

The Kilmore & District Hospital

Looking out for Families

The Kilmore and District Hospital (TKDH) has partnered with community organisation FamilyCare to deliver local support for young children and their parents or carers.

The FamilyCare Day Stay program, which is hosted at the hospital every second Wednesday, was launched back in February. Since then a number of young families have benefited from the free service, which offers practical support over a whole day spent on site with the program's nurse midwives or Mothercraft trained children's services workers.

The sessions are flexible, giving families the chance to identify what challenges they are experiencing with their infant. The whole day covers two feed and settle periods, which allows participants to benefit from informal observation and conversation.

That includes interaction with one or two other parents who attend on the day, providing peer support that builds connections and confidence.

The program has a track record in other locations; boosting the bond between babies and parents, building parenting skills and encouraging healthy infant development.

FamilyCare's Program Leader, Rosemary Rutledge, explained that the population serviced by TKDH is growing.

"Maternity services are in demand in the area so we thought we could complement the community's growth needs with this outreach program."

The support and education on offer is practical, and covers everything from feeding to adjusting to family life with a baby or preparing a routine to return to paid work.

Over the course of 7.5 hours participants receive advice, information and referrals, and get



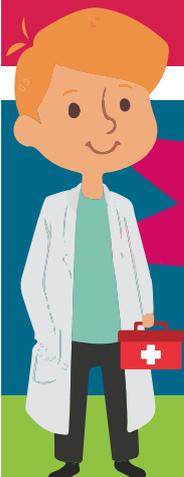
the chance to develop a parent-child plan. It means they leave equipped with resources to confidently parent and look after their family.

TKDH's Acting Director of Nursing, Tania Nicholson, welcomes the partnership, knowing that families in the region will benefit.

"Parenting can be a difficult adjustment. We're really pleased to host the program here because it gives local people access to face-to-face support, so they don't have to go it alone."

It's easy for families to book themselves in to the infant FamilyCare Day Stay program. A referral is not necessary. The parent child program is complimented by a phone counselling service to support and educate families with children up to 4 years old.

For bookings and more information, call 1300 854 944



Save the date

Community Open Access Day 2018

Saturday 27 October



New format for the day

- * Family activity tours
Grown ups can join in the fun too!
- * Executive tour
- * Emergency services display

Keep an eye out in the next edition of the newsletter for more information

CEO's Update

Welcome to the winter edition of The Kilmore & District Hospital newsletter.

With the 2018-19 financial year well underway we're setting priorities and putting plans in place to further develop the services we provide for our community.

In this issue we showcase our partnership with FamilyCare to introduce the Parent Child Program at Kilmore. You can read about the rebrand of our organisational values, and the work we're doing to raise awareness about family violence. Our quarterly snapshot is here again to give you an insight into TKDH activities.



July was a big month. We underwent the Australian Aged Care Quality Agency external review and re-accreditation of our services at Caladenia Nursing Home and Dianella Village Hostel. Feedback is positive and we are awaiting the formal outcome. Also, the first sod was turned for construction works on the Caladenia refurbishment, which we hope will be completed by the end of the year.

A focus for the months ahead is to get ready for your visit on our Community Open Access Day. Stay tuned for details about the late October event.

Thanks – as always – to our entire hospital team. We cannot care for our community without dedicated staff and supporters, including donors, volunteers and committee members. You can read about one of those wonderful volunteers in the High Flyer article.

Regards,

Sue

Flu Season

The wintry weather is well and truly with us, and the incidence of coughs, colds and influenza goes up.

Influenza is a highly contagious virus that can cause mild to severe illness in people across age groups, from young to elderly. Many people suffer serious secondary complications. Prevention is an important strategy that includes:

- annual influenza vaccination
- thorough hand washing
- covering coughs and sneezes with a tissue or forearm.

If staff or volunteers are unwell, we encourage them to stay at home to keep the virus, or any bacteria, from spreading to patients or residents.

We're asking that you adopt the same practice. If you have a cough, cold or flu, it's a good idea to send a card or flowers, or phone your loved one rather than visit in person. It's only until you are well again, and it will protect your loved one (and all of our patients and residents) against illness and complications.

Respect for Elders

On 15 June we participated in World Elder Abuse Awareness Day, to focus on the underreported problem of physical, emotional and financial mistreatment or neglect of older people.

The event was also an opportunity to understand the challenges presented by an ageing population.

The global population of people aged 60 years and older is set to double, from 542 million in 1995 to about 1.2 billion in 2025. Our local government area has a higher proportion of persons at post-retirement age than the Greater Melbourne region.

Jane Goldsmith, Project Officer for Strengthening Hospitals Response to Family Violence, was rapt with the conversations and enthusiasm across the organisation.

"TKDH team reinforced our strong commitment to safeguard the rights, dignity and independence of older Victorians," she said.

Purple ribbons, balloons and sweets at work stations were prominent prompts. Staff and residents wore a touch of purple too. Morning and afternoon teas and talks were featured at our aged care facilities, to build awareness for residents.

TKDH is in the process of educating staff to respond to disclosures and sensitive enquiries. We'll support people, and also refer them to experts like Nexus Primary Health and Safe Steps.



High Flyer



The contribution of volunteer Maneet Hora was acknowledged at the recent Victorian Young Achiever Awards, where she was celebrated in the Regional and Rural Health category.

The award, presented by the Royal Flying Doctor Service, is a worthy accolade for the 16 year old who initially started volunteering at Dianella during meal times. As she got to know residents she would spend time chatting, appreciated for her gentle and friendly manner.

Since then Maneet has been a voice for local young people as a participant on our Childcare Standards Committee, and occasional attendee on our Community Advisory Committee.

Maneet is in her final year at The Kilmore International School, with hopes of a medical or healthcare career. Whatever field, she's determined to improve welfare, human rights and social justice.

What have we been up to?

Data from 1 April to 30 June 2018 included in these figures



2258

Urgent Care presentations



1128

Community Nurse Home Visits



24

New Staff Members



4

Dianella Resident Outings



58

Babies Born



1593

Outpatient Clinic Visits



579

Procedures Performed



98

Bingo Games at Caladenia

REACH

RESPECT EXCELLENCE ACCOUNTABILITY COMPASSION HONESTY

Over the past six months, the TKDH team has been thinking a lot about who we are and how we want to be, as we reach up and out to our local community.

Through staff consultations we came up with (and voted for) a modern set of values that we launched on 25 June.

- RESPECT: We recognise the rights, beliefs and choice of every individual
- EXCELLENCE: We demonstrate a commitment to quality, innovation and continuous improvement
- ACCOUNTABILITY: We take responsibility for our decisions, actions, attitudes and health
- COMPASSION: We consistently act with empathy and compassion
- HONESTY: We are open, ethical, and fair.

The REACH values articulate our organisational personality, and guide our work and interactions with you. Thanks to design guru, Jade Sheather, you'll see our new logo about the place. Feel free to ask a staff member if you'd like to know more.

Who are You?

Jane Goldsmith

After Hours Coordinator (AHC)

Project Officer for Strengthening Hospitals Response to Family Violence initiative (SHRFV)

What does your work at TKDH involve?

In my AHC role I ensure that resources are coordinated after hours so we can deliver appropriate care 24/7 across the hospital and residential care services.

The SHRFV project work aims to raise awareness of the devastating effects of family violence. We're growing staff competence and building capacity to improve outcomes for patients who experience family violence. Through education, resources and community engagement we can work together to address this challenging community issue.

How did you find yourself at TKDH?

My family moved to Woodend from Melbourne 18 years ago. It was 2007 when I came to work at Kilmore, after a friend who knew I was looking to work closer to home recommended the workplace.

What is the best thing about working here?

I love working in a community hospital that is focused on delivering high quality care that is patient-centred, and close to home.

I am kept interested by the diversity and challenges of different work areas. I am able to utilise a variety of skills across all aspects of nursing. There are opportunities to take on new challenges and learn new skills in a supportive environment.

It's a privilege to work with colleagues who are passionate, dedicated, hardworking and fun.

I'm also inspired by the beautiful morning drives home after a night duty, when the mist sits low over the hills.

What local activities do you enjoy on your days off?

I love a good coffee and my days off are often spent catching up with family and friends in local cafes. Having a brisk walk in our beautiful surrounds, followed by a coffee, is even better.

Children's sporting events feature on the weekend, and I'm involved in the local football netball club. Listening to podcasts or binge watching Netflix are my guilty pleasures.



Contact Details

Address: Rutledge Street, Kilmore
Email: kilmoreweb@humehealth.org.au
Web: www.kilmoredistricthospital.org.au
Switchboard: 5734 2000
 [The-Kilmore-and-District-Hospital](https://www.facebook.com/The-Kilmore-and-District-Hospital)



Yes, I want to support the Kilmore & District community to receive quality health care close to home.

Please accept my gift

- Please charge my credit card
Fill in the form on the right
- Enclosed is my cheque/money order
Payable to The Kilmore & District Hospital
All donations over \$2 are tax deductible. Thank You

Please debit my

- Mastercard
- Visa
- Amex

Card number

□□□□ □□□□ □□□□ □□□□

Amount \$ _____ Name on card _____

Signature _____ Expiry / _____

Name _____

Address _____

Postcode _____ Phone _____

Please return this coupon to:

The Kilmore & District Hospital
Reply Paid 185, Kilmore 3764, Victoria

ABN 49 260 016 741

Privacy statement The Kilmore & District Hospital respects your privacy and does not disclose details to third parties. All information is treated in confidence.