

Mackay Advocacy Inc

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*Acting, writing and speaking on behalf of people with disability
...not instead of!*

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Newsletter

august

Mackay Advocacy Inc. is an accredited independent agency funded both State and Federally providing free & confidential individual Advocacy to support people with disability (including an intellectual, psychiatric, cognitive, neurological, sensory or physical impairment in the Mackay, Whitsunday and Isaac Regions to assist in having access, equity and equal opportunity in their community, employment, health and housing.



Gymability

These classes are for children with special needs and are offered once a month on a Sunday. They are **FREE** thanks to sponsorship from Dalrymple Bay Coal Terminal. We usually have the venue to ourselves and it is great to see the way the participants have improved. They are learning basic gymnastics skills and LOVE coming each month.

For further information contact - 49 420 032

Independent Patient Rights Adviser



All public mental health services have an Independent Patient Rights Adviser (IPRA). Their role is to assist you, your family, carers and other support persons to understand your rights. The IPRA can also help with communicating with your treating team, completing advance health directives, appointing a nominated support person or applying for legal representation for the mental health review tribunal. The Mackay Hospital and Health Service IPRA is Linda McGregor.

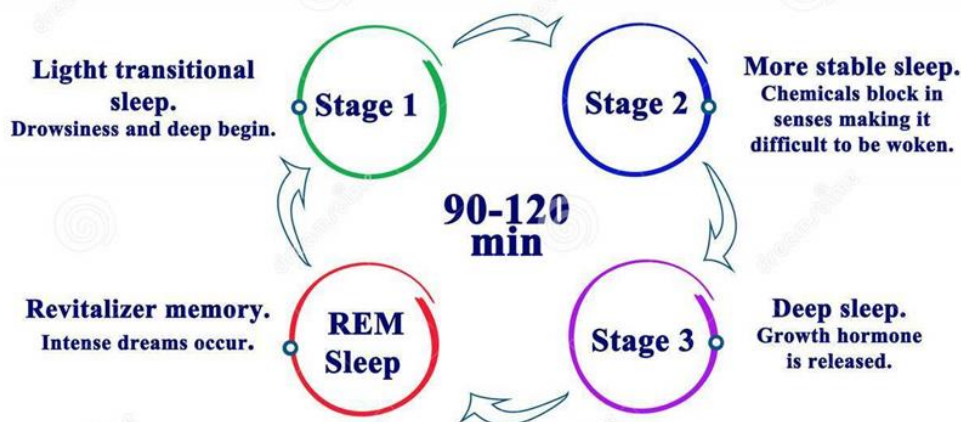
Linda can be contacted directly by an individual, their support person or through a member of the treating team, via 0438 389 906 or MHHSIPRA@health.qld.gov.au Monday – Friday 8am – 4.30pm.

For ease of access, Linda is also available weekly on the inpatient unit for anyone currently admitted and fortnightly at Step Up Step Down for current residents.

INSOMNIA MANAGEMENT KIT

Sleep: Facts and hygiene

Sleep Cycle Stages



The Insomnia Management Kit is intended to be used in conjunction with your GP.

To access further instructions on the use of this fact sheet and other components of the Insomnia Management Kit, go to 'Insomnia management' on the SA Health website: www.sahealth.sa.gov.au.

Sleep

Sleep is a natural process that allows the body and brain to rest and recover. For most people the sleep process satisfies their sleep need and it causes few problems. However, factors such as lifestyle commitments, stressful events, worries and many physical conditions can alter the balance. This may lead to increased anxiety and stress that can cause further difficulty in gaining satisfactory sleep.

To improve the situation, it is useful to understand what is affecting the sleep process. This factsheet provides information on the real nature of normal sleep and its purpose and describes day and night routines that promote good sleep habits.

Sleep is not one long period of unconsciousness but a series of cycles each lasting approximately 90 minutes.

Stage 1 light sleep
Stage 2 moderate sleep
Stage 3 deep sleep or slow wave sleep
REM (rapid eye movement or dreaming sleep)

- Sleep needs vary from person to person
- It is normal for adults to wake several times a night, if only for a minute or so
- Ageing reduces sleep need and alters the sleep pattern.

Progressive stages of the sleep cycle

- Light sleep commences and usually extends for only a short period (5-10 minutes).

The body temperature begins to drop, and muscles become relaxed. You are easy to wake during this stage

and if this occurs you may not realise you have been asleep.

- Moderate sleep (approximately 30-45 minutes).

You are still easy to wake during this stage. If woken from this sleep you are likely to feel as if you have already been awake, since our minds are active during sleep.

- Deep sleep or slow wave sleep

In these stages your breathing and muscles become more relaxed, your heart rate slows and sensitivity to sound and light diminish. You will be more difficult to wake during this stage. Deep sleep satisfies our sleep needs the most effectively. We are unaware of deep sleep as we rarely wake unless interrupted by bright light or noise.

We may get 10-40 minutes of deep sleep in the first cycle of sleep, depending on our age.

About 80 minutes after falling asleep our sleep starts becoming lighter progressing into Stage 3, then Stage 2 and then into the first period of sleep.

- **REM (rapid eye movement)**

This is a different state from Non-REM (Stages 1 - 3). In REM sleep our mind is very active and usually experiences vivid dreams, however we will not remember these dreams unless we wake from REM sleep.

REM periods are short at the beginning of the sleep period but may be as long as 30-40 minutes before finally waking in the morning.

This completes the first 90-minute sleep cycle. The rest of the sleep period repeats three or four more of these sleep cycles.

The effects of ageing on sleep

People usually begin sleeping less as they enter middle age. The number of awakenings through the night increases as sleep becomes lighter with less deep sleep. Lighter sleep with more awakenings is normal in older adults and has no negative effects on daytime feelings and functioning.

In retirement people sometimes choose to spend more time in bed. The result of this will be to have more time awake in bed. If the time in bed is comfortable, relaxed and free of worry or frustration then it is okay to spend that time in bed. However, if these periods begin to cause concern, they can lengthen, and insomnia can develop.

Napping

Research suggests our bodies have an inclination for an afternoon nap. If you like taking a daytime nap then it is important to remember that the amount of sleep you need at night will be less, especially if it is a long nap (greater than 30 minutes).

A brief afternoon nap of 10-15 minutes is unlikely to interfere with the following night's sleep and can be as restorative as a longer nap.

If a person finds brief naps ('power naps') to be useful in reducing daytime tiredness, it can also reduce anxiety about night time awakenings since the nap can make up for the sleep loss.

How to promote a good sleep routine

Now that you have a clearer understanding of the normal sleep pattern, we can look at ways of promoting a good sleep pattern. Having a healthy day/night routine will support a regular sleep pattern.

During the day

Establish regular daily routines for meals, taking medication, performing chores and participating in activities.

Spend time outdoors in the morning particularly if you tend to be a late riser. Regular exposure to bright light helps to synchronise our body clock.

Avoid daytime naps (unless naps are brief). Without long daytime naps you will feel sleepier at bedtime.

Daily exercise up to early evening tends to make sleep deeper and reduce anxiety.

During the evening

Avoid caffeine for at least five hours before bedtime (e.g. coffee, tea, cola or cocoa) as it interferes with getting to sleep and staying asleep. If you regularly drink more than two cups of coffee a day, reduce your caffeine intake. Start by eliminating your last caffeine drink of the day.

Avoid a heavy meal too close to bedtime. (If you are hungry a light snack may help you sleep).

Relax and prepare for sleep.

Put the day to rest. If necessary, write a list of what is on your mind and decide to think about it tomorrow.

If you have trouble 'switching off' at night, learn a relaxation routine. Practice the routine before you use it as a sleep aid.

Wind down before bedtime, with an hour of quiet activity (eg watching TV, reading or listening to music) in dim light conditions.

Avoid smoking near bedtime and if you wake up during the night.

Avoid alcohol near bedtime – it can cause awakenings later in the night.

Make sure your bed and bedroom are comfortable – not too cold or warm and reduce light.

Where possible, reduce noises that are likely to keep you awake. If it is not possible to control the noise (eg barking dog) try to maintain a calm attitude and use a relaxation technique.

At bedtime

Develop a bedtime routine (warm bath, light bedtime snack, brushing hair). Your body will recognise that you are preparing for sleep. Carry out this routine each night.

Go to bed only when you feel sleepy or drowsy and not before.

In the morning

Get up at the same time every morning.

Sleep inertia will tend to make you feel drowsy and lethargic for a while after getting up. This is normal. Don't judge the quality of your sleep at this time, judge it at the end of the day.





MAI PROVIDES SUPPORT FOR:

many people living in our community with physical and/or mental health needs by speaking and acting on behalf of them so that they can maintain their Human Rights of:

- Confidentiality
- Dignity
- Privacy
- Respect being upheld
- Treated fairly



INVOLVED IN AREAS OF

- Abuse, Neglect, Exploitation, Violence
- Education
- Employment
- Health
- Housing
- Legal/Justice system
- NDIS
- Service Providers

IT'S NO MYSTERY...



Mackay Advocacy Inc

NEEDS YOU!

COME TOGETHER



COMMUNITIES

Mackay Advocacy take pride in working co-operatively and collaboratively with many Community Stakeholders such as yourselves for a positive outcome for our mutual clients.

Advocates can visit your Organisation to provide free Staff Presentations

Your Organisation is welcome to visit our office to talk to our staff about your service.



COMMUNICATES

We send out a quarterly Newsletter which keeps you updated on:

- Advocacy News incl. social & charitable events for its members
- Safety
- Legislations
- NDIS
- Highlights on different programs available

We Invite you to **become a member** & welcome your valued contribution to our organisation

\$10 for Organisations \$5 for Individuals

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ABN 83 685 183 540

Membership Renewal is now due for 2019/20

APPLICATION FOR MEMBERSHIP

- I would like to apply for membership.
- I would like to renew my membership.

TYPE OF MEMBERSHIP:

- Ordinary
- Associate

Name: _____

Address: _____

Phone: (07) _____ Mobile: _____

Email: _____

Signed: _____ Date: / /

Membership/Donation \$..... with thanks.

**Please enclose \$5 Individual Membership fee or \$10 Organisational Membership fee.
Cheques are payable to Mackay Advocacy Inc.**

Proposed by: _____ Signed: _____

Seconded by: _____ Signed: _____

Office use only:

Membership application accepted/ not accepted at the management committee meeting held on

/ / . Signed: _____

Receipt No: _____ Date: / /

Funded by Department of Communities, Child Safety & Disability Services, Dept of Health and Department of Social Services





QUEENSLAND ADVOCACY STANDARDS.

Mackay Advocacy Inc. is certified for Quality Assurance.

MISSION STATEMENT

MACKAY ADVOCACY INC PROVIDES FREE CONFIDENTIAL, INDIVIDUAL ADVOCACY AND ASSISTANCE TO PEOPLE WITH A DISABILITY IN MACKAY AND OUTREACH AREAS TO ENSURE THEIR FUNDAMENTAL, HUMAN RIGHTS ARE MET.

Queensland Government

Department of Communities, Child Safety, Disability Services & Seniors and Department of Health

Human Services Quality Framework

The Human Services quality Framework (HSQF) demonstrates a commitment to quality and the use of this to drive efficient and effective business operations which result in quality outcomes for clients. The framework contains the following six (6) Human Services Quality Standards:

Human Services Quality Standards

1. GOVERNANCE AND MANAGEMENT

Sound governance and management systems that maximise outcomes for stakeholders.

2. SERVICE ACCESS

Sound eligibility, entry and exit processes facilitate access to services on the basis of relative need and available resources.

3. RESPONDING TO INDIVIDUAL NEED

The assessed needs of the individual are being appropriately addressed and responded to within resource capability.

4. SAFETY, WELL BEING AND RIGHTS

The safety, wellbeing and human and legal rights of people using services are protected and prompted.

5. FEEDBACK, COMPLAINTS AND APPEALS

Effective feedback, complaints and appeals processes that lead to improvements in service delivery.

6. HUMAN RESOURCES

Effective human resource management systems, including recruitment, induction and supervisory processes result in quality service provision.