



SOUTHERN SERVICES
REFORM GROUP

SSRG Workgroup Meeting
Workgroup: Steering Committee
Date: 23 July 2018

Present: Tali Warnock – Anglicare SA (Chair); Rima Sallis – City of Marion (Vice-Chair); Margaret Potts – Carer Support; Sally Warnes – SSRG; Lui DiVenuto – City of Onkaparinga; Helen Carmichael – SSRG/City of Onkaparinga; Tania Robertson – ACNA; Janine Callegari - Care and Share.

Apologies: Monica du Plessis (City of Holdfast Bay), Carole Matthews (Resthaven), Stacey Pilmore (CPN – City of Onkaparinga)

Agenda Items	Discussion	Actions
Welcome, apologies & introductions	<ul style="list-style-type: none"> • welcome and apologies • introductions were made around the table • Previous minutes accepted 	
Project officer Update	<p>SSRG Project Assistant</p> <ul style="list-style-type: none"> • Helen has been successful in acquiring a project officer position with the Eastern Collaborative Project. Her last day at City of Onkaparinga was Thursday 19 July. • We will be looking at options to fill the vacant position with the SSRG. <p>Activity Plan</p> <ul style="list-style-type: none"> • SSRG Sector Support and Development Activity Plan has been submitted to the Department of Health. Please see attached copy. <p>Aged Care Pathways Workgroup</p> <ul style="list-style-type: none"> • The workgroup continues to focus on wellness and reablement and plays an important 	

role giving feedback to help shape larger projects being established by the Collaborative Projects.

- The group is currently being consulted on the Wellness CPR workshop.

Dementia Workgroup (Co-Production Project)

- The co-production workgroup continues to create a dementia specific respite resource that will relate directly to the phases of caring. The resource will also include carer tips, helpful information and support needs.
- The group have developed the *Carer Life Phases when caring for someone with Memory Loss or Dementia*. Please see attached copy.

Ageing and Technology Workgroup

- The resource will be launched at the CPO *Wellbeing and Reablement, Putting into Practice* event in August – a pitch presentation and interactive stand.
- The pitch presentation will include a film outlining why the training website will assist older adults to engage with technology and what is different. *In White Space* have been employed to create the film. Please see the film project plan.
- An abstract was submitted and accepted for the National AAG Conference being held in Melbourne during November. The presentation will be a collaboration with Vanessa Leane who is currently doing a PhD on ‘wellbeing’ and was a key influence in the creation of the website.

State-wide Collaborative Projects

- *The Putting into practice: Wellness and Reablement Symposium* being held at SunnyBrae Estate on Friday 31 August 2018 is fully booked – 160 registrations. The program will include key note speakers, pitch presentations and a World Café workshop responding to thought-provoking role-plays acted out by professional actors. Three role plays will be performed and they will be examined and scrutinised using thought provoking questions, for example: *Does she need these services? Why? Why not? What are the barriers to changing her expectations? How could you work with her on a wellness goal? When speaking with the client, what other approach could be used during that first phone call? What could be some better questions?*
The role plays will be filmed and using the World Café questions, a learning resource will

	<p>be developed.</p> <ul style="list-style-type: none"> The SSRG, Far North Collaborative Project, Adelaide Hills Collaborative Project, City of Onkaparinga and Vanessa leane are working together on an innovative workshop, originally called 'Finding Wellness Through strengths' but has been renamed WellnessCPR. The workshop gives practical strategies to work with older people using a strengths based approach. The first trial workshop is scheduled for August 14 with Adelaide Hills Council staff. This will be the first of 3 trials, seeking participant feedback to further improve the workshop. An information booklet and wellness profile template are also being developed. <p>Moving Towards Wellness</p> <ul style="list-style-type: none"> The SSRG in partnership with the City of Onkaparinga are offering the Moving Towards Wellness course, followed by a 4 day train the trainer opportunity to southern aged care providers. The course began 18 July and will run weekly for six weeks followed by the train the trainer component scheduled for November. There are 20 participants. This course, extensively researched and delivered was developed at Stanford University and is known as the Chronic Disease Self-Management course. Self-management strategies are closely linked to a wellness / reablement approach. <p>Because I Can</p> <ul style="list-style-type: none"> SSRG and Julie Wilhelm, Collaborative Project Officer in the Adelaide Hills, delivered a Because I Can workshop at Woodside. Fifteen participants attended – feedback was positive. 	
Wellness CPR presentation and discussion	<p>This Wellness CPR training is based on the Strength based Inquiry Method developed through the Research Doctorate of Vanessa Leane, UniSA. Leane, V. M. (2018). <i>How can older people flourish in challenging and constrained circumstances?</i> (Unpublished doctoral thesis), University of South Australia, Australia.</p> <p>The elements of wellnessCPR were covered with the group and examination of the WellnessCPR Profile template.</p> <p>Discussion points included:</p>	

- Instead of wellness goal – wellness cycle
- The conversation is a continual ‘drilling own’ to build a client’s story
- Maybe rename – Wellness Circle of Life
- Instead of a lineal profile template, perhaps it should be a circle diagram where you could ‘jump’ in where-ever you need to

Goal

Develop an understanding of the practical applications of the **wellnessCPR** approach to delivering CHSP services based on character strengths:

- **Wellness**
- **Character strengths, Capabilities, Conversation, Cues, Challenges and Constraints**
- **Plan**
- **Resources**
- Complete a **wellnessCPR** Profile

This is a wellness approach to service delivery, focusing on character strengths to achieve wellness goals

If a person is utilising their strengths, their psychological and emotional wellbeing will increase, it will support and value an individuals roles, build capacity, self-confidence and potentially, quality of life

During the workshop we will work through the meanings and application of WellnessCPR

It will be interactive and experiential

What is wellnessCPR?

The aim of **wellnessCPR** is to support providers to understand and work with a strengths based

approach to achieve wellness outcomes.

W = Wellness Goal

C = The six C's

- Character Strengths
- Capabilities
- Conversations
- Cues
- Challenges
- Constraints

P = Possibilities & Plan

R = Resources

Wellness

Wellness¹ is defined in the CHSP manual as being:

- Strengths based
- Doing with
- Increase ability
- Supports roles
- Builds capacity, self management
- Increase confidence
- Maintain function
- Supports connections
- Focus on outcomes
- A 'can do' culture

¹ Commonwealth of Australia (Department of Health), *Commonwealth Home Support Programme: Program Manual 2018; Living Well at Home: CHSP Good Practice Guide*, 2015

Wellness Goals can be determined by the RAS and/or service provider.

It is aimed to promote greater independence and autonomy.

Character Strengths

Using character strengths increases wellbeing, in areas of psychological, social and emotional wellbeing.

By using strengths it gives a sense of purpose, improves relationships and helps to overcome challenges.

There are 24 character strengths.

The VIA Character Strengths² survey gives a rank ordered list of your strengths.

Your top strengths are called signature strengths.

Strengths that are lower on your list are not necessarily weaknesses, but are less dominant strengths.

Capabilities

A capability is a **skill** or **competency**.

Character strengths are expressed through **capabilities**.

Multiple Intelligences developed by Gardner³ is an ideal model to use to understand capabilities.

A capability can be

- Skilful with the spoken word, written word and languages (**Linguistic**)

² The VIA Institute on Character website <<<http://www.viacharacter.org/www/>>> has a range of resources including character strengths surveys, charts, and information.

³ Gardner, H. (1999). *Intelligence Reframed. Multiple Intelligences for the 21st century*. New York: Basic Books.

- Skilful with numbers, solving problems, analytical (**Logical/Mathematical**)
- Appreciate music, songs, tone, pitch (**Musical**)
- Being able to visualise images and having spatial awareness (**Visual/Spatial**)
- Relating well to others (**Interpersonal**)
- Having good self awareness and self knowledge (**Intrapersonal**)
- Good movement, dexterity, physical agility (**Bodily- kinaesthetic**)
- In tune with nature (**Naturalist**)

Conversations

Skilful conversation is important to identify someone's **character strengths** and **capabilities**.

Some conversation starters to find meaning and purpose can include:

- Can you describe a positive experience that made you feel happy, content, peaceful?
- Can you describe an activity that you felt really absorbed in what you were doing?
- Can you describe an activity that made you feel really useful and worthwhile?
- What do you think you are naturally good at doing?
- Can you describe to me a really good day? Why was it a really good day?
- What kind of situations tend to bring out your best?

How to continue...

- Tell me more about it...how, when, who and where?
- What made it a great moment?
- What makes these activities stand out compared to others?
- How does that make you feel?
- What is the ideal outcome?
- What makes a difference?

Conversation strategies can include:

- Clarification
- Summarising
- Paraphrasing

	<ul style="list-style-type: none"> Identifying and reflecting on feelings (eg. "Sounds like you really enjoy...") <p>The focus could be now or in the past. Roadblocks maybe encountered through the Conversation and utilising Cues can be helpful.</p> <p style="text-align: center;">Resources</p> <p>The Resources are what is needed to follow through with the Plan.</p> <p>It is important to match the right resources to the plan.</p> <p>It is an opportunity to think outside the box.</p> <p style="text-align: center;">Wellness Evaluation</p> <p>All plans require an evaluation.</p> <p>Things to consider:</p> <ul style="list-style-type: none"> Roles Capacity Abilities Self-confidence Psychological, emotional, social wellbeing Quality of life <p>Does it have meaning for the person?</p>	
Information Sharing	<i>Time restrictions prevented sharing</i>	

Next meeting date: Monday 24 September 2018

Time: 2.00 - 4.00 pm

Venue: Mayors Parlour