# Wellbeing Innovation

St John Community Care - Flourishing Life Program Project Officer and UniSA PhD candidate - Vanessa Leane

### Wellbeing Innovation

#### **Bigger Picture -**

We need to develop social wisdom to utilise capital wisely and innovatively to construct new ways of doing and being in old age which generate a reciprocal flow of wellbeing resources.

"I was put on this earth to help others" Queenie 99 yrs

Identity Capital: Core Values and Competencies



## Social Wisdom

- Emotional and Social Intelligence
- Seek to understand perspective and meaning
- Identify strengths -core values and competencies
- Seek to understand how strengths are used and expressed through interaction with environment to generate wellbeing resources in the past and present
- The impact of challenges and constraints on the expression, use and development of core values and competencies





### Strength based inquiry

#### **Discovery conversion**

#### EXPRESSION, USE AND DEVELOPMENT OF CORE VALUES





## Wellbeing Profile

When you received news that you were going to lose your eyesight, you said to your son that you 'felt like jumping off the jetty...then I realized how ridiculous that sounded and so I laughed - and that made me feel better.'

'I often think about what is happening like changes in Government. At night when I cannot sleep, I think about what is happening in the world.'

'I always make a point if anyone is new to make an effort to talk to them and introduce them. Dora once said, 'if it hadn't been for Klara I would never have got along with the crowd.'







### From Languishing to Flourishing

- Home Alone with increasing frailty and lack of mobility
- "I don't want to die bored"
  "I don't want to be a burden"
- If a character value is not used or expressed there is an increased risk of languishing which can lead to depression and 'living a life of quiet despair'
- Older adults use strengths of resilience to cope and survive but may not be thriving
- Identifying and understanding the meaning of missing Gaps in the system
- Wellbeing Profiles inform the construction of Wellbeing Plans generate Psychological, Social, Emotional Wellbeing, Resilience and Health
- Match between strengths and optimising social environment





#### WELLBEING PLAN

Emotional	Social	Psychological
Positive Effect	Social Acceptance	Autonomy
Negative Effect	Social Actualisation	Environmental Mastery
Life Satisfaction	Social Coherence	Personal Growth
	Social Contribution	Purpose in Life
	Social Integration	Self Acceptance
	Positive Relationships	



Reciprocal Flow purposeful goals, meaningful engagements, positive interactions and roles

## Wellbeing Innovation

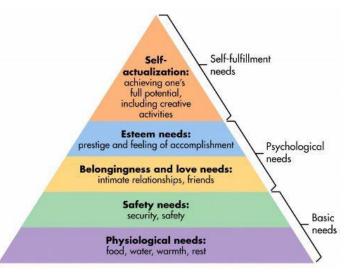
#### Strategic, new ways to use Empowering Resources

- Human Identity Capital
- Social Capital
- Cultural Capital
- Economic Capital

## Wellbeing Gaps

- FOCUS ON 'BEING'
- Maslow Hierarchy of Wellbeing Needs
- The Meaning derived from engagement
  - Purpose in Life
    - Integrity of Self
    - Contributing to others
  - Accomplishing meaningful goals
  - Expressing values in the experience
    Meaningful Positive Relationships
  - - Quality of the conversation
    - Diversity of relationships
    - To belong as a citizen
  - Intergenerational Flow
- Adaptation of social environment to frailty
- Using resources wisely, innovatively -optimising Basic > Psychological > Self-Fulfilling Needs





Maslow's Hierarchy of Needs

## Technology for Wellbeing

#### SRRG Steering Com -Sally Warnes & St John CC Computer Coaching PROGRAM

Aim- teach effective coaching techniques to support older adults to increase their well-being through purposeful interactions with technology.

The module is suitable to be used by family, volunteers and service providers.

Promoting a person centred and strength based approach to engagement with technology

- A focus on enhancing communication skills
- Seek to engage through core character values to sustain learning and motivation
- Adapt to natural learning styles, enhance memory retention and accommodate increasing frailty





#### A journey of discovery, experience & fulfillment

## The Computer Coaching Program enables older adults to

Fulfil values - love of learning, curiosity, appreciation of beauty and excellence through a journey of discovery with technology

Sustain meaningful communication with family and friends

Achieve purposeful goals









### Reminiscence with PURPOSE

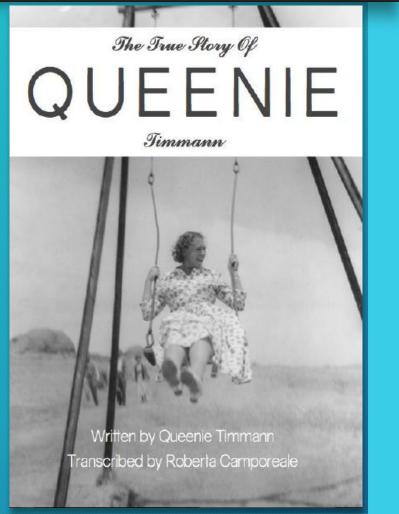
- How to Empower -Reminiscence
- Constructing flourishing opportunities
   story telling
  - - Positioning and empowering voice
    - Identify character values theme
- The 'empowers' work in partnership
  - Match capacities/values/goals
  - Reciprocal process empower Wellbeing
- 'With Purpose'
- Greater understanding, empathy, reflection, respect, overcome ageism
- Generating Wellbeing Educational **Resources**

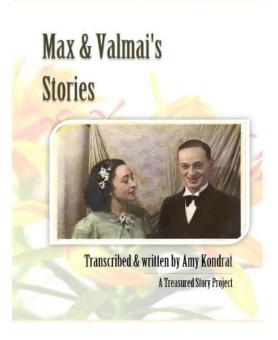


### To be a LIVING LIBRARY

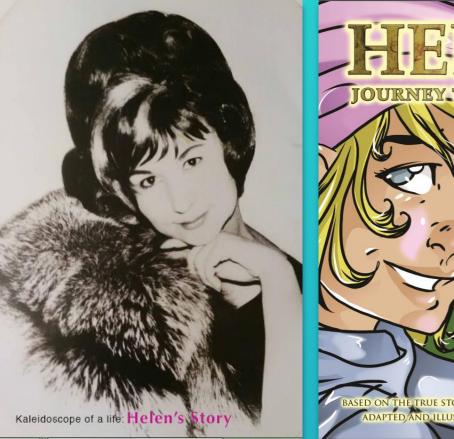
"Never expected anyone to think that my story was worth anything and I am overwhelmed" in honor of Bill Pierce

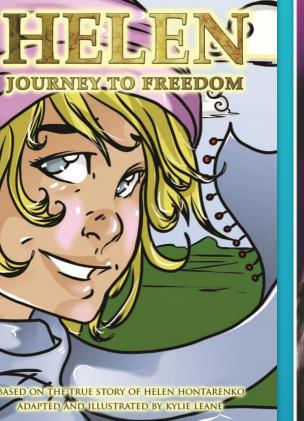
"Listen, you'll never know what you'll learn from just listening." Queenie 99 yrs













beautifully constructed garden, her ey for pracious interior design, and her

ios sense of fachio

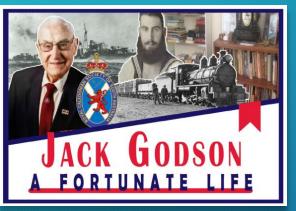
# Helen Hontarenko



John Usok Godson was born in Adaptive, Australia, In 1921 Jack browky joind the Nasy as an ASDID operator at the age of 17, Jack's integrity and throughout his service with the Australian Nasy, where he describes his entitient as that exercises that enables the just something that needed to be done, Jack notes that his years of service to his country, and his children are his greatest achievements in [ie, He is an incredible story teller. who communicates a life-t of wisdom with humility. or watern wan namery, humour, and enthusiasm. Throughout his life Jack has embraced his creative talents: emplaced his cheatre sparse, he has a possion for playing the bagpipos, and is a talented post, His light-hearted warmth, and charming demoanour enanour all that most him. Jack's contribution to society continues to be meaningful and significant as he rously shares his story with younger generations







This is the story of John 'Jack' Gods



lack was born in 1921, and was raised in Woodville. North-West of Adelaide. Jack's father worked as a dentist, before serving overseas as a Jack remembers the weekends when the Scoutmaster Lieutenant in the Royal Army Medical

would take the Sea Scouts for overnight camps on a yacht on the Port River. The Sea Scouts would all sleep on the vacht together and would often ask the Scoutmaster to sing to them. They camped near a place called The Powder Mound. This is a large mound of dirt where ammunition ships from World War 1 moored so if they ever blew up, they would blow up the mound and not Port Adelaide!



When he was young, Jack was a member of the 'Wolf Cubs' Junior Boy Scout troop. When he was 12 years old, he and the other Wolf Cubs, transferred to the Sea Scouts that were based in Semaphore. They met near

the water tower that still stands

in Semaphore to this day!

#### What kind of things do you think Jack's father did as a Dentist in the Royal Medical Corps? M

Can you find Woodville on a map?

nother, grandmother and sister. 00

Corps in World War 1, although

his experiences during the war.

Jack lived in his house with his

lack's father did not like to talk about

While Jack's father served overseas,

# Jack Godson

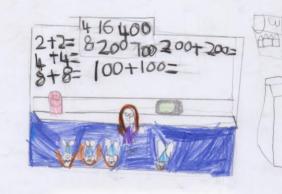
#### **IDA RAFFERTY**

#### HER TREASURED STORY





Our classroom is very different from Ida's classroom, when she went to school.



Ida and her classmates HAD to stay sitting at their desks.

15



# Ida Rafferty

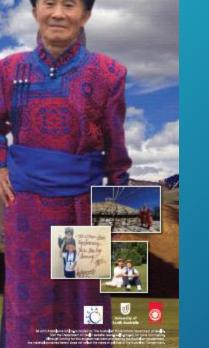
### LIVING LIBRARY EXHIBITION

#### Choon Bong Lee

Cheon Borg Lee was born in North Korea in 1944. Choon Borg Lee was only all years of the work of the second second



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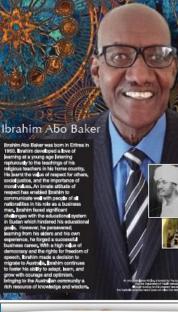
## UniSA Living Library

**\*LIVING LIBRARY PROFILE** TREASURED STORIES Bilingual Stories Living Library for children ✤My Voice Series

#### • Search- Thematic Analysis

- Core Values
- Historic Relevance
- Educational Value
- Research
- Training









hirty people who lived in the huge house that my father had built. In fact the house was swarming with kids! I had two brothers and a sister. My sister, Luba, was born in 1928, my elder brother, Dragi, in 1932 and my younger brother, Tome, in 1934. I was the last of the bunch in 1936. My mother, Seyda, was one of ive children, three sisters and two brothers, and my father Riste was one of three. He was the eldest and his brothers were Stavre and Tode. Both Stavre and Tode were married to a Mara, but not. I hasten to add, the same Mara. Two of my uncles had four children each and another had five so you can appreciate the house was full of energy. Everyone lived in he grand house in Baresan

My mother came from a village named Laftsi, which effectively became a suburb of Bitola, and, as with our family, all her ancestors came from the same village. I do remember a strange event which was related to me by my mother. On her wedding day to my father she was looking around for her mother-in-law, Vasilka who was my grandmother. After searching around she finally found out that her mother-in-law had given birth to a baby boy. Tode, the day My Baresani Home in Summ

Albanian border



#### UNIVERSITY OF SOUTH AUSTRALIA UNISA LIVING LIBRARY SITE —SHARING OUR STORIES WITH THE WORLD



#### Thank you St John Community Care and Farewell



Vanessa Leane - Flourishing Life Program

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