

HOME CARE NEWSLETTER

Winter 2022

Welcome to the Winter 2022 newsletter. This has been a challenging couple of years for all of us and winter itself can be difficult especially if the weather is bad or you aren't getting out as much as you would like to. We hope that this newsletter brings you some uplifting stories of our staff and other service users to help keep you connected.

You can read about Reene our service user who joined us for a virtual tea party, some of our carers share their news, and if you are a knitter we would like your help!

It encourages me when I hear of the stories from our staff and service users, this reminds me why I lead such a complex and challenging service. We have the most dedicated and caring staff and our service users are why we are all out in Glasgow every day delivering care. It is true People do make Glasgow.



I hope this newsletter finds you all well and I wish nothing but good health and happiness to you and your families for 2022.

If your circumstances have changed since we have last contacted you then please get in touch with us at careservices@glasgow.gov.uk or call our team on 0141 353 9292 and we will discuss your needs with you or your representative.

Thanks,
Gordon Bryan,
Head of Care Services.

Afternoon Tea

Last September we hosted a 'virtual afternoon tea' for service users aged 100 years and over.



Neighbour Janet, sister May and daughter June with Reene enjoying their afternoon tea

Gordon Bryan, Head of Care Services said "Our annual event usually takes place at Kelvingrove Art Gallery and Museum, but it was put on hold in 2020 due to Covid restrictions. It's important to recognise our centenarian service users and their contribution to the city, so we were determined to deliver the event this year. We decided to adopt a more cautious approach given the vulnerabilities of our service users, so our home carers hosted the tea parties in the service users' homes.

"Service users participated and enjoyed entertainment from singer Lynsey Harrison which played on an iPad. They also watched special messages from the Lord Provost and GCHSCP's Chief Officer, Susanne Millar.

"An afternoon tea including cakes, scones and sandwiches was delivered to the service user's home for them to enjoy with their home carer. Friends and family members were also invited to join the celebration."

Service User, Reene said "I was delighted to take part in the services first ever 'virtual' afternoon tea party. The food was delicious, and the entertainment was fabulous."

Reene's granddaughter Mandi said "Our family really appreciates the effort the service went to in order to deliver the event this year. My Nana thoroughly enjoyed herself as did her guests - they all had such a lovely time!"

Service user shares special bond with home carer

Service user William aged 82, has multiple health issues which have made it difficult for him to live independently. William was initially reluctant to accept a home care service but the bond he has with his home carer Stephanie has brought him comfort and dignity, of which his family are very grateful.



William and home carer Stephanie holding his favourite banana milk

William's son Dominic said "Dad can be stubborn he likes to do things for himself, so it was initially hard for him to get to know a stranger and accept their care.

"However, he has been completely bowled over by Stephanie. She brings him a little bit of happiness and our family has peace of mind that he is being supported when we are not there.

"Recently when my brother was over visiting our father, he saw Stephanie in action and was very enthused about the rapport she had with him and her caring nature. She goes above and beyond and her positive nature is rubbing off on our dad.

"Our family really appreciates the work that Stephanie and her home care colleagues do, especially over the course of the pandemic when it must have been more difficult for them to leave their own families to help us care for ours."

Home carer Stephanie said "I previously worked as a nursery teacher for 14 years and only joined the service in October. William was of the first service users I visited, we very quickly established a good relationship with each other. He is a very kind man and I love hearing all of his stories about happy times with his wife and sons, I really enjoy visiting him and get a lot of comfort knowing that I've made a difference to someone's day."

If you can't make decisions for yourself, who will?

Power of Attorney is a crucial issue affecting millions of Scots, and something that anyone over the age of 16 should look in to. It is a legal document giving someone else authority to take action or make decisions on your behalf, if you become unable to do so yourself through illness or an accident. It is up to you to choose who you want to act as Attorney and what powers they will have.



Service user Hetty and her granddaughter Hayley

Service User Hetty said “For me having a Power of Attorney in place is important as no one knows what the future holds. It gives me reassurance that those I trust can make decisions with my best interests at heart.

“My two granddaughters are my Attorneys and it gives us all peace of mind.”

Hetty's granddaughter Hayley said “I was surprised that despite having a will in place, that without a Power of Attorney the family would have no automatic legal rights to our gran's direct medical welfare or financial affairs. That's why a Power of Attorney is so important, so that we can protect and deal with her personal welfare and financial affairs when and if the need arises.”

“We actually used our position as gran's Attorney to decline a place in a care home when she came home from hospital after a fall. Although she has full capacity she was unwell and not fully alert at the time, so we were able to make the decision to bring her home with a package of care at home and reablement. This made sure she could recover in her own community and maintain her independence which we felt was in her best interest.”

For further information on Power of Attorney please visit mypowerofattorney.org.uk, those on low incomes or benefits, especially the elderly are entitled to have all or part of their legal fees paid for.

Keeping it in the family

When her mother Sadie retired as a home carer 5 years ago, daughter Jackie took over the reins and began working as a home carer within the service.

Jackie said “My mum worked as a home carer for 23 years covering Cardonald and later on Drumoyne. I have lots of memories of my mum working as a home carer when I was younger and lots of her old colleagues who are still working remember me as a child.

“I think it was inevitable that I would follow in her footsteps. Caring is such a rewarding career, and



Home carer Jackie

it is definitely in our family's genes. I also have an aunt and cousins who are home carers. I wouldn't do any other job now; I feel that this is my calling”

Do you *Knit* or know anyone who does?

We are looking for donations of 'twiddlemuffs' to help support our service users living with dementia.

Nicola Roberts, Team Leader Care Services explained "People with dementia often have restless hands and like to have something to keep their hands occupied. The twiddlemuff provides a source of visual and sensory stimulation through buttons, ribbons and bright colours while keeping hands snug and warm."

They are simple to make, if you or someone you know would like to have a go at making one please see instructions below:

MATERIALS:

A selection of leftover and odd balls of wool, needles: 8mm circular or 6.5mm straight needles.

DIRECTIONS

Cuff: Cast on 45 stitches using 2 strands of double knitting wool or 1 strand of chunky wool (one plain colour works best). Work in stocking stitch (knit a row, purl a row) for 11 inches.



Muff Body: Continue with stocking stitch, but use up oddments of various textures of wool such as chunky, mohair, ribbon etc until the work measures 23 inches (two strands of double knit for two rows each gives a lovely assortment of colours). Cast off.

Finishing: If working with straight needles, lightly iron the long strip, then neatly join the sides together using edge to edge stitch (with the knit side facing out). Turn inside out and push the one colour cuff up inside the muff body. Sew the two ends together, again using a neat edge to edge stitch.

Decoration: Now you can decorate the muff, inside and out, with ribbons, beads, flowers, zips, loops, pompoms, buttons, etc. Knit a separate pocket for a favourite photo or a hanky. Be creative, but make sure each item is securely attached.

All donations are kindly received and can be posted to:

Nicola Roberts
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100 Borron Street
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