



Newsletter

Welcome to our Monthly Pulse October Issue 2021



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Hello

Covid restrictions are easing in Victoria! If you're in Victoria, this is terrific news. Congratulations to the state of Victoria for achieving the 80% vaccination milestone, allowing people to have more freedoms, and getting back to some normalcy after a very long road of uncertainties. Sadly, we are not out of the woods yet when it comes to the virus. We still have Covid-19 cases in hospital and lives lost daily. We extend our thoughts to those in hospital and the families of people who have lost their lives.

Covid restrictions are easing in Victoria. What changes, and what are your new freedoms?

Now that Victoria has reached the 80% Milestone, residents can now enjoy new freedoms.

Return to School-all students across the state can return to school full-time.

Travel - People can travel between Melbourne and regional Victoria.

Changes to masks rule - Masks will only be required to be worn indoors. Markets will require masks to be worn since it will be difficult to distance. However, those feeling anxious about the lift on the rule should go at their own pace to feel comfortable.

Retail is open -Retail, gyms, and entertainment venues have reopened with capacity limits. There will be density limits of one person per four square metres.

There is an increase from 15 to 30 people allowed to gather outside. Home visits are still limited to 10 people per day. All capacity limits will be lifted in Victoria on 24 November, when 90% of the people are expected to be fully vaccinated. **Yay for A Very Merry**



[More Information](#)

World Arthritis Day

The world celebrated World Arthritis day on October 12. Arthritis is Australia's number one cause of Disability and handcap. Arthritis is the most prevalent type of joint disease globally, and arthritis can be found in different parts of the body. Arthritis is a chronic condition that worsens with time, and it can cause severe pain and inflammation. The inflammation in the joints is due to high levels of synovial fluid, which causes an influx of white blood cells. The systemic disease more common among women than men usually starts at 40 years of age. There are over 100 types of the condition, with osteoarthritis and rheumatoid arthritis being the most common. A person can have arthritis in any joint of their body, but it typically starts in the hands or hips. There are many treatments for arthritis, including medications, supplements, physiotherapy, surgery, etc. **But what is the best arthritis treatment for you?**

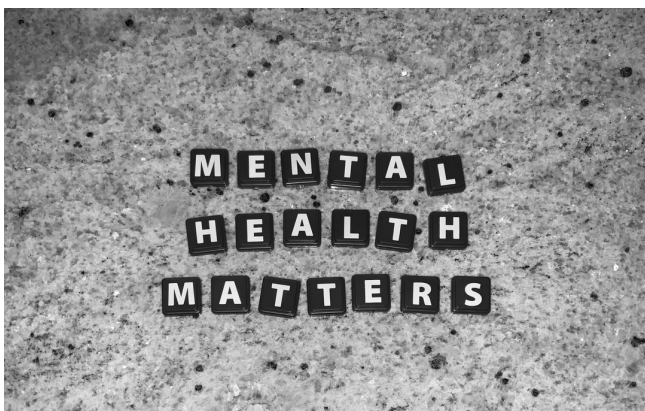
[Find out more](#)

October - Mental Health Awareness Month

Your mental health is important, and you must know how to take care of it. How well your mental health depends on many things - the lifestyle you lead, relationships with others, what you do at work or school, and more. Most people struggling with their mental health don't get help right away because they think it's normal to feel this way. But the truth is that most people go through periods of feeling down or feeling like nothing will ever get better. That's why getting help early can make a big difference in your life.

[More Information](#)

Short term Accomodation/ Respite





Are you or do you know anyone in need of a break or a long-term stay?

A break is vital for families and friends, but what about the caregivers?

The people who love and take care of their loved ones every day deserve a little love and care, too. In fact, according to a Caregiver Needs Survey conducted by Harvard Medical School, 91% of caregivers feel they don't get enough acknowledgment. **Grace healthcare YCYW** Respite Care is a solution that ensures you get the support you need. You provide the love and attention. We provide the rest. Here's to a restful break!

We will support you with a care plan that suits your needs and requirements while staying with us. We provide accommodation for either a day, overnight, a weekend, or even longer. We will take care of your personal care, meals, and your favorite recreational activities.

[More Information](#)

NDIS provides funding for Supported Independent Living.

It is more suited for participants with complex needs. If you are not sure of your eligibility, we advise that you talk to your plan so they can make an assessment based on your "reasonable and necessary needs."

[More Information](#)

Vaccination News

All support workers are required to show evidence of their vaccination to our HR management since the 22nd of October in order to continue working with our participants. This means that by now you need to have received at least your first dose of the Covid- 19 vaccine (unless you have a medical exemption) to attend work. From 26 November 2021, you will also be required to provide evidence to our HR management that you have received your second dose (unless you have a medical exemption) to attend work.

[More Information](#)

A special mention to our recipient of the certificate of Excellence, Sajani De Silva, for the outstanding work she does with our participants - Your dedication and service is

appreciated.

Until next time, stay safe and healthy!

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