

New Age



Disability & Aged Care Services

(02) 8628 0672



New Age Community Services Newsletter

Spring Summer Edition | September – December 2024

Warm, friendly updates for our consumers, families, and community

Message from the Directors

Dear Consumers, Families, and Friends,

As we welcome the vibrant energy of spring and the festive spirit of summer, we reflect on the importance of connection, care, and community. The past few months have brought exciting changes to the aged care sector, and we remain committed to delivering compassionate, high-quality services that support independence and wellbeing.

We're also embracing the season with new activities, wellness initiatives, and delicious recipes to enjoy together. Thank you for being part of our journey.

Warm regards,
The New Age Team

Health & Wellness Tips for the Season

- Stay Active Indoors & Outdoors
- Eat Seasonally

- Spice It Up
- Get Enough Vitamin D
- Stay Connected
- Prepare for Weather Changes
- Manage Chronic Conditions

Seasonal Recipe: Sweet Potato & Carrot Soup

Ingredients:

- 2 sweet potatoes, peeled and chopped
- 2 carrots, sliced
- 1 onion, diced
- 2 cups vegetable stock
- 1 tsp turmeric
- Salt & pepper to taste

Instructions:

- Sauté onion until soft.
- Add carrots and sweet potatoes, cook for 5 minutes.
- Pour in stock and turmeric, simmer until veggies are soft.
- Blend until smooth. Serve warm with a sprinkle of parsley.

Community News & Sector Updates

In September 2024, the Australian Government introduced the Aged Care Bill 2024, aiming to improve care quality and independence for older Australians. Key updates include:

- Support at Home Program launching in 2025 to replace Home Care Packages
- New funding models for tailored care and assistive technology
- Statement of Rights to protect older Australians' dignity and autonomy
- Means-tested contributions for residential care to ensure sustainability

Contact Us

We'd love to hear from you! Whether you have questions, feedback, or just want to say hello, feel free to reach out.

New Age Community Services

Website: www.newagehomecare.com.au

Email: accounts@newagehacs.com

Phone: 02 8628 0672

Address: Suite 4 Building B 1C Grand Ave Rosehill

Feedback & Complaints

Your voice matters. If you have any feedback, suggestions, or concerns, we encourage you to share them with us.

Submit Feedback or a Complaint: <https://newagehomecare.com.au/feedback-complaints>