



Aegis Stirling
Resident's Handbook

A photograph of the exterior of the Aegis Stirling aged care facility. The building is a modern, single-story structure with light-colored walls and large windows. A prominent purple pillar stands in the foreground, featuring the text "Stirling aged care aegis group" in a white, sans-serif font. The sky is clear and blue, and the ground is paved with a patterned brick walkway.

Stirling
aged care
aegis group

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Welcome to Aegis Aged Care

Moving into residential aged care is a major event in any person's life and it can be a stressful time for you and your family. That's why Aegis does its utmost to assist you all through the initial period of adjustment by developing a relationship of ongoing communication between you, your family and our staff.

Besides making the move itself, there is a lot of information to be absorbed and sometimes this can be a little confusing. We hope that this handbook will answer many of the questions that you or your family might have and help you quickly make the transition and settle in at Aegis. If you require any further information or have any questions after reading this handbook, please do not hesitate to ask for further clarification.

I am very proud of the staff at Aegis and know that they are committed to providing you with high quality care, lifestyle activities and hospitality services to support you as a member of the Aegis community.

Michael Cross
Owner and Director



About Aegis Aged Care Group

Founded in 1983, Aegis is proudly West Australian. Privately owned by two families with long-standing experience in aged care, we have an unwavering commitment to providing our community with the best in residential aged care services.

Aegis owns and operates more than 28 quality aged care facilities throughout the Perth Metropolitan Area and provides 24-hour care and lifestyle support to over 2,500 residents.

Our Vision

To excel in providing our residents with premium holistic care in support of a quality lifestyle.

Our Mission

We are committed to ensuring that we have a highly skilled, dedicated and compassionate team; driving excellence through imagination and innovation; and meeting our community responsibility.

Our Values

Every member of the Aegis team collectively holds and abides by the following values:

- Positive Contribution
- Respect for ourselves and each other
- Integrity in our decisions and actions
- Dignity is a fundamental right of every person
- Excellence in everything that we do

Our Philosophy

Aegis unreservedly views and treats all individuals as equals and deserving of the respect, dignity and compassion of others. To the maximum extent possible, we believe that every resident should be offered real choices for a healthy and stimulating lifestyle.

Caring for the mind and body of our residents is paramount. Our aim is to provide a comprehensive package of support as needed, comfortable surroundings and the ongoing involvement of family and friends.

Our residents' lives are enriched by high quality physical and social environments and by the peace of mind that comes when these are provided. Imagination and innovation are the keys to our continuous improvement and the evolution of new models of care for the aged.

The Aegis Group is forever searching for new ways to make our service and facilities even better.

Our People

We are very proud of our employees. They are carefully selected for their qualifications, experience and interpersonal skills. Teamwork, dedication, loyalty and respect for each other contributes to a harmonious environment.



About Aegis Stirling

Nestled in the quiet residential suburb of Yokine, the recently rebuilt, former Stirling Community Hospital is now the modern and well-appointed Stirling Aged Care Facility. Aegis Stirling offers residential care for 133 residents within five wings offering a comfortable and secure home environment.

Set in expansive landscaped gardens with access to intimate courtyards, Stirling is an attractive residence for those seeking a home-like lifestyle alternative combined with the comfort of knowing that full nursing support is available. The facility is well situated just five kilometers from the Perth CBD, with Dianella Plaza and the Galleria Shopping Centre close by. Extensive parklands are also located conveniently close by which within our activities are enjoyed by our residents throughout their stay.

Stirling Aged Care has a sociable atmosphere throughout, with various dining, lounge and activity areas. Similarly, outside there are four communal areas where residents can socialise, be it under the vibrant colours of the shady sails, in the landscaped gardens or around the barbeque.

There are a range of comfortable accommodation options available, many with private ensuite facilities and all benefiting from the very best safety and security features. Moreover, our residents' health care needs are given the expertise and resources to meet their requirements on-site.

Visiting

Visitors are always welcome and we encourage relatives and friends to be involved in all aspects of your lifestyle and care. The reception area is attended between 8:30am and 4:30pm, Monday to Friday (except for public holidays) and staff will be happy to assist you or your family with any enquiries.

All our entry doors are security-coded and you will be given the entry code on admission. However, for security reason the code changes at approx. 8:00 pm each evening and entry is by staff admission only. After this time, you will need to ring the bell for entry. Family and friends are requested to sign the visitor's book on entering and leaving the building.

Visitors must check with staff before letting anyone in or out of the building. Visitors are respectfully asked not to be in the dining rooms at meal times, for consideration of all residents.

Hand Gel

Sanitising hand gel is provided at Reception and we encourage all visitors to use this when they sign in. This helps to protect everyone from infectious diseases such as colds, influenza and gastroenteritis. We also urge visitors not to visit if they have any of these illnesses.

Social Leave

You may take day leave with family or friends as often as you are able. An 'Outings Book' is located at Reception for families to sign with details of the outing and expected time of return.

Under the Department of Health and Ageing Guidelines you are able to take up to fifty-two (52) days overnight social leave per financial year. This entitles you to leave the facility overnight during which time your daily care fee will continue to be payable.

Should your family or friends need you to be ready at a particular time, please advise the nursing staff in advance as you may need to take medications while you are away.

Parking

Visitor Parking is available. There are some designated spaces for special needs and an ACROD sticker should be displayed.

Our Staff and Key Personnel

Understanding staff roles and knowing who to approach for assistance or advice can sometimes be a little confusing when you first enter an Aegis facility. To help you, our staff are all encouraged to wear uniforms and name badges to identify them and their role.

Our staff are selected in accordance with the requirements of the Aged Care Act 1997. All have a National Police Clearance certificate and receive regular training in areas such as Fire Safety and Emergency Procedures, Manual Handling, Infection Control, Food Safety, and Dementia Care.

Facility Manager

The Facility Manager is responsible for the day-to-day management of the facility and for ensuring that our high standards of care and service are maintained. The Facility Manager is available during normal office hours to answer any queries that you or your family may have. If you wish to make an appointment, please contact a member of our Reception staff.

Clinical Nurse Managers

Clinical Nurse Managers work closely with the Facility Manager and oversee all clinical aspects of care for our residents.

Reception

Reception is open Monday to Friday, during normal business hours. It is staffed by Administration Officers who provide support to the Facility Manager and other team members to ensure the smooth operation of the facility. All enquiries can be made through the Administration Officers who will direct you to the appropriate staff member. They can also arrange appointments for you or your family to meet with the Facility Manager or Clinical Nurse Manager.

Registered Nurses

Aegis Registered Nurses are responsible for professional nursing practice, supporting all other nursing and personal care staff to ensure the safety and quality of our nursing care. The Registered Nurse is the first point of contact for all residents and relatives regarding care delivery. Enrolled Nurses work under the direction of the Registered Nurses in all aspects of clinical care.

Assistants in Nursing / Personal Care Staff

The Personal Care Staff assist with all your personal care and social support needs on a daily basis. They work under the direction of an Aegis Registered Nurse.

Therapy Staff

Our Occupational Therapist and Physiotherapist will assess and develop care plans based on your individual needs. They are supported by a team of qualified and experienced Therapy Assistants.



Chef Manager

The Chef Manager is responsible for ensuring your choice of meals are of the highest quality using seasonal ingredients and freshly cooked each day. Food Service Attendants are responsible for serving your meals and providing a pleasurable dining experience.

Cleaning & Laundry Staff

Our cleaning staff are responsible for all aspects of cleaning your room and maintaining a clean environment throughout the facility. Laundry staff take care of cleaning your clothing and garments, including returning them to your room.

Maintenance Staff

The Maintenance Officer is responsible for the maintenance of the building and grounds.



Aegis Advantage

All our care recipients benefit from Aegis Advantage, a range of goods and services which are provided in addition to the standard services provided by all aged care providers.

Most care recipients are required to pay a fee for Aegis Advantage. Care recipients assessed by Centrelink/DVA as being of low means do not have to pay. The services offered under Aegis Advantage differ between our facilities. The services offered at your Aegis facility, terms and conditions and information about Aegis Advantage are set out in the Resident and Accommodation Agreement. A list of services is also available on request.

From time to time, we may adjust the services we provide under Aegis Advantage, for example, in response to feedback from Care Recipients and their families. If you have any questions about Aegis Advantage, please contact the Facility Manager.



Health Care Services

Staffing Levels

Aged care is funded by the Commonwealth Department of Health and Ageing and is based on your assessed care needs.

Aged Care is not funded for nursing staff to provide one on one care, however Aegis prides itself on providing generous staffing levels. We ensure all Aegis staff are trained to prioritise their time and ensure optimal care to all, based on assessed need and urgency.

Care Plans

An Individual Care Plan will be developed with you by the nursing and allied health staff following a full assessment of all your health care needs.

Nurse Call

There is a nurse call button in every room. When the call button is pressed nursing & care staff are alerted and will answer your call as quickly as possible.

Family Conferences

You and your next of kin will be invited to attend a Family Conference soon after your admission and then annually or as required. Family conferences are a great opportunity to discuss any health concerns and to provide suggestions regarding care delivery and other matters you may wish to discuss. Families may contact Reception at any time to request a care conference and arrange an appointment.

General Practitioner

Retention of your current General Practitioner (GP) is encouraged if he / she is able to continue to care for you in the residence. If not, Aegis can provide you with a choice of visiting GPs and can help to obtain copies of your previous medical records and a comprehensive medical history so that the best possible care can be offered.

Appointments

External health care appointments can be made for you as required by the Registered Nurse in consultation with your family. If it is necessary for your relatives to make these appointments please ensure our staff are notified so that your appointments can be diarised.

Transport to external appointments

Transport costs and escort to external appointments are your responsibility or that of your family. Please note that Aegis is unable to provide transport for you or accompany you to external appointments.

Ambulance Services

Ambulance costs are the responsibility of you or your family. It is therefore recommended that you arrange private ambulance insurance. Please note that the ambulance service will not transport you to outpatient appointments if you are capable of travelling by car.

Dental Services

The Commonwealth Dental Service visits annually to identify your dental care requirements. If you need dental care it is recommended that a member of your family makes arrangements with your regular Dentist. For further information regarding dental care options please ask staff at Reception.

Dentures

If you wear dentures, it is most important that they fit well and are in good condition. Ill-fitting dentures can cause severe discomfort and can affect your ability to eat. We recommend that your dentures are marked with your name. Your dental technician can do this for you, or one of our nursing staff can arrange this for you on admission.

Whilst every care is taken to ensure dentures are not lost or broken, Aegis cannot be responsible for any loss or damage.

Audiology / Hearing Aids

If you have hearing problems, an Audiologist from the Australian Hearing Services may be able to visit and assess you. The Registered Nurse will be able to discuss the requirements with you.

Whilst every care is taken to ensure hearing aids are not lost or broken, Aegis cannot be responsible for any loss or damage.

Podiatry

A contracted Podiatrist visits regularly. You will be seen at no extra charge.

Optometry

Arrangements can be made for an optician consultation; however, an annual optometry service is provided to check your sight and eye health. Referrals for further treatment may be made for specialist treatment.

Exercise & Physiotherapy

Soon after your admission, you will be assessed by a Physiotherapist to determine your level of mobility and to design an exercise program for you. This program will be reviewed annually or when we see a change in your mobility level. Your exercise therapy is intended to be enjoyable and programs are delivered by our Therapy Assistants. All residents are encouraged to attend exercise classes and if needed, our staff will help you to and from the exercise classes.

Occupational Therapy

Similarly, you will also be assessed by an Occupational Therapist who may recommend a program of meaningful activities that will help you prolong and maintain your independence. The Occupational Therapist will also provide guidance and advice on seating and pressure management if required.

Diet & Nutrition

Maintaining a nutritious and balanced diet is one of the most important things you can do for your health. That's why Aegis places a strong emphasis on ensuring that you maintain optimum nutrition levels appropriate to your general health status. Our Dietitian will regularly review your weight and nutritional status and will consult with you and our in-house chef regarding your menu choices.

Modified Menu Choices

If you experience swallowing difficulties when eating, we may recommend that you adopt a texture-modified diet accompanied by fluids to make chewing and swallowing easier for you.

Pharmacy

Because serious medical complications can occur from drug interaction, it is vital that all your medications are reviewed and authorised by your General Practitioner; including over the counter and natural/alternative medicines.

Aegis uses a multi-dose sachet pack medication system and generally we are unable to use any medications opened prior to your admission, however we can arrange for their safe disposal. A Pharmacist visits on a regular basis to conduct medication reviews and to make recommendations. Please discuss any issues relating to your medications with your General Practitioner or Registered Nurse. Our preferred pharmacy supplier will invoice you each month for the cost of any medications. Alternatively, they can arrange a direct debit system if preferred. Any queries regarding accounts should be referred directly to our preferred pharmacy supplier. Details of our preferred pharmacy supplier can be found on the rear cover of this booklet.

Specialist Services

Referrals may be made for specialist services and advice such as the Residential Care Line, Dementia Services Australia, and Mental Health Services and Speech Pathology if required.



Hospitality Services

Excellence in Dining

Our Food Philosophy is delivered following our signature **Excellence in Dining** principles of providing food full of flavour, using fresh seasonal ingredients which creates taste sensations you want to share with family and friends within a dining service environment envied by restaurants.

As part of Aegis Advantage, our commitment to you is:

- Choice of meals at breakfast, lunch, and dinner
- Choice of dining locations to suit your day
- Choice of dining times to suit your daily lifestyle
- Fresh produce using whole food in season
- Meals prepared following Dietitian approved recipes to ensure meals are nutritionally balanced, providing required protein and energy levels to support your lifestyle activities.
- Soups, sauces, and gravies made using fresh ingredients
- Muffins, biscuits and slices baked daily
- Beer, wine, soft drinks, juices, tea, and coffee service
- High quality crockery, cutlery, glassware and linen napkins will be used to set your table and room service tray
- Friendly attentive trained staff providing personalised food service
- A variety of snacks available 24/7

Food service offerings;

- **Breakfast** is available from 7am
- **Lunch** is available from 11.30am
- **Dinner** is available from 5pm
- **Morning & Afternoon Teas** are available in-between meal services
- **Supper** is available from 7pm

Protected Meal Times

To ensure safety and to enhance the dining experience, visitors are requested not to visit at meal times. Special arrangements can be made with the Facility Manager if you wish to share a meal with your relatives or friends.

Family Meals

The use of a private dining room is included as part of Aegis Advantage if you would like your relatives or friends to dine with you. A small fee will be charged for each guest meal. Bookings are subject to availability and must be made before 10:00am on the day of your intended use.

Cleaning

Your room will be cleaned daily, Monday to Friday, and checked on weekends. Scheduled detail cleans are also completed. If you bring your own furniture, please keep the room free of clutter. Please note that no cleaning agents are to be brought into the facility.

Laundry Service

All personal items of clothing are laundered on the premises; this does not include dry cleaning or items such as personal linen and doonas. Daily linen requirements are provided.

As we operate a commercial laundry, it is recommended that you select suitable clothing. Please note that fine woollens and fragile fabrics do not tolerate the temperature settings required to ensure infection control guidelines are met.

All care is taken but frequent washing in commercial machines means that clothing may need to be renewed more frequently. To avoid loss, all personal clothing is required to be labelled prior to use. We recommend, where possible, all residents' clothing is brought to the facility 1 or 2 days prior to admission for labelling and then we can place into the residents room ready for their arrival. Our staff will arrange iron on labels as marking pen labels wash off over time. Please be aware that there is a turnaround time for laundry so please ensure that you provide sufficient clothing.

Clothing

All new clothing needs to be in a plastic bag, clearly marked with the residential facility name and your surname. These items should be given to Reception staff who will take them to the laundry to be labelled before being worn. You will be encouraged to dress each day, unless your health dictates otherwise. When selecting clothing, you should consider that you may now have special needs. Loose, comfortable clothing is recommended. For further advice please discuss this with the Registered Nurse, or enquire at Reception if you need information on companies making specialised clothing.

Lost or missing clothing

If clothing is lost at any time, please speak to Reception staff and complete a Lost Property Form. Whilst all care is taken Aegis cannot accept responsibility for damage or loss of items.

Linen Change

All your linen and towels are changed on a regular basis, unless you have a specialised need which can be discussed directly with the Facility Manager.

Footwear

For comfort and safety, it is important to have well-fitting shoes that offer support. Should you require advice in this area please consult our Podiatrist, Physiotherapist or Registered Nurse. If shoes and slippers become soiled, Aegis does not take responsibility for the cleaning of these items.

Your Lifestyle at Aegis

At Aegis, we encourage you to continue to make your own choices about all aspects of your life. We recognise that your current lifestyle choices are important, so please discuss your preferences with our staff who will make every effort to assist you.

Multicultural

Aegis is proud to embrace the wide multiculturalism of our residents, staff, and local community. We encourage our residents, staff and visitors to share their culture and beliefs to promote friendships and understanding of different lifestyles.

Lifestyle Program

Our Lifestyle Program of activities is displayed on the noticeboards each month. You are encouraged to attend any activities that interest you and our staff will be happy to escort you to the relevant area if required.

Newsletter

A newsletter is produced to provide topical information to you and your relatives. It includes details of any changes to the facility, upcoming events, general notices and reports on the progress of current projects. The newsletter is distributed throughout the facility and is also available at Reception. We welcome any input regarding topics that you would like to see in the newsletter.

Functions

Functions are held in the facility to celebrate various calendar events and other occasions throughout the year. These events are identified in the monthly Lifestyle Program or in our regular newsletter.

Religious Services

At Aegis, you are free to practice your religion of choice. Religious services are held regularly and identified in the monthly Lifestyle Program. Your family and friends are most welcome to attend.

Outside Therapists

A range of therapy services (e.g. hairdresser, beauty therapist, aromatherapist, etc.) are available according to demand. A fee will be charged for these services and can be paid directly to the provider or charged to your monthly invoice. These services are not included in Aegis Advantage.

Excursions & Bus Trips

In addition to our normal program of social activities, and as part of Aegis Advantage, we provide regular bus excursions for our residents (weather permitting). Outings include visits to local places of interest, such as cafés or restaurants, community concerts, special events, picnics at places of interest and to nearby community shopping centres.

A fee may be payable for entry into certain locations. Specific excursions can be arranged to meet your personal interests; please inform the Therapy Staff if you have any suggestions.

Library

Our libraries contain a selection of DVD's, large print books and special interest books. This service may be provided as part of Aegis Advantage. A visiting library service may also be available.

Newspapers

Daily local newspapers and magazines are delivered to lounge areas and individuals on request. Please speak to the Facility Manager if you have any special requests (e.g. non-English newspapers). This service is provided as part of Aegis Advantage.

Cinema

As part of Aegis Advantage, our facilities offer a dedicated cinema room or customised lounge with a projector, large screen and surround sound for an authentic cinema experience. The weekly movie schedule is displayed on the noticeboard outside the cinema and in the newsletter.

Self- Serve Café

Most facilities have a self-service café. You and your visitors are welcome to enjoy a drink or snack whilst socialising with others in a casual café atmosphere. There is a nominal charge for café items and an honesty box is provided for payment. These amenities are provided as part of Aegis Advantage.

BBQ Areas

Most facilities have areas suitable for family picnics and BBQs. If you would like to use the BBQ please let us know and we will ensure it is ready. Please bring all your own picnic and BBQ food and utensils and be sure to clean and tidy the BBQ area after use.

Telephone

Most rooms are able to have a telephone service connected. Please check with Reception for details. Any phone provider charges associated with telephone connection and use are the responsibility of the resident. It is not included in Aegis Advantage.

You are welcome to have a mobile phone. Staff take all care but cannot be responsible for any loss or breakage.

Mail and Email

Mail addressed to you will be delivered to your room unless otherwise advised by you. If you wish to post a letter, you can do so by ensuring that it is received at Reception by 4:00 pm Monday to Friday. Postage stamps may be purchased at Reception. If you are unable to deliver your mail to Reception personally, please ask one of the nursing staff to help you.

You may also receive emails so long as they are clearly identified as being for your attention. Reception staff will be happy to forward them to you. Please refer to the rear cover of this booklet for the email address.

Meetings

Regular meetings are held to discuss general issues or any concerns that you may have. Your relatives are invited to attend these meetings and to have input. Dates for the meetings will be posted in the weekly Lifestyle Program, the newsletter and at the Reception desk and Minutes of past meetings are available on request. Relatives wanting to discuss any individual or personal matters should arrange a meeting with the Facility Manager.

Smoking

Smoking is not permitted inside the building, the grounds or car park. Smoking is only permitted in designated areas. Following consultation with you and your family, the nursing staff can arrange for cigarettes and lighters to be kept in a secure area. Families may be requested to provide a fire-resistant smoking apron if the resident is assessed as being a risk to themselves.

Alcohol

As part of Aegis Advantage, alcohol will be provided at certain times; e.g. with a meal or at a 'happy hour'. Provision of alcohol will be discussed with your GP due to potential adverse reactions with medications etc. If required, please discuss this further with the Facility Manager.

Your Living Environment

Lounges

Comfortable lounge areas are available for use by you, your family and friends at any time.

Your room

As part of Aegis Advantage, a flat screen TV is provided in every room. You are encouraged to bring items of personal importance with you but please consider the size and layout of your room. Please consult with the Facility Manager to discuss what would be appropriate in your room. For example, some large recliner chairs could pose a risk to staff.

All personal items should be discreetly marked with your name. This includes all clothing, spectacles, dentures, hearing aids, furniture, electrical items, photographs and books. Aegis cannot be responsible for the maintenance of personal belongings.

In the event of a change to your care needs, further consideration may need to be given to the continued appropriateness of items of personal furniture to ensure safe and effective delivery of your care. Remember, you need to be able to move around the room safely, as do our care and cleaning staff.

Personal Insurance

You are encouraged to maintain your own personal insurance as Aegis insurance does not cover personal belongings or money. It is also advisable not to keep large sums of money as Aegis cannot be held responsible for any loss.

Ornaments and decorations

We ask that you give due consideration to the number of ornaments and picture frames brought into your room. Aegis staff cannot be responsible for cleaning or maintaining these kinds of personal items.

Picture rails are available in your room for displaying paintings and pictures. Please note that BluTac and adhesive tape are not to be used on walls and you are asked to consult with the Facility Manager before putting up notices within your bedroom.

Electrical Equipment

You are welcome to bring some electrical items into the residence, e.g. a radio or electric shaver etc. For safety reasons all electrical items must be checked and tagged by an electrician, every two years. You or a member of your family can arrange this prior to admission or we can arrange for items to be checked and tagged by our approved and qualified technician. The cost of testing and tagging items is covered by Aegis Advantage. If an item is deemed to be unsafe it will be tagged as out of order, in which case it will need to be removed.

Safety is of paramount importance therefore we regret that electric blankets, hot water bottles, wheat packs, kettles, double adaptors, electric fans and any heating appliances are not permitted.

Fridges

Individual fridges are available for purchase in consultation with the Facility Manager. These are for drinks only and for safety reasons food is not allowed to be stored in these fridges.

Mobility Aids

If required, Aegis will provide you with appropriate aids to assist your mobility (e.g. walking frames, walking sticks and wheelchairs). This excludes custom-made or specialised wheelchairs. Our therapy staff can assess you for specialist needs.

Electric Wheelchairs

Electric wheelchairs can be a safety risk to residents, staff and visitors. For this reason, you are asked not to bring one with you before discussing it with the Facility Manager. An electric wheelchair may be allowed following assessment by the Physiotherapist and the Occupational Therapist and with the approval of the Facility Manager, who will discuss our safety requirements with you and determine when and where you may use your electric wheelchair.

Toiletries

A good range of quality of toiletries is provided for you free of charge. If you have a preferred brand, you are welcome to purchase your own products. For safety reasons we do not allow the use of talcum powder.

Continence Aids

All continence aids are provided by Aegis. We have a range of high quality continence products and our staff are well trained in ensuring the most appropriated product is available. The Registered Nurse will assist you with information about this.

Public Toilets

There are wheelchair accessible public toilets throughout the building. Please ask staff for direction if required.



Your Safety

Safety and Risk Taking

Safety is a prime consideration in our care program however you have the right to participate in activities which may involve a degree of risk. Staff may discuss the potential consequences of the activity with you and your family, but your decision to participate in the activity will be respected.

Accidents and Incidents

Unfortunately, accidents and incidents do occur. In the unlikely event that you are involved in an accident or incident, the Registered Nurse will assess you and make a professional judgement as to whether a Doctor should attend.

If you have a fall, you will be placed on observation. Your next of kin will always be notified if you are involved in any accident or incident.

Restraint Policy and Procedure

Aegis Aged Care is committed to a policy of restraint minimisation. The decision to apply restraint is only taken after careful assessment and whenever possible only after consultation with your Doctor and family. Restraint will only be used for safety reasons.

Transfer to Motor Vehicles

Aegis is supportive of family and friends using their own vehicles for social outings. However, staff are unable to assist with care recipient transfers or to lift wheelchairs into private vehicles.

Bringing food into the residence

Please refer to brochures at Reception for Food Safety tips on what kinds of food you may bring into the facility and what type of food is unsafe. We are not able to serve food that has been brought into the facility to a care recipient. When providing sweets or biscuits, please ensure they are kept in an air tight container.

Visiting Pets

Well controlled and well-groomed pets may accompany visitors. Dogs must be on a leash at all times. Please note that the Facility Manager or representative may refuse a visit.



Emergency Procedures

*In the event of an emergency: **Do not Panic***

All Aegis staff are fully trained in how to deal with emergencies. One staff member will co-ordinate the emergency and will direct other staff. Please stay in your current location until directed to move elsewhere.

If it is necessary to evacuate the building, this will be directed by a staff member. The facility is divided into zones which are fully fire protected. If you require assistance you will be helped by the staff on duty.

General Information

Visiting

Family and friends are encouraged to visit you and we make every effort to ensure that their visit is an enjoyable one so we suggest that you consider the following activities:

- Sorting through some old photos together
- Write a letter together or use a mobile phone to keep in touch with others who cannot visit
- Go for a walk; enjoy a cup of coffee or an ice cream at a local shop
- Knitting or other craft project
- Attend one of social events together
- Take a multipurpose taxi to a shopping centre or favourite venue
- Play cards or other table games
- Read a newspaper or 'serialise' a book
- Enjoy a tasty treat or a meal together
- Have a manicure or massage

We hope your visits will be meaningful and happy occasions to be enjoyed.

Please note that an ACROD car parking sticker is available for visitors taking residents out.

Room Changes

You may request to move to another bed or room at any time and we may agree if a suitable room is available. Additional costs may apply. A move to another room or area may also be necessary if your care needs change. The Facility Manager will liaise with you and your family if this is necessary.

Phone Calls

Staff are happy to take phone calls from your family or friends, however, time spent on telephone calls is time taken away from attending to you and other care recipients. Your family can assist by avoiding busy times such as during morning routine or meal times and by nominating just one person to liaise with staff to maintain a cohesive flow of communication on any given matter.

Taxi Vouchers & Wheelchair Taxis

If you are unable to access public transport, you can apply for the Taxi User's Subsidy Scheme. Please discuss this with the Registered Nurse.

Electoral Roll

It is your responsibility to register your change of address with the Electoral Office. You can have your name removed from the electoral roll and again it is your family's responsibility to assist you with this. Change of address forms are available from Administration staff.

Mobile Polling Booth

The Electoral Commission conducts Mobile Polling Booths during State and Federal elections. All Care Recipients will be able to attend if they wish.

Relatives change of Address or Phone Number

Families are asked to ensure that Reception staff are notified of any changes to contact details.

Continuous Improvement

Aegis Aged Care Group operates a Continuous Improvement Process that is responsive to input from management, staff, care recipients, relatives, visitors and auditors. This information, together with reports of accidents and incidents, allow us to analyse our operations and adopt policies and practices designed to improve them.

We also have a Quality Plan where objectives and plans for improvement are developed and reviewed regularly. Our systems are continuously developing and improving to continue to deliver a high standard of care. A copy of the current Quality Plan is available on request.

Vacating a Room

We appreciate that this can be an emotional time and if there is any problem with clearing the room we ask that it is discussed with the Facility Manager.

We can arrange to pack and store items until they are able to be collected. This would need to be for a limited time as we do not have a great deal of storage space. Generally, we are unable to accept donations of furniture or clothing.

Suggestions and Comments

We encourage suggestions and comments from you and your family about the care and service provided. In the first instance you are encouraged to voice your concerns to the Registered Nurse on duty. If you feel this has not resolved the issue or concern to your satisfaction then please feel free to make an appointment with the Facility Manager. Suggestions and Comments forms are located at Reception, along with a locked Suggestion and Comments Box. We assure you every effort will be made to resolve any issue to your satisfaction.

External Complaints

At any stage, if you are dissatisfied with the progress or outcome of your complaint you are able to raise any concerns by escalating your complaint directly to the Clinical Manager or the Chief Executive Officer at our Aegis Central Office on (08) 6254 8200.

Furthermore there are two external agencies which are available to you and can be contacted for aged care complaints and assistance as listed below.

Aged Care Quality and Safety Commission

Website: www.agedcarequality.gov.au

Tel: 1800 951 822

Advocare

Phone: 9479 7566

Freecall: (Country Callers Only) 1800 655 566

Staff Rights

- Staff have the right to work in a safe and healthy workplace free from violence and aggression.
- Aggressive and violent behaviour toward staff is unacceptable and will not be tolerated. Please respect the role and dignity of our staff and their right to a safe and pleasant work environment.
- Please take care of our staff so that they can take care of you.



Care Recipients Rights

Each Care Recipient in a Residential Aged Care Facility has a right to:

- Full and effective use of his or her personal, civil, legal and consumer rights;
- Quality care appropriate to his or her needs;
- Full information about his or her own state of health and about available treatments;
- Be treated with dignity and respect, and to live without exploitation, abuse or neglect;
- Live without discrimination or victimisation, and without being obliged to feel grateful to those providing his or her care and accommodation;
- Personal privacy;
- Live in a safe, secure and homelike environment, and to move freely both within and outside the facility without undue restriction
- Be treated and accepted as an individual, and to have his or her individual preferences taken into account and treated with respect;
- Continue his or her cultural and religious practices, and to keep the language of his or her choice, without discrimination;
- Select and maintain social and personal relationships with anyone else without fear, criticism or restriction;

- Freedom of speech;
- Maintain his or her personal independence;
- Accept personal responsibility for his or her own actions and choices, even though these may involve an element of risk, because the resident has the right to accept the risk and not to have the risk used as a ground for preventing or restricting his or her actions and choices;
- Maintain control over, and to continue making decisions about, the personal aspects of his or her daily life, financial affairs and possessions;
- Be involved in the activities, associations and friendships of his or her choice, both within and outside facility
- Have services and activities available generally in the community;
- Be consulted on, and to choose to have input into decisions about the living arrangements of the facility;
- Have access to information about his or her rights, care, accommodation and any other information that relates to the care recipient personally;
- Complain and to take action to resolve disputes;
- Have access to advocates and other avenues of redress;
- Be free from reprisal, or a well-founded fear of reprisal, in any form for taking action to enforce his or her rights.

Care Recipients Responsibilities

Each Care Recipient in a Residential Aged Care Facility has a responsibility to:

- Respect the rights and needs of other people within the facility, and to respect the needs of the facility community as a whole;
- Respect the rights of staff and the proprietor to work in an environment free from harassment;
- Care for his or her own health and well-being, as far as he or she is capable;
- Inform his or her medical practitioner, as far as he or she is able, about his or her relevant medical history and current state of health.



Aegis Stirling

32 Spencer Ave
Yokine WA 6060

Phone: (08) 9375 0800
Email: stirling@aegiscare.com.au

Aegis Stirling Preferred Pharmacy Supplier

Bayswater Pharmacy
431 Guildford Rd
Bayswater WA 6053

Phone: (08) 9272 4465

Aegis Aged Care Group Pty Ltd

90 Goodwood Parade
PO Box 78
Burswood WA 6100

Phone: (08) 6254 8200
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Web: www.aegiscare.com.au