



SOUTHERN SERVICES
REFORM GROUP

SSRG Steering Committee

Date: 23/9/19

Present: Tali Warnock (Anglicare), Janine Callegari (Care and Share), Sally Warnes (SSRG), Carole Matthews (Resthaven), Tania Robertson (ACNA), Monica Du Plessis (City of Holdfast Bay), Cathy Wiseman (City of Marion), Maria Shialis (City of Onkaparinga), Sarah Nicholas (James Brown), Prue Oake (Life Care)

Apologies: Joanne Wood (Catalyst Foundation), Lui Di Venuto (City of Onkaparinga),

Agenda Items	Discussion	Actions
Welcome and apologies	Welcome and apologies	
Introductions and review of previous minutes	<p>Introductions were made</p> <p>Previous minutes reviewed and accepted – Small change to be made to Janine’s information sharing re men’s shed</p> <p>Janine Callegari and Carol Matthews have both been voted on to the Executive Committee – Congratulations!</p>	
Social Programs – Innovative Ideas	<p>Looked at the Australian Loneliness report: https://www.psychweek.org.au/wp/wp-content/uploads/2018/11/Psychology-Week-2018-Australian-Loneliness-Report.pdf</p> <p>Some Survey Highlights:</p> <ul style="list-style-type: none"> • <i>One in four Australian adults are lonely.</i> • <i>One in two (50.5%) Australians feel lonely for at least one day in a week, while one in four (27.6%) feel lonely for three or more days.</i> • <i>Nearly 55% of the population feel they lack companionship at least sometimes.</i> 	

- *One in four Australians experience high levels of social interaction anxiety¹.*
- *Australians who are married are the least lonely, compared to those who are single, separated or divorced. Australians in a de facto relationship are also less lonely than those who are single or divorced.*
- *Lonely Australians have significantly worse health status (both physical and mental) than connected Australians.*

Explanation about the SSRG Social Programs Workgroup – the group is examining social programs, sharing ideas and connecting research to practice.

Question: How are social programs delivered in your organisation?

Responses included:

- partnership with a parish
- Started a research project with iPad's
- Book club
- Programs/groups driven by the customers
- Last year had a Wallaroo trip
- *Life Care on the go* – bus trips monthly (for both HCP & CHSP) – high demand – lunch is an important element which they pay for themselves
- *Young at heart* – lunch group
- *Crafty Chats* – work on projects to sell
- *Friday's after 4* – the group is mixed with community members
- Often fee for service in group activities
- Social activities for carer and care recipient – CHSP and HCP together
- Deliver small, more intimate social groups
- Coffee groups and groups connected to 'food'
- Come along and make something to take home – edible blooms – 'doing and chatting'
- A shared table – sharing food
- Make and eat soup together
- Men's Shed
- Ladies knitting – penguin vests for the penguins on Port Phillip Island
- Bus trip to Milang – engaged with the history and lunch on a railway carriage

How do you plan for social programs to be short term?

	<ul style="list-style-type: none"> ○ Time limited groups – eg run for 8 weeks ○ Building the capacity of older people ○ Promote natural connections ○ Someone goes with the person to settle them into the group and then disengages 	
<p>Dementia Friendly Organisations</p>	<p>Questions posed: Who has used the Dementia Friendly Toolbox? https://www.dementiafriendly.org.au/sites/default/files/resources/The-Dementia-friendly_Community-Toolkit.pdf What dementia training is being utilised?</p> <p>City of Holdfast Bay have a dementia friendly room and have access to dementia online training.</p> <p>Some Life Care staff have completed training to facilitate Dementia Awareness courses. They deliver an induction course to all employees and a 6-month course to residential and community staff. Their training was delivered by Stirling University - Scotland https://dementia.stir.ac.uk/education-dsdc</p> <p>Some great training information and resources can be found at Dementia Training Australia https://www.dta.com.au/</p>	
<p>Information Sharing</p>	<p>Carole (Resthaven):</p> <ul style="list-style-type: none"> ● Cares Week in October – Carole distributed a flyer of all the events that will be taking place for carers ● Resthaven are hosting an Open Day, 30 October, at Marion (Finnis Street) incorporating both community services and residential <p>Tania (ACNA)</p> <ul style="list-style-type: none"> ● Each RAS accessor has access to One Note – great initiative as information and flyers can be easily located 	

**SSRG Project
Officer
Update – 23
September
2019**

Ageing and Technology Workgroup

- The group is exploring how the Tech for Wellbeing site can potentially compliment and support the training that is delivered to older people in the libraries. A meeting was held with Andrew Berney, Library Team Leader at City of Onkaparinga. He has been invited, along with library representatives from the other southern councils to discuss how we can work together.
- The Tech for Wellbeing training originally scheduled for September is being postponed until later in the year or early 2020.

Social Programs Workgroup

- The Social Programs Workgroup has been created to continue the conversation following the first Hot Topic session in March.
- The group was recently opened to anyone interested in joining from the south and eastern metro areas. 10 participants attended and there was an incredible discussion about social programs, sharing practices, successes and innovation.
- The group will be supporting Helen (CPO Eastern Collaborative) in her work with an art gallery initiative. The focus is on engaging people with dementia and those who are socially isolated.

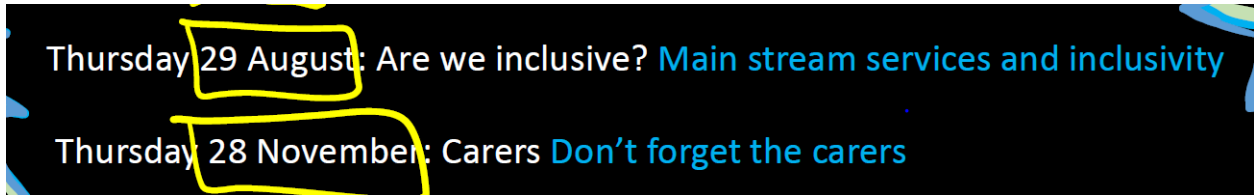
State-wide Collaborative Projects

- **Webazine:** the aim is to develop a micro website containing wellness resources. A Memorandum of Understanding has been drafted but has still not been signed off – hopefully this will happen when we meet with the Catalyst Foundation this week. Kat Puttock from In White Space will be attending the meeting to begin discussions about the website build.
- **Wellness Resource:** this project is the creation of a learning resource based on the scenarios developed for the 2018 Wellness and Reablement Symposium. The resource copy is complete and In White Space are working on the design, look and feel for the interactive pdf.
- **Regional Forum 2019:** the SSRG is supporting the Port Augusta Regional Forum Thursday 24 October. The theme is *Purpose and Independence, incorporating the New Standards*. The program includes Whyalla Aged Care, LEAP SA, Bungala Aboriginal Corporation, TAFE SA and Cota. Registrations are open – time to take a road trip! A networking dinner is being held on Wednesday 23 October

Hot Topics

- The second Hot Topic session held in May was a success and implementing the New Aged Care Standards was discussed and explored. Some useful tips and strategies were shared by panel members from organisations already engaged with the task.
- Thank you to Tali for her filmed responses – they were also used successfully at the Adelaide Hills Task Force meeting.

- The August Hot Topic session is about inclusivity. Are our programs inclusive for all? The process of recruiting panel members has begun.



Moving Towards Wellness

- The SSRG supports the Moving Towards Wellness (self-management course) and two courses have been scheduled to begin in August.
- There have been 15 registrations so far.

wellnessCPR

- A Wellness CPR workshop is scheduled for 22 August and following with a train the trainer course on 5 September.

Mental Illness and The Older Person Workshop (ACSA)

- In collaboration with ACSA a Mental Illness and The Older Person Workshop will be delivered in the region 25 September 2019.

Community Transport Working Group

- The Community Transport Working group was an initiative of the Eastern Collaborative Project and Volunteering SA. The group wants to broaden its base and is inviting all the metro regions to join the group. Please see the Terms of Reference.
- The southern metro area is invited to a meeting at City of Holdfast Bay, Thursday 25 July, 9:30 to 11:00am.

SA Gerontology Conference

<https://movingpictures.org.au/>

<https://www.lifechecks.gov.au/>

Next meeting date: Monday 3 February 2020

Time: 2.00 - 4.00 pm

Venue: City of Marion, Mayors Parlour (TBC)