



Thursday 7<sup>th</sup> October, 2021

Dear friends,

This morning the NSW Government has released public health advice to residential aged care providers which provides guidance for the period commencing on 11<sup>th</sup> October 2021.

This letter provides important information for visitors and residents. We expect that the public health advice may change over the weekend, as the new Perrottet government makes changes to the lockdown roadmap. The information in this letter is current at Midday on Thursday 7<sup>th</sup> October 2021.

As usual, to ensure everyone in the Harbison community has the same information, we are sharing this letter with our residents and their families and representatives, our staff and wonderful volunteers, our company members, local general practices, and the wider Southern Highlands community. As always, we welcome your feedback, which is easily registered using our website [www.harbison.org.au](http://www.harbison.org.au)

**Changed visitor restrictions from Monday 11<sup>th</sup> October 2021 (subject to lifting stay-at-home orders)**

Wingecarribee is currently under stay-at-home orders and is not one of the local government areas listed for release from stay-at-home areas on Monday. Therefore, **the new freedoms outlined below will not take effect at Harbison until the stay-at-home orders are removed for Wingecarribee.** We will notify you as soon as this happens, and we hope this will be in time for the first visiting hours next Tuesday. Meanwhile, the exemptions which have been previously available to visitors will continue to apply.

You must continue to monitor the stay-at-home orders (<https://www.nsw.gov.au/covid-19/rules/affected-regions#where-these-rules-apply>). Visitors who have been in a stay-at-home area in the past 14-days will not be admitted.

Current visitor screening requirements exclude any person who:

- has been to any close, casual or monitor for symptoms locations in NSW OR Victoria, Queensland, and the Australian Capital Territory OR New Zealand in the last 14 days
- has been in a stay-at-home area in the past 14 days (unless exempt as end of life or essential care visitor)
- has COVID-19 symptoms
- is a close contact of a person with confirmed COVID-19 and are within their isolation period
- lives in a household with a person who is currently isolating, or
- is waiting for a COVID-19 test result

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**Harbison**

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[www.harbisoncare.org.au](http://www.harbisoncare.org.au)

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ABN 23 001 507 624  
Registered NDIS Provider

**Burradoo**

2 Charlotte Street  
Burradoo NSW 2576  
F 02 4868 6476

**Moss Vale**

36 Yarrowa Road  
Moss Vale NSW 2577  
F 02 4869 3214

The tables below summarise the new restrictions which will apply at Harbison. Based on statements by NSW Health, we expect that restrictions will continue to ease, probably in three phases, between now and December 2021.

Please read carefully. Different risk controls apply for different combinations of resident-visitor vaccination status. Generally, only fully vaccinated visitors over the age of 12 will be eligible to visit Harbison during this next phase of the pandemic.

I am sorry that the rules are complicated, and that visits won't be permitted until our local government area is free from stay-at-home orders. We are very keen to safely reunite residents with their friends and families as soon as possible. Meanwhile, if you are eligible for an exemption, you can expect that our staff will contact you with an invitation to visit under an exemption.

If you are fully vaccinated, you will not need an appointment or special permission to visit a resident. However, you must confine your visit to visiting hours and note that the limit of two visitors per resident per day will be enforced, so please coordinate in your friends and family circles to ensure you are not inconvenienced.

	<b>Fully vaccinated visitor (at least 14-days prior to visit)</b>	<b>Partially vaccinated visitor (includes 2<sup>nd</sup> dose within 14-days of visit) – by appointment only</b>	<b>Unvaccinated visitor – by appointment only</b>
<b>Fully vaccinated resident (at least 14-days prior to visit)</b>	Permitted to visit during visiting hours, subject to wearing a surgical mask, passing screening criteria, conducting the visit in resident's room or outdoors, and a limit of 2 visitors per resident per day	Excluded except at end-of-life or on compassionate grounds where essential care is provided – by permission of the Director of Clinical Care and subject to same conditions as fully vaccinated visitors plus a rapid antigen test immediately prior to the visit	Excluded except on presentation of an NSW Health COVID-19 Medical Contraindication Certificate or at end-of-life or on compassionate grounds where essential care is provided – by permission of the Director of Clinical Care and subject to the same conditions as partially vaccinated visitors plus a PCR test result within 72 hours of the visit (may be required to use additional PPE)
<b>Partially vaccinated resident (including 2<sup>nd</sup> dose within 14-days of visit)</b>	Permitted to visit during visiting hours, subject to wearing a surgical mask, passing screening criteria, conducting the visit in resident's room or outdoors, a limit of 2 visitors per resident per day, and passing a rapid antigen test immediately prior to the visit	Excluded except at end-of-life or on compassionate grounds where essential care is provided – by permission of the Director of Clinical Care and subject to same conditions as fully vaccinated visitors	Excluded except on presentation of an NSW Health COVID-19 Medical Contraindication Certificate or at end-of-life or on compassionate grounds where essential care is provided – by permission of the Director of Clinical Care and subject to the same conditions as partially vaccinated visitors plus a PCR test result within 72 hours of the visit (may be required to use additional PPE)

	<b>Fully vaccinated visitor (at least 14-days prior to visit)</b>	<b>Partially vaccinated visitor (includes 2<sup>nd</sup> dose within 14-days of visit) – by appointment only</b>	<b>Unvaccinated visitor – by appointment only</b>
<b>Unvaccinated resident</b>	Permitted to visit during visiting hours, subject to wearing a surgical mask, passing screening criteria, conducting the visit in resident’s room or outdoors, a limit of 2 visitors per resident per day, and passing a rapid antigen test immediately prior to the visit (may be required to use additional PPE)	Excluded except at end-of-life or on compassionate grounds where essential care is provided – by permission of the Director of Clinical Care and subject to same conditions as fully vaccinated visitors plus a PCR test result within 72 hours of the visit	Excluded except on presentation of an NSW Health COVID-19 Medical Contraindication Certificate or at end-of-life or on compassionate grounds where essential care is provided – by permission of the Director of Clinical Care and subject to the same conditions as partially vaccinated visitors plus a PCR test result within 72 hours of the visit and required to wear full PPE

<b>Visiting Hours, October 2021</b>	
<b>Burradoo</b>	Tuesday, Thursday, Saturday <b>from 8am to 6pm</b>
<b>Moss Vale</b>	Wednesday, Friday, Sunday <b>from 8am to 6pm</b>

### **Resident outings**

Fully vaccinated residents are now permitted to leave their home for a recreational outing within the Wingecarribee local government area, provided that:

- each person in the gathering is over the age of 16 and fully vaccinated;
- no more than 5 people gather;
- they wear a surgical mask or carry a medical certificate excusing them from wearing a mask, and;
- are risk assessed by Harbison prior to the outing to ensure they can behave in a COVID-safe manner.

All residents are permitted to leave the homes for essential medical reasons if Harbison has provided them with PPE and infection prevention and control advice prior to their appointment.

When the stay-at-home orders are lifted for Wingecarribee, residents may attend small family gatherings if they abide by the current public health orders and do not enter any area subject to a stay-at-home order. **We will notify you as soon as this option becomes available.**

We intend to expand visitor access as quickly as safety permits. We must control the number of visitors on site at any time, and there is significant work involved in screening and risk assessing visitors to meet our duty of care to our residents and our obligations to maintain a safe workplace.

We are developing processes to streamline the record keeping for vaccination status, so please be patient as we adapt to the new post-lockdown environment. We are committed to restoring all possible social contact and we all have a role to play to ensure that the transition process runs safely. We do not want to find ourselves in another lockdown!

## **EAP for staff**

Our staff and volunteers have carried a heavy burden during the lockdown. This has an impact – social, psychological, and physical – and we are mindful that it is not only residents and families who have suffered. Harbison provides a free, confidential employee assistance program which is available to all staff from our partner, Access EAP.

Any employee can contact Access EAP anytime, about anything. Details are available at [www.accesseap.com.au](http://www.accesseap.com.au), or the People & Culture team can help you connect. It is OK to not be OK, and we encourage anyone who wants help to take advantage of this effective resource.

## **2021 Road Worlds for Seniors – the finish line**

Where do I start? A 10x improvement from last year, riding the equivalent of Sydney to the top of Mount Everest, covering 9,000km without leaving the Southern Highlands. Young Dot Robinson took silver in the women – i.e., 2<sup>nd</sup> in the world – with 1,280.5km. She was one of 42 Harbison women to compete, ten of whom placed in the women top-200. All of them were inspirational. Peter Stanmore, a veteran of the 2020 Road Worlds campaign, placed 7<sup>th</sup> in the men, with 986.4km – i.e., more than the entire Harbison team last year. I think he was foxing. 46 Harbison men competed, and 12 of the top-100 men places went to them.

We received a letter from the President of Road Worlds for Seniors, Jan Inge Ebbesvik, this morning: “You should be really proud of the efforts of your cyclists. Both teams entered the top 10 in the world with Burradoo in 5<sup>th</sup> place and Moss Vale in 9<sup>th</sup> place. *They have really put Harbison and Australia on the map.*”

5,000 competitors, in 260 teams, from 11 countries. It doesn't happen without commitment and support from our staff, volunteers, and the kindness of donors who made the purchase of additional bikes possible. We hope to raise enough money this year to buy at least one more bike, to increase the accessibility of this program for our residents.

Thank you to our champions for having a go and making the event so much fun. You are an inspiration to us all, and I look forward to an even bigger team next year (100+?) to mark our 5<sup>th</sup> anniversary of Motiview. Special mention to Jill Wall, Keeden Ellis, and Darlene Parker for their leadership and to Zac ‘Lance’ Hulm for taking the event to the next level.

We will be celebrating our teams properly soon. Congratulations to everyone who was involved – we would not be Harbison without you.

## **Volunteering at Harbison**

You might have heard the amazing Jill Wall, Volunteer Coordinator, on radio 2ST this morning. She was announcing a new feature on our website ([www.harbison.org.au](http://www.harbison.org.au)) for people who are interested in volunteering to support Harbison residents. If you, or anyone you know, is interested simply visit the website and look for the volunteers' link at the top right-hand-side of the home page.

We are recruiting for people to volunteer for a range of jobs, including people who speak languages like Spanish to converse with our increasingly diverse community of residents. If you would like to know more, Jill can be contacted by email ([jill.wall@harbisoncare.org.au](mailto:jill.wall@harbisoncare.org.au)). Helping our residents is a meaningful and rewarding experience, as is working with our fantastic team of volunteers.

Thank you for reading this letter. Please monitor our website and social media for updates. We hope the stay-at-home orders will be removed for Wingecarribee soon, but it might not be before the weekend. Until then, visitor restrictions remain in place. We look forward to welcoming fully vaccinated visitors during visitor hours soon, and we encourage partially vaccinated people to complete their course of vaccination as soon as they can. We understand that the Government intends to progressively ease restrictions for all visitors by December 2021, subject to any new outbreaks. I know some of you will be frustrated by this process, but I remind you that our singular goal is simply to keep everyone at Harbison safe.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'D. Cochran', with a long horizontal flourish extending to the right.

David Cochran  
Chief Executive Officer