



SOUTHERN SERVICES  
REFORM GROUP

**SSRG Workgroup Meeting**  
**Workgroup: Dementia**  
**Date: 7 March 2017**

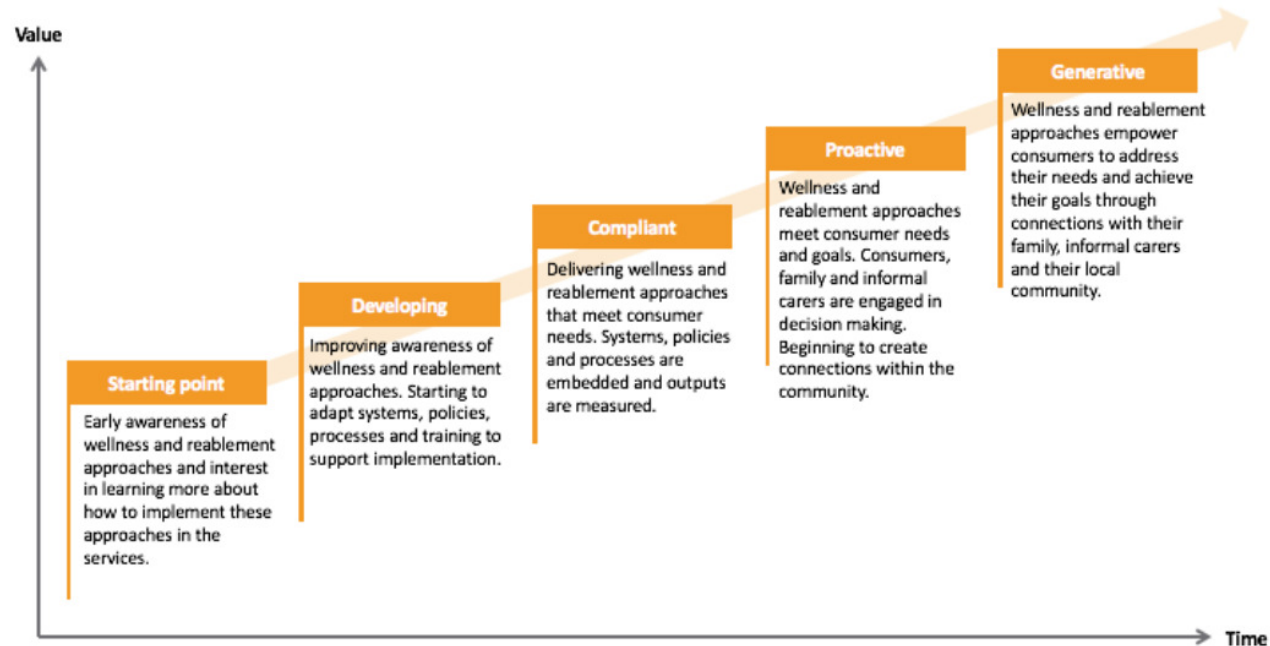
Present: Terry Hales, Susan Rennison, Katrina Head, Krystyna Kahmann, Sally Warnes, Gill Schulze

Apologies: Kate Kenning, Deb Craggs

Agenda Items	Discussion	Actions
Welcome and apologies	Went over the minutes and read through the information re February 27 changes to Home Care Packages.	
New Project	<p>Concern about carers - Carer Support – how do they engage carers? Finding that there is less referrals, carers can still call up direct. Previously when delivering respite services the carer was the client. Changes have meant that the care recipient is now the client and no details are given about the carer.</p> <p>Review of reablement – Hudson Model – Department of Health – using term informal carer – please see below</p>	Susan sending it through

## The Maturity Model Framework

This review will apply a Maturity Model Framework (see Figure 1) to **wellness and reablement** approaches within the home care sector. This Framework will adapt the Hudson Safety Culture Maturity Model[1].




<https://www.wellnessreablementreview.com.au/supporting-change-in-the-home-care-sector>

### Project to focus on carers of people with dementia

City of Holdfast Bay have a community space for people to contact MAC which is dementia friendly.

We will organise an SSRG Dementia Workgroup meeting at Holdfast Bay to look at the

	<p>room etc. April meeting probably....</p> <p>The project should have a focus on <b>carer wellness</b>          What carers see as support and accept as respite “we do everything together”          Education...someone to be there when needed          Are there specific issues for carers of people with dementia? Or are they similar issues that all carers experience?          Appear to be very protective of their care recipient          Sometimes carers are in denial          It’s important that we look at how we offer respite to carers</p> <p>Use the questions we posed last meeting:</p> <ol style="list-style-type: none"> <li>1) Why is respite not seen as a valued service for carers of people with dementia?</li> <li>2) Could we develop a respite resource?</li> <li>3) It’s not what we offer...it is how we offer it...</li> <li>4) Focus on loss and grief</li> <li>5) Develop a connecting process</li> </ol>	<ul style="list-style-type: none"> <li>• Read and summarise the tool kit on Co-producing Aged Care Services with a Wellness Focus</li> <li>• Seek support of Exec Committee</li> </ul>																		
	<p>Exercise from ‘Co-producing Aged Care Services with a Wellness focus’  <a href="https://www.communitywest.com.au/cw-resources/co-design-co-production">https://www.communitywest.com.au/cw-resources/co-design-co-production</a></p> <table border="1" data-bbox="432 874 1733 1420"> <tr> <td data-bbox="432 874 1084 1061"> <p>Group members were asked to identify the top <b>three factors that carers of people with dementia would feel are most important for their wellbeing or wellness.</b>            Results:</p> </td> <td data-bbox="1084 874 1733 1061"> <p>Group members were asked to identify the top <b>three factors that are important for their own wellbeing or wellness.</b>            Results:</p> </td> </tr> <tr> <td data-bbox="432 1061 1084 1102"> <ul style="list-style-type: none"> <li>• Community participation – 2</li> </ul> </td> <td data-bbox="1084 1061 1733 1102"> <ul style="list-style-type: none"> <li>• Community participation - 0</li> </ul> </td> </tr> <tr> <td data-bbox="432 1102 1084 1144"> <ul style="list-style-type: none"> <li>• Faith and spiritual support – 0</li> </ul> </td> <td data-bbox="1084 1102 1733 1144"> <ul style="list-style-type: none"> <li>• Faith and spiritual support – 1</li> </ul> </td> </tr> <tr> <td data-bbox="432 1144 1084 1185"> <ul style="list-style-type: none"> <li>• Independence and choice - 5</li> </ul> </td> <td data-bbox="1084 1144 1733 1185"> <ul style="list-style-type: none"> <li>• Independence and choice - 0</li> </ul> </td> </tr> <tr> <td data-bbox="432 1185 1084 1227"> <ul style="list-style-type: none"> <li>• Good quality sleep - 5</li> </ul> </td> <td data-bbox="1084 1185 1733 1227"> <ul style="list-style-type: none"> <li>• Good quality sleep - 4</li> </ul> </td> </tr> <tr> <td data-bbox="432 1227 1084 1300"> <ul style="list-style-type: none"> <li>• Good diet and access to healthy food - 1</li> </ul> </td> <td data-bbox="1084 1227 1733 1300"> <ul style="list-style-type: none"> <li>• Good diet and access to healthy food - 0</li> </ul> </td> </tr> <tr> <td data-bbox="432 1300 1084 1342"> <ul style="list-style-type: none"> <li>• Company of friends - 4</li> </ul> </td> <td data-bbox="1084 1300 1733 1342"> <ul style="list-style-type: none"> <li>• Company of friends - 3</li> </ul> </td> </tr> <tr> <td data-bbox="432 1342 1084 1383"> <ul style="list-style-type: none"> <li>• Physical activity - 1</li> </ul> </td> <td data-bbox="1084 1342 1733 1383"> <ul style="list-style-type: none"> <li>• Physical activity - 5</li> </ul> </td> </tr> <tr> <td data-bbox="432 1383 1084 1420"> <ul style="list-style-type: none"> <li>• Rewarding work or volunteering - 0</li> </ul> </td> <td data-bbox="1084 1383 1733 1420"> <ul style="list-style-type: none"> <li>• Rewarding work or volunteering - 2</li> </ul> </td> </tr> </table>	<p>Group members were asked to identify the top <b>three factors that carers of people with dementia would feel are most important for their wellbeing or wellness.</b>            Results:</p>	<p>Group members were asked to identify the top <b>three factors that are important for their own wellbeing or wellness.</b>            Results:</p>	<ul style="list-style-type: none"> <li>• Community participation – 2</li> </ul>	<ul style="list-style-type: none"> <li>• Community participation - 0</li> </ul>	<ul style="list-style-type: none"> <li>• Faith and spiritual support – 0</li> </ul>	<ul style="list-style-type: none"> <li>• Faith and spiritual support – 1</li> </ul>	<ul style="list-style-type: none"> <li>• Independence and choice - 5</li> </ul>	<ul style="list-style-type: none"> <li>• Independence and choice - 0</li> </ul>	<ul style="list-style-type: none"> <li>• Good quality sleep - 5</li> </ul>	<ul style="list-style-type: none"> <li>• Good quality sleep - 4</li> </ul>	<ul style="list-style-type: none"> <li>• Good diet and access to healthy food - 1</li> </ul>	<ul style="list-style-type: none"> <li>• Good diet and access to healthy food - 0</li> </ul>	<ul style="list-style-type: none"> <li>• Company of friends - 4</li> </ul>	<ul style="list-style-type: none"> <li>• Company of friends - 3</li> </ul>	<ul style="list-style-type: none"> <li>• Physical activity - 1</li> </ul>	<ul style="list-style-type: none"> <li>• Physical activity - 5</li> </ul>	<ul style="list-style-type: none"> <li>• Rewarding work or volunteering - 0</li> </ul>	<ul style="list-style-type: none"> <li>• Rewarding work or volunteering - 2</li> </ul>	
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<p>SSRG PO update</p>	<p>SSRG forum: <b>Wow....this is wellness!</b></p> <p>Date: Thursday 6 April 2017</p> <p>Time: 9.30am to 12.30pm</p> <p>Venue: Cove Civic Centre, 1 Ragamuffin Drive, Hallett Cove</p> <p>During the Forum we will:</p> <ul style="list-style-type: none"> <li>*Explore what the wellness approach can look like</li> <li>*Explore Art Therapy</li> <li>*Explore a self-management approach to wellness</li> <li>*Explore new ideas &amp; network</li> </ul> <p>The program includes a delicious morning tea (lunch is not included)</p>  <p>RSVP: by Monday 2 April 2017 to <a href="mailto:salwar@onkaparinga.sa.gov.au">salwar@onkaparinga.sa.gov.au</a></p>	
<p>Information sharing</p>	<p>Gill (Resthaven): Associate Degree in Dementia Care completed....congratulations! Now doing a Bachelor Degree in Health and Community Care Community respite...group numbers are 'up and down'. Less referrals being received over the summer. More domestic services being requested. Vacancies at Ridgeway House. Hersey Cottages full.</p>	

	<p>Terry (City of Onkaparinga): respite program full. Still have some under 65yrs availability. Men's fishing and men's shed - some availability.</p> <p>Katrina (City of Holdfast Bay): Large amount of referrals - personal transport, home maintenance and domestic - Close to capacity for domestic services.</p> <p>Susan (Carer Support) – It's your life: Adelaide dementia support program...very busy Brain activity programs online – double decision changing onset to dementia For more information: <a href="http://time.com/4419882/dementia-alzheimers-disease-prevention/">http://time.com/4419882/dementia-alzheimers-disease-prevention/</a></p> <p>Krysna (City of Mitcham) – Recently had a productive team planning day. Collaborating with Balyana and have organised a table tennis and billiard afternoon. Small bus successfully being utilised for social outings.</p>	
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**Next meeting date: Tuesday 6 June 2017**

**Time: 2.00 - 4.00 pm**

**Venue: Mayors Parlour, City of Mitcham**