.



Lynette started her job at Engadine Community Services on 13th January 2020, and she does a lot of things in her three days per week. ECS might be a small organisation, but Lynette and her team of ten volunteers

provide Social Support services to 130 people aged over 65 years. She is in charge of all the referrals from My Aged Care to deliver services funded through the Commonwealth Home Support Programme (CHSP), developing and maintaining the client files as well as recruiting and supervising the volunteers. (See details for volunteering below)

Lynette's passion for working in Aged Care and at ECS continues to grow, she says, as she is surrounded by a fabulous and lovely team who are all willing to help with the demands of ECS Aged Services.

Lynette believes that good communication is vital to her relationships with the clients and volunteers, and she offers that as a tip to anyone who wants to be successful in community services work: "Listen, understand and learn as much as you can".

You can watch an interview with Lynette at <https://www.ecs.org.au/about-us> or <https://www.youtube.com/watch?v=Uzju2BUzrA0>

Running out of ideas to entertain the kids?

Sutherland Shire 

Toy Library

Located at 1034-1036 Old Princes Hwy, Engadine

- 500+ toys that cater to every stage of a child's development
- Baby toys, musical instruments, construction sets, puzzles, games
- Ride-on & outdoor sets
- Allows play that enriches language, numeracy, fine motor skills & creativity
- Great for grandparents & part-time carers
- View catalogue & pre-book toys prior to collection by appointment

NO CONTACT, CLICK & COLLECT:
 Every Monday 1-4pm
 Every Thursday 1-4pm
 2nd & 4th Saturday 9-12

For membership fees, incl. concessions:
<https://www.ecs.org.au/fun-for-kids>



Toys & toddlers – Child & Family Services

At ECS, we're all about keeping the littlies happy and busy while supporting parents to develop their kids' social skills and learning the basics before going to school. We host community playgroups for various target groups on Monday, Wednesday, Friday and Saturday mornings, providing indoor and outdoor toys from Sutherland Shire Toy Library in our secure courtyard and air-conditioned meeting room.

To assist with the financial upheaval of COVID, we offer a weekly playgroup attendance fee of \$2, instead of the 6 month fee. You can pay for a block of 10 upfront, if you don't carry cash.

We also run occasional information sessions on parenting and other topics, such as breastfeeding and nutrition. You can join the ECS Playgroups Facebook for upcoming events, and to see our official toy-testers sampling items from Sutherland Shire Toy Library at https://www.facebook.com/groups/1062469427958318/?ref=share_group_link