



ANHF
 AUSTRALIAN NURSING HOME FOUNDATION
澳華療養院基金
 Culturally Appropriate Aged Care Since 1980

NEWSLETTER



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Culture and Innovation in Harmony Spicing Up Nursing Home Life for Elders



Recently, Australian Nursing Home Foundation (ANHF) won the “Innovation of the Year - Rehabilitation Programme” Award at the 12th Asia-Pacific Eldercare Innovation Awards, receiving international recognition once again. This year’s award mainly recognized ANHF’s contributions to innovation. One notable example is the “Senior Boxing and Technology Enhanced Exercising Programme” implemented at Huang Ying Jung Nursing Home. The program cleverly combines exercise with

cultural exercise with cultural elements, allowing the seniors to reap a myriad of benefits.

Huang Ying Jung Nursing Home previously won the “Gold Award” at the Sydney Design Awards in 2023, and also received the “Best Interior Design of the Year” award at the 11th Asia-Pacific Eldercare Innovation Awards in May 2023.

ANHF CEO, Ada Cheng expressed excitement and joy at once again winning an award. She mentioned that when Huang Ying Jung Nursing Home first proposed boxing in the gym activity for residents, some people had doubts about its suitability. However, once the residents’ children and family members saw their parents having fun and improving their health through boxing training, they were all glad that their parents could participate in the program.

Editorial Committee:

Ada Cheng Rebekah Kwan
 Adelaide Fung Carmen Li
 Cindy Wong

Advisors:

ANHF Board

Ms Cheng stated that according to Chinese culture, “birth, aging, sickness and death” are milestones of life that everyone must experience, but she deeply remembers what a geriatrician had once told her—if seniors are able to stay active and maintain healthy bodies and spirits, then they could perhaps enjoy their later years free from pain and suffering. This idea took root in her heart, becoming her belief, which has driven her to develop innovative strategies to improve residents’ wellness and uplift their spirits.

“Innovation and creative thinking are deeply rooted in our organisation’s culture and operations, supporting and respecting the methods of different cultures, making our mission of putting the individual first a reality.”

“By incorporating traditional training with innovation and modern technology, Huang Ying Jung Nursing Home has significantly improved the quality of life of our residents.”

“This award proves that we are on the right track, and reaffirms the effectiveness of our Boxing and Exercising Programme.”



The Motion-Sensing Virtual Reality Exercise System

Besides boxing, the nursing home utilises technology to enhance sports, including the Compact VR Rehabilitation Solution SilverMOVE, developed in Hong Kong. This technology allows residents to undergo rehabilitation in a virtual environment, where they can choose different avatars such as animals or fictional characters. The virtual environment uses Hong Kong as a backdrop, eliciting a sense of belonging with residents familiar with the culture. We will develop more virtual environments that will cater for our residents needs.

After an assessment by our nursing home therapists, residents are assigned a program tailored to their needs. These programs keep the residents as the focus, creating plans that are meaningful and goal-oriented.

“Our target is for each resident to exercise at least three times per week. So far, many residents have been regularly participating in this program.”

Since the VR system is portable, staff can take their devices to the residents’ rooms for individual coaching if needed.

The residents and their family members have been positive about the program, expressing interest in the new technology.

Immersive Virtual Reality Tents

Additionally, ANHF has incorporated the use of Immersive Virtual Reality Caves. These caves have virtual reality games based on Chinese culture, such as Dragon Boat Racing or Lion and Dragon Dancing. Using sensors on various tools, residents can participate in traditional Chinese activities in an immersive virtual environment.

“Nursing home life is often seen as bland and unexciting, but innovation and technology can alter this perception; we inject vigour into our residents’ daily lives from new angles, spicing up their lives,” said Ms Cheng. She emphasised that innovation is not limited to obtaining the latest gadgets, but also repeated reflection and subsequent improvement of processes, taking in feedback from residents and their family to continually better the program to meet everyone’s needs.

“We see every one of our residents as active participants no matter what their health situation is, no matter if they are weak or have mobility issues. Everyone has a chance to exercise at their own pace, as we understand how vital this is to their overall health and happiness.”

“Our staff are the force that drives our innovation forward, and we have trained them to value each individual, and work with our residents gleefully.”

“The board and senior management were fully committed to the proposed boxing and gym centre from design stage, and we are honored that Huang Ying Jung Nursing Home has received so many awards.”

“Our achievements embody the dedication and efforts of all our employees, and the passionate response of our residents and their family as well – this is a win-win situation.”

AGE IS NEVER A PROBLEM

Innovative technology injects more vitality in the life of nursing home residents

Fifi Lai, Physiotherapist and Lifestyle Coordinator

A few years ago just as HYJNH was being built, I received a video of an elderly person doing boxing in a gym. This inspires me to dream of setting up a boxing program for the elderly in our nursing homes. Boxing is a fantastic exercise option for older adults, offering numerous physical and mental benefits such as improving cardiovascular function, increasing strength and flexibility, improving balance and coordination, enhancing mental health. Most importantly it is also fun! Grateful to have a visionary CEO like Ada, who share my passion for the benefits of exercise for the elderly and enthusiastically helped me implement this project.

Recently, Ada announced that ANHF has won an award for Innovation of the Year in Rehabilitation program that includes boxing, I am incredibly happy and proud of this achievement. I hope people can see that you are never too old to participate in boxing and enjoy its many benefits.

Assessment and supervision by physiotherapist

To address concerns about safety, some residents and families may feel that boxing is too aggressive and can cause injuries. I continuously explain to the staff, residents and families about the safety and wonderful benefits of this program. I reassure them that residents would be



assessed by physiotherapist for their suitability to participate in the boxing activity, and that they would be supervised by a physiotherapist and trained physio assistants while participating. This encouragement and reassurance has helped to alleviate their anxiety.

Innovative technological games add fun to life of elderly

The innovative technology devices have been very popular with our elderly residents since they were introduced. The residents enjoy participating in these 'fun games' without realising they are also exercising which is a great positive. For example, carer told me that his mum enjoys 'catching the tiger' in one of our new technology games, which it has helped lift her spirits and improve her health. Another resident reported that the robot Kebby is very cute and she enjoys dancing with it. Another resident mentioned how she remembered being in St. Mark's Square in Venice with her husband while being in the immersive tour of the world activity, this is indeed wonderful reminiscence therapy! We are very happy that our residents get to enjoy this new technology while also improving their physical and mental well being.



Wheelchair-bound resident back on his feet

One significant observation I've made about our residents in HYJNH is their openness to new technology and their willingness to engage in activities facilitated by these new technological devices. Although we currently lack statistical data to objectively demonstrate the benefits of these programs on their physical well-being; we have subjective feedback from caregivers and residents themselves indicating that residents feel better and stronger after these programs. Some residents have also reported feeling more energetic and sleeping better. All these are improvements experienced.



As therapists, my colleague and I have observed improvements in gait, balance, overall stronger in some residents based on assessment. One standout success story is William who, since his admission has progress from needy assistance from two people to mobilize while being wheelchair-bound to independent walking with a walker. He serves as an inspiring example of our residents' progress.

Physiotherapy Assistants

SUPPORT PHYSICAL WELLBEING OF NURSING HOME RESIDENTS

Despite the implementation of new technologies and exercise programs in the nursing home, staff still need to assist the elderly during exercise. Physiotherapy Assistants are responsible for helping the elderly exercise on a daily basis. They bring the Happy Hour Trolley, which is loaded with exercise equipment such as boxing gloves, pedal cycles, Silvermove and ping pong on a stick to the residents' rooms every day. They encourage the residents to exercise and participate in the boxing and ping pong games. Once the residents show interest, the staff will invite them to exercise in the gym located on the upper floor.

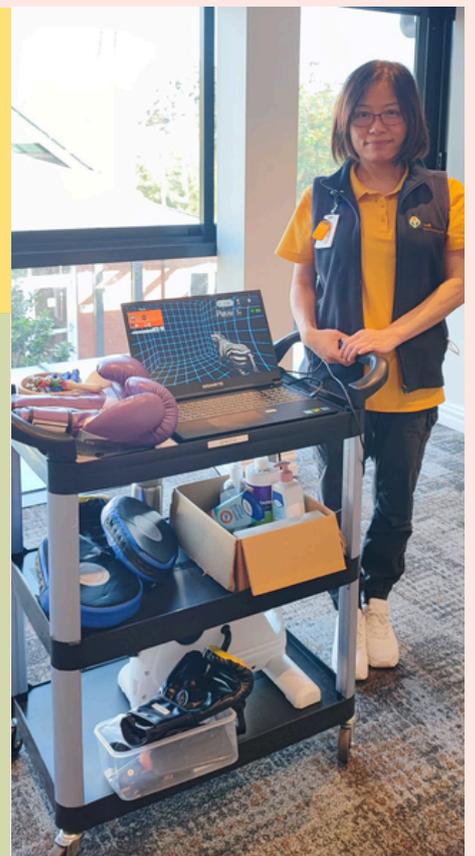
Siu Ling: physiotherapy assistant

An elderly resident became bed-bound due to a fracture after a fall. We helped her to exercise while lying in bed to maintain muscle strength. When she could stand up again, the forearm support frame was used to help her practise walking. Seeing her progress from being able to three to four steps to gradually recovering through continuous practice was so encouraged!



Gavin: physiotherapy assistant

The gym room is open from 9:30 am to cater to the residents' exercise needs. They enjoy activities such as cycling, boxing and muscle-strengthening rope-pull exercises. I found this job very meaningful as it allows me to directly help the elderly. One resident even expressed feeling lucky to be in the nursing home and to have met me. With my care, he feels safe and secure, which is heart-warming!



Multi-Program Activity Hubs

Help the Elderly to Live a Positive Life

Maggie Pan, Support at Home Team Leader

Australian Nursing Home Foundation (ANHF) is dedicated to enhancing the lives of the elderly under our care through innovative technologies and activities. As a team leader in home care services, how do you align with the company's development goals and direction to implement a variety of meaningful and innovative activities?

Home Care Service always puts improving and enhancing wellbeing of our care recipients as the top priority, not only physically, but also mentally and emotionally. We continuously arrange meaningful social activities to enable our elderly to live happily and actively. We have engaged our clients to experience our innovative technologies at our Gordon home, we have incorporated innovative games into our other social activity groups. These meaningful activities have received overwhelming positive feedbacks.



I've heard that our home care services offer customized group activities for our clients to bring more enjoyment into their lives. Some of these activities are specifically designed for clients with dementia. Could you provide a brief introduction to these groups and their respective functions?

- Mindful Club is a dementia-specific support group that runs every fortnight at 2 locations, Campsie and Eastwood. The club invites art therapist and music therapist to offer activities that support memory and cognitive health.

- Fun and Joy Club is a social activity group designed for more mobile people. We incorporate

innovative technologies into our activities, and we invite allied health practitioners to give health talks. We also have craft and other brain stimulation activities to support active living.

- Active Club is a new falls prevention program that Home Care introduced in September. The club is specially designed for someone who uses 4-wheel walker. Falls are one of the major reasons for hospital admission. Since the launch of these activities, they have been very popular and successful, with registration and participation numbers exceeding expectations.

Could you briefly introduce some of the special activities you have designed for the elderly? Which activities have been particularly favoured by the elderly and their families?

Both Fun & Joy Club & Mindful Club have been very successful, and we are considering opening up more Fun & Joy Clubs and Mindful Clubs in other areas too.

Our monthly outing groups have also been very popular. In the past, we had been to the Japanese Garden, Nan Tian Temple, Sydney Zoo, Vivid Sydney and many more.



We often hear from our elderly consumers, “I haven’t been here before, it is so nice someone takes me here!”

Based on your observations and feedback from the elderly and their families, have these innovative technological activities led to any improvements in the physical and mental health of the elderly? Are there any special programs or features we can look forward to in the future?



From our growing participant numbers, we can tell the activities have been meeting their needs. After attending these activities, we always hear feedback from the families that their dad/mum is really happy. In future, we will continue to design activities to improve their physical and mental health. We are going to open more Fun & Joy Clubs and Mindful Clubs across more regions and will also host other types of social activities, such as “mah-jong” competitions. Look for our Home Care Newsletters when these programs get introduced.

Witnessing positive experience of clients from the activities

Eliza Chan - Support at Home Hub Coordinator

The name says it all. The concept of ‘Mindful Club’ is to offer a positive environment in where the elderly can engage in activities that promote mental agility, delay cognitive decline and sustain a high quality of life for as long as possible.



Art therapy as a way to express emotions

Watching elderly participants share their artwork with the guidance of a therapist brings me great joy. The process of recalling memories while creating art allows them to feel valued and accepted.

One elderly lady, initially joined just to accompany her husband, who has dementia,. She was unsure about the purpose of the creative activities. However, after completing her artwork and sharing how the colors and patterns reflected different stages of her life, she experienced an emotional release, as if a heavy burden had been lifted.

Another participant’s daughter shared how her introverted mother, after attending Mindful Club, became more eager to take the initiative and even asked to go back, something she hadn’t done in years.



Enhance concentration, improve memory and the five senses and coordination skills through music therapy

An elderly man accompanied his wife, who had early dementia, to the centre. Their first activity was music therapy. He watched closely as his wife not only was fully engaged, but also followed the therapist’s instructions, keeping rhythm while playing the instrument and singing. The smile on his face showed his comfort and pride. He later told me that while he initially came just to support his wife and help keep her mind active, he experienced the benefits of the activities himself. Moved by the care of staff and became volunteers, he decided to accompany his wife to every session.

It’s so exciting to see elderly participants enjoying each session so much. Time seems to fly by, with four hours disappearing into laughter and joy!

ANHF Volunteer Recognition Dinner

ANHF held its annual Volunteer Recognition Dinner on 31 May 2024, in recognition of the incredible work and dedication of our volunteers. We also celebrated the milestones of those who have volunteered for 3, 5, 10 and even 15 years at ANHF, and presented each volunteer with an award. We are grateful for every volunteer who brings joy and warmth to our elders.

Here, we share a volunteer story from Bei Zhang about what volunteering means to her.

"As a volunteer, I visit nursing homes to chat with the elderly and take part in various activities. I assist by pushing the elderly in wheelchairs to the yard so they can enjoy flowers and trees. We look up at the blue sky and white clouds, feel the breeze on our face, the warm sunshine, the fresh air, and sings songs like "A big river has wide waves" and "The moon represents my heart" together. Some people are willing to share their past experiences, and I am their most loyal audience.

The staff of the nursing home and other volunteers also provide me with enthusiastic support which has helped to become a part of the community. I have felt the warmth and harmony of another social family.

Some people may wonder why I choose to participate in volunteer activities. My mother lives in a nursing home in China, perhaps it is this feeling of guilt and responsibility that drives me to connect with the elderly, empathize with them, and transfer the love I have for my mother to them.

I am committed to continuing to serve the elderly to the best of my abilities. I aim to make the most of the present and move forward with determination.



Become a Volunteer at ANHF

Do you want to share your skills and passions and be rewarded with meaningful engagement and happiness? Volunteering at ANHF creates opportunities for social interaction, gives a sense of purpose and is a great way to give back to your community.

There are plenty of volunteer roles to suit anyone: you can support our elders in the Senior Wellness Centres or nursing homes, enjoy a chat and a cup of tea together, visit the elderly, assist with group activities such as cooking, art, singing or playing games, or sharing your professional skills such as administration, IT/computer skills and event management.

 (02) 8741 0240



volunteers@anhf.org.au



www.anhf.org.au/en/volunteer-service/

THANK YOU LETTER FROM CCPNH

Dear Patrick,

We are so glad to visiting you and your staff again on Wednesday. My mother is, particularly, feeling like coming home.

We would like to thank Patrick for your advice and guidance which firstly allowed my mother to have a choice to make her decision. It is important for her to feel that she was not forced to go there, and so she can decide at her own free will. Finally she was really enjoying her stay. We are very pleased. Moreover it is under your management that the home is running so well.

We also would like to thank every one of your staff that have helped my mother. I was very desperate and sad on the first day when my mother started her stay. She demonstrated to us by not eating her breakfast and lunch. I went home feeling devastated and sad. I had a call from the RN Kimberly telling me my mother had finished her dinner and I should not be worried. I had a good sleep that night. Thanks Kimberly.

Thanks all carers for their patience and kindness to take care (in taking care of) my mother, to assist her to shower, to eat, to toilet, to play, to exercise, to sleep and everything. I was there nearly every day in the first week and I saw how they patiently helped her and other residents as well.

I would also like to thank Glenda for her careful monitoring of the well being (wellbeing) of my mother. She kept informing me about my mother's status and kindly offered my mother permanent stay once she saw her settled well. She advised us my mother can go home for weekends if she becomes permanent resident. We were so pleased and relieved.

I would like to thank all the cleaners to keep the home so clean and tidy.

Many thanks to the chefs and kitchen staff who make delicious and healthy food for the residents. I have tried it myself and I really enjoy it very much. They serve the residents generously with Ensure and Yakult daily.

Please pass my message to those if I have missed out to mention.

Most importantly thanks everyone for making my holiday come true. Seeing old friends and enjoying beautiful scenery is like miracle to us. We can dream about it only in YouTube for years pretending we were there. We can now refresh to start our journey with my mother again. Look forward to seeing you all again in our next holiday.

Hope everyone keeps well and healthy.

Kind regards,
Daisy. Jun 2024

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- Assist you in understanding My Aged Care and applying for aged care services
- Explain the procedures and waiting times for applying for aged care services
- Help you understand the correspondences sent by My Aged Care
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Every second Tuesday of the month
From 10 AM to 1 PM.

BURWOOD RSL CLUB

Every fourth Friday of the month
From 10 AM to 1 PM.



(02) 9784 0839



So Wai Support Group 16th Anniversary

Support for Fellow Carers

Miranda – Coordinator, So Wai Carer Support Group

Diagnosed with dementia by the GP in 2011, my mother soon joined ANHF So Wai Seniors Wellness Centre (the former So Wai Lifestyle and Activity Centre) after going through some procedures. The centre provided specific services for people with dementia and I became a part of the So Wai Support Group as a carer. Even though the support group only met once a month for one or two hours, I quickly realized how fortunate I was to be a part of it.

Every session had different themes such as education and information sessions conducted by professionals, outdoor activities, and meal gatherings etc. Carers had ample opportunity to express their thoughts

and feelings. As fellow carers with similar experiences, we easily empathized with each other's emotions and shared our experience. Group members not just enjoy mutual comfort and support, but also exchange tips on handling challenges. After sharing our stress during the sessions, everyone feels much more relaxed by the end!

Thanks to ANHF's connections, our support group had the opportunity to participate in various dementia research programs run by different organisations and universities including questionnaires, video interview, education videos clips etc. We greatly benefited from these involvements.

July marked the 16th anniversary of So Wai Support Group. We are incredibly grateful for the ongoing support from ANHF. Currently, we are the only support group for Chinese carers of people with dementia in Sydney. Recognising the uniqueness of our group, I decided to continue attending its activities even after my mother had passed away. My sincere hope is to share my experiences and tips with new carers, and to help continue and expand the wonderful work of the group in supporting the needs of more fellow carers.



Your Support Takes Us Further 你的支持，讓我們的服務更進一步

PERSONAL DETAILS (個人資料)

Please support ANHF to deliver quality and culturally competent aged care to our community.

請支持澳華療養院基金為社區提供高質素及合符文化的高齡護理服務。

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 Ms 女士 Miss 小姐 姓氏 名字
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I would like to make a donation of \$_____.

Payment Type

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 Please debit this card

TO: Australian Nursing Home Foundation (BSB 082-201, Account No: 580-328-001)

Mastercard Visa Other:

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 Card No. - - -
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BEQUEST - Leave a Gift in your Will

By leaving a Gift to the ANHF in your Will, you are creating a lasting legacy that will help us continue a thriving and vibrant environment that will enable our elders to age with dignity and grace. If you wish to leave a Gift in your Will, you should seek appropriate legal advice. For more information, you may wish to request further information by tickling the box below.

Please send me details on making a gift to the Foundation in my will. 我希望在遺囑中對基金作出饋贈，請將詳情寄給我。

Please fill in the form and post it to: Australian Nursing Home Foundation (60 Weldon St, Burwood, NSW 2134)

You can also donate securely via our website: <http://anhf.org.au/contact-us/donations>

Thank you for your support. Below are the donations received from April to September 2024

謝謝各位的支持。以下為2024年4月至9月期間之捐助人士芳名。

\$100以下/ < \$100	\$100-\$499	\$500-\$999	\$1000-\$4999	\$5000以上/ \$5000 and above
Tim Shing Luk	Raymond Chan	Irene Kay	Andrew Gock	William Hui
David Chung Cheong Chien	May Wong	Chen Howe	Johnny Teong	Therese and Robert Tong
Pauline Broadhead	Louisa Lee	John Wong	Kai Fung	Louis Bernard Hor
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	Regina Ma		Alexander Yuen	
			Victor Tsang	
			Justin Chau	
			Ben Chau	
			Nellie Lee	
			Linda Lo	

Laughter fills the ANHF

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CCPNH 周藻洋療養院



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SWSWC 蘇懷長者活動中心



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SHSWC 沛德長者活動中心

