



SOUTHERN SERVICES
REFORM GROUP

SSRG Steering Committee
Date: 25/3/19

Present: Tali Warnock (Anglicare), Rima Sallis (City of Marion) (Vice-Chair), Janine Callegari (Emily – student)(Care and Share), Monica Du Plessis (City of Holdfast Bay), Lui Di Venuto (City of Onkaparinga), Maria Shialis (City of Onkaparinga/SSRG), Margaret Potts (Carer Support), Sally Warnes (SSRG), Joanne Wood (Catalyst Foundation), Carole Matthews (Resthaven), Tania Robertson (ACNA), Rosie Bonnin (Flinders University)

Apologies: Katrina Head (City of Mitcham), Sarah Nicholas (James Brown), Kristy Blackmore (Baptist Care), Craig Gogoll (ACNA), Maria Johns (Multicultural Aged Care)

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none">Welcome and apologies	
Introductions and review of previous minutes	Introductions were made Previous minutes reviewed and accepted	
Guest Speaker: Rosie Bonnin from College of Nursing &	Rosie presented about CareSearch and PalliAGED https://www.caresearch.com.au/caresearch/Default.aspx https://www.palliaged.com.au/	

<p>Health Sciences, Flinders University</p>	<p>Advanced care and end of life planning is important. Something can happen at any stage. What's happening now – see Ken Hillman (TED talks/book) https://www.youtube.com/watch?v=gQVC-8WEB7s</p> <p>Over 50% of people are in ICU during the last 2 weeks of their life. “We have medicalised death.”</p> <p>Campaign through advanced care planning – tools, resources and check lists. https://www.palliaged.com.au/tabid/4359/Default.aspx</p> <p>It's important to talk about death and dying and improve death literacy.</p> <p>Death literacy resource: https://www.dyingtoknowday.org/death-literacy/</p> <p>Dying To Talk Discussion Starter https://dyingtotalk.org.au/discussion-starter/ Dying to Talk Cards https://dyingtotalk.org.au/product/dying-talk-cards/</p> <p>Rosie maintains and runs Palliaged. Puts out a newsletter to share the latest research.</p> <p>The Advanced Care Directive can be uploaded with your health care record. Advanced care planning website https://www.advancecareplanning.org.au/</p> <p>SA has a planning ahead week of our own https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+topics/legal+matters/planning+ahead</p>	<ul style="list-style-type: none"> • send email addresses of committee members to Rosie
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Presentation
of the SSRG
Carer
Resource
Guide

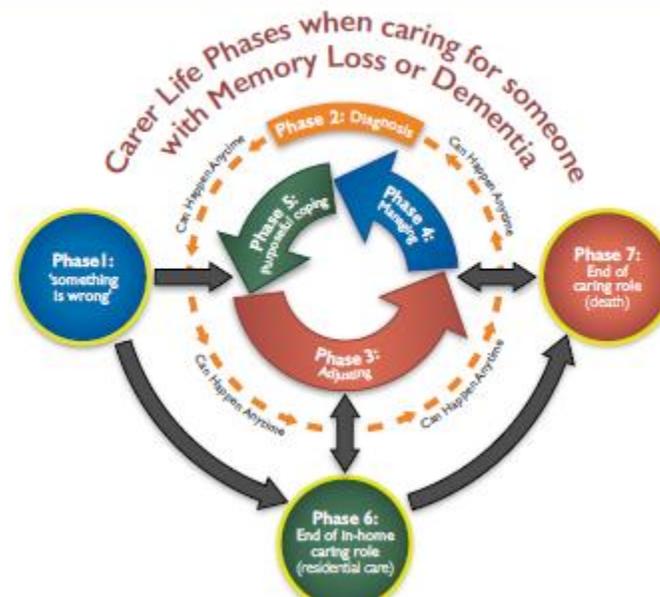
Carer Resource Guide Phase 1: Something Is Wrong Phase 2: Diagnosis <https://www.ssrp.org.au/content/carers-resource-guide>

Carer Resource Guide

For Carers: caring for someone with memory loss or dementia
Southern Adelaide Region

This guide has been developed by the Southern Services Reform Group (SSRG) Co-Production Dementia Workgroup. The information gathered has been sought from carers who have knowledge and experience of caring for someone with dementia.

The Dementia Carer Life Course Framework, used to categorise the information and resources in this guide, has been based on the work of Dr Deanna Pagnini, NSW Health and Carers NSW (2005). The information, support contacts and carer tips are assigned to the various phases of the caring journey to match the possible needs experienced at that time.



Project Officer update

Activity Report

- A progress report is due to be submitted to the Department of Social Services Community Grants Hub 31 March to cover the period 1 July 2018 to 31 December 2018.

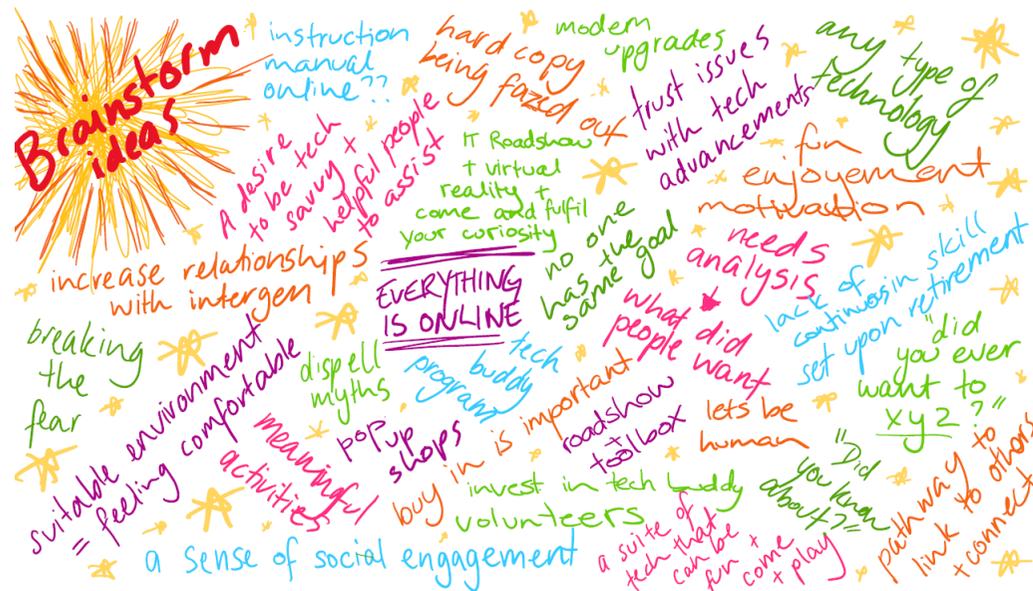
Dementia Workgroup – Carer Resource Guide

- Please see draft copy of the final product, which includes the design features.

Ageing and Technology Workgroup

- After some 'down time' the Ageing and Technology Workgroup has had its first meeting for 2019 in February. There is interest in continuing the group with a multitude of ideas for project work. Please see the results of the brainstorm – what are your thoughts about the direction this group should take?
- The Technology for Wellbeing website was a nomination for the LGA Excellence Awards. We have not been selected as a finalist, however the judges have suggested that we re-nominate again next year when we have more evaluation data.
- Technology for Wellbeing training in partnership with the Catalyst Foundation is scheduled for 2 April and will include an evaluation process. The training is being aimed at Catalyst Foundation volunteers.

Ageing and Technology Brainstorm:



State-wide Collaborative Projects

- **Webazine:** a small workgroup continues to refine the scope and content of this project. The aim is to develop a micro website containing wellness resources.
- **Wellness Resource:** work continues to create a learning resource based on the scenarios developed for the 2018 Symposium. The project is moving along at a good pace.
- **2019 Symposium:** the CPO's are currently making final decisions regarding the topic and direction of the 2019 Symposium. We are exploring the theme of Living a Purposeful Life.

Department of Health / Department of Social Services

- Representatives from both Departments attended the March CPO meeting.

Hot Topics

- The first Hot Topic session is scheduled for the 28 March – focusing on social programs
- Number of registrations: 25
- The aim of the session is to explore current practices, look at what could be done differently, question if social programs are really client centred and client driven and think innovatively.
- A panel of will give 15 minute presentations to get the ball rolling and questions can be asked to explore issues and possible solutions more deeply.
- May's Hot Topic Session will be on the Quality Standards.

Wellbeing and Resilience Workshops

- The SSRG supports the Quad-Council Wellbeing and Resilience Courses. Currently I am joint MC of a course running at Hallett Cove. There are 2 other courses running concurrently – at Seacliff and at Trott Park.
- The Moving Towards Wellness (self-management course) is commencing 24 April.

wellnessCPR

- Recently travelled to Port Augusta to deliver a regional wellnessCPR workshop in the far north. Colleagues Maria Shialis and Vanessa Leane were also involved with delivering the workshop.
- Currently developing a train the trainer package for wellnessCPR in collaboration with Vanessa Leane. The CPO's will be trained so they are able to deliver the workshop in their regions.

<p>Information sharing</p>	<ul style="list-style-type: none"> • Aged Care Employee Day: 7 August 2019 - The SSRG aims to organise something to celebrate this day <p>Discussion about social programs: Professional workers – what are their boundaries? Is there a conflict of interest? Care workers being left things in the will? Where do hugs fit in? Can you hug? Be aware of cultural cues. Will social support groups be the casualty of aged care reforms? People coming along to have fun in a social group and we charge for it? People in group activities are usually already connected. If a person is not socially isolated they won't get a referral. Getting people into a group – should they be let free so the group becomes self-sustaining? However, organisations need to keep the group going for their outputs. 'People expect stuff for free.'</p> <p>Swinburne University of Technology, Loneliness is a health issue, and needs targeted solutions: http://www.swinburne.edu.au/news/latest-news/2018/05/loneliness-is-a-health-issue-and-needs-targeted-solutions.php</p>	
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Next meeting date: 27/5/19

Time: 2.00 - 4.00 pm

Venue: City of Marion, Mayors Parlour