



## Asian shredded salad

### Ingredients

- 1/2 wombok (Chinese cabbage), finely shredded
- 2 carrots, peeled, cut into long thin strips (see tip)
- 100g snow peas, thinly sliced lengthways
- 3 radishes, thinly sliced
- 2 Lebanese cucumbers, peeled into ribbons
- 100g pkt Chang's Crunchy or Fried Noodles
- 3 green shallots, trimmed, thinly sliced diagonally
- Black sesame seeds, to serve (optional)

### MAYO DRESSING

- 250g (1 cup) Kewpie mayonnaise
- 2 tablespoons rice wine vinegar
- 2 teaspoons hot English mustard
- 1/2 teaspoon sesame oil

### Method

1. For the dressing, place all the ingredients in a jug and stir to combine. Cover and place in the fridge to develop the flavours.
2. Layer the cabbage, carrot and snow peas in a 2L (8 cup) trifle dish. Drizzle with the dressing. Top with layers of radish and cucumber. Sprinkle with crunchy noodles, shallots and sesame seeds, if you like.

## Treating the whole person, not just the hole in the person

Wounds can impact on the wellbeing and independence of people living in their own homes, and if not treated correctly, or monitored appropriately, they can result in complications that may lead to hospitalisation, residential care... or worse.

With a growing ageing population a professional and holistic approach to wound care is required with the increase of chronic diseases, chronic wounds are becoming more prevalent.

Most wounds heal without complication, however, some, particularly those in older people, are subject to factors that can impede healing. Accurate assessment is one of the most important steps in successful wound management, and we take into consideration a range of patient and wound-related factors in determining the best course of treatment and management.

For our client, we consider such factors as their age and level of mobility, wound history, cognitive issues, medications, other medical conditions such as diabetes, vascular and heart disease, issues with circulation and obesity, as well as diet, nutrition, hydration, and other lifestyle factors.

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We also consider the nature of the wound, and regularly monitor and assess how the wound is progressing to determine management options.

The challenge is to ensure that a careful and holistic assessment is undertaken, so that factors that might possibly impact on healing can be identified as early as possible, and corrected or managed appropriately to improve wound healing outcomes.

McLean Care<sup>®</sup> is currently assessing some very innovative, "Industry Gold Standard" tools that are available that are tailored to, and would assist, our wound management team to improve wound healing outcomes for our clients through consistent, efficient and effective assessment and treatment.

We are always looking for ways to improve the way we care for our community to ensure that they receive the very best care and support available.



## Onward & Outward



## Complexity and confusions; better planning for ageing

If there is one thing in life that binds us all, it is this: ageing. It is a true common denominator. And we all hope to age well, with dignity, respect, comfort and choice.

Thanks to advancements in medicine, nutrition and exercise, science and technology, we are now living much longer than ever before, and with a much higher quality of life. With longevity comes more complex and expensive health needs, so we must continually redefine what it means to be "old", and plan for how best to negotiate and respond to our own ageing.

Despite the many advances in the level and quality of aged care, we fully acknowledge that not everyone needing care in Australia is getting the care that they need and deserve.

The Royal Commission into Aged Care has revealed not only instances of neglect and mistreatment, and depression amongst some of our most vulnerable older people, but that the quality of care hasn't always been of the highest standard possible, and that the system itself is very complex, and often confusing for those needing care and those trying to help them obtain it.

**“All Australians deserve to age well and with dignity, whether they choose to be at home or in residential care.”**

There are many factors influencing the delivery of high-quality aged care in this country. Government policy still at times seems to be lagging behind the actual needs of older Australians as we continue to age more rapidly than renew as a population. As it endeavours to provide a framework

that keeps pace with the ever-changing face of ageing, cost modelling and structures don't always match the actual needs within the community, which can make it difficult to both obtain and provide the care that is needed.

Even as individuals, we are sometimes reluctant to acknowledge and embrace the fact that we are ageing, and that we need to be proactively engaged in the planning of our own aged care. The stark reality is, however, that we are going to have to get over our prejudices about ageing, if we are going to help those older people in our lives and our communities, and indeed, prepare well for the inevitability of our own "old age".

As a Provider operating within this matrix, McLean Care<sup>®</sup> will continue to acknowledge any shortcomings, which we will harness as opportunities to develop positive, innovative, efficient and sustainable solutions that deliver the highest standard of care within



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PEACE OF MIND

**BOOK YOUR FREE TRIAL DRIVE**

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67 Killean Street  
Inverell NSW 2360  
T: 02 6721 7300  
E. admin@mcleancare.org.au

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

**Kolora Residential Care**  
8 Prisk Street  
Guyra NSW 2365  
T: 02 6779 1922  
E. 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

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the available funding framework; but Providers are only one of the influencers in this complex system. Governments also have an obligation to provide more, better, and simpler information to assist older Australians and their families plan earlier, and make more informed and better choices.

Older Australians and their families must be proactively involved in the planning process, and need to all contribute and work together towards making aged care in this country better; the best that it can be. We must start planning earlier, and know that supportive environments and

integrated care systems can help ensure that older people whose capacity has diminished live with dignity.

All Australians deserve to age well and with dignity, whether they choose to be at home or in residential care. The comfort, safety and wellbeing of every person we care for and support is our number one priority, and we will continue to work closely with our older people and their families, and with Government and our people, in the pursuit of aged care excellence.

 Sue Thomson  
Chief Executive Officer



### A Special Memorial Service

In September we held a very special Memorial Service at Killean in Inverell. This commemorative service was held for family members, friends and staff, giving all the opportunity to express the love and respect felt toward loved ones lost this year.

Emotions and feelings were shared with everyone present at the service, hopefully helping a little with one of the most difficult experiences in life.

## The language of ageism. Is it okay to tell someone they look good for their age?



“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.” - Dr Seuss

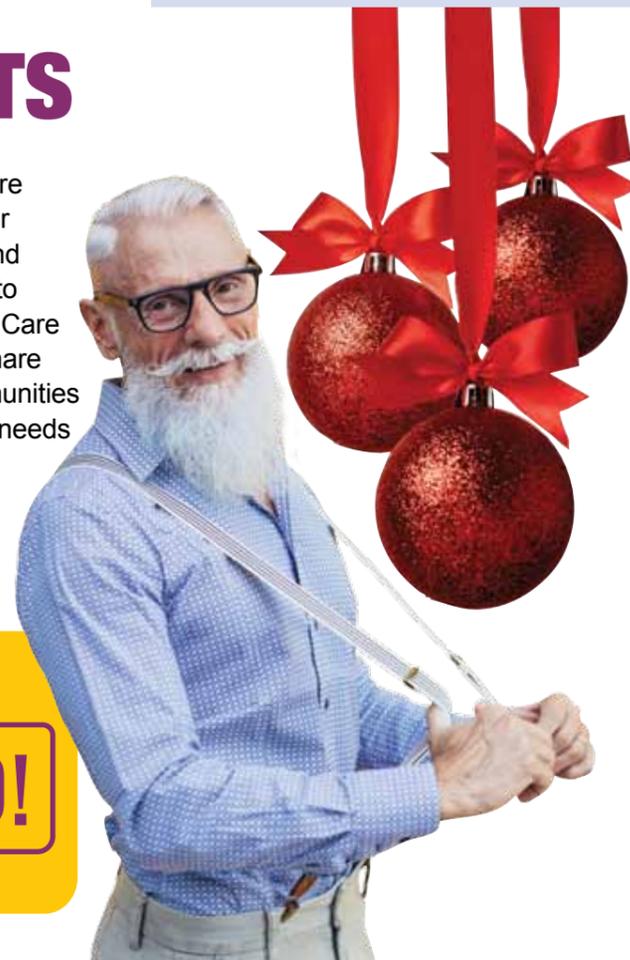
## # YOUR VOICE COUNTS

As a community-owned and operated organisation in regional Australia, McLean Care® is continually looking for the most efficient and effective ways to deliver quality aged care and disability services for rural communities. McLean Care is wanting to hear from its community on how they should continue to improve their aged care and disability services for the community.

The Community Forums are an excellent opportunity for members of the Inverell and surrounding communities to learn more about McLean Care and have the chance to share opinions about their communities aged care and disabilities needs today and in the future.

Our next forum is in Inverell on 25th November at the Inverell RSM Club 2pm-4pm. Please contact Kathryn on 1300 791 660 or admin@mcleancare.org.au to secure your place.

**YOU'RE INVITED!**



We all know our population is ageing. People are growing older than ever before, but our own attitudes and opinions aren't able to keep up. So when we say someone looks good or is sprightly or sharp "for their age", what are we really saying about their age?

Consumerism urges us to fight ageing as if it were a battle we could win, with an abundance of age-defying serums, wrinkle-erasing procedures, and other youthful options being marketed furiously. Mantras like "70 is the new 50" emphasise the attitude that we need to be vigorous and vital for as long as possible, and perpetuate the perception that ageing is somehow a bad thing, and that we should be clinging to our youth "for dear life".

Instilling the idea that looking or being older is not only okay, but perfectly normal, can be difficult, as is framing language that supports a positive attitude towards ageing. For the most part, we don't even realise that we are using language of ageism, and it can come from both internal and external sources. A recent study of language used on social media highlights some of the subtleties:

"94 years old and still sharp as a tack!" Characterising that certain behaviours are unusual or outside the norm for an older person. "Proving that age is just a number!" Describing "old" as bad or a negative state. "92 but didn't look a day over 70 and still just a kid at heart" Seeing looking and acting "young" as the positive attribute. "There is still so much to learn, even at my age!"

“Is it okay to tell someone that they “look good for their age”?”

Ingroup discrimination in which the older adults make judgments, assumptions or denying commonality with other group members. "We don't think of ourselves as old...our mind says we are teenagers; our body just slows us down" Ingroup discrimination that communicates hostility, derogatory, or negative slights and insults.

So, IS it okay to tell someone that they "look good for their age"? Telling someone that they look younger than their age suggests will most likely be taken as a compliment by most people, and people for the most part will mean well when they make such remarks, but in reality, it perpetuates a negative view of older age, and "dehumanises" and devalues older people.

Ageism is very real, and although this seemingly harmless everyday language may appear to be an insignificant part of that problem, surely with a little forethought we can come up with more positive language than "great for an 80-year-old."

Language and attitudes which characterise the ageing population as a problem, a burden and a cost reinforces and perpetuates negative stereotypes, and deeply entrenched ageism is an underlying cause that often begins with the language we use.