

## Co-production – Workshop 2 – notes

2/10/17

Group Discussions:

### Elements of a Good life

Break of routine Broad horizons Holidays Birds / Nature Having enough money Interests Weather Location Good food Good food and wine / beer Comfortable home Loving partner Love Happiness Friendship and companionship Relationships Communication	Security Balanced life Activities Good community services Social connections Transport Mobility Good health – mental, emotional and physical Something to look forward to Motivation and drive Respect Laughter Fulfilment Compassion Family Hobbies
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### Strengths and Skills

Perseverance Good listener Organising Planning / logistics Cooking Good conversationalist Patience Common sense Keeping brain and body active Good leather worker Gardening House-keeping Empathy Thinking outside the box Maintenance	Problem solving Painting (pictures) Honesty Sincerity Communication Reliability Curiosity Trust Humour Sensibility Knowledge Creative Positive Loyal Good work ethic
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<p>Adviser Loving Nursing Compassionate Respectful Meet everyone you meet with kindness and fairness Friendly Enthusiastic</p>	<p>Caring – work and home Volunteering Good and fair Delegator Good financial management Being challenged Resilience Speak my mind Teaching</p>
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What is respite?

Who is respite for?

<p>Time out for both Enjoyable for client/guest Engaged Good for cognition Person centred care Me time for both, but apart Going to the shed – workshop Family member assistance Separate identity for carers Services for living – cleaning, gardening Making it easier</p> <p>Respite needs to be a safe environment for the caree which enables the carer to replenish themselves.</p> <p>Taking a break from the day to day caring Both enjoy the experience and feel valued</p> <p>Need reassurance that a person being cared for is okay – safe and happy</p> <p>Go to the memory group – carer at home having a break</p> <p>It's me time Respite in own home Making life easier</p> <p>Having access to someone who can help – physical, emotional and mental needs</p>	<p>For both Best outcome for both Offers interests for guests/clients Carers – rest, catch up with friends, communication, catch up on jobs to do</p> <p>It is a time for both of us. For the carer, we have an opportunity to be ourselves.</p> <p>For the carer Good for the person being carer for to mix with others, do different things – stimulating</p> <p>Time for both Carer to be themselves</p>
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Being treated as an individual Intergenerational	
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Definition of respite: a break from something difficult or unpleasant. (is it the correct term?)

## Co-production – Workshop 3 – notes 28/11/17

### Small group discussion: Respite Experience

- **What is available**
- **What are the different models of respite**
- **Have you used respite and was it a good experience?**
- **Was it client centred?**

What is available?

- Men's shed / group
- Social groups
- Just Fellows
- Hersey Cottages
- Norman House / Ridgeway House
- Kalarya – residential respite
- Carer Support
- Nightingale Nurses - Alzheimer's Australia SA
- Indoor bowls – together
- Happy group
- Gym, outing, coffee, lunch

What are the different models of respite?

- In home respite
- Overnight respite
- Centre based respite
- Residential respite
- One on one
- Group respite
- Day respite

Have you used respite and was it a good experience?

Issues experienced:

- Requiring an ACAT for residential respite
- Flexibility – hard to get timing right for respite to cover planned surgery

- Cost of un-subsidised respite
- Unclear – re MAC - advice about assessments, what's available and information
- Juggling appointments for both carer and caree – they take up the calendar which doesn't leave much time to take respite for a 'me' day
- Respite mainly gets used for giving the carer time to do chores, shopping and medical appointments – not leaving much time for the carer to take time out for themselves.
- Money handling – the caree is still to be in control of it
- Drop off and pick up
- Matching support worker to the caree is essential – otherwise it's stressful

Good experiences with respite: overnight at Ridgeway house for 2 nights, local councils

- Respite is when I have at least 24hours in one day where I can take care of myself.
- Carers need to be cared for and not stressed with arrangements

Was it client centred?

- First plan was good...second plan not so good
- Unsure what activities will be involved

Emergency care plans are important if the carer is unwell.