



907 Ruthven Street
Kearney Springs QLD 4350

www.enduringcare.com.au



August | 2024

ENDURING CARE NEWSLETTER

SEEING THE ABILITY

Our Value ---

C CARING

Here at Enduring CARE, compassion isn't just a part of our job description – it's who we are. Both as an organization and as individuals, we deeply care about our clients, striving every day to enhance their quality of life. But our caring doesn't stop there; we extend the same level of compassion to our dedicated staff and stakeholders, ensuring everyone feels supported and valued.

A ADAPTABILITY

We understand that individuals within the disability community have diverse needs and preferences. That's why Enduring CARE prides itself on being adaptable and responsive, meeting our clients exactly where they are. Whether it's adjusting our services, implementing new approaches, or providing tailored support, we're committed to ensuring that every client receives the personalized care they deserve.

R RESPECT

Respect forms the foundation of everything we do at Enduring CARE. From our interactions with clients and their families to our interactions with our own staff, we prioritize treating everyone with dignity and consideration. We deeply value the ideas, aspirations, beliefs, and goals of each individual, fostering an environment where everyone feels respected and empowered.

E ENDURING

At Enduring CARE, we cherish the lasting connections our clients have with their families, communities, carers, and support staff. Recognizing and valuing our clients' strengths lies at the heart of our approach. We work tirelessly in a client-centered manner to not only identify but also build upon these strengths. By fostering enduring relationships and empowering our clients to leverage their strengths, we pave the way for sustained growth and fulfillment.



TO THE SALON..

Our client has her nails buffed and painted before she goes home each month. She looks forward to this activity as she knows that she goes home for a few days. She picks the colour she wants on her nails and is getting very good at keeping her hands flat to have them dried. When we first had her nails painted we sent a photo to her and she was so excited that she cried, as she never thought that she would get to experiences these sort of experiences like other people. She is very happy when people notice that she has had her nails painted.





SDA vs **SIL**

SDA (Specialist Disability Accommodation) and SIL (Supported Independent Living) are both types of disability accommodation options. NDIS participants get to choose which supports they receive so what is the difference between the two options?



SIL - Supported Independent Living is provided to participants who have a mental or physical disability and desire to live as independently as possible. They receive daily supports including personal care, meal preparing, shopping, cleaning etc. Aims to help develop individual skills and encourages independence.



SDA - Specialist Disability Accommodation is more suited to individuals who have high needs supports due to extreme functional impairments. These houses are designed for the individuals needs and more kitted out with disability aids such as hand rails, wide doors etc.



Strawberry

We are so berry excited to see the growth of the garden and the progress she has made. She loves her plants and enjoys going to bunnings to get more.

PUZZLE

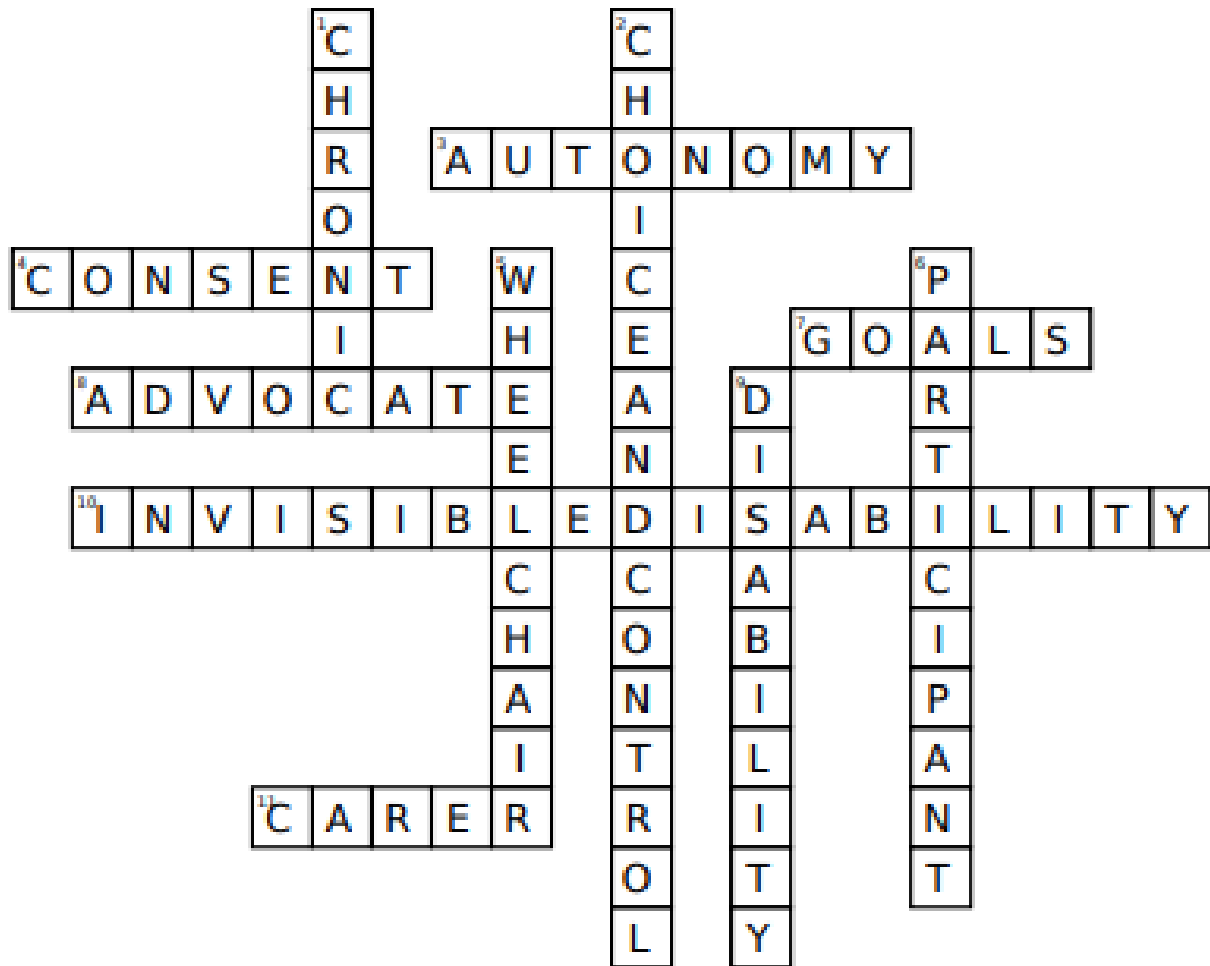
Fun

I D K J V T F Y D L F T Z W C B U Q F E C B T D
M I J O I W E Z O I W F T T E I O H B X J L E L
P S C S C F R U Y G P M M H O R S E I K J C Q D
A A M V T I S P I L J V N F U I L J R T F F D O
I B Y B I F E G O G D I S O R D E R R G I T E Z
R I F E M F V P A R A L Y S E D K V H M Z K G G
E L S N A N E D Q U A D R I P L E G I C G X J Y
D I B Q Z T I F D V I T A D E A I U J F Q D P P
D T I M F X S H C F H D D N Y M R F Q J O R S L
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A F X C O N D I T I O N M G Y C Q E Z C B W R G
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S A B O E F A R V U F Q R R Z U H T L V P Z P J
M Y V L D J R W Z I R U H P B L I N D O E A I D
D X L O U T A A I A E B T M J X R R U F H Q L A
J F E N S P P Q W F U N E O Y Z Y Q C D H Z E F
P D L M E F L W W A W G X Z K T P C S C Q K P U
S Y K X A D E P U L Z C H A L L E N G E D K T K
K O W P C F G K T N W E Z W O O Z E F C Q R I D
N U Z F G Z I F J O G L Q J S C N L S D N N C M
A V H Z S Z C D O Y C J X T H G M G G X Z T E E
Q J D A U T I S M H C M Y A T A Q D E C R S Q M
P F E A N A M G D A M S U F F E R I N G Y H E S
H F T D V L R X Q D I S C R I M I N A T I O N L

discrimination
disability
epileptic
disorder
victim

quadriplegic
paraplegic
paralysed
impaired
blind

challenged
condition
suffering
autism
deaf



Down

1. Disease or condition that usually lasts for 3 or more months getting progressively worse
2. clients right to make their own decisions about what is important to them, how they want to receive supports and from whom
5. A device used to wheel people who can't walk
6. someone accepted into the NDIS
9. illness or injury that makes it difficult for someone to do something

Across

3. make decisions and do things on your own (independent)
4. permission for something to happen
7. what someone would like to achieve in the future
8. Someone to speaks or makes decisions on behalf of someone else
10. Any disability that is not evident when looking at a person
11. someone responsible for looking after another person

July Puzzle Answers

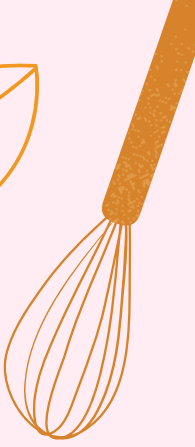


Happy Birthday

Enduring Care celebrated their second birthday on the 9th of July. We have come such a long way and all thanks to our clients, families, support workers and the public's support. Thanks for everything and we look forward to the following year with you by our side.



Blondies (Butterscotch Bars)



Ingredients

- 125g/8 tbsp (1 US stick) unsalted butter
- 1 cup brown sugar , (light brown sugar also ok, but not dark brown)
- 1 large egg
- 1 tsp vanilla extract
- 1 cup flour , plain/all-purpose
- 1/4 tsp cooking salt / kosher salt (halve for table salt)
- 1 cup white chocolate chips
- 1/2 cup walnuts , roughly chopped

Directions

1. Preheat the oven to 180°C/350°F (160°C fan-forced). Grease a 20 cm/8" square pan with butter and line with baking paper (parchment paper).
2. Toast walnuts (Note 3) - Spread the walnuts on a tray and roast for 5 minutes. Remove from the oven and cool.
3. Browned butter (don't skip this step): Place the butter in a silver saucepan (not black) over medium high heat. Once melted, lower the heat to medium so it's simmer gently. Simmer for 3 to 4 minutes, stirring every now and then (it will go foamy), until it smells nutty and you see little golden specks in the butter. Immediately pour the butter and all the golden bits into a bowl.
4. Batter: Add the sugar into the hot butter and mix to combine using a wooden spoon. Leave to cool for 3 minutes. Add the egg and vanilla, mix until combined. Add the flour and salt, and mix to combine. It will be very thick, almost like roll-able cookie dough. Add the chocolate chips and walnuts and mix through.
5. Bake: Scrape into the prepared pan, spread and smooth the surface (I use my hands). Bake for 25 minutes or until the edges are lightly tinged with gold and the surface has a paper thin "crackly" layer.
6. Rest in the pan for 10 minutes before lifting onto a cutting board. Cool for at least another 10 minutes (else it's still a bit too soft and smeary), sprinkle with salt flakes (if using). Cut into 16 squares or 9 giant squares, then devour!





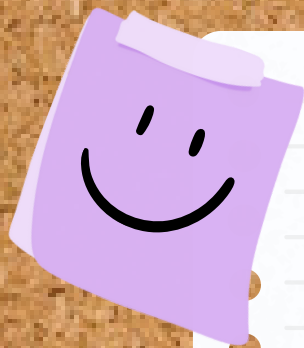
07. 2024

Horses make my heart gallop with joy.

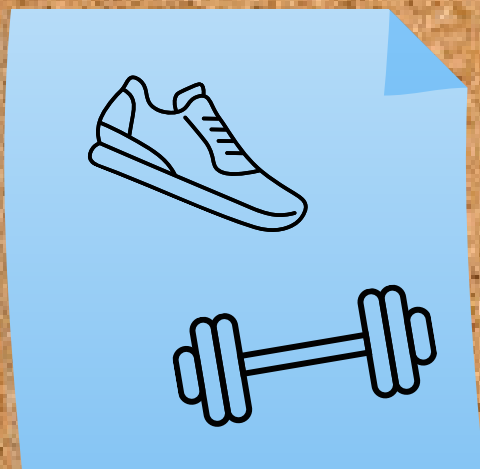


Giddy Up!

One client loves being on a horse and enjoys the activity with others. Each Saturday we head out to the Riding for the Disabled near Harlaxton where there is normally 6 horses willing and eager to have riders on their backs. Kimmy is generally on a horse for half an hour enjoying activities. She is getting very good at mounting the horse with little assistance.



How to Maintain Your Mental Health in Winter

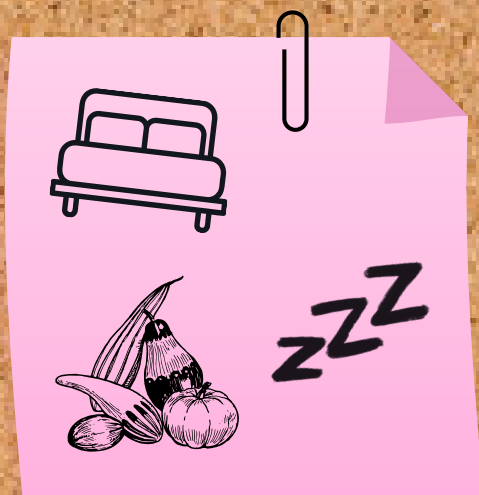


Get outside and exercise

- Regular exercise is good for your body and mind. Even getting just 15 minutes of moderate exercise a day can boost your energy, help you sleep better and improve your mood.

Healthy eating and sleep habits

- Eating a healthy diet is a core component of maintaining a healthy lifestyle. Diets high in processed foods and refined sugar have been connected to worsening mood. Getting a good night's sleep is just as vital, while too much sugar can worsen your mood, so can too little sleep.



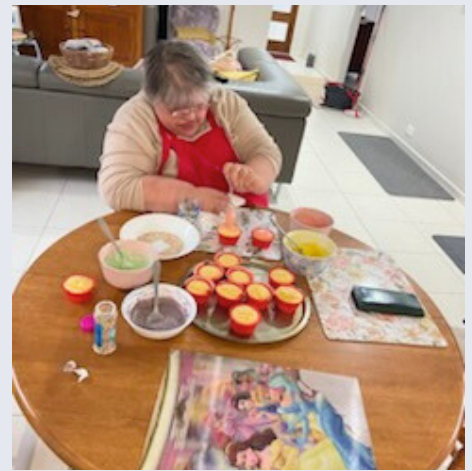
Meditate and be mindful

- Meditation and mindfulness has been shown to improve symptoms of depression and anxiety. Try practicing meditation for even just ten minutes a day.



COOKING *in* JULY

One client got up to some amazing cooking in July and what a sweet treat it was.



Thankyou to the support worker for assisting her in cooking and making the most out of life.

cooking for the family



DISABILITY STATISTICS



19.1% or 1 in every 5
Queenslanders have a disability.



4.4 million Australians estimated
to have a disability.



2.65 million carers estimated to
be helping those with disabilities.



Approximately 36% of Indigenous
Australians had some form of
disability in 2015.



7 in 10 or 71.8% of carers in
Australia are female.



21.8% of females and 21.0% of
males in Australia have a
disability.



Of all Australians with disabilities,
2.3 million were aged 65 or older
in 2022.

Contact List



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