



## Carrot and Walnut cake

### Ingredients

300g shredded carrots  
3 eggs  
1 cup rice bran oil  
1 ½ cups brown sugar  
1stp vanilla extract  
1 cup of plain flour  
1 cup of wholemeal plain flour  
1stp baking powder  
1stp of bicarbonate of soda  
½ tsp ground cardamom  
½ tsp ground ginger  
100g walnuts, chopped and 100g Walnuts halves for candied walnuts

### FROSTING

250g cream cheese  
125g soft butter  
4 cups sifted icing sugar  
¼ cup of maple syrup for candied walnuts

### Method

1. Preheat oven to 170°C. Grease two 20cm round pans & line with baking paper.
2. Place carrot in a microwave on high for 1½ mins or until softened, set aside to cool.
3. Beat eggs, oil, sugar and vanilla in a bowl until combined. Sift flours, baking powder, bicarb soda and spices together. Fold into egg mixture. Add carrots and walnuts and stir well.
4. Divide evenly between pans. Bake for 25 mins or until a skewer comes out clean. Cool for 10 mins, the turn out onto a wire rack. Cool completely.
5. **Frosting** beat cream cheese in a bowl until smooth. Add butter, beat until combined. Slowly add sugar. Beat until smooth.
6. Line a baking tray with baking paper. Heat a non-stick fry pan over medium heat. Add candied walnuts ingredients. Stir for 5 min or leave until nuts are fully coated with thick syrup. Pour onto tray. Separate nuts cool for 5 mins.
7. Level tops of cakes so they are flat. Spread frosting over base layer top and place second layer on top. Cover top and sides of cake with frosting. Arrange walnuts on top.

## Aged care crisis if Australians fail to plan



Failing to plan for future aged care has been revealed as a common trend among older people prompting concerns of a future care crisis.

Australians are failing to make any plans to ensure they receive their preferred future aged care and many older Australians are not very confident that they, or the Government, will be able to fund their future care.

Older Australians want to live out their days in their own homes, but there is an unpreparedness or reluctance of the vast majority to plan for it and discuss their plans with anyone. Then when a crisis occurs, people are making their care decisions quickly and warns of several myths and misconceptions that are held around the level of Government support, services available and the cost of care.

"Aged care is one of the largest costs for people in retirement, so planning for these expenses is a critical part of any retirement saving strategy, but many Australians are neglecting to adequately plan and prepare," said Gail Ting, McLean Care Home and Community Care Manager.

"We understand it is an uncomfortable topic for many, there are future care concepts that everyone should be aware of to ensure they're able to fulfil their personal and family's wants and needs." "Building knowledge and confidence and having the conversations with family and professionals are critical to ensuring older people are prepared.

With a large percent of Australians expecting their family to contribute to their future care, planning and decision-making affects every family right across Australia."

"We need to help Australians improve their care readiness by providing the facts and tools to help educate and inform them so they don't get caught out in a crisis.

 **McLean Care**® [www.mcleancare.org.au](http://www.mcleancare.org.au)

## Onward&Outward



McLean Care®

f in @ ISSUE 19 | MAR/APR 2019

## Aged Care is Evolving and Actually Getting Better

I recently watched a TEDx talk by acclaimed international speaker, elder care leader, writer and gerontologist Dan Levitt, who discussed the changing trends within the aged care industry and how people in 2019 are beginning to rethink ageing.

"The rising tide of dementia and other health care problems is impairing the ability of many Australian seniors to live independently. Our baby boomers exhibit stronger preferences for independent living arrangements, greater autonomy, and choice in services than previous generations," said Dan.

The good news is the paradigm shift has begun, as the culture within senior care living communities fundamentally changes.

Residential-care facilities are no longer the nursing homes of yesteryear, as innovations in the care of the elderly have ushered in a new era in which choice, purpose, and service are paramount.

When you think about the expectations within an aged care facility now when compared to only three decades ago, the differences are nothing short of startling. People simply demand more from their aged care providers.

"Baby boomers expect residential living environments to have a workforce highly customer service oriented; engaging programs and specialised services for seniors with advanced dementia; values that uphold health safety and dignity, and space for couples who desire privacy for intimate encounters, to name a few," said Dan.

And while today's current demands for an aged care provider may seem as if they should be a foregone conclusion for all care providers, the reality of the situation is that someone somewhere along the line is going to have to pay for it.

"Society cannot build enough residential care facilities and there is not enough government funding available," said Dan.

"An obvious truth that is either ignored or going unaddressed is that all the programs and services that baby boomers will need is unsustainable given the

current delivery model. The big question to answer is: who will pay for increased costs to meet the increased demands?"

While the financial ramifications of improved aged care raises many questions, one look at aged care around the globe is evidence enough that there is no shortage of impressive and innovative models of care that will slowly become the next standard of quality for the industry.

And the central theme of all of these innovations revolves around providing elderly people with more choices that allow them to live life their way and gives them a sense of purpose.

"In Tokyo Japan, 10 centenarians (people who are 100+ years old) with dementia live together in a group home where their daily choices include a minimum: 1,500 calories, 1.5 litres of their favourite beverage, walking exercises, and meaningful activities," said Dan.

"In France, seniors move into nursing homes with time to adjust to their new home before dementia advances.

*Cont' page 2 Aged Care is evolving -*

### THIS ISSUE:

p.2 Praise for CWA House, QLD.  
Staying active as we age.

p.2-3

Seniors Expo Tamworth.  
Health care assistance in tough conditions.

p.4

Aged care crisis if Australian fail to plan.

**Inverell Residential Care**  
67 Killeen Street  
Inverell NSW 2360  
T: 02 6721 7300  
E: [admin@mcleancare.org.au](mailto:admin@mcleancare.org.au)

**CWA House Residential Care**  
21 Cherry Street  
Oakey QLD 4401  
T: 07 4691 1130  
E: [cwaadmin@mcleancare.org.au](mailto:cwaadmin@mcleancare.org.au)

**Kolora Residential Care**  
8 Prisk Street  
Guyra NSW 2365  
T: 02 6779 1922  
E: [koloraadmin@mcleancare.org.au](mailto:koloraadmin@mcleancare.org.au)

**Independent Living**  
Inverell: Goodwood Villas & Killean Units  
Oakey: Casuarina & Grevillea Units  
**Community Care 1300 791 660**  
Inverell: 94-100 Byron St  
Tamworth: Suite 1, 11-15 Dowe St  
Gunnedah: 111 Marquis St



Cont' from page 1

Society has made longer lengths of stay an option for seniors requiring residential care as well as capping the amount people pay. The result is that seniors become accustomed to their environment."

This push towards increasing independence and allowing elderly people to dictate the rhythm and control of their own life has also found its way to Australian shores.

One of the greatest innovations currently making waves in aged care has been the advent and use of the small household model of care.

This care model focuses on providing residents with individualised complex nursing care in a comfortable and homely environment. While doing its best to hide and phase out the institutional elements of the average nursing home environment.

And Australia is proud to be one of the countries that are beginning to lead a charge in this area.

"It takes the nursing-home industry as we know it and it flips it, creating a very homelike residential model of care. There is no central nursing station and no long corridors as those in a traditional nursing home. Each residence has a multi-skilled versatile caregiver who provides personal care, prepares meals and performs housekeeping for elders.

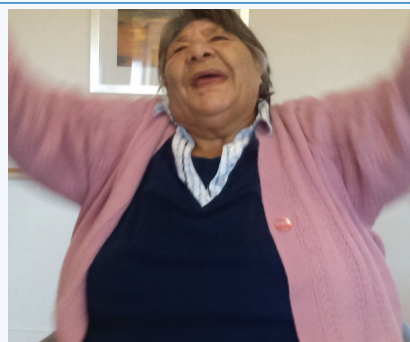
While it can be easy to look at all of the problems and negativity in aged care, all it takes is one glance in the rear view mirror to realise how far things have come and the actual direction in which we are heading.

And as long as we continue to have people like Dan Levitt who are willing to dedicate their entire lives to the betterment and welfare of the elderly, things should only continue to get better.

 Sue Thomson  
Chief Executive Officer

## Do you have a concern? - we're always here to help!

If you have a concern about the service or care you or a family member have received from McLean Care or just have some questions? Our managers are here to help. Whatever your concerns or questions may be, we're here to make a good day for you.



## Praise for CWA House



Dear Sir/ Madam,

With all the recent bad publicity about nursing home care, I would like to buck the trend and highly commend the CWA Nursing home at Oakey. My Mother, who will be 104 years old this year, has been in the care of CWA house for over 14 years and my family has never, in all those years, had a complaint about the care, kindness and compassion with which she is treated.

Her sister was also in the care of the staff there for over 13 years, and with her multiple and challenging health care needs, she was also treated with the utmost compassion and endless patience.

Patients and their families become like family to the wonderful caregivers at this home, so much so that staff attended my aunt's funeral in Millmerran last week to show their respects. Country nursing homes are staffed by local people who really care about their local communities and residents.

How about telling some of the good stories about the care our elderly residents receive close to home? *Cookie Steger, Millmerran*

## Staying active as we age

There are many reasons exercise is important – to improve movement, strength, circulation, balance, promote good bowel activity & there are so many more benefits that have been documented. Exercise & social connectedness also improve mood & feeling of wellbeing.

The McLean Care® Residential Gym was commenced. It is a welcoming space that allows wheelchair access & room for group exercises. There is also equipment to help people achieve their personal goals like an exercise bike & the practice stair.

There are different groups for men, women and others with specialised needs. All are held with care, support, good music (which we often sing along to) & a laugh if possible.

## Seniors Expo in Tamworth

McLean Care® was very excited to have held their Seniors Festival in February at the Tamworth Community Centre.

The day consisted of an array of presentations, expos and entertainment from local business, organisations and community groups.

This one-day event was a great opportunity for people to branch out and meet new people within the Tamworth community as well as sharing a fun experience with friends. See you again next year!



## The Year of the Pig

CWA House hosted a resident luncheon to celebrate the Chinese Year of the Pig, which started on 5th February 2019. Residents were visited by well-travelled volunteers who shared their experiences of overseas journeys in the mysterious Orient, accompanying this with a slide show of past celebrations.

Residents then discussed their own year of birth and which animal this might cause them to be, with hilarity around the rat

## Health care assistance in tough conditions



Throughout the last year the North West Region has suffered from one of the worst droughts in years and we know this has significantly impacted regional and local communities.

This long-term impact causes stressful and often dire situations that can lead to unwanted circumstances. Long-term effects can include mental health and a negative wellbeing.

In rural communities, there is a higher chance for there to be a decrease in mental health. McLean Care® understands the struggles of the communities that are dealing with these tough conditions. That's why we are offering support to anyone that requires health Care assistance.

McLean Care® is a long established and well-respected provider of the highest quality of lifestyle services to ensure that all the care and services we deliver are individual and personal centred to your everyday needs.

being best friends with the dragon, and the tigers growling at each other. Following the entertainment, residents enjoyed a lunch of sweet and sour pork with fried rice and agreed that this had been a most enjoyable lunch.

Afternoon tea consisted of Chinese squares made with walnuts and dates, and residents requested that international days be conducted more often.



"Enriching experiences beyond all boundaries"