



Message from the CEO

Welcome to our Quality of Care Report where we proudly outline our achievements for the 2013/2014 year. The Boort District Health Quality of Care Report is an annual snapshot of our achievements, describing how we measure and monitor the quality and safety of the care we provide and what we are doing to improve our services.

The report tells stories from our aged care residents, patients and community to illustrate how Boort District Health partners with individuals and the wider community to provide continuity of care and individualised care.

I would like to acknowledge the caring team of health service staff, doctors and other health professionals who provide quality care within the health service and in community settings. These people are the key to the success of Boort District Health.

This year we have decided to use a calendar format to illustrate what we do. It has the added benefit of providing timely reminders about significant health events throughout the year.

Enjoy reading about your health service and we welcome any feedback that you would like to give us.

Vicki Poxon
CEO



Murray to Moyne 2014

Boort District Health once again entered a team in the Murray to Moyne Bicycle Relay Challenge. Seventeen riders and twelve support crew participated over the weekend relay. The team raised over \$21,000 for the Boort District Health Urgent Care Centre where it has enabled the health service in consultation with Dr Ashraf Takla to purchase much needed equipment.

A key fundraising event was a dinner organised by the Boort Tourism Committee. The dinner was an opportunity by Dr Takla to showcase the equipment that has been purchased over the years for the Urgent Care Centre. Further, all the riders and their families, volunteers and community members from Boort and surrounding districts were acknowledged for their ongoing support. The fundraising dinner featured a meal organised by Kane Arnold and an auction of items donated by many businesses that continually support Boort District Health.

Other events in the months leading up to the Murray to Moyne Bicycle relay included a training ride to Quambatook for breakfast. The Quambatook Catholic Ladies organised a delicious breakfast for the riders. Training rides to Wychitella for dinner, Pyramid Hill and other destinations around Boort featured in building fitness for the ride. The team were tireless in their fundraising where they sold raffle tickets at the Boort Trots, over the Easter period and organised a sausage sizzle in the main street. The team is already in the planning stages for the 2015 Murray to Moyne and we look forward to supporting the team and their fundraising efforts.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				New Year's Day 01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	Australia Day 26	27	School Term 1 starts 28	29	30	31

JANUARY 2015



Staying strong, fit & independent!

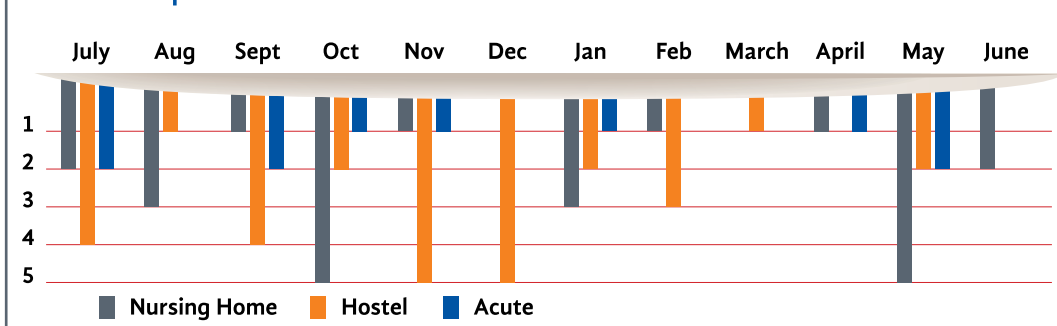
Every Wednesday and Friday mornings between 10 and 15 older members of the community meet together to undertake physical activity or participate in strength building exercises under the supervision of Allied Health Assistant Dee Smith. Exercise and physical activity are great ways to have fun, be with friends and family. But regular exercise and physical activity can also have a direct impact on the everyday life of older people. The benefits exercise can provide help people to stay strong and fit enough to perform daily activities, get around, and maintain independence. The aim of the exercise program is to encourage and support people to build exercise into their everyday life. The program concentrates on assisting older people who are inactive to build an exercise routine that focuses on four areas that are important for staying healthy and independent: endurance, strength, balance, and flexibility. Research suggests that people can maintain or at least partially restore these four areas through exercise and physical activity and that doing so improves fitness. We asked the participants why they came to the exercise classes and the results they experienced. Here are some of their comments:

- “Company and friendship”
- “Enjoy the cuppa and a chat”
- “Exercise gives great results”
- “Age is not barrier” (from a 96 year old)
- “Helps with the pain”
- “(I) feel it when I miss a session”
- “Decreases stiffness and increases mobility”



Falls

Total Falls per area 2013-14



Boort District Health is committed to provide safe, quality care to all people who use the health service.

To ensure Boort District Health meets the needs of the community a comprehensive falls prevention program is in operation. The goal of the program is to reduce the incidence of falls and consequently minimise the harm from falls.



The definition used by health services to describe a fall is an event which results in a person coming to rest inadvertently on the ground or floor or at a lower level.

Falls accounted for 17% of admissions to the health service in 2013/2014 and no person has sustained a serious injury as a result of their fall.

The falls prevention program identifies people at risk of falling and the measures that need to be undertaken to decrease the risk of falls and subsequent injury.

Some of the measures that are implemented in the falls prevention program include:

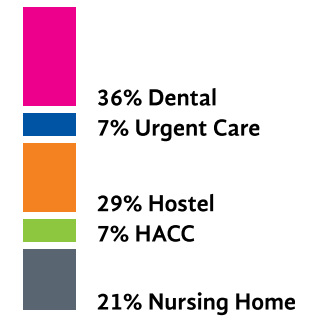
- Thorough history taking and assessment of an individual's care needs
- Early orientation of an individual to the health service environment
- Provision of a safe environment
- Encouragement of independence
- Review by a general practitioner and may include a medication review
- Referral to allied health professionals e.g. physiotherapist to assess an individual's requirements for walking aids
- Discharge follow up by the Boort District Health district nursing team

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ovarian Cancer Month 01	02	03	04	05	06	07
08	09	10	11	12	13	Heart Research Day 14
15	Australia's Healthy Weight Week 16th-22nd 16	17	18	19	20	21
22	23	24	Teal Ribbon Day (Ovarian Cancer) 25	26	27	28
						

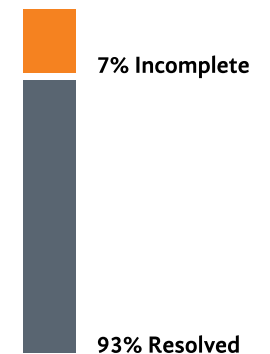
FEBRUARY 2015

Complaints & Feedback

Complaints by area 2013-14



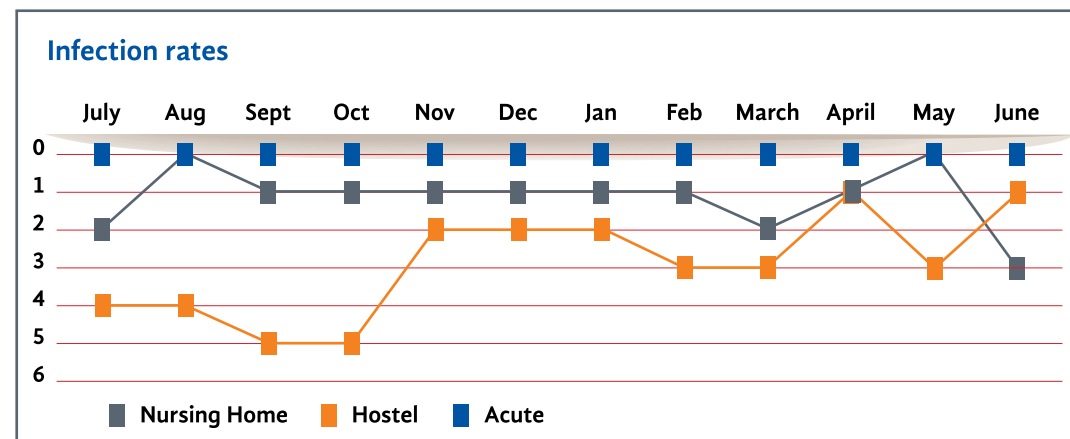
Resolved 2013-14



Safety & Quality

Infections 2013 – 2014

Boort District Health collects infection rates and analyses the data. The data is used to assist in the prevention of infections and implement corrective treatment and actions.



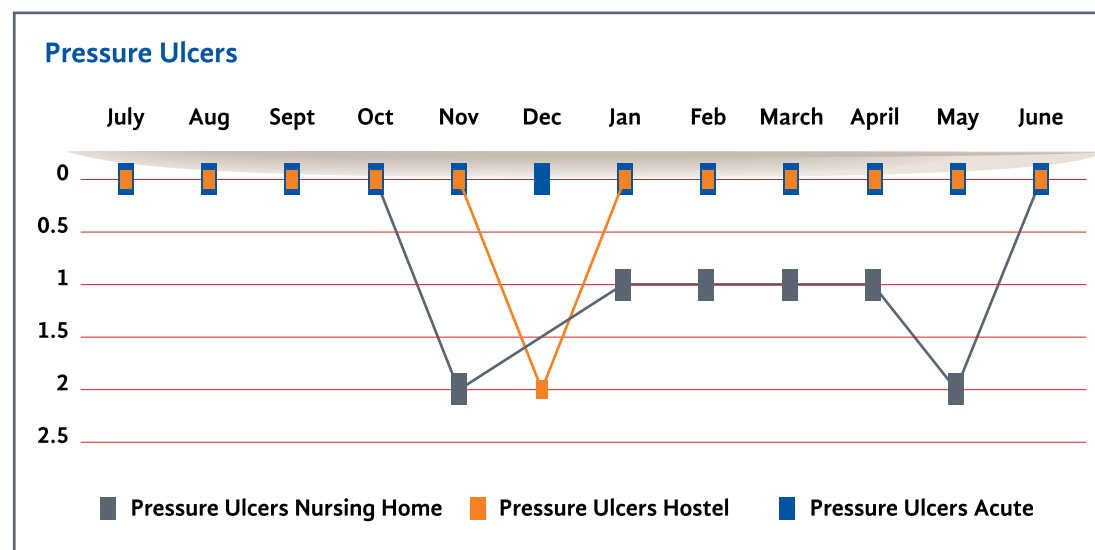
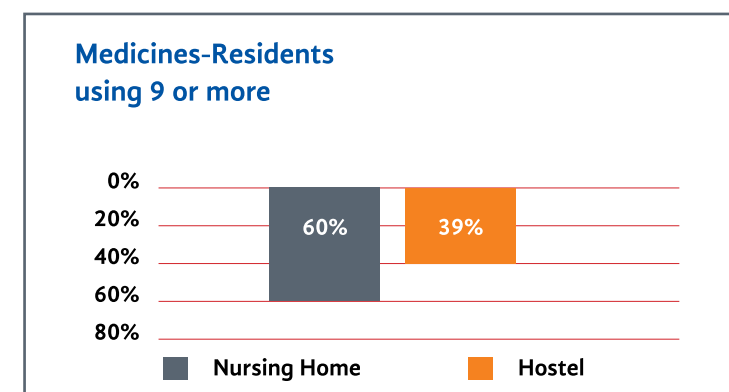
Pressure Ulcers 2013 - 2104


A pressure wound or ulcer is a lesion caused by continuous pressure that results in damage to the skin and underlying tissue. The risk of a patient or resident developing pressure ulcers is high but can be prevented. People who are bedbound and those who are unable to reposition themselves are at greatest risk. Measures that have been put in place to prevent pressure ulcers include:

- Identifying at risk patients and residents and putting in remedial actions.
- Using pressure relieving mattresses, heel protectors and air cushions.
- Being vigilant to reposition bedbound people.
- Vigilance in ensuring policies and guidelines for the prevention of pressure ulcers is followed by all staff.

Medication 2013 – 2014

The use of nine or more medications is known as poly-pharmacy. The monitoring of medication management and poly pharmacy incidence is reviewed at an individual and organisation system level.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05	06	07
International Women's Day 08	Labour Day 09	10	11	12	Red Nose Day 13	Cultural Diversity Week 14th – 22nd 14
15	16	17	18	Close the Gap Day 19	National Day of Action against Bullying & Violence 20	21
22	23	24	25	26	School Term 1 ends 27	28
29	30	31				

MARCH 2015



Advanced Care Plans

Most of us enjoy life and want to live as long as we can – so we are reassured to know that medical care is there for us when we need it.

Given advances in medical treatment, most of us will live to old age, but we may live with long periods of decline. During this time there are likely to be a number of medical crises, often getting more frequent as we get older.

It is impossible for doctors and family members to make good treatment decisions for others unless these concerns and wishes are clearly understood. Many people put off talking about these decisions but this is not wise as it is difficult to think rationally in a crisis.

Boort District Health encourages all residents, patients and clients to consider this issue and prepare an advanced care plan well ahead of a crisis.

Advance care planning can be verbal or written. Ideally, advance care plans are written in order to strengthen their influence on those providing the care.

Advance care planning is not:

- a substitute for good informed consent about current treatment options
- euthanasia.

This year the Victorian Department of Health released the advance care planning strategy for Victorian health services 2014–2018.

This strategy aims to ensure all Victorians accessing health services will have opportunities to express their preferences for future treatment and care through advance care planning.

Boort District Health have staff trained in having that conversation about the type of care you may require into the future should a crisis arise.

If you would like to talk to someone about preparing an advanced care plan, please do not hesitate to ring on 54515200 and ask for assistance.

Further information about the Victorian strategy can be found on Website: www.health.vic.gov.au/acp



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			01	02	Good Friday 03	Easter Saturday 04
Daylight Saving finishes 05	Easter Monday 06	07	08	09	10	World Parkinson's Day 11
12	School Term 2 starts 13	14	15	16	17	18
19	20	21	22	23	24	Anzac Day 25
26	27	28	29	30		

APRIL 2015

Volunteers – Planned Activity Groups, Residential Aged Care

Volunteers at Boort District Health

Every day at BDH the lives of the patients, residents and clients is made better by the input of a faithful band of volunteers.

The volunteers work over many areas of the health service, from gardens, music, church, driving and day centre.

In fact, if you have a desire to volunteer at BDH we have a role for you according to your interests and skills. There is no job too big or too small.

The volunteers undergo an orientation to BDH on commencement with annual training provided throughout the year. We ask our volunteers to undergo a three yearly police check (at BDH cost) to ensure that all our clients are cared for safely.

The volunteers are organised by Maree Stringer who holds the position of Volunteer Coordinator at BDH.

If you would be interested in this valuable role or would like more information please do not hesitate to ring Maree on 03 54515200.



"Enjoy meeting residents,...and spending time with people at important moments"

"Being able to help..."

"People contact, fun, giving"

"I love the people"



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					01	02
03	04	World Hand Hygiene Day World Asthma Day 05	06	07	08	09
Mothers Day 10	National Volunteer Week 11th-17th 11	International Nurses Day 12	13	14	International Day of Families 15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MAY 2015

Patient Journey

When Hank van der Berg first walked into Boort District Health in 2009, he may not have envisaged the wholesale changes dental health would make to his life. Since 2012, Dr. Chetan Bhardwaj has been monitoring his progress, showing that oral health contributes as much as ever to a full and happy life.

Having originally harboured a fear of dentists, and having struggled with significant personal difficulties, Hank has come a long way in the past five years. Dr. Chetan and his team at Boort Dental Clinic have helped Hank to realise more than just the benefits of good oral care, as his recent feedback attests.


According to Hank, Dr. Chetan 'is by far the best dentist I've ever had: his understanding, empathy and communication skills put even the most nervous patients at peace... Again, I can't thank the clinic enough.'

The more Hank has visited Dr. Chetan for treatments, the more he has learned to love himself again. With a supportive local dental team keeping him in touch with his community. Hank relates that his self confidence is back, and that he is making positive steps to change the way he looks and feels.

Best of all, Hank says his greatest asset has returned to him: his smile. We wish him all the best with his ongoing transformation.

And Hank is not the only Boort resident whose oral health is in excellent hands. Another respondent praised Dr. Chetan's team for their exemplary services provided to her ninety-seven year old mother. 'The care taken with prior research, and suitable appointment times for her lack of mobility, is above and beyond expectation. Thanks a million.'



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01	02	03	04	05	06
07	Queen's Birthday 08	09	10	11	12	13
14	Men's Health Week 15th-21st 15	16	17	18	19	20
21	22	23	24	25	School Term 2 ends 26	27
28	29	30				

JUNE 2015



THE AUSTRALIAN TYPE 2 DIABETES RISK ASSESSMENT TOOL (AUSDRISK)

1. Your age group?

- | | | |
|------------------|--------------------------|----------|
| Under 35 years | <input type="checkbox"/> | 0 points |
| 35 – 44 years | <input type="checkbox"/> | 2 points |
| 45 – 54 years | <input type="checkbox"/> | 4 points |
| 55 – 64 years | <input type="checkbox"/> | 6 points |
| 65 years or over | <input type="checkbox"/> | 8 points |

2. Your gender?

- | | | |
|--------|--------------------------|----------|
| Female | <input type="checkbox"/> | 0 points |
| Male | <input type="checkbox"/> | 3 points |

3. Your ethnicity/country of birth?

3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

- | | | |
|-----|--------------------------|----------|
| No | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 2 points |

3b. Where were you born?

- | | | |
|---|--------------------------|----------|
| Australia | <input type="checkbox"/> | 0 points |
| Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe | <input type="checkbox"/> | 2 points |
| Other | <input type="checkbox"/> | 0 points |

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

- | | | |
|-----|--------------------------|----------|
| No | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 3 points |

5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?

- | | | |
|-----|--------------------------|----------|
| No | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 6 points |

6. Are you currently taking medication for high blood pressure?

- | | | |
|-----|--------------------------|----------|
| No | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 2 points |

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

- | | | |
|-----|--------------------------|----------|
| No | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 2 points |

8. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

- | | | |
|---------------|--------------------------|----------|
| Every day | <input type="checkbox"/> | 0 points |
| Not every day | <input type="checkbox"/> | 1 point |

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

- | | | |
|-----|--------------------------|----------|
| Yes | <input type="checkbox"/> | 0 points |
| No | <input type="checkbox"/> | 2 points |

10. Your waist measurement taken below the ribs (usually at the level of the navel, and while standing)?

Waist measurement (cm)

For those of Asian or Aboriginal or Torres Strait Islander descent:

- | | |
|------------------|---|
| Men | Women |
| Less than 90 cm | Less than 80 cm <input type="checkbox"/> 0 points |
| 90 – 100 cm | 80 – 90 cm <input type="checkbox"/> 4 points |
| More than 100 cm | More than 90 cm <input type="checkbox"/> 7 points |

- | | |
|------------------|--|
| Men | Women |
| Less than 102 cm | Less than 88 cm <input type="checkbox"/> 0 points |
| 102 – 110 cm | 88 – 100 cm <input type="checkbox"/> 4 points |
| More than 110 cm | More than 100 cm <input type="checkbox"/> 7 points |

Add up your points

Your risk of developing type 2 diabetes within 5 years*:

- ☐ 5 or less: Low risk
Approximately one person in every 100 will develop diabetes.
- ☐ 6-11: Intermediate risk
For scores of 6-8, approximately one person in every 50 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes.
- ☐ 12 or more: High risk
For scores of 12-15, approximately one person in every 14 will develop diabetes. For scores of 16-19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every 3 will develop diabetes.

*The overall score may overestimate the risk of diabetes in those aged less than 25 years.

If you scored 6-11 points in the AUSDRISK you may be at increased risk of type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease. See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			01	02	03	04
05	06	07	08	09	10	11
12	School Term 3 starts National Diabetes Week 13th-19th13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JULY 2015

Living longer, living better

Major changes have happened to the way aged care is funded. The changes were introduced on 1 July 2014. At Boort District Health our role is to ensure the community understands the changes and where we can help you to understand the payment structure for people moving into aged care.

The changes will not affect people already living at Boort District Health.

What is Changing?

From 1 July 2014, the distinction between high and low care has been removed, allowing consistent accommodation payments to apply for all new residents. All new residents will have an opportunity to have a choice in how they pay for their accommodation, with the option of paying a lump sum payment, a periodic payment or a combination of both.

What Does This Mean?

Residents who enter care at Boort District Health with an Aged Care Assessment Team approval for residential care after 1 July 2014 have the choice of paying a Refundable Accommodation Deposit (RAD) or a Daily Accommodation Payment (DAP) or a combination of both. Residents may change their mind about the choice of payment up to 28 days after admission.

What is a Refundable Accommodation Deposit?

A Refundable Accommodation Deposit (RAD) is an amount of money paid or payable by a resident for entry to residential care. The balance of RAD (after agreed deductions have been made) will be refunded to the resident or the estate at the end of the agreement for residential services.

What is a Daily Accommodation Payment?

A Daily Accommodation Payment (DAP) is an amount paid after converting the RAD into a daily charge using the maximum permissible interest rate that is applied at the time of admission.

At Boort District Health the maximum accommodation price has been set at \$550,000. However, new residents will have the choice to pay for their accommodation as RAD (a lump sum), an equivalent DAP (a periodic payment) or a combination of both. However, all fees are individually negotiated.

A resident who has assets below \$40,500 and income below \$22,701 will make no contribution towards the cost of their accommodation and their liability to contribute towards the cost of their care will be limited to the cost of the daily basic care fee that applies to all residents. The basic daily current fee is set at 85% of the single pension, or \$45.63 per day

What We Offer

You will meet exceptional staff who provide expertise and care to all residents. You will enjoy the privacy of your own room or shared accommodation and have the benefits of sharing an intimate aged care community with access to on site group activities and other social activities.

Our Expertise

Boort District Health provides 24 hour nursing care, individual care plans and an activities program that caters for group and individual programs.

Our clinical care includes:

- Access to general practice services
- Respite care
- Qualified nursing staff 24 hours a day and 7 days a week
- Dementia specific programs
- Access to allied health services e.g. podiatry and physiotherapy
- Access to dental services

Enhancing Well-being

Leisure and social activities are designed to enhance the individual resident's well-being and increase feelings of productivity and purpose.

Residents have access to movie nights and Foxtel which allows residents to keep up to date with the latest movies and world events. Internet and email access are available to enable residents to keep in touch with family and friends and pursue personal interests.

The physical activities program includes:

- Rehabilitation services
- Access to physiotherapy services
- Keep fit programs
- Indoor bowls
- Gardening program including looking after the chooks and birds
- Men's Shed Activities

Personal services include:

- On site hairdresser
- On site laundry services
- Massage therapy
- Hand therapy including manicures

Meals

We understand that fresh, nutritious high quality meals are important to enhance the resident's well-being. Residents choose all meals from an extensive menu.

Residents are provided with morning and afternoon tea and usually accompanied by homemade snacks. Supper is also available.

Amenities

A coffee machine offers many delicious choices and residents who prefer tea have a choice ranging from herbal to other blends. This service is also available for visitors.

A Happy Hour each Friday is popular pastime where friends and family join the residents for a sing a long and snacks and a drink afterwards. A pre-dinner drink is available and enjoyed by residents.

AUGUST 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					Jeans for Genes Day 01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Pastoral Care

A Chaplain who provides an ecumenical program is available to any resident or family/carer. The key aspect of the program is that we respect the spiritual diversity of every resident.

Each week regular services are provided by the various Church groups located in Boort.





Women's Health

In rural communities the double whammy of isolation and busy lives can result in women not looking after their health as well as should happen.

At BDH we encourage women across the North of the Loddon Shire to consider the following health tips:

- Know your body and what is, and is not normal for you.
- Have regular PAP smears every 2 years. Women in Loddon can attend nurse led clinics at Boort Medical Clinic, Northern District Community Health Service at Boort Resource & Information Centre, or be seen by a female General Practitioner at the Boort Medical Clinic.
- Have a healthy diet and active lifestyle. The Loddon Shire has one of the highest rates of Type 2 Diabetes in the state. A moderate diet with a wide range of fresh and non-processed food in addition to regular exercise will decrease your risk of developing this chronic illness –and many others! Exercise classes are held twice weekly at BDH for the over 65s and the BRIC gym is available to all women in the community.
- Ask your women's health nurse or your doctor to show you how to examine your breasts regularly. Women over the age of 50 are entitled to free mammograms from Breast Screen Victoria.
- Stop smoking. Victorian women now have similar rates of lung cancer and smoking related illnesses as their male counterparts. Smoking cessation programs are run by Northern District Community Health Service or speak to your Doctor about ways to help.
- Get involved with friends, family and the community. Studies have shown that reducing isolation also reduces anxiety and depression rates. BDH partners with other north Loddon agencies in the 'Around the Table' project aiming at empowering women to seek solutions to health needs both physical and mental.
- Learn to forgive yourself when you are not perfect or stumble along the way. Learn to love the battle scars because they are unique to you.

If you would like more information about women's health issues please feel free to contact:

Boort District Health	54515200
Boort Medical Clinic	54515220
Northern District Community Health Service	54510200



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01	02	03	04	05
Fathers Day 06	07	08	09	10	RU OK Day 11	12
13	14	15	16	17	School Term 3 ends 18	19
20	21	22	23	24	25	26
27	28	29	30			

SEPTEMBER 2015

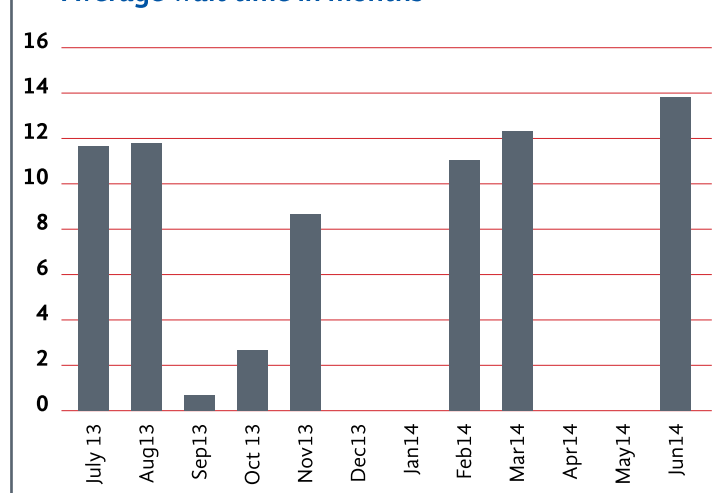
Accreditation

Boort District Health is involved with the following forms of accreditation:-

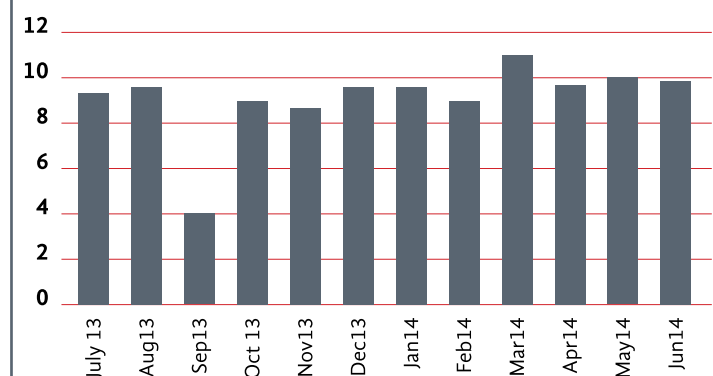
National Safety and Quality Health Services (NSQHS) Standards	BDH has elected to undergo accreditation with the new National Standards and have engaged the Australian Council on Healthcare Standards (ACHS) to conduct an accreditation audit in October 2014.
Home and Community Care (HACC) accreditation	HACC accreditation has undergone a transformation in its processes. BDH has been working through the process for an accreditation visit in October 2014.
Residential Aged Care Services – Australian Aged Care Quality Agency (AACQA)	Both Low Care-Hostel and High Care-Nursing Home have undergone successful unannounced support contact visits in 2014.
Food safety audits	BDH Food Safety Program is audited annually and in July 2014 were successful with obtaining full compliance.
Hospital cleaning standards	BDH Environmental services and Infection Control program undergoes annual external cleaning audits against the Victorian Cleaning standards. This process was completed in July 2014 with an overall pleasing rate of 99%
Fire safety audits	BDH underwent a Fire Safety Audit in May 2012.
Diagnostic Imaging Accreditation Scheme 2nd Edition	BDH has been accredited with full compliance with the Diagnostic Imaging Accreditation Scheme Full Suite of standards for the use of General X-Ray and Ultrasound. This accreditation is valid until June 2016.

Boort Dental Clinic

Denture wait list 2013/14
Average wait time in months



Dental General wait list 2013/14
Average wait time in months



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				International Day of Older Persons 01	02	03
Daylight Savings Commences 04	School Term 4 starts 05	06	07	08	09	World Mental Health Day 10
11	12	13	14	15	16	17
Infection Prevention Week 18th-24th 18	19	20	21	22	23	24
25	26	27	28	29	30	31

OCTOBER 2015

Men's Health - "Movember"

The BDH Men's Shed is a place where the men of Boort can meet and enjoy the company of other men. Men's health is important.

The reason for the poor state of men's health are numerous and complex and include:





- Lack of awareness and understanding of the health issues men face
- Men not openly discussing their health and how they're feeling
- Reluctance to take action when men don't feel physically or mentally well
- Men engaging in risky activities that threaten their health
- Stigmas surrounding mental health
- Men are less likely than women to seek help for health concerns, and also less likely to use health care services.

The Movember Foundation aims to change this way of thinking by putting a fun twist on this serious issue. Using the moustache as a catalyst, the idea is to bring about change and give men the opportunity and confidence to learn and talk about their health and take action when needed.

As a global men's health movement, the Movember Foundation has the ambition to contribute to improving the lives of men around the world. This will be achieved through programs we fund in the areas of – Awareness & Education, Living with Cancer, Research and Mental Health. We see success as moving the dial on progress towards:

- Reduced mortality from prostate, testicular cancer and men's suicide
- Men living with prostate or testicular cancer being physically and mentally well
- Men and boys understanding how to be mentally healthy and taking action when they experience mental health problems
- Men and boys with mental health problems not being discriminated against.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Movember 01	02	Melbourne Cup 03	04	05	06	07
08	09	10	Remembrance Day 11	12	13	World Diabetes Day 14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

NOVEMBER 2015

Bert and Betty (& Mitzi)

Bert and Betty have been married for 20 years last June. In that time they have been rarely separated. Betty's health deteriorated in this time however and Bert gradually took over the role of the carer, although Bert will tell you Betty was still in charge! Eventually in July 2013 Betty needed full time care, and she moved into Boort District Health to await placement in the nursing home.

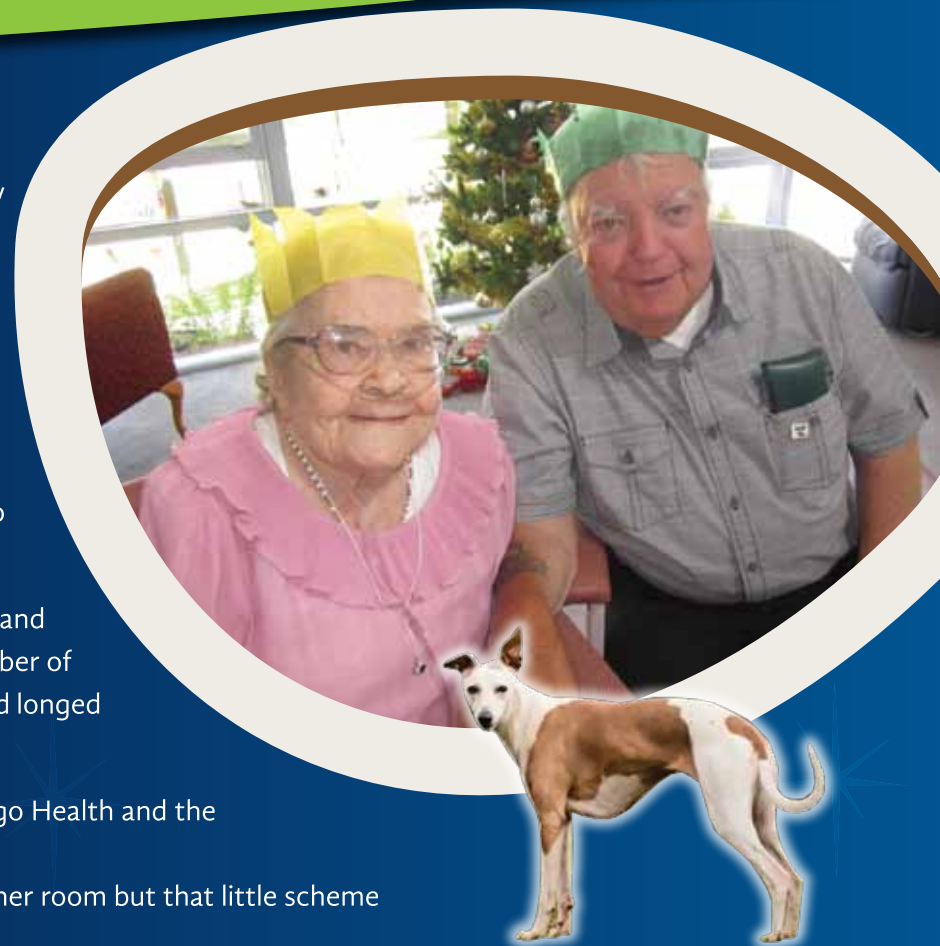
During this time Bert drove from his home 30km away on a daily basis to visit Betty and 'get his instructions' as he would say. He often brought with him their beloved whippet Mitzi who enjoyed racing around the hospital car park. Mitzi even managed to have a YouTube video made of her by a local photographer.

In May of this year life for Bert hit a speed bump when he entered hospital for an operation and suffered a stroke. He was separated from Betty for 2 months and Mitzi was taken in by a member of the Boort community for the duration. Both Betty and Bert found this separation very hard and longed to be close enough to visit each other again.

After 8 weeks of intense rehabilitation, Betty managed to convince everyone including Bendigo Health and the local

Doctor that Bert needed to be back in Boort! She even had it arranged that Bert would share her room but that little scheme was vetoed by the staff who felt they both needed a bit of rest.

Bert returned in July 2014 very frail and it was unsure where the future lay for him. However with care, physio, and Betty's and the families encouragement he was well enough to be discharged to the hostel on the Transition Care Program run by BDH. The program gave him that extra bit of care and rehabilitation needed to get him back on his feet. The twinkle in Bert's eye and the cheeky grin are back, and very shortly he will be happily discharged home.



Merry Christmas

from all of the staff at

*Boort
District Health*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	School Term 4 ends 18	19
20	21	22	23	24	Christmas Day 25	Boxing Day 26
27	Boxing Day (Holiday) 28	29	30	31		

DECEMBER 2015



To enrich the Health & Wellbeing of the Community

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