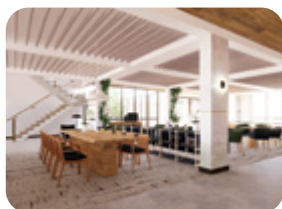


brightlife

Spring
2020



West Australian Opera stars tour our Brightwater homes



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From the CEO

2020 has been a year like no other and Brightwater has had to adapt and make decisions quickly in order to keep our clients and staff safe. Throughout this year, I have seen some amazing examples of adaptability and innovation from all corners of our organisation.

Our linen business has seen a huge reduction in work from the shutdown of WA hotels since March 2020. Staff who normally work in the laundry facility have been a much needed resource working in our residential aged care and disability homes, helping with visitor checks and extra duties generated by the pandemic. Our commercial staff are also managing our Personal Protective Equipment (PPE) stocks, ensuring we have access when needed and building up stocks to safeguard our clients and staff should there be an outbreak.

We have embraced technology more than ever before in the past six months with many administrative staff working from home and Allied Health staff using telehealth to connect with clients and ensure they are keeping up with their programs. During periods of visitor restrictions we rolled out iPads to help our clients connect with their families and the new volunteer program Brightwater Buddies was developed to connect people in the community with our clients.

Our clients have adapted to new ways too and I'm delighted to see gardening projects at our sites that have produced not only beautiful plants and vegetables, but a sense of pride from those who created the

gardens. You can read more about these gardening initiatives further in this edition.

I am proud of Brightwater's leadership in the aged care and disability industries during the last six months, including extensive collaboration with other providers and a productive working relationship with the WA Department of Health to ensure we are well prepared for any COVID-19 outbreaks.

As well as embracing opportunities for improvement and growth, we continue to pursue key research that provides benefits to Brightwater and the wider community. Earlier this year I was appointed to the Dementia, Ageing and Aged Care Mission expert advisory panel, funded by the Medical Research Future Fund. Alongside a group of leading industry experts from across Australia, the advisory panel provides the Minister for Health with advice on the strategic priorities for research investment.

We have reignited some of our exciting developments including our refurbishment program which is revitalising the look and feel of our residential aged care and disability homes and I am thrilled to share that we will soon commence construction on our new Head Office and contemporary Residential Aged Care facility in Inglewood.

Lastly, please join me in celebrating our incredible frontline staff. It's their passion and dedication that has enabled us to stand strong during this pandemic. They have dedicated time and effort to extra training and new ways of working to ensure our clients remain safe.

I cannot thank my team enough for the hard work and above all the amazing care they provide to our clients.

Please enjoy our revitalised Spring edition of Brightlife and I hope you enjoy the new layout.

Jenny

Jennifer Lawrence
Chief Executive Officer

Exciting developments at Brightwater

We are pleased to announce that we are recommencing some exciting projects that were put on hold earlier in the year. These include our Light Touch Refurbishment Project, which will reinvigorate the interiors of our residential homes, and the construction planning of our new Head Office and Residential Aged Care facility in Inglewood.

Light Touch Refurbishment Project

The Light Touch Refurbishment Project is designed to refresh our residential aged care and disability homes. With approximately 50 percent of homes already complete, this project will make a significant difference to how these homes look and feel whilst creating a more contemporary and homely living environment.



We will also be introducing the External Areas Project. This is an innovation from the Light Touch project that will see upgrades to our gardens and courtyards at our residential homes, to improve the sense of arrival, enablement and outdoor living areas.

Industry leading new facility and Head Office

Our plans for a new Brightwater Head Office and Residential Aged Care cutting edge facility in Inglewood are now well under way, with construction set to commence in October 2020.

Brightwater's Inglewood development will be a vibrant, intergenerational campus incorporating a contemporary 128-bed residential aged care community, a dedicated research centre and a new corporate office.

Situated opposite the Mount Lawley golf club and next door to our existing aged care facility, The Village, the new development will reflect the innovative and industry leading philosophy that Brightwater is known for. The building will integrate delivery of care, operation and management services, something that no other aged care provider in Western Australia has done.



It will be an inter-generational space that features outdoor spaces for staff, clients, family and other visitors to socialise and interact. This integration will enhance connections between clients with staff, and create a strong and supportive Brightwater community.

The Residential Aged Care facility will follow an innovative 'small house' model of care, while the special dementia care unit builds on the strong legacy from The Village, our original dementia care home.

The eco-friendly development will be built with sustainable materials, which will lessen the impact on the environment and the space integrates outdoor spaces and nature.

Completion is expected in Autumn 2022, with residents and staff moving in around mid-2022.

We can't wait to share more news with you as the project progresses.

Our Brightwater Research Centre

Brightwater’s unique Research Centre is built on shared ideas, expertise, passion and a commitment to making a difference. Our research team actively seek to improve ways of supporting our clients, their families and our staff.



In the Brightwater Research Centre, we conduct studies with industry, academia and the community to uncover solutions that make a real difference to people’s lives. Our research is underpinned by evidence that can be translated into real-world outcomes through practice, policies and processes.

Our internal scholarship program provides opportunities for our staff to put forward their own ideas and champion research studies. In recent months these scholarships have enabled our staff members Curtis Reddell and Gap Tshering to engage clients in activities through the Bassendean Junior Cricket Club canteen study and the Weekend Entrepreneur gardening initiative. Both of these research studies have provided positive outcomes for clients.

We also support Higher Degree Research students from Psychology, Occupational Therapy, Speech Therapy, Medicine, Dentistry, Audiology and Physiotherapy to undertake their Honours, Masters and PhD studies.

Research Profile: Food Additives and Severe Dementia in the Elderly: Effect on Agitation

We conduct a variety of research studies each year to improve our services and give back to the community. One study that our team undertook recently looked into the effects of the additives in cordial and how the artificial colours and preservatives could be linked to adverse behavioural effects and hyperactivity. This study was undertaken by neurologist Dr Alexandra Seewann and Research Dietitian Melissa Hawksley.

Food additives have been linked to a range of adverse behaviour effects; however most studies have been focused on children. This study looked into these effects on elderly people with dementia, and the changes in behaviour that occurred once the additive-rich cordial was replaced with an additive-free juice. The study showed that there was a significant decrease in agitation with the additive-free juice and as a result, Brightwater has replaced the cordial we serve with one that does not include additives.

Brightwater’s key research domains

-  Acquired Brain Injury
-  Living and ageing well
-  Mental health and wellbeing
-  Continence
-  Nutrition
-  Palliative care



Cordial drinks may seem like a trivial part of a client’s diet, but the cordial served to our clients helps to prevent dehydration and increase fluid intake, so it was important that we were able to source a replacement that does not contain harmful food additives. This is just one example of how our research studies can create positive outcomes for our clients.

A retirement village that looks after each other

Being part of a community is an important aspect of life - and that's just what you'll get at Kingsway Court retirement village.

Kingsway Court is a lifestyle and retirement village designed for people 55 years and over, perfect for singles or couples looking to downsize.

Kingsway Court resident of 11 years and President of the Residents Committee, Linley Wakefield says during the recent events brought about by COVID-19, the close knit community has banded together even more.



There's a great camaraderie which has developed between residents, people have started sitting out the front of their homes, inviting others to come and chat, it's really wonderful to see people connecting this way like never before, I've actually met a lot more residents during this time, Linley said.

At the heart of Kingsway Court, the community centre offers a range of social opportunities in its craft and games room, extensive library, lounge area, outdoor barbeques and function room. The village is also home to a beautiful indoor pool, gymnasium, lawn bowling and putting green. Maddies Café is also located on the grounds.

One of the residents has organised a cinema club, where he selects a different movie each day for people to watch, this has been really important for people who might feel lonely. We also have a group of residents making calls to other residents in the community, to check in and see how they are keeping. It's these things that make you feel like you're part of a community, it's the best place to live and we are very lucky here.

Situated in Madeley, Kingsway Court has 168 homes, each with an emergency call system and round the clock security.



Brightwater Care Group General Manager Commercial Services Darren Woolcott said it has been brilliant to see the residents embrace the community spirit at Kingsway Court.

It is really encouraging to see residents looking out for each other. One of the residents recently shared with me that during this time there is no place they would rather be than in 'our village'. Kingsway Court is a beautiful and intimate resort-style retirement community nestled amongst parklands with picturesque tree-lined streets and friendly neighbours in a vibrant community of like-minded residents.



Essential support through 'at home' services

Our **Brightwater at Home** services provide personalised care for clients. Here are just a few examples of how we care for our clients in their homes.

Neil Robinson

Brightwater at Home client Neil Robinson, loves his independence. He rides his gopher to the local shops to get the paper and loves to chat with the friendly staff at the newsagents.



Neil is 88 year's old and experiences some difficulty being understood over the phone. But with assistance

from speech pathologists and ongoing support to master his iPad to email family and his Coordinator, Neil has become much more confident in getting his messages across.

COVID-19 has presented many of us with difficulties, and for Neil, it has meant that his day centre shut and he could not travel to the shops. It also meant that he was not able to have family visits. Neil's daily visits from support staff for personal care and weekly visits from his speech pathologist continued, but he found the changes very difficult and was frustrated that he could no longer go out and see family.

Using the funds that Neil would've used towards the day centre, Brightwater was able to provide additional visits and support from therapy assistants and speech pathologists to support with training on his iPad and provide social interaction.

Neil is now using his iPad to email family and coordinators on a regular basis. Neil's speech therapists have also created innovative ways keeping him engaged in activities, including jigsaws and activity packs.

Pilot of a new Client Portal

We are excited to be commencing the pilot of our new Client Portal, which will enable us to better interact with our clients and their families.

The Client Portal will help us facilitate requests and preferences from our clients and their families, provide real time updates and messaging around scheduled services and activities, have the ability to share photos and updates and allow clients and their families to provide feedback easily.

The pilot of the app will commence with a group of Brightwater at Home clients, families and staff. We look forward to providing you with updates as it progresses.

Waking up like clockwork



Many of us take for granted the standard alarm clock. It gets us up and out of bed in the morning without fail. Whether that's your smart phone, or a standalone alarm clock, we can rely on the noise of the alarm to wake us up.

But for one of our Brightwater at Home clients who has experienced vision and hearing loss, a standard alarm clock was not going to be suitable.

Our client Billie, was not waking up to the sound of a regular alarm and as a result was being woken up by her daughter at 5am when she left for work to ensure Billie was awake in time for her scheduled home visits and other daily activities.

Billie and her family were looking for a system that could reliably wake Billie up at a more reasonable hour, so that she didn't have to get up at the same time as her daughter.

Brightwater's large and experienced Allied Health and clinical team, who have strong networks with suppliers, were able to source and trial a new technology called the Sonic Bomb Clock.

The Sonic Bomb Clock is a vibrating alarm. It features a large screen displaying the time and has a cable that attaches to a vibrating sensor which is placed under the client's pillow. When the alarm activates, the vibration sensor under the pillow wakes the client.

Brightwater's Allied Health staff worked remotely to support the family with the set-up of the alarm for trial.

The Sonic Bomb Clock has enabled the client to get quality sleep and be awake in time for her services. It has also decreased the risks of falls, as the client does not have to be up for more hours in the day than normal and become tired whilst alone in the home.



Your Team. Your Place.

As we get older, it's important to have a team by your side, people to cheer you on and get you back doing the things you love when something unexpected may have happened.

From physio to occupational therapy, speech pathology to social support, our in-house team of experts at Brightwater at Home have you covered.

Plus we can help with any questions you have about government funding, and tailor-make a package to suit you or your loved ones needs.

**To get started, call
1300 223 968 or visit
brightwaterathome.com**





Opera stars turn on pop-up concert for Brightwater residents and staff

The idea that music soothes the soul inspired Brightwater to host a series of intimate Morning Melody concerts for residents and staff.

Up and coming West Australian Opera duo Lachlann Lawton and Chelsea Burns, and pianist Adrian Soares have been touring Brightwater residential aged care homes to perform private concerts for residents, each taking place outside of the home, on either the driveway, veranda or parkland areas depending on each site.

Brightwater CEO Jennifer Lawrence says the concerts are a way of saying thank you to clients and staff.

We wanted to show our appreciation to our clients for their patience and resilience during what has been a challenging time and to thank staff for their hard

work and commitment in keeping everyone safe, Ms Lawrence says.

Because of COVID-19, our clients have not been able to have as many outings or have their usual entertainers such as musicians and choirs come to visit, so we wanted to bring something special right to their doorstep.

This brilliant musical group has given some unforgettable performances that have meant so much to clients, particularly for the opera fans who have really cherished this experience.



A sweet gift for Brightwater aged care residents

To bring something special to the regular routine for our clients, custom made ice cream carts will be delivered to various Brightwater aged care homes including Madelely, Kingsley, The Oaks, South Lake, Huntingdale, Redcliffe and Birralee, and will be used by staff to serve ice cream to residents in a fun and memorable way.



As part of the Life's Possibilities fundraising initiative, Brightwater commissioned Men's Sheds across Perth to create a series of wooden ice cream carts, each individually created by a different Men's Shed located close by to Brightwater residential homes.

The project has been taken up by various Men's Sheds, including Men's Shed Cockburn, whose team have been creating an ice cream cart for Brightwater South Lakes.

Men's Shed members Eugene White and Allen Follington who have been tasked with creating the cart, have enjoyed figuring out how to put the cart together step by step, each using their own personal skills in the project.

It's a challenge, and I get to test my skills, I like to 'have a go' and work out how to make things, it's really great to know this is going to a good home, and I'm sure the residents will enjoy the cart, Eugene says.

Here at the Men's Shed, I get access to machinery I normally wouldn't be able to and we're using recycled materials where we can. Allen and I have different skills, I've worked in carpentry for many years and Allen is a retired car mechanic so we've been learning from each other as we've been making the cart. We all have different skills at the Men's Shed, each person brings something different.

The first ice cream cart from the Men's Shed in Rockingham has already been delivered to Brightwater, The Oaks in Waikiki, where residents have enjoyed some sunny days outside in the garden with an ice cream.



Allen said coming to the shed to work on community projects such as the ice cream carts is something he looks forward to every week.

I love it here; it's always something I look forward to. I initially came to the shed for my own personal projects, but it's really great to be able to create things for the community too.

Men's Sheds in Australia play an important role in the community by providing meeting places where men can find social support. They assist in the prevention of social isolation by providing a safe, friendly and welcoming place for men to work on meaningful projects and to contribute to the wider community.

The Life's Possibilities program gives clients the chance to enjoy experiences that most take for granted. The program provides opportunities for the socialisation and wellbeing of our aged care and disability clients, enabling individuals and groups to enjoy outings, in-house events, new programs and experiences.

Find out more about Life's Possibilities here:
<https://brightwatergroup.com/support-us/>

The Oaks celebrates 20 years

On July 17, we celebrated 20 years since our first client stepped through the doors of The Oaks, Waikiki. From the turn of the century in 2000, The Oaks has been caring for a diverse range of residents, and providing a place they can call home with open arms.



The Oaks has seen changes over its 20 years but has always remained a welcoming place where all residents are provided with a high level of care and attention, and where friendships have blossomed.

Oaks Resident of 20 years, Jenny, continues to enjoy the friendly nature of staff and her homely surroundings.

We chose The Oaks for Jenny because we knew that Brightwater would provide good care for her, said Jenny's family member.

Jenny's mother had also been looked after by Brightwater so we knew the quality of care she would receive. Also, being a new facility, The Oaks looked fabulous. Jenny has loved her time at The Oaks. She has made many friends and has enjoyed the activities and facilities available to her. Jenny has also enjoyed the company of the many carers and volunteers who have helped her with visits and outings.

The Oaks celebrated with a small morning tea and plan to hold a bigger milestone celebration, which will happen once staff, clients, family and friends can all safely celebrate together in the future.

Volunteering is a vocation for Ian



Brightwater currently has 376 volunteers who give their time to support the social, cultural and spiritual wellbeing of our clients, engaging them in meaningful activities that significantly impact the lives of our clients.

Piano playing music enthusiast Ian Murray has volunteered with Brightwater for more than 17 years, playing the piano for residents at The Village every week since 2002.

For the first 10 years as a volunteer, I also did gardening and woodwork. I got the shed set up

properly at The Village; we had a good thing going on, we made bird nests and flower pots, things that residents and I could make together.

(Before COVID-19) I would come in every Thursday to play the piano to a group of about 30 residents... I play songs that they know and can sing along to, songs that spark their long term memory. Residents love to sing along to the ones they

know; they love the music from the 50's and 60's. It's good when you play for people, and I really get a kick out of seeing them enjoy it. Music brings something out of people, residents can listen to music on the radio but live music changes them.

Ian says he has a great deal of respect for Brightwater and he planned to become a Brightwater volunteer once he retired.

My mother-in-law - a gorgeous lady - was a client at Brightwater Inglewood in the 1980's and her treatment was absolutely magnificent. I promised myself that when I retired I would become a volunteer at Brightwater. The staff are great, they work so hard, and I admire them so much.

Ian's passion and positive outlook on life is hard not to be inspired by. If you would like to become a Brightwater volunteer, you can find out more and register at <https://brightwatergroup.com/support-us/volunteer/>

Creative at heart

Retired dancer and former oil painter Colin is a resident of Brightwater Redcliffe. When you walk into his room you can feel the creative energy. The water colour paintings on his wall are a sight to behold, finessed with gracious strokes that bring each design to life.

Born in Kalgoorlie, Colin moved to Perth as a teenager. As a young man, Colin was passionate about music, had a love for modern dance and began to dance through improvisation – the process of spontaneously creating movement.



In his early 20's Colin went to the Australian Ballet School in Melbourne for a year. He then had a career as a dancer in the Eastern States performing on stage and television. He played a significant role in West Side Story as Snowboy performing in both Melbourne and Sydney.

Colin returned to Perth before travelling throughout Asia and Europe for a number of years working as a dancer, artistic director and choreographer.

On returning to Perth in the early 70's Colin started his own modern dance company Khoros. The fantastic, tight knit group of 10 or so, performed in seasons of modern dance at His Majesty's Theatre.

When asked, what's the best piece of advice you have ever been given? Colin said, *Go for it. If it's something you really enjoy doing that you're passionate about, get in and do it. Whether it's drawing or painting or music or running, get involved in it. If you're passionate about it, do it.*



When Colin wasn't drawing, dancing or teaching, he was choreographing dance shows, musicals and fashion shows. He even choreographed fashion shows for the prestigious boutique in Nedlands, Elle.

Colin left Australia in the 90's and went to live in Kerala in Southern India where he built his house and art studio. He absolutely loved the community spirit, the food and the climate.



"I had a studio at the front of my property for drawing and painting. It was so easy living there; I would go down to the beach and have my lunch or dinner there, every other day," said Colin.

When asked about his biggest passion, Colin chuckled... *It used to be dance, now it's old age! I love that Brightwater Redcliffe is a comfortable place for me. And they make my coffee just how I like it!*

If you have a loved one who lives in the City of Belmont, contact us today on **1300 223 968** to book a site tour at Brightwater Redcliffe.

Celebrating our frontline workers

AGED CARE

Across residential aged and disability care our staff have worked extremely hard and have gone above and beyond for their clients. It's because of the dedication and commitment of our talented team on the frontline, that we are in a strong position to continue to deliver the best level of care possible for our clients.

We wanted to take a moment to recognise a few of our staff members who have made a significant impact to the lives of their clients.

Meet Aged Care Worker Lilybeth Bowles

Lilybeth has worked at Brightwater Madeley for more than three years and loves her job.

Brightwater Madeley is my second family. Helping my clients to maintain their independence is an extremely rewarding experience for me.

I love coming to work seeing my clients smiling and happy when I greet them. Although they might forget my name, they remember my face. I love it when they smile and say thank you and appreciate the job I do.

I love when they tell me stories about their life. I love seeing them happy when we sing, dance and laugh together. I enjoy when we have nail painting and make over activities with the clients.

I have learnt a lot, become much wiser and have gained a deep appreciation for my life and for my clients.

Lilybeth explains the six ways she makes a difference to her clients:

1. Respecting their dignity and independence.
2. Giving them my full attention when they are talking to me.
3. Showing them I am listening.
4. Making them comfortable.
5. I always say thank you.
6. Being kind hearted and showing them love; clients need to understand that you are there for them and that they are safe.

Meet Therapy Assistant Deirdre Pastina

Deirdre has been working at Brightwater Madeley for eight years and has been in the industry for almost 27 years. It's Deirdre's empathetic nature that makes her so good at what she does.



I understand what it could feel like moving into a care facility and how life changing that could be. Moving into a care facility does not mean that you are limited with being able to enjoy the life you want to live.

I get to work with amazing people from all walks of life. Working in aged care is so rewarding. You get to learn so much from your clients especially when they share their life experiences with you. To be able to assist and support such remarkable people on their journey is such an honour.

Deirdre learns about her clients so that Madeley can feel like home.

I educate myself about faith and spirituality so I can better support someone whose faith is a big part of their life. I give daily readings from the Catholic Missal to some clients who are Catholic and facilitate Rosary meditations.

I believe that everybody has the right to enjoy the life they want to live and to be treated with dignity and respect. We all deserve to feel good about ourselves.

Celebrating our frontline workers

DISABILITY

Meet Therapy Assistant Rozanne Schmulian

Therapy Assistant Rozanne Schmulian has been with Brightwater for three years, working at Marangaroo.

What I love most about my job is making a difference in my clients' lives. I love coming to work, knowing I am able to use creativity and spontaneity to make someone's day more meaningful, or even just to help them focus on what they can do instead of what they can't.

Rozanne always treats her clients with the respect and dignity they deserve.

It's about treating each person as an individual and fellow human being, building rapport and knowing what my clients like and dislike. It's about giving them my full attention, even if it is just spending five minutes solely with a client, listening and chatting with them.

Supporting my clients to gain confidence and be proud of what they have achieved is super rewarding. Advocating for or supporting them to advocate for themselves is very important to me.

During COVID-19 Rozanne has reinforced a strong sense of stability and calm with her clients.

I have been able to spend a lot more time engaging with clients and help them to connect with loved ones. I continue to display patience, care and compassion for my clients as, like all of us, they went through stages of frustration and or feeling sad.

And sometimes, her clients inspire Rozanne in her own hobbies.

I recently took up crocheting – after teaching one of my clients (from a video on YouTube). I wanted to encourage them to continue their hobby and my client spontaneously started making all different kinds of shapes and patterns!



Meet Disability Support Worker Tayla Thompson

Tayla has worked at Warnbro as a Disability Support Worker for six years and was inspired by her family to work in healthcare. When she's not working, she's studying to become a Registered Nurse.

My family have played a huge role in inspiring me to work in this field as they have all worked in the healthcare setting for many years. Having been sick as a child I would always watch the staff care for me and always knew this was what I wanted to do for work and be able to give back and care for people and make a positive change in their lives.

The most rewarding part about my job is when I know I've made my clients happy and seeing their

smiling faces. My favourite part about coming to work is seeing the clients and knowing I have a great team to work with.

Tayla's positive disposition is what makes a difference to the lives of her clients.

I bring a positive and happy attitude when I come to work and try and make the residents as happy and content as they need.

We have faced many different challenges throughout this pandemic, but we have all worked so well together, including the clients, and made the best out of a difficult situation.

NDIS and Brightwater

The National Disability Insurance Scheme (NDIS) works with partner organisations including Brightwater to deliver services to Australians with disabilities. At Brightwater we understand that people with complex support needs access many services and our team has been assisting clients effectively plan for the NDIS and the other supports they need.

As part of the Australia wide roll out of the NDIS to all States and Territories, we have been working with our clients who are eligible for NDIS in the final stages of their transition to the NDIS. This will see majority of our clients funded by the NDIS.

As part of the transition to NDIS we have increased our engagement and collaboration with families to

inform them on all NDIS plans, selection of service providers, and ensuring that client activities and supports are aligned with their independent choice and control.



We will continue to support the implementation of NDIS plans and accessing services for those who have recently transitioned to the NDIS.

Thank you to everyone who has helped us support our clients and transition them on to the NDIS.

The primary NDIS areas include our supported independent living, capacity building and support coordination services.

NDIS Quality and Safeguards



Western Australia’s transition to the NDIS Quality and Safeguards Commission (the Commission) will come into effect as of December 1, 2020. This transition will see Western Australia join the other Australian States and Territories in complying with the Commission’s National Quality and Safeguards requirements. In the meantime, the requirements for quality and safeguards for Brightwater’s disability services will continue under the Department of Communities.

Work is well underway to ensure that Brightwater is prepared for the transition, with our dedicated project team working alongside all areas of Brightwater to prepare for the transition and achievements so far include:

1. The continued roll out of mandatory NDIS worker training for our staff
2. A full review of our processes and gap analysis against the new system to ensure compliance with NDIS legislation
3. The development of new policies and procedures for incident management, complaints and restrictive practices for our disability clients and NDIS participants
4. Adjustments to our software systems to ensure all relevant data is captured

To find out more about the NDIS Quality and Safeguards Commission and the requirements for registered providers, please go to www.ndiscommission.gov.au

From little things, big things grow

Meet Terry, a client at our brain rehabilitation centre, Oats Street.

With 20 years' landscaping and reticulation experience, Terry has been an important figure in the Oats Street Gardening Group which commenced during COVID-19.

I used to own my own landscaping business and I did everything from garden fix-ups, trimming, planting, mulching and reticulation.

Terry said that the staff at Oats Street came up with many different ideas to keep clients occupied during visitor restrictions, but it was the gardening program that grabbed his and other clients' attention.

The garden bed in our courtyard was overrun with tangled up rosemary and mint, so we decided to turn it into a veggie patch – it's good to grow useful things.

It was hard work pulling out the old plants, but we did a great job, everyone got involved. And we've all enjoyed seeing things grow – we take pride in our work.

We wanted to give ourselves a challenge so all plants were grown from seeds.

We've really done the best we can.

Since the group formed, the garden has flourished, even as restrictions ease and clients have more options on how they spend their time.

We've grown radishes, lettuces, peas, carrots, beetroots, garlic and bok choy.

We all take turns watering the plants every day. Everyone in our house has a day during the week to look after the garden.

The local Willy Wagtails love to visit the garden and eat all the bugs for us, we don't use any pesticides.

After all their hard work and patience – it's now harvest time.

I'm going to cook a stir-fry with the peas, carrots and bok choy. I cook twice a week, and growing our own veggies means I can cook with my own ingredients and home-grown always tastes better! They've got good vitamins and minerals in them. I reckon a vegetable curry will be good too!

The Gardening Group continues with lots of enthusiasm, despite most clients' routines returning to normal. The activity has had positive rehabilitation opportunities for clients including:

- **Physically:** Some clients were motivated to walk to and from the garden bed, bending, reaching and grasping whilst standing at the raised garden bed.
- **Cognitively:** Encouraging clients to work collaboratively and plan the layout of the garden, use memory strategies to remember to water the garden, seek information (from internet and each other) about plants and apply their knowledge, problem solving and reflection. Clients have also been researching recipes, preparing foods and trialling new recipes.
- **Mental health:** There have been benefits from working together as a group, with regular opportunities for social interaction, a sense of achievement and wellbeing from being productive and working outdoors.



Our physio Sue just donated us a hot-house. In here we are growing tomatoes, capsicums and sweet potato for our summer crop, they like the heat. Once they're big enough, we are going to move them to another garden bed by the basketball court. We've already got rid of the shrubs and put in a drip reticulation system, and we've put some beetroots in there too.

We can't wait to see the summer veggie patch.

Clients love the Weekend Entrepreneur project

An inclusive gardening initiative for Brightwater disability clients called the Weekend Entrepreneur Project has successfully engaged participants since staff member Gap Tshering introduced the project in March this year.



Clients from our Hamilton, Manning and Bentley supported independent living homes have been spending their weekends potting succulents, preparing them for sale, and most importantly – enjoying themselves.

11 clients have been successfully engaged in potting succulents on the weekends; and when clients learnt that their finished products would be sold, they enjoyed the activity even more, Gap said.

It has been wonderful to see clients really immerse themselves in the activity and treat their creations as works of art, it helps them feel accomplished and gives them a sense of confidence. Staff members have been purchasing a few plants for themselves, and this has really helped clients feel proud of their activity as well.

Prior to COVID-19, the plan was for clients to sell their creations at the local weekend markets,

engaging them with the wider community. Since then the team came up with the idea to host a succulent mini market at Brightwater Manning.

The market was an absolute success, with more than 40 potted succulents sold, raising more than \$800. Using these proceeds our Weekend Entrepreneurs will be able to create even more potted succulents. Keep your eyes out for another market later this year!



Brightwater Care Group
Brightwater House, Level 3
355 Scarborough Beach Road
Osborne Park WA 6017
Po Box 762, Osborne Park WA 6919
T 08 9202 2800 F 08 9202 2801
ABN 23 445 460 050 ACN 612 921 632

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Ideas and comments can be directed to: (08) 9202 2874
or communications@brightwatergroup.com



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Cut along this line

Why not consider making a donation to Brightwaters Life's Possibilities Program?

Many in our community deal with reduced possibilities in their lives due to the effects of ageing, Huntington's disease, neurological conditions, disability or acquired brain injury. Our Life's Possibilities program gives clients the chance to enjoy experiences most of us take for granted! The benefits are enormous, providing the socialisation and wellbeing of clients and residents, to enjoy outings, new programs and experiences.

Your donation will help someone realise a dream- and make a real difference!

Title _____ First name(s) _____ Surname _____

Company _____

Street address _____

Suburb _____ Pcode _____

Ph _____ Email _____

I would like to make a donation today

- \$500 \$250 \$150
- \$100 \$50 My own choice of \$ _____

My cheque/money order is enclosed and made payable to Brightwater Care Group




Please debit my  

Card holder's name _____

Card number _____ Expiry date _____

Signature _____ CVV _____

3 easy ways to donate:

-  1300 223 968
-  Post completed coupon in the enclosed reply paid envelope
-  www.brightwatergroup.com/appeal

Donations over \$2 are tax deductible