

### **Aged Care**

Royal District Nursing Service (RDNS) offers a comprehensive range of nursing services to the aged in Melbourne. Approximately 80 per cent of all RDNS' clients use its aged care services. It is expected that demand for these services will continue as the ageing population rapidly increases.

RDNS plays a vital part in helping older people remain at home instead of having to move to a residential care facility. RDNS values its elderly clients and encourages them to live a healthy lifestyle, with dignity and a positive point of view.

The areas of care offered by RDNS are supported by a specialist team of Clinical Nurse Consultants – Aged Care (CNCs). They work in partnership with the general nursing staff, the client, their family and other carers to ensure the client receives appropriate care at home. RDNS operates 24 hours a day, 7 days a week, from 20 locations across Melbourne and the Mornington Peninsula and is also supported by a Customer Service Centre.

Services provided include:

- Health promotion and education in self-care
- Continence advice and management
- Professional personal care, such as showering and grooming
- Early identification, monitoring and help with management of memory loss and confusion, dementia, and challenging behaviours
- Assessment of risk and early intervention to manage or prevent acute and chronic physical and mental health problems, including depression
- Falls prevention and care
- Help with the management of medications
- Support for Carers
- Formal education services within RDNS, and to external organisations
- Advocacy, management and coordination when multiple services are required.

The aged care services at RDNS were developed to maintain links with community services and peak aged care bodies, and provide a holistic framework to allow clients to remain in their homes for as long as possible.

RDNS nurses are available to discuss client's health issues and refer them to other agencies if appropriate. When a client requires care from more than one source, RDNS nurses are able to support them, inform their family or carers of services available and coordinate their care.

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