



JewishCare responds to the needs of over 4,000 people each year including:

- **People with a Disability**
- **Children and Families in Crisis**
- **People with Mental Health issues**

This special issue of JewishCare matters focuses on the help JewishCare provides to over **2000 older members of our community each year.**

FACT #1

90% of people over the age of 65 are able to live in their own homes for their entire lives.

JewishCare helps to satisfy the overwhelming wish of most older people, to live as independently as possible in their own homes for as long as possible. This JewishCare matters shows what JewishCare can do to help make this wish come true.

Case Work

Case Work is the vital process which assesses the needs of a client and then allocates resources to provide the best outcomes for that client. The Case Workers at JewishCare provide a single ongoing point of contact, take a holistic approach and are able to respond to the changing circumstances of each client.

JewishCare's Community Aged Services (CAS) team has eight Case Workers who support over 400 clients per year.

Ibi's Story

Although painting started off as an activity to help entertain her grandchildren, it soon became an important part of the life of Ibi Collins and her bright and optimistic paintings have been featured in many public exhibitions. She shares her time and skills in a small weekly art project for some clients of JewishCare who have moderate dementia.

Ibi has always been a very independent person and was unsure what options were available after she suffered a second heart attack two years ago. Although at that stage she was 93 years old, she was determined to remain living independently in her own unit in Darling Point. "I really wanted to avoid having to go into a nursing home" Ibi said.



After a call to JewishCare, Case Worker Lois Pollock came to see her, carried out a comprehensive assessment and in a family meeting with her granddaughters, suggested that some extra support could be accessed.

Lois arranged for an Occupational Therapist to assess the unit, resulting in safety rails being installed in the bathroom and the hallway. She also organised a Community Aged Care Package provided by Anglican Retirement Villages to help with cleaning, tidying, meal preparation and shopping.

"Knowing JewishCare is a phone call away gives great peace of mind to me and my family. Bringing my skills to the art group, gives me a sense of satisfaction that I am able to continue to contribute to the community" said Ibi.

Ibi Collins at home



Yvonne's Story

Dr Yvonne Perczuk was devastated when her father died, leaving Devorah, his Holocaust Survivor wife of 63 years alone. This story is sadly very familiar, but Yvonne's parents lived in Melbourne and she was the only child and lived in Sydney.

To further complicate matters Yvonne's father had been the primary carer for her mother for many years.

When Yvonne decided to bring her mother to Sydney she was concerned about where her mother would live and how she would deal with all the challenges that would lie ahead. She was totally unprepared for their reception at JewishCare in Sydney.

Yvonne said "We were welcomed with open arms. The staff at JewishCare were amazing. Lois and Iris were so generous with their time and the practical advice they provided was truly wonderful".

JewishCare's experienced and qualified Case Workers Lois Pollock and Iris Schwartzmann took the time to understand the family's special needs and helped them to make the best decisions for Devorah's future.

Even after Yvonne made the decision to move her mother to Milford House, a nursing Home in Randwick, the staff at JewishCare continue to help to provide a Jewish context for Devorah.

"JewishCare's workers are very special. They understand the range of emotions we were experiencing, including my guilt associated with the decision to put my mother into a nursing home and they helped us through this process. They even set up a special program to meet my mother's needs and they continue to be there for us. I did not know such personalised, heartfelt caring support existed in today's commercialised world. It truly gives meaning to the name of the organisation JewishCare." said Yvonne.

Home Support

One of the most frequent requests received by JewishCare is to provide home support for older people to enable them to remain in their own homes.

Last year JewishCare provided 300 elderly people with Home Support packages which generally involves up to six hours of support per week.

The packages may include help with light housework, shopping, meal preparation, transport to appointments, as well as providing companionship and a break for carers.

Serah Schwartz lost her entire family in the War and considers JewishCare her extended family.

Thanks to Claims Conference funding Serah receives three hours of Home Support per week from JewishCare. During this time her Care Worker Mertle Jones, takes her shopping or to a café or very often to visit Serah's daughter who has had ongoing health issues for many years.

"I am so appreciative of the time I spend with Mertle, we are like friends and she is an important part of my life. I am also very fortunate because my previous Care Worker Vera Bainbridge is now my Case Manager at JewishCare and she is such a competent and caring person, just knowing she is there is a great comfort for me".





Private Care Workers

JCare is the most cost effective way to privately employ a Care Worker to provide home support for older people or those with a disability or other special needs. This program enables the employer to choose a range of care that suits their precise needs, from just a few hours a week to live-in-help or anything in-between.

Staying Connected

There is clear evidence that keeping socially and physically active is of significant benefit to older people. JewishCare has a wide range of out-of-home activities that help older people to stay connected.

Community Club Network

JewishCare's Community Club Network consists of four Russian speaking and seven non-Russian speaking Clubs that meet around Sydney to provide a wide range of activities based on the specific needs of their over 600 members.

Club 50 was established in 1995 with Claims Conference funding. Today this Club has over 350 members and plays a vital role in the lives of many Survivors, providing a monthly function which includes entertainment and lunch. Club 50 also offers a Drop-in-Centre at Fischl House Woollahra, regular outings and Chaggim celebrations and a monthly newsletter.

North Shore Seniors Club

The North Shore Seniors Club started about 13 years ago by South Africans who had migrated to Australia to be with their children. The current President Aileen Hurwitz, presides over a vibrant Club with about 200 members who can choose to be involved in many special interest groups such as bridge, Yiddish speaking, history, art as well as the monthly meetings which are held at Kadimah Gardens.

Long time Yiddish Club member Cyril Herr said "We are trying to rekindle our ability to speak a bit of Yiddish which most of us learnt from our parents and grandparents – involving as it does *brechen die tzaner*".

FACT #2

JewishCare is the major provider of services that help older people to remain independent and connected to their community.



North Shore Seniors Club Yiddish group

Russian Clubs

JewishCare supports four Clubs for Russian speakers. Combined attendance for these groups which meet in Redfern, Waterloo and Bondi Junction is around 200 per month. They play an important role in providing a comfortable cultural setting in which the attendees can keep connected to their local community.



RESTITUTION

The Factory Community Centre

The Factory, a community Centre in Waterloo, offers a range of activities and options for the elderly Russian-speaking population who live in Waterloo, Redfern and Surry Hills.

This group who are amongst the most disadvantaged in the Jewish community are:

- able to attend the Factory on a weekly basis
- provided with an opportunity to discuss current affairs and participate in a healthy ageing program including exercise, nutritional advice and information about physical well-being
- encouraged to connect with their local community and participate in local projects and activities
- provided with access to JewishCare services and programs

Up to 70 people a month attend the various programs offered through this project.



Restitution

JewishCare works closely with Claims Conference the New York based organisation that aims to secure some measure of justice for Jewish victims of Nazi persecution by negotiating compensation from nations, states, companies or institutions that were complicit with the Nazis.

With Claims Conference funding JewishCare has developed and operated programs for Survivors as well as providing information and assistance that has helped thousands of Survivors to lodge individual compensation claims.

JewishCare recently mobilised its Russian speaking staff to help over 320 Survivors from the Former Soviet Union to submit their claims to The Hardship Fund.

In 1941, Lyubov Shmulburd was forced to flee the Ukraine in order to escape almost certain death at the hands of the Nazi aggressors. While the horrendous memories of the next four years will never abate, her most enduring disabilities relate to the often deadly Scarlet Fever and Diphtheria she contracted at this time.

When Claims Conference previously advised Lyubov that she was not eligible to receive a Hardship Fund payment she was devastated, as by that time she was medically assessed as being 80% disabled as a result these diseases.

The letter she received in 2009 inviting her to reapply for this funding has proved to be a great fillip for Lyubov and her family.

While JewishCare has been a constant help to Lyubov and her husband Naum since they arrived in Australia 29 years ago the most recent support in respect of this Hardship Application has been particularly important.

Lyubov said "All the staff at JewishCare have been so helpful. Keith Brown, Judy McLallen and Lana Kofman have guided me through the process and have kept me focussed on receiving the Restitution I have never stopped dreaming of receiving. I can't thank JewishCare enough".

Lyubov's application was one of 320 sent to Claims Conference by JewishCare on 15th May 2009.



JewishCare staff with Claims Conference Hardship Fund application forms



FACT #3

JewishCare helps over 2000 older members of the community each year – more than any other provider.

The Burger Centre

Over 145 older people living in their own homes now attend The Burger Centre each week and benefit from the educational and entertaining talks and performances, outings and stimulating games and activities.

Thanks to JCA funding The Centre recently began providing a more specialised program for people with a moderate level of dementia - this allowing a smooth transition through The Centre over a period of time.

In conjunction with Alzheimer's Australia, The Burger Centre also ran a very successful seven week "Living with Memory Loss program".

Positive Ageing program

A recent initiative is helping the more active older members of the community to remain as healthy and independent as possible.

The Positive Ageing program currently offers the complementary activities of Tai Chi and Hydro-cise which have been shown to provide substantial benefits in improving muscle strength and balance and helping to reduce the incidence of falls.

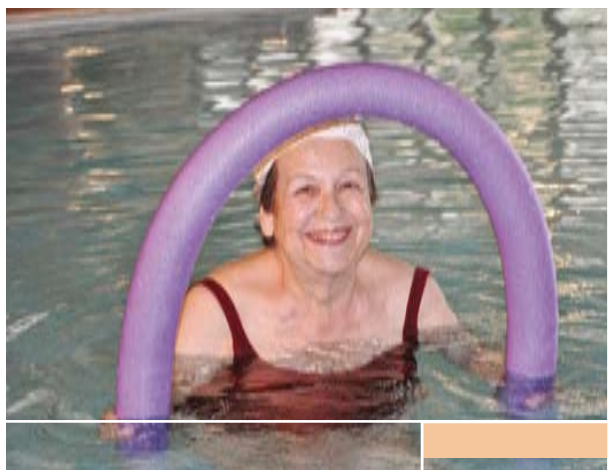
79 year old Nelly Weiss (pictured right) has always been actively involved in the community, serving as President of Wizo and on the Executive of The Board of Deputies but she had not engaged in any regular exercise for many years.

Last year after she fractured her back and her son Greg remarked that she was looking a bit pale it became clear that something had to be done.

Although apprehensive at first, Nelly soon began to feel the quite remarkable benefits of her weekly sessions of Hydro-cise and Tai Chi.

Nelly said " I noticed a big difference after only a month. One particularly striking improvement has been the strength in my legs. I can now stand on one leg, something that I have not been able to do for many years. My friends have remarked that I look 15 years younger. Even my GP is impressed as my blood count has improved significantly".

Although Nelly's husband David generally maintained a more athletic lifestyle than his wife, since joining the Positive Ageing program he is now also experiencing the benefits and strongly encourages more men to become involved.



The benefits of the Positive Ageing program are summed up by Nelly and David Weiss who contend "although ageing is inevitable, this program ensures that we will never feel old".

The Positive Ageing program also ran an 'April Falls Month' where they staged a Sloppy Slipper buyback week in which old slippers which increase a person's risk of falling are traded for new safe slippers.

Shoni Nagel and Jodi Tocatly with 'the slippers'



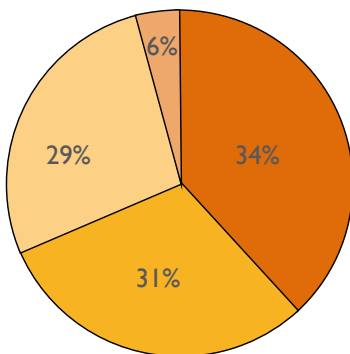


North Shore Links

This program arranges for volunteers to meet with older people who live on the North Shore and to take them out into the community. The value of this relatively new program can be seen by the fact that it already has 18 links and a waiting list of eight.

JewishCare funding

JewishCare's total 2008/9 budget of \$8.7million comes from: government 38%, JCA 26%, Claims Conference 12%, earned income 14% and donations 10%.



- Claims Conference
- Government
- JCA
- Earned Income

The sources of funding for JewishCare's \$3million Community Aged Services budget are shown in the chart at left.

With this funding JewishCare supports the community in four ways:

- **Providing information, advice and referrals**
- **Providing practical support**
- **Helping people acquire skills which will help them in their daily lives**
- **Building social connections**

This support makes a substantial difference to the lives of thousands of elderly people enabling them to remain active, connected and independent well into old age.

JewishCare staff

The Community Aged Care (CAS) team employs over 50 highly qualified and experienced workers who represent one of the community's most valuable resources.

JewishCare's CAS team is lead by **Keith Brown** who has 20 years of experience in the field and holds Masters of Health Admin. as well as Bachelor Arts, Diploma of Occupational Therapy and Post Grad Cert OH&S.

The highest qualifications of other CAS staff include:

Post graduate degrees

3 Masters

Bachelors degrees

7 Social work, 1 Psychology, 1 Business, 1 Humanities

Nursing degrees

1 Registered and 1 Enrolled nurse

Diplomas

3 Counselling or related fields

35 field staff have a minimum of **Certificate III and**

Certificate IV in Aged Care

The manager of The Burger Centre, Suzi Parker is a Registered Nurse as well as holding a Masters qualification.





Volunteers

Although many older clients are helped by JewishCare volunteers, some active older members of the community also volunteer to support the staff of JewishCare. Without this substantial volunteering resource JewishCare would not be able to offer the range and quality of programs it is able to provide.

Volunteering has many benefits for older people, keeping them connected to the community and allowing them to gain the personal satisfaction of continuing to help people in need.

Information

Understanding the range and appropriateness of services that may be available for the older people can be a very daunting task, especially for anyone dealing with these matters for the first time.

To discuss what help is available or to access the range of free publications in hardcopy, call FirstCall on 1300 133 660 or to view Publications online go to www.jewishcare.com.au.

JewishCare's staff regularly present to hospitals and other community organisations. Call FirstCall to arrange a presentation.

Events

JewishCare holds numerous events which provide valuable information for the community.

In late August 2009, JewishCare will host a Dementia Health Information Expo at Hakoah providing an opportunity for people of all ages to participate in interactive workshops focussing on healthy ageing and dementia prevention. Highly regarded speakers in the areas of dementia research and treatment will be joined by a variety of specialist practitioners. An information evening will also be held at the Burger Centre during Dementia Week 2009.

Working with other organisations

"Providing choice and diversity without undue duplication is something JewishCare is always aware of" said JewishCare CEO Claire Vernon.

In order to provide the best possible care for older members of the community JewishCare works with all Jewish providers, especially

- Wolper Jewish Hospital in Woollahra for rehabilitation to help people regain their independence following a physical setback. Wolper also provides specialist care for the EACH packages that are administered by JewishCare
- COA for volunteers who provide home and hospital visits as well as Kosher meals on wheels
- B'nai B'rith Retirement Villages for communal living accommodation in Rose Bay and Wahroonga
- Bargain Bazaar for clothing and homewares
- Montefiore Home for people considering long term residential care or short term respite care

In a new initiative a partnership between JewishCare, B'nai B'rith Bargain Bazaar and JCA will provide disadvantaged people with access to clothing and homewares.



*Claire Vernon, John Lilienfeld,
Peter Philippsohn*



PLANNING

Planning for the Future

While large numbers of baby boomers will begin entering into the older age groups (70+ years) from around 2020, it is not possible to determine with any certainty what services they may choose to access and therefore what an appropriate level and direction of community investment might be.

Even predicting the actual numbers of older people is difficult especially in light of the uncertainty regarding migration from South Africa.

Gary Eckstein demographer said “extrapolating recent medical and societal advances which have encouraged older people to stay at home for much longer and combining these with the preference of baby boomers for a much less restrictive or regimented lifestyle may have profound implications regarding the appropriate level and direction of community investment”.



The baby boomers have tended to spend more and save less than their parents and the level of involvement of the children of baby boomers (generation X's and Ys) may be very different from the way the baby boomers related to their parents.

Gary warned “We cannot simply assume that the past models should be relied upon to determine how best to provide services for the baby boomers as they enter old age”.

Eva Fischl OAM President of JewishCare said “There are clear indications that the next generation of older people will have different expectations and preferences and JewishCare is ideally placed to respond to these challenges in the future. JewishCare has the experience and most importantly Board commitment to continue to provide a range of services to help older people to remain active and independent for as long as possible”.

FACT #4

Past models cannot be relied upon to determine how best to provide services for the baby boomers as they enter old age.



FirstCall JewishCare

FirstCall provides information and access to all JewishCare programs. To speak to a JewishCare professional



1300 133 660

between 9am – 10pm 7 days a week. PO Box 647 Bondi Junction 1355

