



Canberra Region Kidney Support Group

Kidney News

The views expressed in this newsletter are not necessarily those of the CRKSG

Government Responds to Renal Study with \$13m Funding

The Northern Territory towns of Alice Springs and Tennant Creek will receive \$13 million for accommodation to assist Aboriginal and Torres Strait Islander families affected by renal disease.

The Minister for Indigenous Health, Warren Snowdon, said the new funding is the first step towards addressing some of the issues raised in the *Central Australia Renal Study*, released by the Minister today.

The study by the George Institute focused on the provision of dialysis services in remote and very remote area. It was a joint initiative of the Australian Government in partnership with the Northern Territory, South Australian and Western Australian governments.

“The study shows that the number of patients on dialysis in Central Australian in the last decade has more than tripled from 62 to 209. By 2020, this will have increased to between 312 and 479 patients.

“It illustrates the heavy burden on renal dialysis patients and their families.”

“The majority of patients have to undergo haemodialysis three times every week for several hours and have to move to Alice Springs or other urban centres for this treatment.”

“This effectively dislocates the patient from their family, impacting on the patient’s social and cultural connectedness to family and community, removing their capacity to be part of family and community life and to carry out family responsibilities,” he said.

A key finding of the *Central Australian Renal Study* revealed that housing and infrastructure development is a key priority to support renal patients from remote communities accessing renal treatment away from home.

Mr Snowdon said he was pleased to announce Australian Government funding to build renal accommodation in Alice Springs and Tennant Creek that is centred around family.

“Both locations will provide family-centric accommodation for renal patients and their families relocating to a town centre to access dialysis services.”

“This will go a long way towards addressing the dislocation Aboriginal and Torres Strait Islander patients feel when they have no choice but to leave their communities for treatment,” Mr Snowdon said.

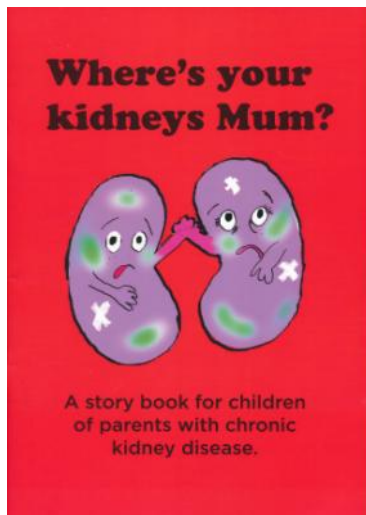
Mr Snowdon said the findings from the report provide an important roadmap for governments so they can provide an informed, evidence-based response to dialysis and the related support issues.

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Where's Your Kidneys Mum?



Where's Your Kidneys Mum? is a children's book written by Wendy Faulder. Wendy is part of the Administration staff at the Department of Renal Medicine in The Canberra Hospital.

This simple story based educational booklet will assist parents/grandparents with discussing the oncoming treatments with their families. It covers most questions that children regularly ask about dialysis.

If you are interested in purchasing a copy, a small fee of \$5.00 per book + postage will be charged, which will be used as a donation to the Canberra Renal Outpatients' Services in the ACT,

Wendy may be contacted on 0262442046 or email wendy.faulder@act.gov.au.

An introduction to the booklet was written by Dr. Girish Talaulikar, the Director Renal Services at The Canberra Hospital, the text of which follows:

All patients with kidney disease requiring dialysis will readily agree that the treatment takes up a substantial amount of their time and is invariably a topic of conversation in social circles. Many of my patients talk of having learnt of the intricacies and demands of the treatment along their journey on dialysis - often times shared with their families and friends. All of them have shown great courage and fortitude in the ways they have coped with the demands of the treatment and gone on to live fulfilling lives.

Whilst educational material on dialysis is abundant and helps in the process it is largely targeted at the adult audience.

This booklet deals with some of the issues about dialysis from a child's perspective. It is illustrative, easy to read and throws light on important basic issues related to dialysis. The narrative has drawn upon day to day practical problems noticed by the author Wendy Faulder during her work at the Department of Renal Medicine in Canberra and will assist parents and grand-parents in discussing the treatment in a social context.

Organ Donor Registration

If you are viewing this newsletter on-line, click on the link below to register as an organ donor. Organ donor registration is completely voluntary. If you register you will receive a donor card similar to the one shown here.



<https://www2.medicareaustralia.gov.au/pext/registerAodr/Pages/DonorRegistration.jsp>

Calendar of Events

Quarterly Meetings

Meetings for the Group are held at the Pearce Community Centre, Building 1, Collett Place, Pearce on the dates indicated below. Meeting times will be 2:00pm on each occasion.

Meeting dates for the remainder of 2011 are as follows:

13th August 2011, and

10th December 2011

All welcome

Annual General Meeting

This year's Annual General Meeting will be on the 13th August 2011. The meeting will be held at the Pearce Community Centre as detailed above and commence at 2:00pm.

We encourage as many members as possible to attend this meeting. Since some of the more traditional functions of the Group are now provided by government, perhaps we need to look at the direction of the organisation. This situation does not apply only to the Support Group. Other related organisations are also in a similar situation.

Come along for a chat and a coffee or tea and biscuit. We would be very interested to hear your views on what the Group should be doing or achieving.

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“The release of this report will allow States and Territories, who have the primary responsibility for renal services to start the important work of service planning within their jurisdictions to respond to the findings and recommendations within the report.

“I would like to thank Health Ministers in the Northern Territory, South Australia and Western Australia for their support through this process and I look forward to working with jurisdictions as we together consider the recommendations,” Mr Snowdon said.

The primary recommendation of this study is that a variety of different approaches to providing dialysis to Aboriginal and Torres Strait Islander patients is needed to allow them to have access to treatment as close to home as possible.

Mr Snowdon said the Australian Government has taken a pro-active approach to improving renal dialysis services in the Northern Territory.

“We have funded six relocatable renal units in communities, renal ready rooms in communities such as Barunga and Lake Nash, a mobile dialysis bus and two self care drop-in renal facilities in Darwin and Alice Springs.”

The *Central Australian Renal Study* is available at: http://www.health.gov.au/internet/main/publishing.nsf/Content/oatsih_central-renalstudy

Mediterranean Lamb Shanks

INGREDIENTS — Serves 4

- 250g packet baby red capsicums, seeded and cut into wedges
- 1 bunch small Dutch carrots, trimmed and scraped or peeled, cut into 3cm lengths
- 1 fennel bulb, fronds discarded, roughly chopped
- 1 tbsp flour
- ½ tsp ground coriander
- ½ tsp cumin
- Freshly ground black pepper
- 4 small lamb shanks
- 1-2 tbsp Bertolli Extra Virgin olive oil
- 1 onion, roughly chopped
- 2 garlic cloves, crushed
- 250ml dry white wine
- 2 x 400g cans La Gina diced tomatoes
- 3 tbsp fresh parsley, chopped
- 4 cups cooked rice



METHOD

1. Preheat oven to 180°C. Combine flour, spices and pepper. Divide each shank in two at the divide, roll in flour to coat. Heat oil in large heatproof casserole dish. Fry shanks on all sides until brown, then remove from dish.
2. Add onion, garlic, fennel and capsicum to dish, fry for 5 minutes. Add wine, simmer for 1 minute. Return lamb to pan with tomatoes and pepper, bring to boil. Cover with lid and cook in oven for about 1 ½ hours.
3. Add carrots and apricots, cook further 30 minutes with lid off. Sprinkle with parsley. Serve with rice.

NUTRITION

Nutrient	Per serve
Energy (kJ)	2532
Protein (g)	39
Fat - Total (g)	16
Carbohydrate - Total (g)	63
Sodium (mg)	444
Potassium (mg)	1045
Phosphorus (mg)	355

Recipe supplied by Perfection |Fresh

Recipes from a CD entitled, *Healthy Eating with the Renal Recipe Bank*.
Produced by Janssen-Cilag for the Government of South Australia.

Disclaimer: Always consider your individual circumstances when using this resource. The information contained herein is of general nature and is not intended to replace the advice of an Accredited Dietician or Renal Physician. Please consult an Accredited Dietician for individual dietary advice.

Support

Over the years the Group has provided support for many renal patients. For example, this has been in the form of providing funds to pay for plumbing upgrades for home dialysis to assist with the purchase of medical equipment and medications.

In the past year the Group has provided assistance with the purchase of dietary supplements and medications that are not available through the PBS. More recently, the Group has provided some further support to renal patients. We provided one patient with the sum of \$200.00 to assist in the purchase of medications.

The Group also purchased a new television set for installation in the waiting room of the Renal Unit on the 8th floor of the hospital at a cost of \$448.00.

We take this opportunity to remind readers that if they need financial assistance with the purchase of necessary medications or equipment they should approach the Renal Unit Social Worker. She can be contacted on 02 6244 2316. Alternatively, assistance may also be arranged by approaching staff in the dialysis centres and the Renal Unit of the hospital.

Productivity Commission Inquiry into Aged Care

The Productivity Commission has recently completed an inquiry into aged care. The report has now been handed to the Government. Reproduced below are some of the key points of the inquiry.

Aged care assists over one million older Australians and its range and quality of services have improved over the last decade. But the system suffers several key weaknesses. It is difficult to navigate and the quantity of services is limited. Quality can be variable, there are gaps in service coverage and limited choices for care recipients. Pricing, subsidies and user cocontributions are inconsistent and inequitable within and between care settings. Workforce shortages are exacerbated by uncompetitive wages and over-regulation.

The system will be further challenged by an increase in the numbers and expectations of older people, a relative decline in informal carers and the need for a larger workforce.

The Commission's proposals address these weaknesses and challenges and promote higher quality care. The focus is on enhancing the wellbeing of older Australians — promoting independence, connectedness and choice. Under the proposed reforms, older Australians would:

- contact a simplified 'gateway' for: easily understood information; assessments of care needs; assessments of financial capacity to make co-contributions; entitlements to approved services; and care coordination — all at a regional level
- receive a flexible range of care and support services that meet their individual needs and that emphasise, where possible, restorative care and rehabilitation
- choose, where feasible and appropriate, to receive care at home or in a residential facility and choose their approved provider
- contribute in part to their cost of care (with a maximum lifetime limit) and meet their accommodation and living expenses (with safety nets for those with limited means)
- have access to a government sponsored equity release scheme to pay for their care and accommodation charges if they have assets but limited annual incomes
- choose between paying a daily charge or an equivalent bond for the accommodation costs of residential care — with both aligned to the real cost of accommodation
- retain their age pension when selling their home (and if paying a lower capital sum or a daily charge for their new accommodation) by purchasing an Australian Pensioners Bond
- choose whether to purchase additional services or a higher quality of accommodation if that is what they want and can afford to do so.

Safety and quality standards would be retained but current limits on the number of residential places and care packages would be removed, as would the distinctions between low and high care and between ordinary and extra service status.

A new independent regulatory commission would transparently recommend to the Government the price for care services and for standard accommodation for supported residents, be responsible for quality accreditation, and address complaints.

The Australian Government would manage its fiscal exposure by setting the criteria for needs assessments, the resource levels for approved services, the co-contribution schedules and the standard for basic accommodation.

If Undelivered Please Return To:

CRKSG
PO Box 5051
Garran ACT 2605

Phone: 02 6290 1984
E-mail: crksg@shout.org.au
Web: http://www.crksg.org.au



MEMBERSHIP APPLICATION/RENEWAL

Canberra Region Kidney Support Group Inc
PO Box 5051 GARRAN ACT 2605.
ABN: 77 396 063 641

Last Name: **First Name:**

Address:.....

Email:

Phone No:

I would like to make a voluntary donation to CRKSG for the amount of: \$..... Membership is free. All donations \$2 or more are tax deductible. Cheque/Money Order payable to CRKSG Inc. Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

Signature: **Date:**.....

Post Form to:

The Treasurer
Canberra Region Kidney Support Group Inc
PO Box 5051
GARRAN ACT 2605.

NOTE: This form may also be used to notify a change of address/contact details.