



Newsletter

Our Sincere APOLOGIES for the faulty links in the previous Newsletter - Here is the working one.

Welcome to our Monthly Pulse September Issue 2021

More News and
Updates



Hello

We do hope that you have been coping well with this lockdown. We know it is not easy and, it is worse for some than it is for others. We want to remind you to keep active and find a routine that works for you. Reach out if things get too stressful; it is natural to be stressed and not feel 100% sometimes. Whether you're feeling stressed, anxious, sad, or lost, there are always things you can do to take care of yourself in this pandemic. We will share a few tips in this newsletter.

6.0 Earthquake in Victoria

On September 22, an earthquake hit Victoria, with tremors felt across Sydney, ACT, and Tasmania. With everything going on, an earthquake is the last thing we need. Our thoughts are with everyone, and we hope everyone can stay safe and accounted for during this challenging time.

Earthquakes can happen at any time, anywhere. So it is crucial to know the right things to do in an emergency, like earthquakes.

First of all, if you are indoors and feel the building shaking, it is best to move no more than a few steps, Drop, Cover and Hold ON (this can be under a sturdy table or bench) and stay where you are. It is safer than trying to get out of the building or go outside during an earthquake. You don't want to be running for your life when there's a chance that you'll get hit with debris from a collapsing roof or floor from a nearby structure or by being crushed by a big crowd of people all trying to escape at once.



If you're outdoors and feel the ground shaking, find out if high-rise buildings are nearby and move no more than few steps away to an open area, then Drop, Cover, and Hold On.

Managing the Pandemic Anxiety

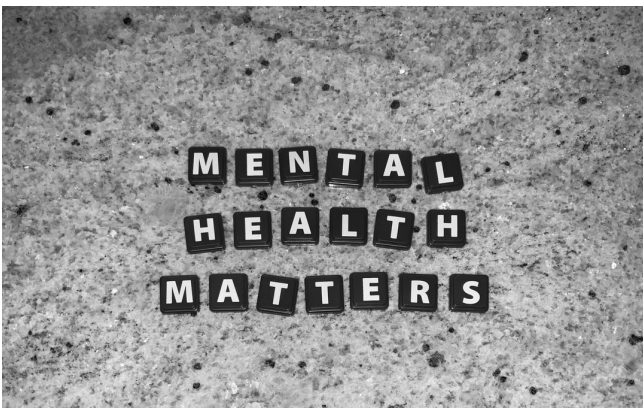
The Covid pandemic has changed the way we live. Taking care of our overall well-being is vital as we deal with the challenges. Somehow, we are all encountering a form of pandemic anxiety. Whatever situation we are in, it is essential to acknowledge that our worries are valid. Let's be kind to ourselves. We have listed different options that can lessen the stress you feel right now but remember, what might work for one person might not work for the other.



[More Information](#)

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](#)

Supported Independent Living

Our **new service** - Supported Independent Living encourages people with disabilities to live as independently as possible by ensuring they have support in areas of their life where it is required. We will work with each participant to identify where the support is needed and what achievements each



participant aims to achieve and prepare a complete personalized plan. We will provide the supports that match our support workers with the participants to support the participants with daily living tasks and community access.

[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

With the rising number of current Covid -19 cases, We encourage everyone to get vaccinated. Information on eligibility and NDIS support is available to all our staff and participants. Learn more and be informed on how best you can get your vaccines within your circumstances. Let us all protect ourselves, our families, and the rest of our communities.

[More Information](#)

A special mention to our recipient of the certificate of Excellence, Sara Gwada, 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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