



# MyLife in Residential Care

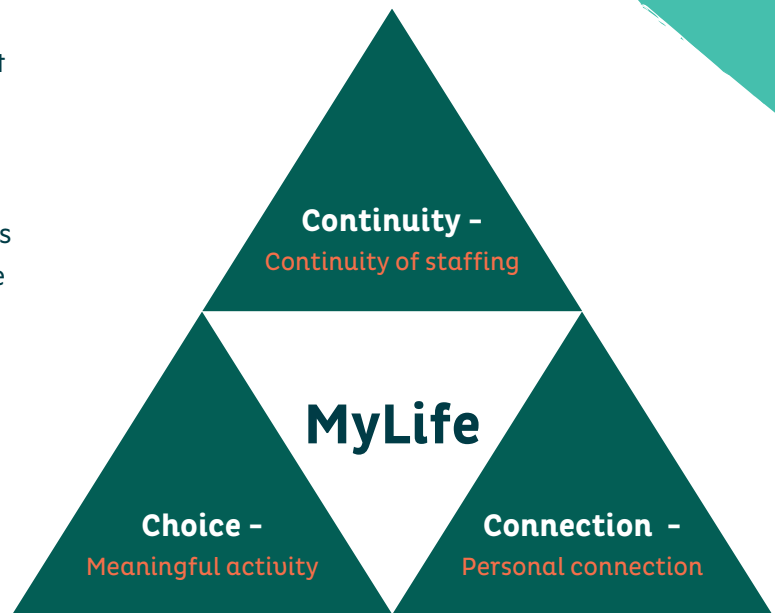
Relationships at the heart  
of good care

**Whiddon**  
Award-winning aged care

# The power of relationships

Research and more than 70 years of feedback from those in our care tells us that meaningful day-to-day relationships with care staff results in a better quality of life and more meaningful activity for residents. Relationship based care empowers residents and families to be true partners in their care and gives permission and the right skills to care staff to build deeper relationships.

All Whiddon care staff are trained through a specific MyLife training program which equips our team with the skills, new techniques and approaches to deliver relationship based care.



## Aub's Best Week

Aub's a self-professed petrol head. A lover of anything that drives fast and a mechanic in his younger years, Aub's Best Week saw him go cruising in a Mustang Convertible – an extra special event for Aub to get back on the roads, albeit in the passenger seat, as he had stopped driving a year earlier and missed it greatly.

# Features of Whiddon's MyLife program

## MyLife Buddies

Each resident is part of a small care hub and has a dedicated MyLife buddy, who gets to know them really well, supported by a consistent team of care staff. As part of the program MyLife buddies spend time with their resident getting to know them and what matters to them in life.

## All About Me

As a first step, care staff work with residents and families to create an All About Me sheet for the resident, describing the things that matter most to them in life. Staff also give their All About Me sheet to the resident, as they share their stories with each other.

## Best Week

Each resident experiences a Best Week at least twice a year. MyLife Buddies, and the Best Week team work together, partnering with families, to create a week of tailored activities for a focus resident. These can be big or small treats and events, some of which become part of their daily care. Often the Best Week team have to get creative teaming up with local interest groups such as fishing groups, businesses and volunteers to make Best Week wishes come true. This aspect of the program is very popular, creating interest and motivation and things to look forward to for our residents and their friends and family.

## Health benefits to residents

The program has a reablement focus with staff encouraging residents to take more exercise and to continue to perform daily tasks. The University of Sydney measured the effects of the program on our residents. They found, over a 12 month period, that it significantly improved mood, physical function and social engagement and participation. It also improves job satisfaction for staff as they work in a stronger team environment.

## Whiddon and new approaches to care

Whiddon is a not for profit aged care provider that has been delivering award winning aged care services for over 70 years. We offer residential aged care, community care and independent living services across metropolitan, regional, rural and remote NSW and QLD.

We have won many awards for our innovative programs around wellbeing and healthy ageing. Our MyLife relationship based care program won the Better Practice National Innovation and Excellence Award in 2018, and put us on the Australian Financial Review's list of most innovative companies in Australia and New Zealand in 2018.



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We're big believers in the power of creative expression on health and wellbeing

[Ask us about our wellbeing and creative ageing programs](#)

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## Contact us

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