



LCA Pastoral Care Nurse

NOTES & NEWS

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UN principles for older persons

The United Nations designates specific years in order to draw attention to important issues. It declared 1999 as the International Year of Older Persons (IYOP). The underlying framework for the IYOP observance was a Plan of Action on Aging, endorsed by the General Assembly in 1982, and also the UN Principles for Older Persons, adopted by the General Assembly in 1991. In summary, this states that older persons should:

Independence

- have access to adequate food, water, shelter, clothing and health care
- be able to work or to have access to other income-generating opportunities
- be able to participate in determining when and how retirement occurs
- have access to educational/training programs
- be able to live in safe environments adaptable to personal preferences and changing capacities
- be able to live as long as possible at home

Participation

- remain integrated in society, participate actively in the formulation and implementation of policies that directly affect their wellbeing
- be able to seek and develop opportunities for service to the community and to serve as volunteers in positions appropriate to their interests and capabilities
- be able to form movements or associations of older persons.

Care

- benefit from family and community care
- have access to health care to help them to maintain or regain the optimum level of physical, mental and emotional wellbeing and prevent or delay the onset of illness
- have access to social and legal services to enhance their autonomy, protection and care
- be able to access appropriate levels of institutional care providing protection, rehabilitation and social and mental stimulation in a humane and secure environment

- be able to enjoy human rights and fundamental freedoms when residing in any care or treatment facility, including full respect for their dignity, beliefs, needs and privacy and for the right to make decisions about their care and the quality of their lives

Self-fulfillment

- be able to pursue opportunities for the full development of their potential
- have access to educational, cultural, spiritual and recreational resources

Dignity

- be able to live in dignity and security, free of physical or mental abuse
- be treated fairly and be valued independently of their economic contribution.



With the current focus on the needs of elderly people, these principles are very relevant, also in guiding Pastoral Care Nurses in their role.

Back in 1999, the Pastoral Care Nurse at Mt Barker organised a series of events and displays picking up the IYOP theme. These included a dinner for older members, with the local MP as speaker, and sessions to help older member cope with computer use and ATM banking.

A festival service was held, with the church lavishly decorated with items from yesteryear, including old telephones, 'wirelesses', washing boards, garden implements and even a 'penny-farthing' bicycle. Older members of the congregation, suitably dressed, hosted classes from the congregation's primary school, introducing them to the various exhibits and explaining their role.



Coordinator Resigns

Angela Uhrhane has resigned from the position of LCA Pastoral Care Nursing Coordinator for family reasons, with responsibilities for caring for her ageing parents and mother-in-law. She had earlier relinquished her position as Pastoral Care Nurse at Lutheran Aged Care Albury. She began her Pastoral Care Nurse ministry at Wodonga, Victoria, in 2001. After serving briefly at *St John's* in Perth, WA, she returned to Wodonga, and then took up the role at Lutheran Aged Care, Albury, NSW. She was the inaugural Lutheran Nurse of the Year in 2020.

LPNI Study Tours

The Covid pandemic is continuing to close borders and shut down international flights, making it a challenge to finalise plans for study tours. The **2021** Lutheran Parish Nurses International study tour to Washington DC and Williamsburg in eastern USA is still proceeding on 15-21 September. Practically all registrations are from within the United States. Tour planners have faced challenges with the uncertainty of whether some scheduled venues will in fact be open.



So far, one registration has been received for the **2022** tour to Alice Springs on 22-28 September. While it seems unlikely that Australia's borders will be open to general international travellers before the middle of next year, planning is continuing on the assumption that it will be possible for the tour to proceed.

It is hoped that the border tensions in Ukraine will ease, so the 2023 tour to Odessa and Kiev will also be able to proceed.

Registration forms for the 2022 tour are available from robert.wiebuch@lca.org.au

Introduction to Pastoral Care Nursing

An *Introduction to Pastoral Care Nursing* course is available by Distance Education. It is a guided reading course comprising 16 modules, with responses invited to each module. It is particularly intended for RNs or ENs considering the possibility of serving in a Pastoral Care Nurse role, but others, including lay hospital chaplains, carers in aged-care facilities, and congregational carers, have also found it helpful. The registration fee of \$50 covers notes for each module, plus a textbook, *The Parish Nurse*, by Dr Granger Westberg. The following registration form may be sent to: The Rev Robert Wiebusch, 200/1215 Grand Junction Road, Hope Valley, SA 5090.

Introduction to Pastoral Care Nursing

Name: _____

Address: _____

Email: _____ Phone: _____

Enclosed: Cheque/Money Order for \$50

Please advise how I may transfer funds electronically

Signature: _____