



The Aged Care Team extend our very best wishes to you, your family and friends for a safe and enjoyable festive season

Welcome to our new look Older Persons and Ability Support Services (OPASS) newsletter.

It's hard to believe we are in December, and 2024 is almost finished. Where has the year gone?

During the year, the OPASS team was audited by the Aged Care Quality and Safety Commission. I am pleased to advise that we are compliant in all areas. We will use the audit to continue to update our policies and procedures to ensure our consumers receive the highest quality care.

Should you ever have any feedback on our services, please feel free to contact me.

Recently the Australian Government passed new laws under the Aged Care Act 2024. The Act will strengthen the aged care system and provide more rights to you, the consumer. More information regarding the Aged Care Act and other reforms will be provided over the coming months.

Finally, I would like to wish you a happy and healthy 2025. We look forward to continuing to support our valued clients.

Kind Regards,

Lauren Hester – Coordinator OPASS

Food-A-Roma for your meals on wheels

We welcome local company, Food-A-Roma, as the new provider of Colac Otway Shire's Meals On Wheels program.

Delivered to fresh to your door Monday to Friday, contact OPASS on 5232 9420 for more details.

IMPORTANT: Food-A-Roma will be closed from Friday 20 December until Thursday 2 January.

We will be in contact in relation to orders over the Christmas period.



Christmas Closures

Our office will be closed from Tuesday 24 December at 3.00pm until Thursday 2 January at 8.30am

Please call **5232 9420** if you need to cancel your service during the Christmas and New Year period.

There will be NO home care, shopping, respite or transport over the Christmas and New Year closure period.

Visit www.colacotway.vic.gov.au/Christmas2024 for a full list of Council's operations during the festive season.



Volunteer Chris Drayton is pictured with client Colin Dunn.

Thanks to our volunteers

To our valued and dedicated Meals On Wheels volunteers. Thankyou for your service to the Colac Otway Shire clients. Rain, hail or shine they always performed their role with a smile and caring nature.



Cancelling Services

Please contact **5232 9420** should you need to cancel any of your services when our office is closed over the Christmas break.

Preparing for a summer heatwave

With the Summer months upon us it is very important to be prepared for hot weather.

Here are important points to prepare yourself for a heatwave



Keep heat out of your home

Open windows at night to let hot air out.
Close windows early morning.
Close curtains and blinds



Keep Cool

Stay hydrated.
Drink small amounts of fluid often - cool rather than hot water.



Stay out of the sun

If you must go outside wear a long-sleeve shirt, hat and sunscreen.
Avoid going outside between 11am-3pm.



Emergency Warnings

Listen to ABC Radio, 3CS or MiXX FM.
Download the VicEmergency app to keep up-to-date in an emergency.



Email Newsletter

Would you like a copy of the OPASS News emailed to you instead of coming via snail mail? It's easy, just give the office a ring and ask to be put on the list. Phone 5232 9420



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