



SOUTHERN SERVICES  
REFORM GROUP

**SSRG Workgroup Meeting**  
**Workgroup: Carer Issues**  
**Date: 19 November 2013**

Present: Jen Day (Chair), Justin Adams, Carole Matthews, Kate Kenning, Meredith McLeod, Filomena Occhiodoro, Julie Haselgrove, Sharron Irwin, Kate Henderson, Debra Belperio, Sally Warnes (Project Officer), Bev Bannister (Minutes)

Apologies: Carol Ganly, Teresa Moran, Brenda Johnson, Sandy Johnson-Jones

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none"><li>• welcome and apologies</li><li>• welcome to Kate Henderson and Debra Belperio from Alzheimer's SA (Younger Onset Dementia team)</li></ul>	
Previous minutes & business arising	<ul style="list-style-type: none"><li>• previous minutes accepted</li><li>• add Filomena as an apology for previous minutes</li></ul>	

<p>Project Update</p>	<ul style="list-style-type: none"> <li>• the proposed name of the carers project was shared with the dementia group who felt the name was unsuitable</li> <li>• the group then had a discussion on the proposed name</li> <li>• 'Beyond the caring kite' was suggested as an alternate name</li> <li>• Sally to test name with other workgroups</li> <li>• Members shared the research they had done on their chosen topic for the project –</li> <li>• Kate – topic – recreation</li> <li>• Kate has suggested some websites that would be helpful <ul style="list-style-type: none"> <li>• SA Community</li> <li>• SA.gov.au</li> <li>• COTA</li> <li>• Community Centres SA</li> <li>• Seniors Information Service</li> <li>• Active Ageing Australia</li> <li>• about.com – about senior living</li> <li>• You Life Choices Australia</li> <li>• Council websites</li> <li>• WEA</li> </ul> </li> <li>• Julie – topic - grief <ul style="list-style-type: none"> <li>• Suggests we have stories from real carers with quotes</li> <li>• Julie has two people she can ask to share their own personal stories about grief</li> <li>• grief link - website</li> </ul> </li> <li>• Justin – topic - employment, education etc <ul style="list-style-type: none"> <li>• Justin submitted a list of suitable websites under the headings Employment, Education and Volunteering</li> <li>• Important to have a write up about volunteering with carer organisations</li> </ul> </li> <li>• it was agreed to keep on with the research and report back at the first meeting next year</li> </ul>	<ul style="list-style-type: none"> <li>• Bev to book meeting rooms</li> </ul>
-----------------------	--	---

	<ul style="list-style-type: none"> <li>• first meeting 21 January 2014</li> <li>• Filomena to research social, relationships and spirituality along with Sally</li> <li>• Carole to research sexuality and sensuality along with Meredith</li> <li>• Kate H to research health</li> <li>• Jen to research fitness</li> <li>• Exploring how to enhance a Google search - Bev to discuss further with SSRG Host provider</li> <li>• to put the information on the SSRG website – will need to add another page</li> </ul>	<ul style="list-style-type: none"> <li>• Bev to talk with David Hales</li> </ul>
Project Officer Report	<ul style="list-style-type: none"> <li>• Congratulations to Carole Matthews who at the final Steering Committee meeting for the year, was elected as chair of the SSRG</li> <li>• Sally discussed with the Steering Committee having a planning session early next year and would like to invite the chair (or representative) of each workgroup to attend</li> <li>• hoping to have the Steering Committee planning day on 20 January 2014</li> <li>• Social Inclusion <ul style="list-style-type: none"> <li>• the project involves using photographs of older people engaged in activities that demonstrate connection, action and enjoyment. The photographed older person is invited to share a quote to give meaning to what they are experiencing. The collection of photographs will showcase diversity – of culture and of actions. The exhibition will be a digital display; can be copied and shown at a variety of public places and organisations. The exposure to positive images becomes a step in the process of changing attitudes towards older people and inspires older people to engage positively ‘in life’. Photographs will be taken by group members or pre-arranged photographers who can include others to become involved – both young and old.</li> <li>• the group were asked if they were interested in submitting any</li> </ul> </li> </ul>	

	<ul style="list-style-type: none"> <li>photos to help with the photograph project <ul style="list-style-type: none"> <li>• Sally to email permission form to all</li> </ul> </li> <li>• I Can(t) Workshops – <ul style="list-style-type: none"> <li>• The 'I CAN (t)' program intends to promote consumer independence, well-being, quality of life and capacity to remain living in their community of choice. The project will raise awareness to consumers about managing their care and being in control.</li> <li>• second trial group now running with consumers from Anglicare</li> <li>• would like to run two more groups – would like to have groups that are already formed</li> <li>• Sharron has a group that she thinks will participate – she will check and get back to Sally</li> <li>• Meredith may have a group as well</li> <li>• A future direction of the course would be to have it delivered by peer leaders</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Sally to email permission form to all</li> </ul>
<p>Younger onset dementia discussion – Kate Henderson</p>	<ul style="list-style-type: none"> <li>• the younger onset key workers role is to act as a primary point of contact for a person with younger onset dementia, their carers and families to provide individualised information, support, counselling, advice and service planning. The Key worker will assist people with younger onset dementia to locate and link into service and support options appropriate to their individual needs.</li> <li>• key worker to be available at any part of the client journey</li> <li>• for people diagnosed under 65 years of age</li> <li>• can have the carer as the client - does not have to be the person with dementia</li> <li>• younger clients have different needs than older clients so trying to meet those needs and provide groups to support them</li> <li>• younger onset specific days are being organised by various service providers in the north</li> <li>• new program at Lonsdale to start soon</li> <li>• regional across SA</li> </ul>	

	<ul style="list-style-type: none"> <li>• flyers and information handed out – <ul style="list-style-type: none"> <li>• Understanding Dementia – 29 November 2013 - Fullarton Park Community Centre, Fullarton – 10am – 12noon</li> <li>• Living with Memory Loss Program – 28 January to 4 March 2014 (6 consecutive Tuesdays) - Fullarton Park Community Centre, Fullarton – 10.30am – 12.30pm</li> <li>• Living with Memory Loss Worker (Younger onset) – 4 December 2013 – Burnside Community Centre, Tusmore – 6pm – 8pm</li> <li>• Living with Memory Loss Workshop – 27 November 2013 – Burnside Community Centre, Tusmore – 6pm – 8pm</li> <li>• Living with Residential Care – Support Group – 3<sup>rd</sup> Thursday of each month 2014 - Fullarton Park Community Centre, Fullarton – 10am – 12noon</li> </ul> </li> </ul>	
Information Sharing	<p>Sharron - ACH</p> <ul style="list-style-type: none"> <li>• Riverview Wednesday's - younger onset dementia group</li> </ul> <p>Jen – City of Onkaparinga</p> <ul style="list-style-type: none"> <li>• in middle of organising art work exhibition for National Day of Disability event</li> <li>• Celebration of Ability Art Exhibition 2013 - the Exhibition celebrates the ability of people over the age of 18 years living with a disability and are residents of the City of Onkaparinga</li> <li>• Presentation being held at Arts Centre, Port Noarlunga – includes a dance performance</li> </ul> <p>Carole - Resthaven</p> <ul style="list-style-type: none"> <li>• quite a few vacancies in a range of programs</li> <li>• Ridgway house is available 24 hrs./ 7days week</li> </ul>	

	<p>Kate kenning – ECH</p> <ul style="list-style-type: none"> <li>• Some vacancies in day program and in home respite program</li> </ul> <p>Meredith – Carer Support</p> <ul style="list-style-type: none"> <li>• Southern centre lot of visitors</li> <li>• some counselling offered on site</li> <li>• room for other meetings to be held at Carer Support</li> </ul> <p>Filomena – Carers SA</p> <ul style="list-style-type: none"> <li>• recently had Carers Week celebrations</li> <li>• 150 people attended an event at Carers SA</li> <li>• community achievement awards – nomination made by Filomena won an award</li> <li>• have wait list for counselling</li> <li>• at AGM - recently elected a new president</li> <li>• young carers Facebook page - receiving lots of 'likes', is popular</li> </ul> <p>Justin – Uniting Care Wesley</p> <ul style="list-style-type: none"> <li>• planned Christmas event - lunch on 6 December is fully booked</li> <li>• Acceptance and Commitment therapy course is fully booked in January</li> </ul> <p>Julie – City of Holdfast Bay</p> <ul style="list-style-type: none"> <li>• dare to dream - new program</li> <li>• using Appreciative Enquiry technique to encourage people to think differently and assist them to help achieve their dream</li> </ul>	
	<p>Flowers for sally!</p> <p>A kind thank you from the group</p>	

**Next meeting date: 21 January 2014**

**Time: 2:00 to 4:00pm**

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