



Canberra Region Kidney Support Group

Kidney News

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

Development application approval marks next step toward new hospital for Canberra

4 November 2015

A development application for the University of Canberra Public Hospital reference design has been approved and notified on the public register, Minister for Health Simon Corbell announced today.

“The approval of this development application is a significant step forward for the new hospital, and I look forward to seeing the start of construction early next year,” Mr Corbell said.

“The University of Canberra Public Hospital will be an innovative addition to the ACT’s health care system. It will be focused entirely on sub-acute services, such as rehabilitation and mental health services and will have a combination of admitted overnight inpatients, admitted patients in the day service as well as additional outpatient services.

“The hospital will relieve pressure across the whole ACT hospital system by freeing up beds at Canberra Hospital and Calvary, meaning that there will be benefits across the system in terms of hospital capacity and service delivery.

“The new hospital will also be a teaching facility, allowing for valuable practical training and greater teaching and research opportunities between the University of Canberra and ACT Health.

The University of Canberra Public Hospital forms part of the Health Infrastructure Program, the most significant Health infrastructure investment in the history of the ACT, with over \$909m invested in the program to date.

The head contractor for the University of Canberra Public Hospital is expected to be confirmed before the end of the year, with construction beginning in early 2016.



An artists impression of what the courtyard at the proposed new Public Hospital could look like.

In this issue:

- Development application approval marks next step toward new hospital for Canberra 1
- Canberra Hospital & Health Services Falls & Falls Injury Prevention Service Newsletter | September 2015 2
- Living a Healthy Life with Long-term Conditions 3
- Ham and Zucchini Risotto 4
- Calendar of Events 5
- Eurobodalla Renal Support Group 5

Member



Self Help Organisations
United Together



Canberra Hospital & Health Services

Rehabilitation, Aged & Community Care

Falls & Falls Injury Prevention Service Newsletter | September 2015.

The Falls and Falls Injury Prevention Service is a multidisciplinary team who provide Falls prevention strategies, education and exercises to clients at risk of falling.

Fear of Falling

Clinical Psychologists are a part of the multidisciplinary team that provides education and evidence-based treatment to people with a fear of falling.

Fear of falling is a common and significant health concern for older persons.

Approximately 33-50% of people over the age of 60 who live at home, experience a fear of falling as an ongoing problem (e.g., Boyd & Stevens, 2009). Fear of falling can develop in older persons who have experienced a fall in the past, and those who have not experienced a fall (Scheffer, et al 2008).

Whilst some level of fear of falling is understandable and normal, if high levels of fear continue, there can be significant negative outcomes for older adults. For example, fear of falling can hold

someone back from participating in regular physical activities (Bruce, Devine, & Prince, 2002). A reduction in daily activities due to fear of falling may lead to weakening of the muscles and poor balance, which may then contribute to future falls and injury (Zijlstra et al., 2009; Delbaere et al 2006). Older adults with a fear of falling may also experience a reduction in their confidence and physical well-being, a loss of independence, and limit their participation in social activities.

How could Clinical Psychology assist people with fear of falling?

In addition to other services such as Physiotherapy and Occupational Therapy, Clinical Psychology can assist people with a fear of falling reduce their anxiety (fear) by developing and practicing anxiety management skills. Research has shown that psychological approaches to fear of falling are effective, an example of which is Cognitive-

Behavioural Therapy (CBT). CBT is based on the best, research-proven assessments and treatments in day-to-day health care and it can be **tailored to each person's** needs and goals.

Best practice psychological treatment for older persons at falls risk includes (but is not limited to):

- Education regarding how anxiety (fear) works and the relationship with falls prevention;
- Relaxation skills;
- Facing challenging situations related to fear of falling in a gradual manner (combined with physiotherapy and O.T tasks);

RACC Psychology and Counselling accepts outpatient referrals for fear of falling through the Falls Clinic. Referrals can be made via CHI (see below).

ACT Government
Health Directorate
Rehabilitation, Aged and Community Care

To make a referral, contact Community Health Intake (CHI):
Phone: 02 6207 9977
Fax: CHI referral form to 02 6205 2611
Email: CHI referral form to Chiintake@act.gov.au
CHI referral form can be located at www.health.act.gov.au/community_health

Living a Healthy Life with Long-Term Conditions

Course Schedule

2016 February - June

GUNGAHLIN COMMUNITY HEALTH CENTRE

February/March

Dates: February 16 & 23 March 1, 8, 15 & 22

Time: Tuesdays 10.00am - 12.30pm

May/June

Dates: May 3, 10, 17, 24 & 31 June 7

Time: Tuesdays 10.00am - 12.30pm

PHILLIP COMMUNITY HEALTH CENTRE

February/March

Dates: February 18 & 25 March 3, 10, 17 & 24

Time: Thursdays 10.00am - 12.30pm

May/June

Dates: May 5, 12, 19 & 26 June 2 & 9

Time: Thursdays 10.00am - 12.30pm

To register for Health Centre courses or discuss course details please phone:

Community Health Intake

Phone 6207 9977 between 8.00am - 5.00pm Monday - Friday

Ham and Zucchini Risotto

INGREDIENTS - Serves 4—6

- Olive or canola oil spray
- 1 leek (white part only), sliced
- 1 tsp minced garlic
- 2 sticks celery, sliced
- 200g chopped ham
- 1 ½ cups Arborio rice
- 875ml MAGGI Real Chicken Stock
- 200ml CARNATION Light & Creamy Evaporated Milk
- 3 small Zucchini, sliced
- 1 cup frozen peas
- 2 tbsp chopped fresh parsley
- 1/3 cup grated parmesan cheese
- Freshly ground black pepper



METHOD

1. Spray a non-stick saucepan with oil and cook leek, garlic, celery and ham over medium heat for 3-5 minutes or until leek is soft.
2. Add rice and cook, stirring for 1 minute or until rice is coated. Add stock and milk and bring to the boil.
3. Simmer, stirring occasionally, for 20 minutes or until the rice is soft.
4. Add Zucchini and peas and cook for a further 5 minutes. Remove from heat and stir through parsley, cheese and pepper.

NUTRITION

Nutrient	Per serve
Energy (kJ)	1357
Protein (g)	17
Fat - Total (g)	5
Carbohydrate - Total (g)	49
Sodium (mg)	1164
Potassium (mg)	434
Phosphorus (mg)	318

Thanks to Australian Sports Commission for supplying this recipe.

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.

Calendar of Events

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

Proposed meeting dates for 2015 are as follows:

- 5 December. (small meeting room)

RAM Morning Teas at Hellenic Club,
10:30 to 12:00 —

Thursday 12th November, and
Wednesday 16th December

All welcome

Eurobodalla Renal Support Group

The Eurobodalla Renal Support Group & Organ Donor Awareness are hosting a community awareness event during Donate Life Week 2015 2nd to 9th August.

The Donate Life Community Awareness Event is on-

Friday 7th August 2015

Venue- Bridge Plaza Batemans Bay NSW 2536

Time 10.00am to 2.00pm

Joining us on the day to promote Donate Life Week 2015 will be East Coast Radio 2EC with a *Live Outside Broadcast*.

There will be a manned information stand with organ donor registration forms available.

Donate Life — The Book of Life on display.

Plenty of information & give a ways.

So come a long, bring your family & friends and discover the facts about organ & tissue donation.

Then you can all “Have the Chat that Saves Lives”

This Event is supported by-

The Australian Organ & Tissue Authority.

East Coast Radio

The Village Centre & Bridge Plaza.

For more information about Donate Life Week 2015 visit-

www.donatelife.gov.au

For details regarding this event & guest speaking engagements contact-

Brad & Lorae Rossiter.

M- 0458534470

Co-Chairs & Founders.

Organ Transplant Recipient- Kidney & Pancreas.

2012 Eurobodalla Shire citizen of the Year.

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Kidney Health Week 2015 launch by the Eurobodalla Renal Support Group & Organ Donor Awareness at the Batemans Bay Soldiers Club Bistro “Bubble Room”



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 address shown at the top of this page.

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



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>