

Our Mission is to provide the South West community with excellence in respite and end-of-life care within a home-like environment; embracing respect and compassion for all people.

Upcoming Events

- Parkinson's Support Group
- Bereavement Support Group
- Memory Lane Dementia Group
- Carer's Support Group

For further information regarding the above groups, please contact us

- *Bunnings Cake Stall:* 15 March 2025 from 9.00am
- *National Advance Care Planning Week:* 17 to 23 March 2025
- *Easter Raffle:* drawn 17 April 2025
- *National Palliative Care Week:* 11 to 17 May 2025
- *Volunteer Week:* 19 to 25 May 2025
- *Annual Community Appeal* commencing 1 June 2025

We acknowledge the valuable contribution to Anam Cara Colac, of the following, businesses, individuals, organisations and community groups:

- Charles Stewart Real Estate
- Lions Club of Colac
- Prosper Podiatry Colac
- Allen Family Chiropractic
- StevCom
- Goop Digital
- LavaNet Camperdown

**QIC Accredited Organisation
Member - Palliative Care
Victoria Inc (PCV)
Member - International
Association for Hospice and
Palliative Care (IAHPC)**

Anam Cara Colac acknowledges Aboriginal and Torres Strait Islander Peoples as the First Australians and especially the Gulidjan (also known as the Kolakngat) people who occupied the Lake Colac region of Victoria.

A word from ... Maryjane Crabtree, President

We know from demographic studies, that Australia's population is ageing. Our region is ageing faster than that of the Australian population as a whole. Australia's census data from 2021 shows that Colac has nearly twice the number of residents over 70 years, in percentage terms, than the state average (Colac 20.1%, Victoria 11.4%). Not only are we living longer, but the wonderful advances in medical science available to us mean that in older age, we have more complex medical histories.

We also find ourselves relying more and more on family member care for much extended periods, and as couples grow older together, this places strain on the ability of partners to care for each other. All this underpins the growing need for more services delivering quality specialised care for our older community members. Anam Cara Colac endeavours to fill these needs for people with chronic and life-limiting illness, especially at end-of-life.

Balancing the ageing of our community are those coming to our region for all the benefits that it offers, including job opportunities. Census 2021 data shows higher employment rates in Colac compared to the State as a whole. This brings greater diversity to our community in backgrounds and beliefs. We are delighted that this growing diversity is increasingly reflected in our team and our guests.



At Anam Cara Colac, we are known for giving access to anyone in need of our care and support, regardless of their ability to pay - we do not charge our guests. We are able to do this by raising money through grants and philanthropy, the generosity and support of our community and our fabulous volunteers.

It is also very important to note that we welcome guests regardless of their ethnic or religious background. In the words first described in the Modern Enlightenment movement, we are open and welcoming to "People of all faiths, or none". We have a Diversity & Inclusion Committee at Anam Cara Colac and we are reaching out to leaders of our diverse communities to ensure that they know about our services, and our eagerness to share the love and care with all. Simply put, at Anam Cara Colac we love and welcome everyone who needs us, whatever their background, faith, ethnicity or way they choose to be and live as who they are.

Our very own volunteer Helen Gibson was a finalist for the Volunteer Victoria awards 2024 in the category of "impact as a Volunteer". Unfortunately, Helen

Contact Us

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Soul Friend

did not win. Just being nominated for the remarkable difference she continues to make in our community, support groups and Anam Cara Colac, is something to be proud of. We congratulate Helen for being recognised as a finalist in a highly competitive field. Pictured right are Helen, Alison and Diane.

Maryjane Crabtree
President



Container Deposit Scheme ...

We are pleased to let you know our fundraising campaign through the Container Deposit Scheme (10 cent can, bottles and tetra packs) is active again. If you would like to donate the funds from your collected bottles and cans to Anam Cara Colac, you can nominate Anam Cara Colac by downloading the CDS Vic West app on your phone and selecting Anam Cara Colac after you register. Then when you present to the CDS site (for example at Coles) you open the app and follow the instructions.

Every cent counts so if you can help by encouraging your family and friends to donate to Anam Cara Colac via this means we would appreciate it.

You can download the Container Deposit Scheme (CDS) app from the Apple App Store or Google Play Store.

CDS Vic West app

1. Download the app from the Apple App Store or Google Play Store
2. Select Login
3. Choose to register or log in
4. Select your preferred payout method (donation)
5. Search for Anam Cara House Colac

Did you know ...

The amount donated by this Scheme for 2024 financial year is \$49.00. This equates to 490 cans/bottles that have been recycled. Every cent counts!



CDS Vic West (4+)
 TOMRA Cleanaway
 Tomra Systems ASA
 Designed for iPad
 #64 in Utilities
 ★★★★★ 4.8 • 4.6K Ratings
 Free

Gratitude

In the past two months Anam Cara Colac has received \$36,391.20 in donations from our guests and their families.

We are grateful for this support which enables our ongoing respite and end-of-life care to the community.

Find Us

Visit the Website - to find everything you need to know about Anam Cara Colac
 www.anamcarahousecolac.org.au

On Facebook - "Like" us on Facebook to keep up with the happenings at the hospice.

Donate - Donations can be made by mail, phone, in person or via our website or Facebook page.

All donations over \$2 are tax deductible. Contact us today to make your donation.

a
place
like
home

Did you know ...

- For the month of January, Anam Cara Colac provided 99 episodes of care, and we were open for 30 nights.
- Since July 2024, we have been open 142 nights and have provided 504 episodes of care until year end.
- We have supported 11 guests with end of life care from July to December.
- Day respite from July 2024 to January 2025 has had 282 attendances over 72 days.

Respect - Dignity - Trust - Compassion - Community

Hospice Update from ... Naomi Lettieri, Hospice Manager

We have been very grateful recipients of more community support since the last newsletter.

Aside from the donations from guests and families who chose to support Anam Cara Colac when they use our services, our local service clubs and businesses have been really stepping up to support us.

The Lions Club of Colac generously chose to support us with the purchases of two new laptops for our senior team, from a local business. Our ageing computers were slowing us down, and with our new laptops we are efficient, effective and reliable. Many thanks to the Lions Club of Colac.

Charles Stewart and Co. have supported Anam Cara Colac since the days our doors opened to care for those in need in the South West of Victoria. We are very appreciative of the continued support with the donation of a Canon printer to support our clinical and administrative work.

Allen Family Chiropractic Clinic also reached out to support us. The team at the clinic have been allocating a percentage of their income in December to supporting local charities and contacted us to see how they could support Anam Cara Colac. A new fridge was bought for guest and carer food and staff meals made at home. This is a much needed item to maintain our high-quality food safety practices. Further to this, through building our connection, the clinical staff are supporting our back care and well being session on

on our Mandatory training day.

Prosper Podiatry Health Group - a podiatry clinic in Colac, have also contact Anam Cara Colac to make a donation. The staff have a giving program and after hearing about Anam Cara Colac from one of their clients, decided to donate.



Meriba Service Club Colac- I attended a club meeting in February to thank the members of the Meriba Service Club Colac for the donation of a Dyson stick vacuum. It was a wonderful opportunity to update the members and to acknowledge the significant difference donations such as the vacuum make to Anam Cara Colac.

All of the wonderful contributions that our community, service clubs and businesses make to Anam Cara Colac - Our Community Hospice - means that we can focus on delivering care, our service is efficient, and our infrastructure is fit for purpose.

Our mission is to provide the communities within the South West of Victoria, with excellence in respite and end of life care within a home-like environment; embracing respect and compassion for all people. The support of our local community is vital in sustaining this mission. We thank YOU the wonderful service clubs and businesses that choose to support us.

If your business or service would like to get involved in supporting your local hospice with either donations or in kind volunteering, please let us know.

Naomi Lettieri
Hospice Manager

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On Facebook - "Like" us on Facebook to keep up with the happenings at the hospice.

Donate - Donations can be made by mail, phone, in person or via our website or Facebook page.

All donations over \$2 are tax deductible. Contact us today to make your donation.

Respite news ...



Melissa and Josie from Skills Connect

A wonderful part of day respite is the beautiful smiling faces. Whether it's rearranging Anam Cara Colac's flowers (pictured left is Melissa and Josie from Skills Connect) or just having a cuppa with friends. Our respite programs provide guests with support and opportunities for social interaction. A range of activities are available according to guest preferences. There is an RN, specifically trained support staff and volunteers on site. For information on day respite, please contact the office.

National Advance Care Planning Week: 17 to 23 March 2025

Anam Cara Colac recommends that anyone over 18 considers completing an Advance Care Plan. We support our region with an Advance Care Planning service to help people navigate the process.

In the last 12 months we have supported approximately 10 people to complete an advance care plan or provided information and opportunities to learn more.

Advance care planning involves planning for your future health care. It enables you to make some decisions now about the health care you would or would not like to receive if you were to become seriously ill and unable to communicate your preferences or make treatment decisions.

Advance care planning gives you the opportunity to think about, discuss and record your preferences for the type of care you would like to receive and the outcomes you would consider acceptable. Advance care planning helps to ensure your loved ones and health providers know what matters most to you and to respect your treatment preferences.

Ideally, advance care planning will result in your preferences being documented in a plan known as an advance care directive and the appointment of a substitute decision-maker to help ensure your

preferences are respected. It involves thinking about your values, beliefs and preferences for your future health and care while you are still able to make decisions and communicate your preferences and acceptable outcomes. It also involves discussing them with your loved ones and doctors and documenting them.

Following this process will ensure your preferences are clear, that they are understood by your family and loved ones, and they are accessible to health professionals.

After creating your documents, you should share copies with your substitute decision-maker, family, friends, carers and your doctors. This will ensure everyone knows what you want. We also recommend uploading your documents to My Health Record.

(source:

<https://www.advancecareplanning.org.au/understand-advance-care-planning/advance-care->

If you would like to know more please contact us and we can explain more about the process and support you along the way.

Advance Care Planning Australia

BE OPEN | BE READY | BE HEARD

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