

THE COMMITTEE FOR LORNE

P.O Box 168, Lorne 3232. info@committeeforlorne.org.au www.cfl.org.au ☎ 0438 843 258

If you would like to receive this page each week via email, please contact us at info@committeeforlorne.org.au

RESIDENTS ARE DOING IT FOR THEMSELVES:

IMPROVING AGED CARE THROUGH MONTESSORI AT LORNE COMMUNITY HOSPITAL

Many of us are familiar with the term Montessori as it applies to education, but only a few of us in Australia are familiar with the application of Montessori methods for Dementia.

As an innovative method of working with older adults living with cognitive and/or physical impairments, Montessori has the potential to change the lives of people in residential care.

Residents enter aged care facilities when their needs exceed what their families can provide. It can be distressing for the resident and also for the family who struggle to engage with their family member as their mental capacity declines.

Nurse Unit Manager for Aged Care at Lorne Community Hospital, Brock Shiels said, "One of the hardest things that many carers of people with dementia have to face is visiting their loved one in a nursing home and not knowing how to interact or maintain a meaningful connection."

Montessori for Dementia encourages everyone to become involved in supporting residents beyond just the nursing staff to cleaners, managers and most importantly, families. The program offers tools and resources for engaging with a resident with dementia. It gives confidence to families and incidental staff that what they are saying and doing is appropriate, which in turn increases the quality and engagement experienced by the resident.

Over 6 months ago, the Lorne Community Hospital nursing home implemented the Montessori for Dementia program by changing the model of care provided to the aged care residents. An active service model has been introduced to encourage the residents to engage in meaningful activities, similar to those activities they have done their whole life such as; setting the table and clearing the dishes, getting their own cups of tea and biscuits, washing, folding and packing, serving and preparation

of meals.

By using a philosophy of 'enablement' the nursing home staff has also engaged the residents in latent exercise that will increase their physical capacity, which will in turn increase their life expectancy. The hospital has also introduced Quality Improvement projects to help facilitate a better environment for the residents – renovation of the internal building, roles/jobs board, life story booklets accessible to staff, families and visitors, larger font name badges, interactive cooking and meal time experiences, resident newsletter and activity boxes, just to name a few.

"Residents are now delivering afternoon tea, folding napkins for the table, putting out cups, setting tables and the list goes on. Imbedded regimes like the morning shower schedule have been relaxed to enable the residents to enjoy a more leisurely breakfast, said Mr Shiels."

Research has provided clear evidence of decreases in responsive behaviours and increased levels of engagement and participation in activities when Montessori approaches are implemented.

Alzheimer's Australia has also provided the training for the hospital staff and an ongoing facilitator to monitor and support the implementation of the program and to review progress.

"The Montessori Program has not only given our staff more knowledge, motivation and skills to better facilitate their roles but it has also meant better engagement with our residents by focusing on their strengths, interests and by acknowledging the important contributions they have made during their lives."

Lorne Community Hospital



A word from the *Chairman*

Merry Christmas to you all and what a great time of the year it is when family and friends come together to celebrate the spirit of Christmas. It's a time of the year we you realise how fortunate you are to be in good health and have your family close. But remember that there are many who aren't so lucky and many who will celebrate Christmas without a loved one nearby for the first time and it to these people that our wishes are strongest.

It's so easy in this day and age to take the simple things for granted and dwell on what are trivial and minor matters in the bigger scheme of life. How good is it to have your family around you more than what is the norm, even if your 20 plus year old son is constantly depleting your beer fridge, your teenage daughter's definition of cleanliness differs radically from your own, or your aging father asks you for the fifth time what you would like for Christmas – it's a special time and I feel

privileged to be one of the lucky ones!!!

Great to see Lorne coming to life with the colour of Christmas and the annual Christmas light show of one north Lorne residence lighting up the night sky as you enter town like nothing else on the Great Ocean Road. This fabulous display has become as significant a landmark as Geelong's floating tree and the words "Santa loves Lorne" conveying the message that many hold so strong. Mountjoy Parade looks an absolute picture with the recent erection of the colourful "Tis the Season" Christmas banner flags and the spirit of the community on full display at last Saturday's Carols on the Lorne at St Cuthberts Uniting Church.

I was then witness to some great images of Santa visiting the children at our local playgroup at the Community house and bring the smiles to the face of our young. Arriving in style aboard one of the Lorne Fire Brigade Tankers, Santa's

smile was almost as wide as those on the children's faces. Again the spirit of Christmas, and this town, is alive and well and I must ask the question; Ed Babington, is there anything that you can't do????

Last Thursday, we conducted the Annual General Meeting of the Committee for Lorne (CfL) at the Stribling Reserve Multi Purpose Room. It is with great pleasure that I can report that the CfL representation remains unchanged for the 2018 year ahead. In delivering my Chairman's report I looked to sincerely thank those on the CfL for their past, and ongoing, support. 2017 will go down as one of our best years yet and the entire representative group that sit as one to work together to help achieve Lorne's aspirations are to be congratulated – Merry Christmas to you all!!!!

Ian Stewart
Chairman - Committee for Lorne

COMMUNITY PROFILE

RICHARD LUDLOW



Richard parents got to select one of the first campsites at The Ocean Road Caravan Park when it initially first opened. The family lived in Colac and came every summer holidays, so he first arrived in Lorne as a baby. Richard remembers fondly getting to know all the local kids and iconic places like "the Rapids", "the Paddlo's", and "the Tramps", "The Games", the hill at the "Bounce Ball", "The Point" and the "Ozone Café" for milkshakes.

When Richard left school in Colac he began a Traineeship with the then SEC (State Electricity Commission). He spent 12 months in Ballarat, followed by 18 months in Collingwood, Essendon and Sunshine before returning to Colac for his third year. He then came to work in Lorne to complete his fourth year, staying on to work in the Mountjoy Parade SEC office for three years, renting and living locally. His next move was to Warrnambool and Hamilton and then back to Colac and in 1995 he was moved to Melbourne. He has worked with the company through many major changes. It is now known as Powercor.

In the early years he spent most of his weekends driving the Great Ocean Road, looking for a better surf spot, returning to Lorne to socialise at night, watching bands at the Pacific Hotel and spending some time living above the then Sports Store in Mountjoy Parade.

In 2000 he met Jenni, and they went on to have two boys, William & Darcy.

"I had been looking for a house to buy down here for twenty years. One weekend in 2001, we came down for a friend's wedding and ended up buying a house. Now, with our two children, I am watching history repeating itself with our family's lifestyle in Lorne. We spend most of our time in the summer at the beach and at the Surf Club with both boys in the Nippers and I am still trying to get back into the surf whenever possible." He enjoys the Aquatic Club where he can catch up with local mates from the old days.

Richard plays in a competition basketball team at MSAC in Melbourne and the school Dad's football team. He coached the St Kilda Park Primary School Dads Footy team this year. He cycles with his family around the St Kilda esplanade and rides his bike to work every day.

The family are great supporters of local businesses. Plenty of time is spent at The Swing bridge café catching up with friends and they go to the movies as much as possible to support the local theatre.

For six months during two consecutive winters they have lived in Bali when the children were preschool, and in winter this year they travelled in a campervan for 3 weeks from Darwin to Ayers Rock.

They come to Lorne at every opportunity.

CW

LORNE WARD EVENTS CALENDAR

December

- 21 **Lorne Community Christmas Party**, 4.30-6.30pm at Erskine Paddock.
- 27-30 **Geoff Lindsay's Crab Club**, pop up restaurant at Lorne Hotel. For reservations, phone 5289 1409.
- 28- **Lorne Falls Music & Art Festival**, Dec 28 – Jan 1.

January

- 2-5 **Frank Camorra's Movidia**, pop up restaurant at Lorne Hotel. For reservations, phone 5289 1409.
- 12 **Mountain to Surf Run**, at 8.30am.
- 13 **Pier to Pub Swim**, Lorne.
- 21 **Festival of Colours**, colour, music, dance, friends, food. 11am-4pm at Lorne Foreshore. festivalofcolours.com.au.

COMMITTEE FOR LORNE