



SOUTHERN SERVICES  
REFORM GROUP

**SSRG Workgroup Meeting**  
**Workgroup: Ageing and Technology**  
**Date: 18/1/17**

Present: Angela Lovett, Jordana Wilks, Marianne Lewis, Vanessa Leane, Sandy Johnson-Jones

Apologies: Andrew Davies, Lynda Hutchinson, Sadie Goddard-Wrighton, Karen McDougall

Agenda Items	Discussion	Actions
Welcome and apologies / minutes	<ul style="list-style-type: none"><li>• Welcome and apologies.</li><li>• Previous minutes reviewed and accepted.</li></ul>	
Website Overview : St John Flourishing Life Program	<p>Vanessa gave out a booklet outlining the content of the planned website: Flourishinglife.org</p> <p>The aim is to establish links in the technology coaching training package back to wellbeing information on the site.</p> <p>The site will contain real life scenarios and interviews.</p> <p>Also includes.....</p> <ul style="list-style-type: none"><li>• CPR of Flourishing – understanding strengths and wellbeing profile to generate wellbeing resources</li></ul>	

	<ul style="list-style-type: none"> <li>• Reminiscence therapy with a purpose</li> <li>• Stories - audio books and photo books</li> <li>• The intention is to be an international web- site. Already expanding to multicultural communities and presented at a conference in India.</li> </ul> <p>Summary:  “Understanding a strength based approach to empowerment and how strength based practice makes a difference to quality of life.”</p>	
Review draft on-line training program	<p>Vanessa and Sally have met with Ian Reilley (<i>Media Mouse</i>) who will be doing the technical component of the program.</p> <p>Sally will also engage <i>In white Space</i> to assist with the design lay-out and creative aspects of the training program.</p> <p>The group examined the first 11 pages of the draft script – recommendations are listed below</p> <ul style="list-style-type: none"> <li>• <b>Title</b> – currently <i>Computer Coaching on-line Training Program</i> – this title could be confusing – could change to <i>Staying Connected with Technology: on-line training</i> or <i>Technology Coach: on-line training</i> or <i>Wellbeing Technology Coach / Technology for Wellbeing</i> or <i>Techno Coach (TC)</i></li> <li>• <b>Page 1:</b> <i>This is a short and easy learning experience with links to further learning options. The basic module can be completed in approximately 60 minutes. Delete SSRG to download course resources/activities – these will be downloaded on the Flourishing Lives website</i></li> <li>• <b>Page 2:</b> <i>The Purpose is to increase the wellbeing of older adults through purposeful engagement with computers and/or tablets and iPads. Technology can be a positive experience which brings knowledge, information, connection with others and developing new skills within easy reach. or Using technology can be a positive experience which increases our access to information, connects us with others and develops new skills.</i></li> </ul>	

**Delete** Character – 3. *Strengths and Motivation*

- **Page 3:** 2<sup>nd</sup> paragraph – hyperlink *active listening* to resources about active listening
- **Page 5:** add an example of re-prioritising
- **Page 6:** Last paragraph change misfortune to *loss*
- **Page 7:** Paragraph 2, **delete** 'For the first time.....'
- **Page 8:** Keep first 2 paragraphs, **delete** paragraph 3 & 4 and inset *It is important to understand the learning styles of the older adult*. **Delete** last sentence.
- **Page 10:** note – the goal may also be the motivation, eg talking with son using Skype – demonstrate this using a film clip. The list of strengths need to link to strengths info on the website.
- **Page 11:** Change the word *power* to *capacities*. Include the Neuroplasticity you tube <https://www.youtube.com/watch?v=ELpfYCZa87g>

**Next meeting date: Wednesday 15 February 2017**

**Time: 2.00 - 4.00 pm,**

**Venue: Commonwealth House meeting Room, City of Onkaparinga**