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Celebrating those who make a difference in the lives of others

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Darren Birbeck



At Resthaven we recently held an awards night to celebrate staff and volunteers who had gone above and beyond in their role.

It was wonderful to be involved in an event that recognised and acknowledged people who had made a difference to the lives of others.

One of the highlights of the evening was seeing how much it meant to the residents, clients and family members who made the nominations.

They deeply valued the opportunity to provide positive feedback about the staff they interact with each day.

Each of us wants to add value and contribute. As we age and leave paid employment, the way we do so changes. It is important that we provide the space for older people to be heard and stay involved. It is too easy to simply take over.

Many people choose to volunteer, either at their local sporting club, church or for a charity.

Others contribute by sharing a talent or skill, like playing the piano, singing, or creating arts and crafts.



Resthaven teams award finalists share their moment in the spotlight.

One of our residents has a gift for public speaking and will often be the one to raise a toast or make a speech at a gathering. Another, aged in her 90s, last year published a memoir of her life.

Aged care providers now have a responsibility to provide opportunities for older people receiving services and their representatives to join an advisory body.

This body will collect feedback from members and share it with the provider's governing board.

Talking to a few of the members of Resthaven's Consumer Advisory Body, it was clear that they feel a great deal of responsibility and want

to ensure they meet the expectations of the role.

They were eager to hear news on the new Aged Care Act and take this information back to their fellow residents and clients.

The feedback received will help providers improve the care and services that are delivered.

One of the great privileges of working with older people is finding ways for them to shine. They each bring a lifetime of experiences and interesting stories.

Sometimes we just have to listen and get out of the way.

Darren Birbeck is Chief Executive Officer of Resthaven Incorporated