HOME TOGETHER

YOUR CLIENT NEWSLETTER

NOVEMBER 2026 | ISSUE: 1 | KEEPING YOUR HEART AT HOME

130 Years of Change, One Constant Commitment

Benjamin Jardine



If it feels like aged care is changing quickly, you're right.

Recent reforms represent the most significant changes to aged care in decades.

We know that some of the recent changes may create uncertainty, and we want you to know that you are not navigating them alone.

For generations, many Australians have prided themselves on being independent and self-reliant.

Yet there is an important truth we see every day: accepting support when you need it is not giving up independence, *it is often the very thing that helps you keep it.*

Seeking support when you need it is a positive step towards maintaining your health, wellbeing and independence.

Whether that means remaining in your own home, staying connected to family and friends, pursuing hobbies, contributing to your community, or making the most of every day, the right support can help make those things possible.

A longer life is a gift. The challenge for all of us is to ensure those extra years are lived with purpose, connection, dignity and joy.

This year is also a special one for The District Nurses as we celebrate our 130th year. Since 1896, our community has come together to support people through illness, recovery, ageing and life's many challenges.

The world has changed dramatically during those 130 years, and aged care will continue to evolve. But one thing has remained constant: neighbours helping neighbours, communities caring for one another, and a shared belief that no one should face life's challenges alone.

Thank you for placing your trust in us.

Benjamin Jardine

Benjamin Jardine
CEO, The District Nurses

Staying Healthy Year-Round

Staying safe and healthy is important at every stage of life, but it becomes especially vital as we grow older. By making a few simple changes to your daily routine, you can help protect your health and enjoy your independence for years to come.

Here are some practical tips to help you reduce your risk of illness and infection, so you can feel safe and happy at home:

1. Keep your vaccinations up to date - ask your doctor which vaccines are recommended for you.
2. Clean your hands regularly - always wash your hands thoroughly after using the toilet, coughing, sneezing, or blowing your nose, before eating or preparing food, and after touching pets or animals.
3. Cover coughs and sneezes - use a tissue or your elbow, then dispose of tissues immediately and wash your hands.
4. Avoid close contact with people who are unwell - if someone has cold, flu, COVID-19, or stomach symptoms.
5. Eat well and drink plenty of fluids - a balanced diet and staying hydrated helps your immune system stay strong.
6. Get plenty of rest - quality sleep helps your body recover and stay healthy.
7. Keep frequently touched surfaces clean - regularly wipe down door handles, light switches, phones, remote controls, and kitchen and bathroom surfaces.

When should you ask for help?

Let your support worker, case manager, or nurse know if you:

- Feel unusually tired or unwell
- Have a cough, fever or cold-like symptoms
- Are experiencing vomiting or diarrhea
- Are worried you may have an infection

Getting help early can prevent small health problems from becoming serious.

Healthy hands,
Healthy home,
Healthy you.



Spotlight on Domestic Assistance

What is Domestic Assistance?

Domestic Assistance is designed to support you to maintain a safe and comfortable home. While it may include tasks such as vacuuming, mopping or cleaning bathrooms, the service is focused on helping you remain independent and well at home, rather than providing a full commercial cleaning service.

The TDN Approach to Domestic Assistance

We start with a conversation with you to co-create a plan that matches your needs and goals. We aim to keep you involved in the daily domestic activities around your home so that your house remains the home you're proud to be in.

We encourage you to continue to do what you can and ask for help where it is most needed.

Your care plan includes:

- Your goals, preferences and priorities
- The support you would like from us
- The things you would like to continue doing independently
- How services will be delivered to support you to achieve your goals

We review your care plan with you regularly to make sure it changes as your needs and preferences change. You will always have a say in your care.

Understanding What Is Covered in Domestic Assistance Services

Domestic Assistance provides support to maintain a clean, safe and comfortable home environment. Examples include:

- Vacuuming and mopping floors
- Dusting and cleaning bathrooms/toilets
- Kitchen cleaning
- Changing bed linen
- Basic laundry assistance
- Other basic household cleaning tasks



Need more information?

If you have questions about your services or need something extra done, please talk with your care co-ordinator. We're here to listen, answer your questions and work alongside you.

Respiratory Syncytial Virus: Your quick fact update

As we age, we are more vulnerable to different types of ailments. Respiratory Syncytial Virus (RSV) is a common virus that can cause serious illness in older people, especially those with **chronic health issues** or **weakened immune systems**.

RSV spreads easily through coughing, sneezing, and touching infected surfaces. Watch for these symptoms:

- Runny nose
- Fever
- Wheezing
- Coughing
- Sore throat
- Fatigue

RSV may cause pneumonia or make heart and lung problems worse.

How to protect yourself from RSV

- Wash hands regularly.
- Cover coughs and sneezes with a tissue or elbow.
- Avoid close contact with people who are unwell.
- Stay home if you are experiencing respiratory symptoms.
- Clean and disinfect frequently touched surfaces.

Contact your doctor if symptoms get worse, **especially** if you have trouble breathing, chest pain, or feel unwell.

The **RSV vaccine** is available to eligible older adults and can help prevent severe illness.

Talk to your GP to learn more.

Better services through the Client Advisory Board

Our Client Advisory Board (CAB) is made up of clients who share their experiences, ideas and feedback to help us improve the services we provide.

We value hearing from people from a diversity of backgrounds and welcome new members to register throughout the year.

Your voice matters. So, if you are interested in joining in 2027 or would like to know more, please email **Stephanie Page**, our Client Experience Manager: **feedback@thedistrictnurses.org.au**



One-Pan lemon herb chicken & vegetables

Welcome to our new recipe section. For those of us who love cooking, it's always nice to find a new favourite to add to the list.

This complete, comforting dinner uses only one baking tray, making cleanup fast.

Ingredients: 1 small chicken breast, 1 cup broccoli florets, 1 small potato (diced small), olive oil, lemon juice, garlic powder, salt, and pepper.

Instructions:

- Preheat your oven to 190°C (375°F).
- Put the chicken, broccoli, and potato pieces on a lined baking tray.
- Drizzle with olive oil and lemon juice, then sprinkle with your seasonings.

Bake for 25 to 30 minutes until the chicken is cooked through and the potatoes are soft.

If you have a favourite recipe or have a picture of this meal after making it that you'd like to share, please email it to Kyra Herzfeld, Marketing & Communications Officer at TDN via **kherzfeld@thedistrictnurses.org.au**

Fun Facts



- TDN officially turns 130 years old on December 14, 2026
- TDN got its first car in 1946. It was a Vauxhaull from Robert Nettlefold Motors. Find out more by visiting TDN – The District Nurses Facebook page for more facts and pictures.
- In 2025 our care staff travelled over 680,000 km
- Do you have story or picture to share? Contact Kyra via kherfeld@thedistrictnures.org.au
- Next edition out December 2026

HOW TO PROVIDE FEEDBACK

There are many ways you can provide feedback to us about any topic of concern, complaint or compliment:

feedback@thedistrictnurses.org.au

(03) 6208 0500

thedistrictnurses.org.au

We're here to listen