



## Fresh Pasta Salad

### Ingredients

- 2 cups penne uncooked
- 125 g pitted olives halved marinated
- 150g sun-dried tomatoes cut in half
- 150 g fetta cubed
- 2 cups baby spinach washed
- 1 carrot thinly sliced
- 1/2 red onion small thinly sliced
- 1/2 red capsicum sliced
- 1/2 cucumber sliced
- 1/4 cup pine nuts toasted

### DRESSING

- 1/3 cup olive oil
- 1 tsp mustard
- 3 tsp lemon juice
- 1 pinch salt and pepper to taste

### Method

- STEP 1.**  
Cook pasta in salted boiling water. Once cooked, strain in cold water until pasta has cooled through.

**STEP 2.**  
Add all ingredients into a large salad bowl and toss together.

**STEP 3.**  
Add all ingredients for the dressing in a screw-top jar, shake well until combined.
- STEP 4.**  
Add salt and pepper to taste.

**STEP 5.**  
Dress salad just before serving, or leave aside for people to add to their own if desired.

## Comfort Food From the Heart - a collection of family favourites

Get ready to tantalise your taste buds because we’re about to serve up a delectable array of recipes for you to download directly from our website.

As part of our 70-year Celebrations, we’ve been on a culinary quest to gather the most beloved family recipes from many cultures.

These dishes aren’t just food; they’re time machines to your fondest childhood memories.

Passed down through generations, these culinary gems bring people together with tried-and-true flavours that have captured the hearts and appetites of many. Thank you to our clients, residents and team members for sharing your delicious recipes.



McLean Care®

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## Onward&Outward

It’s hard to believe how fast 2023 is flying by.

Can you believe that Spring is here already. Now that winter is behind us it’s a wonderful time to get out and about, enjoy the sunshine and welcome the warmer weather.

In the media recently, you may have heard about a new Intergenerational Report (IGR) released by the Federal Government on August 24. The Report has given us insights into the economic drivers for the next 40 years – until 2062-63, it also provides insights into the future of aged care services in Australia. We believe that being well-informed is the key to facing the evolving aged care landscape with confidence and adaptability.

Here’s a summary of the key points of the Intergenerational Report and as it pertains to aged care.

### 1. Population Growth and Demographics Shift from a younger demographic to an older population

One of the significant projections from the report is the anticipated increase

in the number of aged care recipients. This presents us with both challenges and opportunities. Our population is expected to reach 40.5 million by 2062–63. Concurrently, the ageing phenomenon will persist, revealing a substantial shift in the age composition of our nation.

Over the course of the next 40 years, the IGR anticipates that the number of Australians aged 65 and above will more than double, while those aged 85 and older are poised to more than triple.

### 2. Balancing Care Approaches

The IGR highlights the importance of striking a balance between residential and community care. We recognise that each person’s needs are unique, and we’re dedicated to offering the right care options, whether it’s our quality residential care or personalised community-based support.

### 3. Ensuring Financial Resilience

With projected changes in aged care spending, financial preparedness is vital. We want to assure you that McLean Care is diligently assessing our financial strategies, exploring

innovative funding approaches, and making sure we’re well-positioned to provide sustainable care for years to come.

### 4. Adapting to Changing Preferences

As the preferences of older Australians shift towards ageing in their own homes, we’re adapting our services to meet these changing needs. We’re expanding our home care offerings, enhancing home-based care packages, and ensuring that our residents have the choice and flexibility they desire.

### 5. Empowering Our Workforce

Our dedicated staff plays an integral role in providing exceptional care. With projected changes in wages and quality expectations, we’re committed to nurturing and retaining skilled professionals who share our passion for delivering high-quality care.

### 6. Embracing Technology for Enhanced Care

Technology is playing an increasingly vital role in enhancing the quality of care we provide.

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At McLean Care, we've embraced digital solutions that streamline communication, and introduced innovative ways to stay connected with our residents and their families. Our commitment to staying at the forefront of technology is evident through our use of remote monitoring, telehealth services, and simplified communication for both residents and families.

### 7. Coming Together for a Bright Future

The IGR emphasises the significance of collaboration within the aged care industry and advocating for supportive policies. We believe that by working together, sharing experiences, and advocating for positive change, we can create a sustainable and effective aged care system that benefits everyone.

At McLean Care, we're well-prepared to face these challenges head-on. With our commitment to strategic planning, quality care, and the wellbeing of our community, we are not only navigating the changes ahead but also embracing the opportunities that come with growth.

Thank you for being a part of our McLean Care family. Together, we're building a future where exceptional care and support remain at the heart of everything we do.

 Sue Thomson  
Chief Executive Officer

## Intergenerational magical moments

Intergenerational magical moments like these warm our hearts. Some of our residents from Killean enjoyed a morning at Catherine Campbell Pre-school.

We enjoyed helping the children with puzzles, play dough, art and craft and finished with a lovely morning tea. I'm not sure who enjoyed this outing the most!



## Care Expo, Brisbane

The Brisbane Care Expo was held at the Brisbane Convention and Exhibition Centre on September 1st and 2nd 2023. It was an opportunity for McLean Care to connect with the local Brisbane Community and suppliers from across the region.

Our "Lucky Door" prize giveaway of a Google Hub was won by Robyn Haworth. Even more fortunate, Robyn lives in an area we support and our wonderful Care Coordinator Emma Daniel has arranged to go out and set this up!



## 'Connections', by local Gomeroi woman

Alkira have commissioned an Aboriginal Artwork called 'Connections' by a local Gomeroi woman Hollie Crawford.

Connections is hung proudly in the main living space of Alkira.

This artwork is depicting the spirit and connection that Alkira holds On Country. Nestled on Gomeroi Country, the heart of Alkira along with its 4 wings sit centred to the artwork. To the North the mighty Namoi river flows abundantly, in its power it provides us with life and deep listening. To the South, the plains, where great journeys of hunting and gathering of game and bush tucker could be done.



# Navigating the impact of a cashless society on older Australians

In the dynamic landscape of financial evolution, the shift towards a cashless society stands as a hallmark of progress. This transition promises unparalleled convenience, but it also sparks pertinent questions about its impact, especially on vulnerable segments of society. Today, we delve into the implications of this shift for our elderly population, considering both the conveniences and concerns that arise.

### Understanding the Changing Landscape:

Australia, like many nations, has witnessed a shift in payment methods. While businesses are legally required to accept legal tender, the discretion of the business owner regarding the method of payment has led to instances where cash is declined. Even government-run services are embracing this change.

Surprisingly, a 2020 statement from the eSafety Commissioner highlighted that 75 percent of older Australians voiced concerns about the safety and security of online banking. Furthermore, a national research study revealed that 45 percent of respondents over 50 had encountered issues such as viruses, scams, credit card fraud, or personal information theft.



### Rise of Digital Transactions:

The journey towards a cashless society began decades ago, with the introduction of the Bankcard system in 1974 and the EFTPOS system in 1983-1984. These innovations marked the dawn of digital payments in Australia. Since the mid- to late-2010s, smartphones have become vessels for digital wallets and touch-and-go payments.

For the tech-savvy and digitally connected, the transition to a cashless society can be seamless and even enjoyable. Online banking, mobile payment apps, and contactless transactions have undoubtedly simplified our lives. However, the convenience that these innovations offer might not be equally accessible to everyone, especially seniors who may not be familiar with technology.

### Challenges Faced by the Elderly:

**1. Digital Literacy Gap:** Many elderly individuals grew up in a time when digital devices were nonexistent. Navigating smartphones, computers, and apps can be intimidating for them. Without proper support, understanding how to use these tools for financial transactions can be a significant barrier.



**2. Dependency on Physical Money:** The older generation has often relied on physical currency for decades. The tangible nature of cash provides a sense of security and familiarity that digital transactions may not replicate. The loss of this tactile connection can lead to feelings of uncertainty and vulnerability.

**3. Isolation and Dependence:** For many seniors, a trip to the bank or local store was not just about transactions but also an opportunity for social interaction. The shift to online banking and cashless transactions might inadvertently increase their isolation, as these routine outings diminish.

### The Pros of Digital Payments for the Elderly:

Interestingly, the shift towards digital payments can potentially bring some benefits to older individuals who are at risk of certain challenges:

**1. Financial Elder Abuse:** The transition away from physical cash can potentially reduce instances of financial elder abuse, where individuals are coerced into giving away their money.

**2. Scams and Exploitation:** Older Australians often face scams and deceptive marketing in the realm of online shopping. The shift to digital payments could introduce safeguards against such exploitative practices.

**3. Unauthorised Access:** The risk of unlawful bank account access by unscrupulous third parties might decrease in a digital environment due to enhanced security measures.

### Addressing Concerns and Ensuring Inclusivity:

While the benefits are noteworthy, it is crucial to address the concerns of our elderly population. As experts predict that only two percent of point-of-sale transactions will involve physical cash by 2025, we must ensure that no one is left behind. Initiatives such as providing digital literacy programs, enhancing customer service for seniors, and maintaining the availability of physical payment options can help bridge the gap.