



SOUTHERN SERVICES  
REFORM GROUP

**SSRG Workgroup Meeting**  
**Workgroup: Carer Issues**  
**Date: 15 July 2014**

Present: Jen Day (Chair), Carole Matthews, Filomena Occhiodoro, Vicki Shaffer, Di Francis, Gael Porter, Julie Haselgrove, Meredith McLeod, Carol Ganly, Deb Logos, Sally Warnes (Project Officer), Bev Bannister (Minutes)

Apologies: Dana Lavenant, Sandy Johnson-Jones, Sharron Irwin, Teresa Moran

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none"><li>• welcome and apologies</li><li>• introductions were made around the table</li></ul>	
Previous minutes & business arising	<ul style="list-style-type: none"><li>• previous minutes accepted</li><li>• actions complete</li><li>• a copy of the resource was given to Sandy to share with her post carers group - positive feedback was received</li></ul>	

<p>Project Update – Post Caring – where are we up to and next steps</p>	<ul style="list-style-type: none"> <li>• discussion about the kite images to be displayed on each page</li> <li>• brief summary of the project was given for new members of the group</li> <li>• updated copy of resource given out</li> <li>• take Recommended Reading out of Pat Smytherman book</li> <li>• there was a discussion about using the wording ‘passed on or passed away’</li> <li>• some minor word changes to be made</li> <li>• there was a discussion about older women suffering abuse and the recovery process - where do we put it? Possibly the relationships page?</li> <li>• do we have anything about where to obtain professional help - lifeline etc – maybe put it under grieving?</li> <li>• on the health page - put link to ‘the driving wheel’</li> <li>• Sally to read through again...proof read etc</li> <li>• where does the page come up in a google search? – make sure we come up in the first options</li> <li>• list of ‘natural highs’ - from Meredith - can rename and change as need to</li> <li>• healthy living tips for past carers list - modify and use</li> <li>• ?could do postcards to promote this project</li> </ul>	<ul style="list-style-type: none"> <li>• Sally to check if Recommended Reading is still valid</li> <li>• Sally to review the wording</li> </ul>
<p>Project Officer Report</p>	<ul style="list-style-type: none"> <li>• ‘the aged care puzzle’ – a visual story of what is happening in the aged care sector</li> <li>• The Seniors Southern Services Directory app - SAHA 100 day project – promoting the app to the health sector - new postcards and jotter pad shown</li> <li>• having discussions with SIS re taking over the app</li> <li>• Ignite your spark – at the marketing phase - poster and postcards now available – postcards given to Di and Vicki to distribute</li> <li>• link to Ignite film is on you-tube and on the SSRG newsletter</li> <li>• SASMA Symposium – scheduled for 17 September 2014 –</li> </ul>	

	registrations will be open soon	
Information Sharing	<p>Filomena - Carers SA</p> <ul style="list-style-type: none"> <li>• Carer Excellence Awards nominations are open – nominate an organisation or business that supports family carers – more information and nomination forms available at Carers SA</li> <li>• NILS (no interest loans) are available for carers to purchase goods up to the value of \$1200</li> <li>• Better Start for Children with Disabilities program provides funding for early intervention services. Children who are registered will be eligible to access early intervention funding of up to \$12,000 (up to a maximum of \$6,000 per financial year) to access early intervention services such as speech therapy, audiology, occupational therapy, orthotics, physiotherapy and psychology. This program is now in the process of 'wrapping up' due funding changes.</li> <li>• getting ready for Carers' Week activities</li> </ul> <p>Vicki – UnitingCare Bowden</p> <ul style="list-style-type: none"> <li>• I am...Caring is a joint collaborative program with Anglicare. Are you caring for someone over 18 living with a mental illness? Learn about the importance of self-care and how you can include this in your caring role - 11 September – 16 October</li> <li>• Self-Care and Wellness Day – how to enhance your wellbeing – Friday 1 August at Fullarton</li> <li>• Apply First Aid – for carers of adults with mental illness – Thursday 21 August at Bowden</li> </ul> <p>Di – Alzheimer's SA</p> <ul style="list-style-type: none"> <li>• Mindful of Dementia Day – 13 August - Woodville South</li> <li>• Give it a Go! -18 July – Fullarton Park Centre</li> <li>• Start2Talk – is a new website based on planning ahead - Planning Ahead is thinking about your future, and putting things in place so that your choices will be known and acted on if you cannot express</li> </ul>	

these choices yourself later in life. This website will help you to plan ahead for your future. It is a practical and comprehensive resource for people across Australia just like you. It gives you the information you need to make decisions and helps you to put your decisions into action.

Carol - ACH

- no vacancies in west
- some HACC places available
- vacancies at Swan Cottage

Gael - ACH

- Riverview has flexible times for Mondays and Wednesdays
- vacancies for NRCP and Southern Working Carers
- McLaren Vale Club computer training on Fridays

Meredith – Carer Support

- Dementia Pamper and information day in June received good feedback despite the bad weather conditions
- next pamper day 25 July at Stirling
- new resource – ‘Dementia Pathways’ – a useful flip book for carers caring for someone with dementia
- Eastern office setting up drop in centre – similar to the southern centre
- Carers Week in October doing a joint project with the City of Onkaparinga - pamper day at Elizabeth House
- HACC Aged Care program has been developed to provide services with a focus on supporting the aged person to continue their current community involvement or assist them to reconnect with their local community – more information in the Winter Sharing Sheet
- Coffee and Chat once a month to encourage people to use centre – different activities eg. card making, creative writing

	<p>Carole - Resthaven</p> <ul style="list-style-type: none"> <li>• Coffee and chat group with information sharing</li> <li>• Memories at Work Photographic Exhibition - South Australian Living Artists (SALA) Festival - Cafe Finniss at Marion – 5 - 24 August</li> </ul> <p>Julie – City of Holdfast Bay</p> <ul style="list-style-type: none"> <li>• all contracts renewed</li> <li>• undergoing restructure</li> <li>• new carers groups - photography group, movie group, coffee crawl</li> <li>• mens group now have two groups running</li> <li>• Healthy Holdfast Bay initiative - has finished but keeping some of the initiatives going, wise moves, heart foundation, walking etc</li> <li>• trying to setup group or program events in community centre in Holdfast Bay - have employed someone to work and build repore with centres and get programs going</li> </ul> <p>Deb – City of Mitcham</p> <ul style="list-style-type: none"> <li>• introduced herself and gave a brief summary on what she does at Mitcham</li> <li>• have men’s group called the Don Juan group, two lunch clubs, mah-jong group</li> <li>• Community Connections – isolated people in the community joining into council run programs - linking to activities in the community</li> </ul>	
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**Next meeting date: 19 August 2014**

**Time: 2 - 4pm**

**Venue: Committee Room, City of Mitcham**