



EDITION # 5 - JAN & FEB 2024

## NEWS AND EVENTS

### A NOTE FROM THE CEO - MATTHEW MARTIN

Happy New Year and welcome to our first Newsletter of 2024.

I hope that you all had a wonderful festive season and a cool place in the house to relax and recharge for the year ahead.

On behalf of CareWays I wish you all the best for 2024. We look forward to continuing to support and care for you and keeping you up to date with what we are doing.

We are committed to supporting our community and welcome any feedback to improve upon what we do. ***To provide feedback speak to one of our friendly team members or you can email [feedback@careways.org.au](mailto:feedback@careways.org.au).***



In 2023, CareWays worked with Gumarāa to design an Indigenous shirt for staff. The shirt showcases the four community centres CareWays manages, represented by meeting places, with walking tracks to and from each centre. The shirt also includes the three main totems of this country, including the Humpback Whale (Saltwater), Lyrebird for the freshwater people over the escarpment and the Black Swan (Wodi Wodi people)- We love the design and are already enjoying wearing the shirts.

happy  
20  
24

### This issue:

CEO Message

Staff  
Announcements

Positions Vacant

In our Community  
& Events

Aged Care Royal  
Commission

## CONGRATULATIONS!

Congratulations to the following employees on their years of service with CareWays:

- Kristy O - 3 years
- Colleen T - 12 years
- Wendy P - 9 years
- Johnathan H - 2 years

We have received some positive feedback from a few clients for the excellent services provided, congratulations to Brooke H, Emily R, Karen C, Lisa B, Karen P, Michelle R, Nicole G, Karen N, Lisa A and Joanne S.

Thank you for your hard work and dedication to CareWays & our clients.

## Positions Vacant

CareWays are seeking Care Workers to join our busy team!

Go to our website to apply!  
[www.careways.org.au/join-our-team](http://www.careways.org.au/join-our-team)

Email [HR@careways.org.au](mailto:HR@careways.org.au) or call 02 4262 1918 for further information

## Aged Care Social Groups

Would you like to meet up with other Seniors and enjoy social activities, music, conversation, a light lunch and refreshments?

You are invited to join CareWays Aged Care Social Groups, here at the Ribbonwood Centre.

CareWays can organise transport, pick up and drop off to your home. It's that easy!

Contact the team to discuss availability and book in.

Future outings will include visits to:

- Local parks,
- Dapto Leagues Club and
- shopping malls.

A fee for transport and lunch is required.



## CareWays Community - Meals on Wheels



CareWays provides a wide range of frozen meals, soups and desserts.

The service is available for Seniors living within Figtree to Shellharbour.

It is **More than just a Meal**. It is also an important welfare check when meals are dropped off that provides families peace of mind.

The meals are subsidised at a reduced cost and a great way to stock up the freezer when you don't want the hassle of preparing a meal. Contact our friendly team on 1300 307 902 for more information.

## Lego Robotics Workshop

On Wednesday 17th January, the Neighbourhood Centre team paired up with Embers Robotics for a Lego Robotics Workshop at Horsley Community Centre. We had 27 children from 5-12 from around the Dapto area come and create amazing builds which they programmed to move, make noise and even dance! It was a fun day for all!



## It's on again in 2024

We're inviting film makers and storytellers aged 12 years and over to enter the Creative Wollongong Short Film Competition 2024.

There'll be two categories: ages 12 - 24, and 24+ The competition is open to film-makers residing in the Wollongong or Shellharbour LGAs.

Each entry needs to add the key feature of water which can be included as an object, an overall theme, or a location.

Film makers could also focus on the aquatic wonders of our local environment: think Lake Illawarra, beaches, rock pools or creeks in our local area.

We'll be offering free film making workshops in the coming months and there are lots of great prizes up for grabs. Entries close on Sunday 16 June 2024.

**Creative Wollongong!**  
presents

# SHORT FILM COMP

2024

**WIN PRIZES AND MORE**

DEADLINE FOR SUBMISSIONS  
IS MIDNIGHT 16 JUNE, 2024

TWO CATEGORIES:  
12-24 YEARS AND 24 YEARS PLUS

GUIDELINES, FREE FILM WORKSHOPS  
AND MORE INFO AT  
[WOLLONGONG.NSW.GOV.AU/SHORT-FILM](http://WOLLONGONG.NSW.GOV.AU/SHORT-FILM)

     
    

# Aged Care - Quality in Practice

## Aged Care Act Exposure Draft released on 14th December 2023

The Aged Care Royal Commission recognised that the design of the aged care system meant older people and their families had limited power compared to providers and regulators. It proposed a more transparent, rights-based approach to aged care, with stronger regulatory powers to correct this power imbalance.

CareWays is pleased to see that the exposure draft for the new Aged Care Act addresses much of the feedback older people, families, carers, and other representatives provided in the national consultation forums in August and September 2023.

The Aged Care Act Exposure Draft proposes to replace current aged care legislation, particularly the Aged Care Act 1997 (which largely focused on the regulation and payment of providers) and the Aged Care Quality and Safety Commission Act 2018.

The new Act focuses on the safety, health and wellbeing of older people, and puts their needs and preferences first.

It aims to create a simplified, rights-based legislative framework, with one piece of primary legislation that regulates aged care (the exposure draft) and a single set of subordinate legislation known as the Rules (not yet published for consultation).

Consultation on these changes and the proposed amended legislation and Rules will occur over 2024–2025 including the introduction of the new Support at Home program.



There are several ways to get involved and provide feedback on the exposure draft.

### You could:

- join our **Consumer Advisory Body** by contacting our office, or
- we can help you **complete a feedback survey** online or
- over the phone by **calling the Department of Health and Aged Care's** consultations line on 1800 318 209.

**For more information on how to join our Consumer Advisory Group please call 1300 307 902 and speak to one of our friendly team members.**

*The consultation will run until 16 February 2024.*

### Contact Us

1300 307 902  
Help@careways.org.au  
96-109 Princes Hwy  
Dapto NSW 2530  
www.careways.org.au

