

The Link

Silverchain Foundation Newsletter

Thank you for your generous support

Welcome to the latest edition of The Link newsletter. I'm so pleased to share this special edition with you as it's filled with stories of hope and kindness, all made possible with your support.



Inside this newsletter you'll find a full progress update on the EMBED mental health trial and what's coming next with this pilot. Our lead researcher on this vital project shared with me that she has tested the trial concept with colleagues around the world, and no one is conducting better research than Silverchain into the mental health of older people who choose to remain at home. This is the impact of your generosity.

On page seven you can read Arthur's story – a wonderful example of how the donor funded smart glasses technology is reducing the care disadvantage that people living in regional areas can face.

Thank you to those who completed our Supporter Survey earlier this year.

An update on what we learned is on page three. I shared some of your feedback with our care, clinical and research teams, and we are so grateful for your support in advancing home care. Research is critical in evaluating and enhancing the care we provide. Your support has helped our researchers and clinicians discover better care options for our clients and their loved ones. You have made it possible for new tools, technologies, and treatments to be tested.

Silverchain turns 130 this year and I have been reflecting on the origins of our organisation. Our chain of care began in 1894, when our visionary founders recognised that many people could not access the health care they needed.

They were supported then by donations from the community. From our humble beginnings, through the continued support of our donors, Silverchain has been able to provide 130 years of care, connection and innovation.

Thank you for helping to provide better outcomes, better quality of life, and greater independence for more Australians.

Kind regards,



Bronwyn Perry
Executive Director,
Silverchain Foundation

A walk down memory lane with Bette



“I continue to donate to Silverchain because I think the care they provide is outstanding and I want to share my gratitude for the support I received in my time of need. Thank you for the mark you’ve made on my life, and happy 130th anniversary, Silverchain!”

Bette Tod, Silverchain donor, former employee and client.

Bette Tod (nee Lewer) was a nurse at Silverchain in the 1950s.

As we celebrate the 130th anniversary of Silverchain Group, many of our employees, clients and donors have shared positive experiences and memories of Silverchain.

Bette Tod, 88, ticks all three boxes: she is a former Silverchain employee, has received care at home through Silverchain, and is now a generous donor to Silverchain Foundation. She has graciously taken a walk down memory lane to share her story with us, and with you.

“I worked as a nurse for Silverchain in Subiaco, Perth in the 1950s before I started my own family. My memories have faded somewhat in the years that followed, but I’ll always have fond memories of my time there.

“I visited people in their homes – elderly people in need – and some of them I developed great rapport with. Some even became lifelong friends who I missed dearly when they passed on.

“I just loved the atmosphere at the service base. I loved meeting people from all walks of life through my work. It was such a rewarding job, helping older people in their homes.

“I became a donor to Silverchain after experiencing amazing care in my own time of need. I remember the compassionate nurses who looked after me at home for 10 days straight after I had an accident. Thank you Silverchain.”



Supporter survey: Thank you for your feedback

Thank you to everyone who completed our supporter survey earlier this year. Your honest feedback and opinions help us understand what matters the most to you. It helps us continue to improve home care for more Australians.

We greatly appreciate the number of supporters who shared their plans to leave a gift in their Will to Silverchain and would like to welcome these new Silver Links.

Silver Links are supporters who have generously chosen to leave a gift in their Will to Silverchain to help shape the next generation of health and aged care.

The name 'Silver Links' is a nod to Silverchain's beginnings. In 1905, Muriel Chase – a journalist at the Western Mail – invited the community to join a special league of 'Silver Links' to help vulnerable children. As a result, the Silver Chain League was created.

Thank you again for taking the time to share your valuable feedback.

Your feedback will help us continue to improve your experience this year and into the future.

Here's what you told us:

You see the value of research in improving health and aged care services, and this motivates you to give.

Your support gives us the opportunity to enhance our services with an evidence based approach. We will continue to update you on the positive impact that research creates for our clients and their loved ones.

You support education and training for our care teams and want to hear more about the impact of clinical expertise.

On behalf of our care teams that benefit from education and training, thank you. We will share more with you about how your support for education and training helps shape the future of care.

You were inspired to support our work after you or a loved one received health and aged care services through Silverchain.

Thank you for showing your gratitude in this way. Your generous donations will help to enhance in home health and aged care for more Australians. We will continue to share stories of the positive impact you are creating.

You support program changes that enhance the care we provide, and hospital avoidance is important to you.

We will keep you updated on how you can help keep clients at home and out of hospital. You will be the first to know about any opportunities to support our research that aims to reduce unplanned hospitalisations for clients.

EMBED-ing better mental health care

Silverchain is committed to supporting our clients' mental health needs as part of supporting them to stay at home. Thanks to you, this is fast becoming a reality.

More Silverchain clients will receive better mental health support when accessing aged care at home.

The 'Enhanced Management of home-Based Elders with Depression' (EMBED) model of care is currently being developed by Silverchain in collaboration

with researchers at Monash University and Swinburne University of Technology. A \$2 million grant was awarded by the Australian Government's Medical Research Future Fund to implement and evaluate the EMBED model of care.

Your donations funded our initial research into the EMBED model. With this research underway, we were able to secure this significant funding to make this vital work possible.

We are so pleased to update you on the fantastic progress of the EMBED research and trial program.



Professor Tanya Davison
Director, Research Discovery.

Professor Tanya Davison, Silverchain's Director of Research Discovery, is leading the EMBED project. Professor Davison is passionate about improving mental health care for older people. This world first project has already achieved so much with your support.

Real life experience to inform our care

Older people receiving aged care at home are at a high risk of depression. In designing EMBED, we formed a consumer advisory group. The group included Silverchain clients, including those with personal experience of depression, and helped us develop evidence-based treatments.

Pilot study now in place

This year we commenced a pilot study in Victoria with 25 Silverchain aged care clients. Through the pilot, clients have access to psychological treatments via telehealth.





EMBED consumer advisory group members with Silverchain researchers Katy Aish and Helen Daniels.

Thanks to your generosity, we are on the way to building a world class mental health model of care for Australians receiving in home aged care.

They also have the option to use a new digital health platform. The platform allows clients to access helpful resources, communicate with their clinician, and engage in new activities and strategies to improve their wellbeing.

We will share the learnings after the pilot study is complete.

Clinical trial to test EMBED

We are ready to deliver a clinical trial with more than 1,000 participants to test the EMBED model of care. As part of the trial, Silverchain has employed mental health professionals to deliver effective psychological treatments to clients via telehealth.

If the trial is successful, the EMBED model of care will become a routine part of Silverchain's aged care services.

This new care model will help us better identify and treat people facing depression.



Julie Kelly, EMBED researcher and PhD candidate.

Supporting the next generation of researchers

Your donations supported Silverchain's first sponsored PhD program at Swinburne University of Technology. PhD candidate Julie Kelly is a clinical psychologist and early career researcher. Julie is working with expert researchers and clinicians across Silverchain and her university. Through her research, Julie has developed many of the resources for the EMBED model of care.

Julie is completing her final year of study and is on the way to becoming one of Australia's future research leaders.

Training and education to support early intervention

To support the EMBED model of care, we have developed a training program for Silverchain employees. It gives employees tools to identify early signs and symptoms of depression and to feel confident in talking to clients about maintaining good mental wellbeing.

We know that our care teams can be the first to notice changes in client behaviour. An aged care worker is often the first person who a client is comfortable to talk to about how they are feeling. This is why it is vital our employees have the skills and knowledge to manage these situations with care and respect.

Thank you for your support. We wouldn't be here if it wasn't for your generosity.



You gave Toni the gift of dignity and comfort

Toni* has received the life changing gift of a new hot water system, something she says she would have never been able to afford if it weren't for you, our generous donors.

Your support of our 2023 Helping Hand appeal is giving greater dignity to some of our most vulnerable clients.

The first time Silverchain nurse Angela visited Toni to support her with wound care, she noticed that Toni always boiled the kettle for warm water. Angela quickly built a trusting relationship with Toni to get to the bottom of the story – Toni had been unable to afford to replace her broken hot water system for more than 10 months.

Toni has had repeated cellulitis infections in her lower legs. This led to several unplanned hospitalisations. Toni had been bathing herself using a bucket and warm water from the kettle to get by. Angela was also worried Toni could fall while bathing herself this way.

Thanks to you, Angela was able to apply for urgent support from our Helping Hand Fund and organise a replacement hot water system for Toni.

“Not only has the hot water system improved Toni's quality of life, but it's also meant she's been able to bathe herself properly, reducing her risk of re-infection and hospitalisation,” Angela said.

“There's no way Toni could have come up with the money to replace her hot water system. This was only possible because of our donors.”

You have given Toni the comfort, dignity and independence that every person should have. Thank you.

“Now when I visit Toni, I catch her giggling to herself because she gets to use the hot tap! She's absolutely rapt.”

*Names and images have been changed to protect client identity.

You brought specialist care to more people in need

Your generous support of our health technology appeal has brought comprehensive care to more people, in the comfort of home.

In 2023 your donations helped fund the research, pilot program, evaluation and implementation of smart glasses technology at Silverchain. Smart glasses are a wearable device with a built in camera that delivers a live video stream via wireless connectivity. With your support, 22 smart glasses devices have now been purchased to bring specialist care to people across the country, no matter where they live.

The impact of smart glasses: Arthur's story

Arthur* lives in the regional Western Australian town of

Wagin, where there can be up to a year long wait list for occupational therapy assessments. With your support, Arthur was able to receive this specialist care without the wait, and despite his remote location.

Silverchain care team leader Andrea who is based in a nearby location was able to visit Arthur at home in Wagin. Using a pair of smart glasses, Andrea facilitated Alex, a Silverchain Occupational Therapist based in Perth, to conduct a remote occupational therapy assessment for Arthur.

The best part: this was the first occupational therapy assessment conducted by Silverchain in Wagin. With your support of smart glasses technology, we have been able to expand our service delivery and bring specialist care to people like Arthur, where it previously wasn't possible.

The impact of your generosity means so much for people like Arthur.

Smart glasses can also enhance client care in more complex cases. The technology can be used for remote case conferencing, which allows multiple clinicians to provide immediate interventions to improve client outcomes. Without smart glasses, this type of care would require multiple visits over time.

Because of your support:

22 pairs of smart glasses have been purchased.

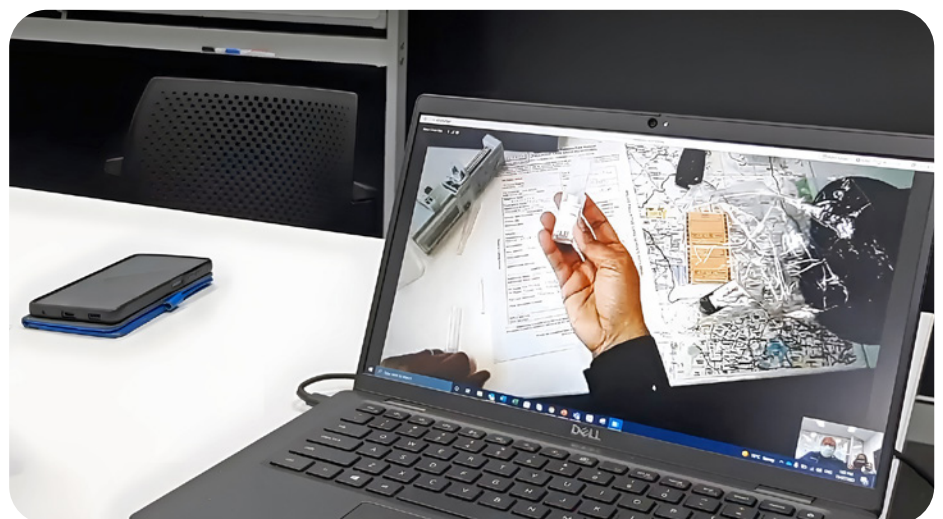
6 services are now using smart glasses, including palliative care, hospital in the home, aged care and specialist nursing programs.

123+ Silverchain care providers and nurses have now been trained to use smart glasses to improve client care.

\$210,000+ has been donated to fund this advanced telehealth tool.



A Silverchain clinician using smart glasses technology while holding a bottle of medicine.



The live video from the smart glasses, clearly showing the medicine label. In practice, this technology gives senior clinicians the information needed to remotely guide nurses through more complex client care, with confidence.

Silver Links: Building a legacy of care



The late Dr Krishna Somers is a generous Silver Link who devoted his life to medicine and helping others.

Silver Links are a special group of supporters who are creating better health and aged care for future generations with a gift in their Will.

“Krishna was a gifted medical practitioner, teacher, administrator and medical ambassador. He was a philanthropist at heart, his contributions to many humanitarian charities epitomising a lifetime of dedication and hard work. Krishna was generous, loyal and gentle. He never forgot his roots and remained a very humble person his whole life.” *Keith Platel, friend and co-trustee of the Krishna Somers Charitable Trust.*

Dr Somers' generosity is creating positive impact for many Australians.

By setting up a Trust to continue to support the causes he cared deeply for, Dr Somers' legacy continues, supporting better health and aged care. Silverchain is incredibly grateful to receive support from Dr Somers.

There are many ways to leave a lasting impact through a gift in Will. To arrange a confidential discussion about leaving a gift in your Will, please email Bequests@silverchain.org.au or call 1300 650 803 and request to speak to Ken Doran, Silverchain Foundation's Bequest Officer.

You can make a difference today.
Three easy ways to donate:

Online

Scan the QR code to donate or visit silverchain.org.au/donate

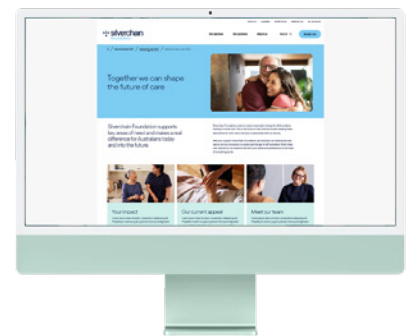


Mail

Return the donation form to us, or a cheque if you prefer, at 6 Sundercombe Street, Osborne Park WA 6017 using the Reply Paid envelope.

Phone

Call us on **1300 650 803** to donate over the phone.



Have you seen our new website?
silverchain.org.au/foundation

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of care together