

**Your Monthly Care Update:**  
Tips, News, and More!

We're excited to bring you the latest updates, tips, and stories from Azure Specialists Home Care Services. Our goal is to keep you informed and connected with everything happening in our community.



## Jane Zhu

This month, we'd like to shine a spotlight on Jane, our Accounts Officer. Jane has been an invaluable member to the team, ensuring smooth financial operations and providing support to both our clients and support workers. She consistently goes above and beyond to manage billing inquiries and maintain accurate records, all while fostering a positive and approachable atmosphere.



**Staff Spotlight**

# APRIL NEWSLETTER

## Feature of the Month:

### Stay Safe & Steady: Must-Know Fall Prevention Tips for Older Australians

.....

This month, we're sharing the best ways to help you stay on your feet! While falls can be a real concern, they don't have to be a part of getting older. The great news is most falls can be prevented with simple home fixes, exercises to boost your strength and balance, and handy tools like personal alarms and hip protectors. Let Azure Specialists Home Care Services guide you with expert tips to keep you safe, independent, and fall-free!

.....

Last Month's Answer:  
**ECHO**

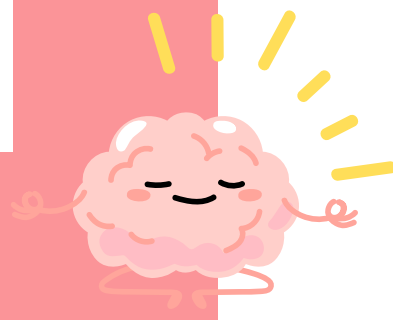


## Brain Teaser of the Month!

**Here's a fun challenge for you:**

*I have keys but open no locks. I have space but no room. You can enter but not go outside. **What am I?***

**Answer in  
the next  
newsletter!**



# What to Do After a Fall

## If You Fall, Stay Calm!

Falls can happen despite our best efforts. Knowing how to respond **can prevent further injury**:

### Stay still & assess

If dizzy or in pain, don't rush to get up.



### Call for help

Use a phone or medical alert system.



### If you can get up safely

Roll onto your side, use furniture for support.



### Check for injuries

Even minor pain should be assessed by a doctor.



## Why Did the Fall Happen?

### Intrinsic factors:

Were you dizzy? Did vision problems or weak muscles play a role?

### Extrinsic factors:

Was there a trip hazard or poor lighting?

Prevent future falls by reviewing both personal health & home environment. Need fall prevention support? **Azure Specialists Home Care Services is here to help!**

### Upcoming Events & Announcements

#### Birds in the "Burbs" at Blackburn Lake Sanctuary


Join Dr. Jacinta Humphrey from the Centre for Urban Research and RMIT for an insightful talk at Blackburn Lake Sanctuary about improving habitat for native birds in residential areas. This event, part of the City Nature Challenge, will explore how different bird species respond to urban environments, the importance of canopy trees, and practical actions we can take to support birdlife in our suburbs. Following the talk, there will be an opportunity to take a walk around the Sanctuary and observe these birds in their natural habitat. Spots are limited, so make sure to register for this fascinating event at the **Visitor Information Centre**.

**Sunday, 27 April 2025**

**2:00 PM to 4:00 PM**

#### Stay Connected

Got questions or need assistance? We're here for you!

 **Phone: 03 8612 1616**

 **Email: [hello@azureshcs.com.au](mailto:hello@azureshcs.com.au)**

 **Website: [azureshcs.com.au](http://azureshcs.com.au)**