



SOUTHERN SERVICES  
REFORM GROUP

**SSRG Steering Committee**

**Date: 3/2/2020**

**Present:** Sally Warnes (SSRG), Tali Warnock (Anglicare), Janine Callegari (Care and Share), Joanne Wood (Catalyst Foundation), Carole Matthews (Resthaven), Maria Johns (Multicultural Aged Care), Cathy Wiseman (City of Marion), Maria Shialis (City of Onkaparinga), Sarah Nicholas (Kalyra), Lui Di Venuto (City of Onkaparinga), Rima Sallis (City of Marion), Jacqui Bowden (Assured Home Care), Jordana Wilks (City of Mitcham), Mel Olsson (Anglicare), Dev Vasumathy(Baptist Care)

**Apologies:** Tania Robertson (ACNA), Monica Du Plessis (City of Holdfast Bay), Roy Inglis (Dept of Health)

<b>Agenda Items</b>	<b>Discussion</b>	<b>Actions</b>
<b>Welcome and apologies</b>	Welcome and apologies	
<b>Introductions and review of previous minutes</b>	Introductions were made Previous minutes reviewed and accepted	
<b>Guest Speaker</b>	<b>Roy Inglis, Health Engagement and Representation Officer, SA Aged Care and Health Representation Section, Department of Health</b>  Apology for the meeting	

<p><b>What's happening in 2020?</b></p>	<ul style="list-style-type: none"> <li>• See below Project Officer Update</li> <li>• Further developing Because I Can.</li> </ul>	
<p><b>Wellness &amp; Reablement in Practice: A training and learning guide</b></p>	<ul style="list-style-type: none"> <li>• This is a learning resource based on the scenarios developed for the 2018 Wellness and Reablement Symposium. The resource, an interactive pdf, is complete and ready for release. Access to the resource will be via the SSRG website.</li> <li>• The resource will be sent out to the network.</li> <li>• The Better Practice Project is interested in developing T&amp;D using the wellness films and resource.</li> </ul>	
<p><b>SSRG Project Officer Update – 3 February 2020</b></p>	<p><b>SSRG Staffing Update</b></p> <ul style="list-style-type: none"> <li>• Sally's last day will be Thursday 6 February</li> <li>• Maria Shialis will be acting in the SSRG Project officer role</li> </ul> <p><b>Ageing and Technology Workgroup</b></p> <ul style="list-style-type: none"> <li>• 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. There is interest by the 4 southern metro libraries to potentially use the training for their staff and volunteers.</li> <li>• It is anticipated that training sessions will occur in the coming months – an email has been sent to prompt stakeholders to nominate training dates.</li> <li>• The Technology for Wellbeing website project has been nominated for the 2020 LGA Excellence Awards.</li> </ul> <p><b>Social Programs Workgroup</b></p> <ul style="list-style-type: none"> <li>• The Social Programs Workgroup has participants attending from both Southern and Eastern metro regions. Number of participants = 20</li> <li>• There has been a focus on sharing different social program models and activities and validating the approaches by examining the current research.</li> </ul> <p><b>State-wide Collaborative Projects</b></p> <ul style="list-style-type: none"> <li>• <b>Wellness Resource:</b> this is a learning resource based on the scenarios developed for the 2018 Wellness and Reablement Symposium. The resource, an interactive pdf, is complete and ready for release. Access to the resource will be via the SSRG website.</li> <li>• The resource will be sent out to the network.</li> <li>• The Better Practice Project will likely develop a workshop using the resource.</li> </ul>	

### Hot Topics

- The fourth successful Hot Topic session was held in November: *Don't forget the Carers*
  - The panel consisted of Carol Matthews (Resthaven Respite), Meredith Holla (Carer), Sharon Tentye (Carers SA) - Attendees: 23
  - There was discussion about the new Integrated Carer Support Service which was in the early stages of implementation. Sharon suggested we have another session early 2020 to give an update on its progress.
  - 'From April 2020, a new Australia-wide network of Carer Gateway service providers will give carers access to tailored services in their own right, no matter who they are caring for, including:
    - **Carer support planning** – to help you identify what areas of support will best help you in your caring role and to develop a simple plan for ongoing support and service.
    - **Tailored financial packages** – to give carers practical assistance. The packages will be arranged by your service providers and might be a:
      - one-off practical support in the form of equipment or an item to assist in your caring role
      - range of ongoing practical supports, such as respite or transport, provided over a twelve-month period.
    - **In-person counselling** – for one-on-one support with a professional counsellor if you feel stressed or overwhelmed.
    - **In-person peer support** – where you can meet with people in similar caring situations and share your stories, knowledge and experience.
    - **In-person coaching** – where you can work one-on-one with a qualified coach to gain skills and resilience to help you as a carer. You can reflect on how you are going, how you would like things to be, and how you might take steps towards making things happen.
    - **Emergency respite care** – to make sure the person you care for will be looked after if an urgent or unplanned event stops you from being there.'
- [https://www.dss.gov.au/sites/default/files/documents/09\\_2019/implementation-timeline.pdf](https://www.dss.gov.au/sites/default/files/documents/09_2019/implementation-timeline.pdf)
- For more information; <https://www.dss.gov.au/disability-and-carers-carers/integrated-carer-support-service-implementation-updates-and-information#idm>

### Moving Towards Wellness

- The SSRG supports the Moving Towards Wellness (self-management course) and has scheduled a 4 day train the trainer course in March 2020 to increase the number of workshop facilitators (4&5 March and 11&12 March).
- 13 participants have enrolled.
- Moving Towards Wellness courses are scheduled for 24 March at both Glandore and Hallett Cove.

	<p><b>Co-production Dementia Workgroup</b></p> <ul style="list-style-type: none"><li>• The workgroup has been exploring dementia friendly communities and organisations.</li><li>• There will be discussion with the group about how they will proceed in 2020.</li><li>• Distribution of carer desk planner*</li></ul> <p><b>Because I Can</b></p> <ul style="list-style-type: none"><li>• Workshop scheduled for 25 February at Cove Civic Centre, Hallett Cove.</li><li>• A train the trainer course was delivered to Catalyst Foundation staff 29/1/20. Attendees: 8</li></ul>	
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**Next meeting date: Monday 23 March 2020**

**Time: 2.00 - 4.00 pm**

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