



Message from the Team

As we shiver through Winter, we want to thank everyone for their patience while our Care Workers navigate flu season.

Together, A.P. Care Services staff and clients continue to avoid the spread of COVID and other illnesses by staying at home when unwell and wearing masks. Occasional changes to service times or Care Workers are organised in consultation with the people involved, generally by Kylie or Kim.

Despite the added pressure of flood damage to our office in the heavy rain several weeks ago, we continue with business as usual, supporting people with disability, seniors and their families to live their best lives.

We are always welcoming new Care Workers to the A.P. Care team, such as Sally, Bianca, Nafees and Nichole, through community awareness campaigns. This included Lynette's talk to the nursing students at University of Wollongong.

ALSO, THANKS TO OUR WONDERFUL STAFF, A.P. CARE SERVICES WAS A FINALIST AGAIN IN THE LEADER BUSINESS AWARDS BEING HELD AT DOLTONE HOUSE, SYLVANIA ON 19TH JUNE.



ndis News

In future newsletters, we will highlight some of the changes being made to improve the National Disability Insurance Scheme (NDIS), following government reviews and a safety inquiry

The full process of getting NDIS back on track is complex and will probably take five years, because it requires new legislation and systems for NDIS Providers and Participants.

For instance, plans for registration of NDIS workers have begun and Care Workers may need formal qualifications of at least a Certificate III to do certain work. [The same is happening in Aged Care].

The government is consulting with the community about how to do things better in the NDIS. A project called Participant First is looking for NDIS Participants, families, carers and people within the disability community to share their views via a weekly invitation to provide feedback, including completing surveys, joining focus groups or taking part in interviews. Some feedback opportunities are paid and none are compulsory.

Your feedback is confidential and not added to your official NDIS participant record. If you change your mind, you can unsubscribe. For details, go to <https://www.ndis.gov.au/community/have-your-say/participant-first-help-improve-ndis>.

Hot Chocolate recipe

MAKE YOUR OWN LOVELY WARM MUG OF HOT CHOCOLATE

Simply by just chopping up an ordinary chocolate bar (around 1.5 ounce) & melting it in a saucepan over medium to low heat, then add 2/3 cup of milk; stir constantly until well blended (about 5 minutes). For more flavour, you can whisk in a pinch of cinnamon. Take care when you are removing it from the stove & pouring it into the mug. Add more milk to cool it & marshmallows for fun!



Are you ready for the 3G upgrade?

TO STAY CONNECTED, INCLUDING TO 000 EMERGENCY SERVICES, YOU'LL NEED TO UPGRADE TO A NEW 4G OR 5G DEVICE BEFORE YOUR 3G NETWORK SHUTS DOWN.

On 31 August, Telstra's 3G network will shut down for good. Optus's will close from 1 September. TPG Telecom/Vodafone switched theirs off already.

Some EFTPOS machines, medical alarms, personal emergency response devices, smart watches and tablets will need replacing too.

Embracing our history

YOU NEVER KNOW WHEN YOUR LIFE IS GOING TO CHANGE FOREVER. FOR JENNY WHITELAW, A THREE-WEEK JOB BECAME A LIFETIME COMMITMENT, AND SHE COULDN'T BE HAPPIER.

Jenny celebrates her anniversary at A.P. Care Services in July. Today, she is the Executive Manager of Human Resources and develops policies for the organisation. Twenty-eight years ago, Jenny had just closed her own business and was co-ordinating a nursing program for APC Medical Services, as it was called back then.

"I came in to do relief work for three weeks to do Baby Care and general health checks as part of a contract for the Pharmacy Guild of NSW, and just never left!"

Dani was already working in the office and Lyn joined in October, creating the dream team that Jenny says makes A.P. Care Services so special. She feels lucky to enjoy every day of her job.

"The way we care - we are not like other companies. We care about the client/ participants and we care about our staff - we are like a big family."

A former hairdresser, she is thankful too for the continuous learning that A.P. Care Services has provided as she moved through different roles in the organisation.

"Within my job, within the industry and the sector, there are always changes."



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Business Hours:

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