



SOUTHERN SERVICES
REFORM GROUP

SSRG Workgroup Meeting
Workgroup: Carer Issues
Date: 20 August 2013

Present: Jen Day (Chair), Carole Matthews, Julie Milburn, Pat Smytherman, Justin Adams, Kate Kenning, Meredith McLeod, Sandy Johnson-Jones, Carol Ganly, Brenda Johnson, Filomena Occhiodoro, Sally Warnes (Project Officer), Bev Bannister (Minutes)

Apologies: Stephanie Papps, Julie Haselgrove, Sharron Irwin, Teresa Moran

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none">• welcome and apologies• welcome to Pat and thank you for coming to talk to the group• introductions were made around the table	
Previous minutes & business arising	<ul style="list-style-type: none">• previous minutes accepted• amend previous minutes with the correct spelling of Pat Smytherman's name	

<p>Discussion about past carers with Pat Smytherman</p>	<ul style="list-style-type: none"> • an update of the project was given for Pat and the new members • there is not a lot of information about/for past carers on the internet • The project aim is to offer support, information and recognition for carers who are no longer in the caring role. Promote reconnection with community and strategies to manage a changing role • Pat gave a brief history of her background and experience. She gave examples of some of the people she has met and their experiences • a group discussion was had re the notes Sally collated from the book by Audrey Jenkins – see attachment • there is a different experience for past carers whose caree has died versus has moved into residential care • We need specific information for both of these groups • Pat gave us permission to use the booklet she developed with consumers ‘The Residential Care Decision’... we can republish it....make it available on the website • we would acknowledge the original copy if we made changes • possibly create a caring continuum / tree of caring / carer journey • possibly have some sort of image reflecting distorted mirrors like in a fun house to represent the journey • the booklets from Centrelink are informative...when someone you care for dies...possibly use some of the information • consult with carers to get a consumer perspective • try to access carers that do not normally have a say • idea to invite other people from different jobs/backgrounds that could give a different perspective • Sally not available for September meeting – to be cancelled • the subgroup to meet on 16 September at Resthaven Marion • subgroup members Carole, Sally, Meredith and Carol • next carer issues meeting October 15th 	<ul style="list-style-type: none"> • Bev to scan and distribute ‘The Residential Care Decision’
<p>Project Officer report</p>	<ul style="list-style-type: none"> • the app is completed and available for download at the app store • pocket directory and postcards given out • the target audience for the pocket directory was health professionals 	

	<ul style="list-style-type: none"> • Sally and Louise attended the Disability Expo to promote the Seniors Southern Services Directory <ul style="list-style-type: none"> • CSIRO are doing research around carer health and wellbeing – they are doing research with carers studying their DNA to see how stress physically affects the person - targeting carers of people with dementia - Sally has information packs 	<ul style="list-style-type: none"> • Sally to email research information to all
Information Sharing	<p>Sandy – City of Onkaparinga</p> <ul style="list-style-type: none"> • Onkaparinga care respite is full • looking at trying to reconnect carers back into the community - starting with small groups – • looking at carers needs <p>Carol - ACH</p> <ul style="list-style-type: none"> • ACH west has no packages available - have HACC programs and care respite options available • going 'green' with A2HC - HACC packages in the west and inner south <p>Justin – Uniting Care Wesley</p> <ul style="list-style-type: none"> • Mental Health Rights Forums – 4 September @ Living Kurna Cultural Centre – Warriparinga, Bedford Park and 10 September @ Seaford Community Centre, Seaford – 10am – 12 noon RSVP 8245 7110 • Mates Breaks – 29 August – lunch @ The Henley, Henley Beach – 12.30 pm RSVP 8346 8329 or 8245 7110 • Food and Mental Wellbeing Forum – 18 September @ Burnside Civic Centre or 25 September @ Woodcroft Neighbourhood Centre – 10 am – 12 noon • flyers to be sent to Bev for distribution <p>Filomena – Carers SA</p> <ul style="list-style-type: none"> • Carers SA's National Carer Counselling Program for carers who have ceased their caring role in the past two years – four week program in 	

	<p>September – contact Sharne West on 1800 242 636</p> <ul style="list-style-type: none"> • Carers Open Day - 15 October @ Carers SA - 10 am – 12 noon or 1 pm – 3 pm RSVP 8291 5600 or email carersweek@carers-sa.asn.au • found article in an older issue of the Office for Carers newsletter talking about relinquished carers , funding etc. The article did not say much more than we already know <p>Meredith – Carer Support</p> <ul style="list-style-type: none"> • Taking Care of Yourself course starting at Woodcroft Community Centre • felting workshop for carers – carers made felted woven scarves • series of focus groups most recent one on CDC and carers feedback • Carer Support are on face book • during carers week having movie carer dinner/lunches • holding couple of morning teas during carers week • have a lot of ‘drop ins’ at new southern centre resulting in new registrations • hope to have the whole building up and running in November • there are meeting rooms available at the new southern centre • event at Maxwell Winery has proved to be popular and is booked out with 60 people <p>Kate - ECH</p> <ul style="list-style-type: none"> • a lot of staff changes happening at the moment • have vacancies in program on Mondays and Fridays • organising a musical event in October for clients and carers – if space will open up to others <p>Carole - Resthaven</p> <ul style="list-style-type: none"> • have packages for 2, 3 and 4 in north, east and west • Ridgeway House now open on weekends • Every Generation event on 26 October combined with Marion Community Services, Marion Residential Facility and Community Respite Services – if you have information you would like to go on the 	
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	<p>carer stall please send to Carole</p> <ul style="list-style-type: none"> • have vacancies at Hersey and Lane Cottages and in some groups and activities <p>Julie – Carer Support</p> <ul style="list-style-type: none"> • new sharing sheet out beginning of next month • usual gamut of carer activities happening • focus groups • unfortunately unable to regularly attend SSRG meetings <p>Brenda – City of Mitcham</p> <ul style="list-style-type: none"> • HACC audit scheduled for late October • updating Mitcham website, brochures, flyers • five vacancies for HACC eligible people in lunch group – contact Deb Logos • HACC Resident forum on tomorrow • Jenny involved in Emergency Management Project with a focus on bushfire prevention • Home Care Observer, quarterly magazine that goes to HACC residents, has a flyer in it about the emergency planning • Getting ready for Every Generation events in October • have a movie morning tea on 22 October – viewing The Sapphires • community development and social programs teams have been organising activities with students and teachers from Urrbrae Agriculture High School including interaction with community groups and a gardening project <p>Jen – City of Onkaparinga</p> <ul style="list-style-type: none"> • Brain Injury Awareness Week - Community Re-entry Program and Families for Families as guest speakers • the Disability Care Australia Engagement team presented at the Regional Disability Network Information Session at Onkaparinga <p>A big thank you was extended to Pat</p>	
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September meeting CANCELLED

Next meeting date: 15 October 2013

Time: 2.00 – 4.00 pm

Venue: Committee Room, City of Mitcham