

Wellbeing Innovation



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

Wellbeing Innovation

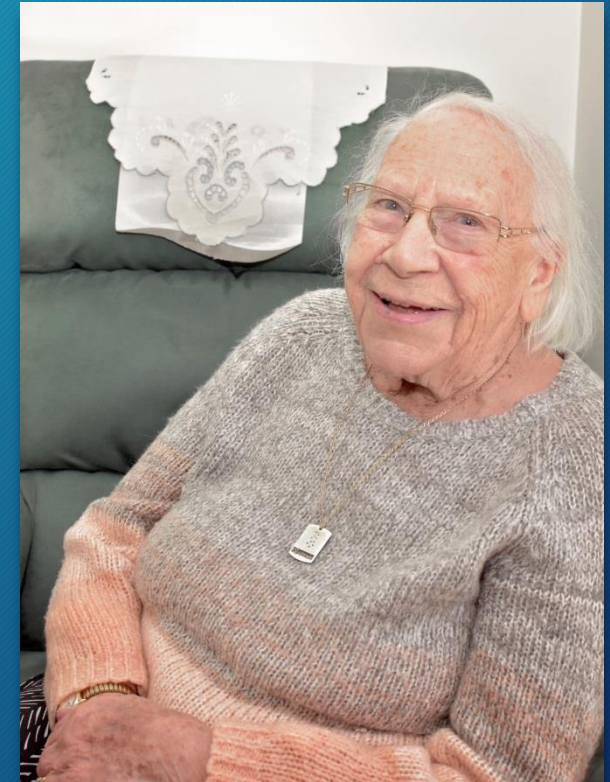
Bigger Picture -

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

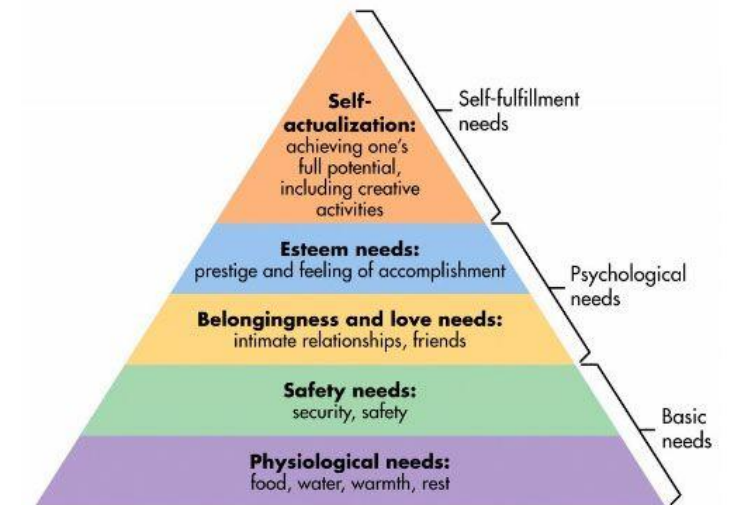
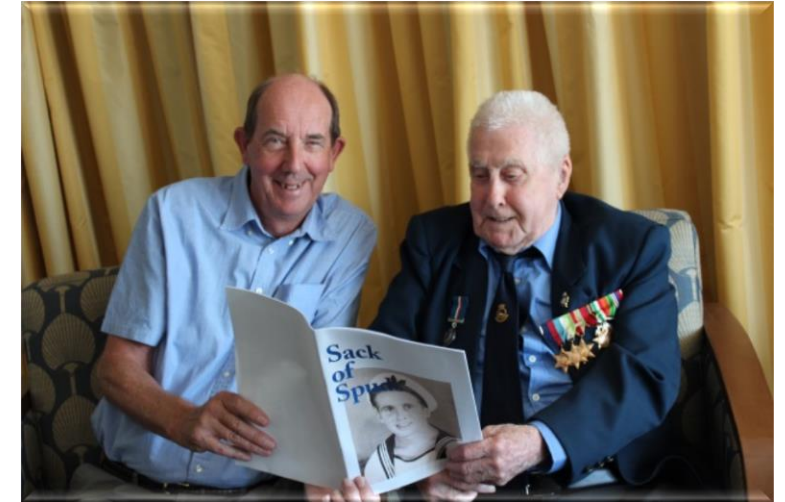
Wellbeing Innovation

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

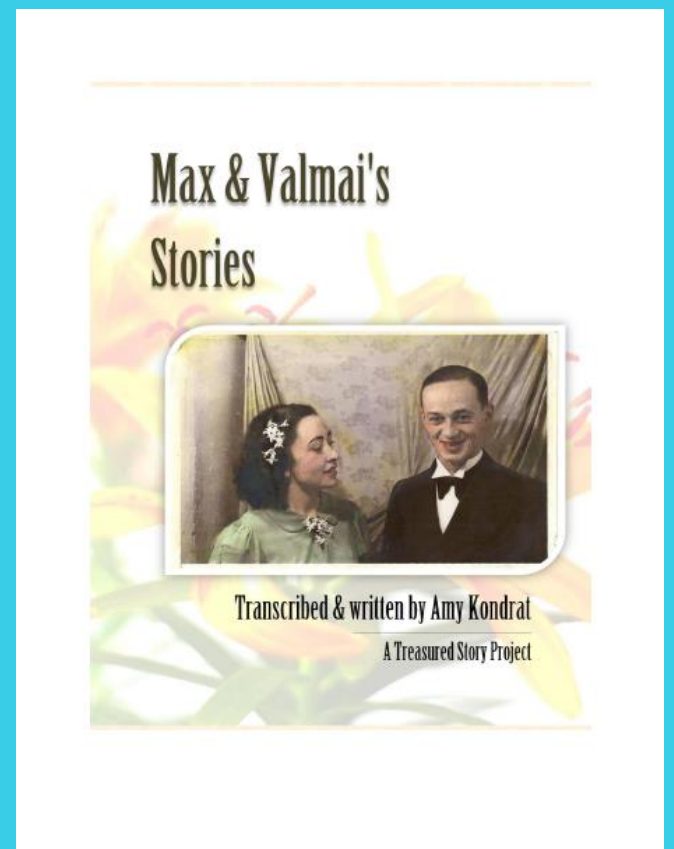
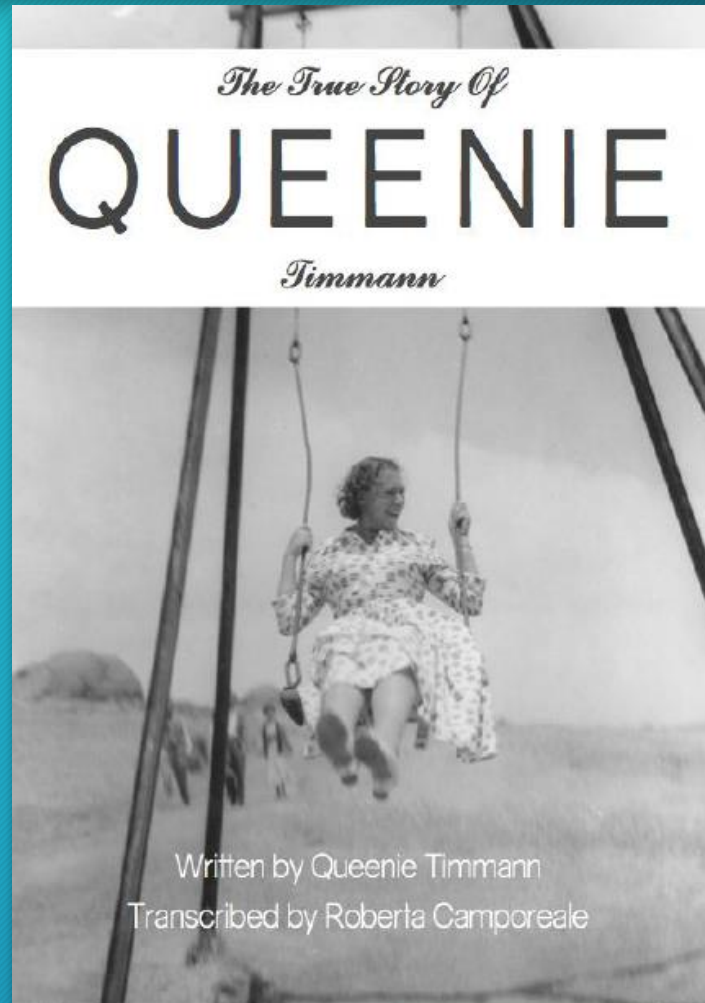
- How to Empower -Reminiscence
- Constructing flourishing opportunities
 - story telling
 - Positioning and empowering voice
 - Identify character values theme
- The 'empowers' work in partnership
 - Match capacities/values/goals
 - Reciprocal process - empower Wellbeing
- 'With Purpose'
- Greater understanding,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



To be a LIVING LIBRARY

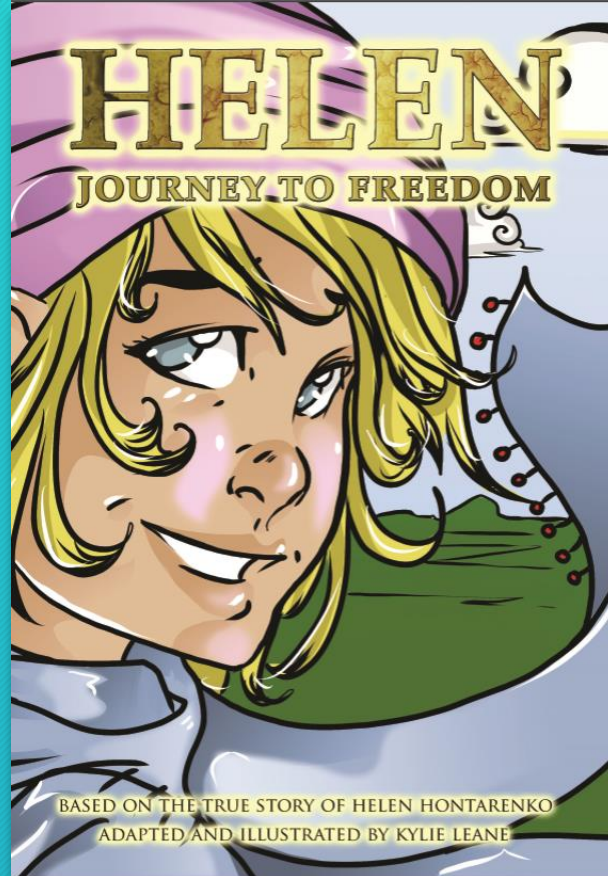
“Never expected anyone to think that my story was worth anything and I am overwhelmed” in honor of Bill Pierce

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

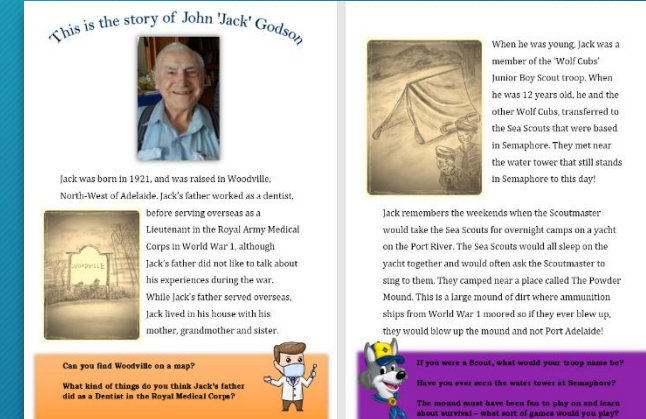
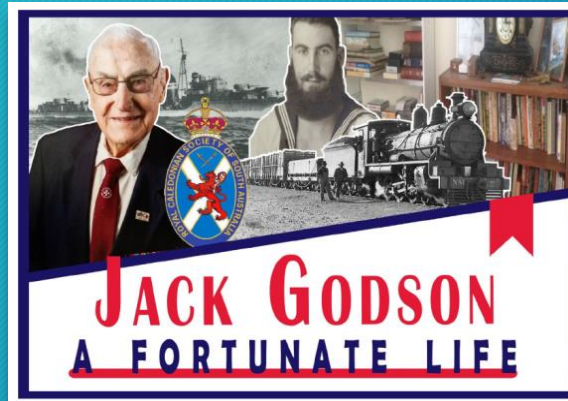




Kaleidoscope of a life: **Helen's Story**



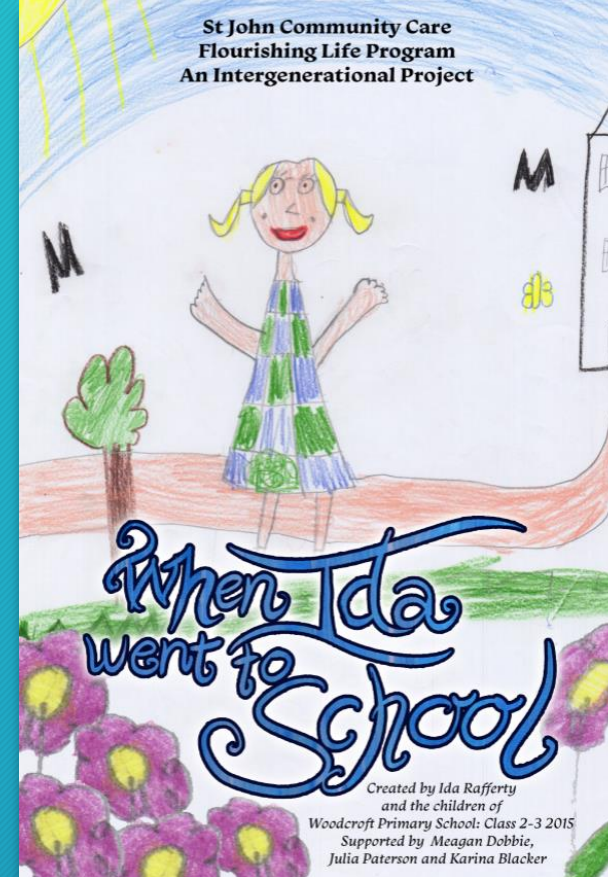
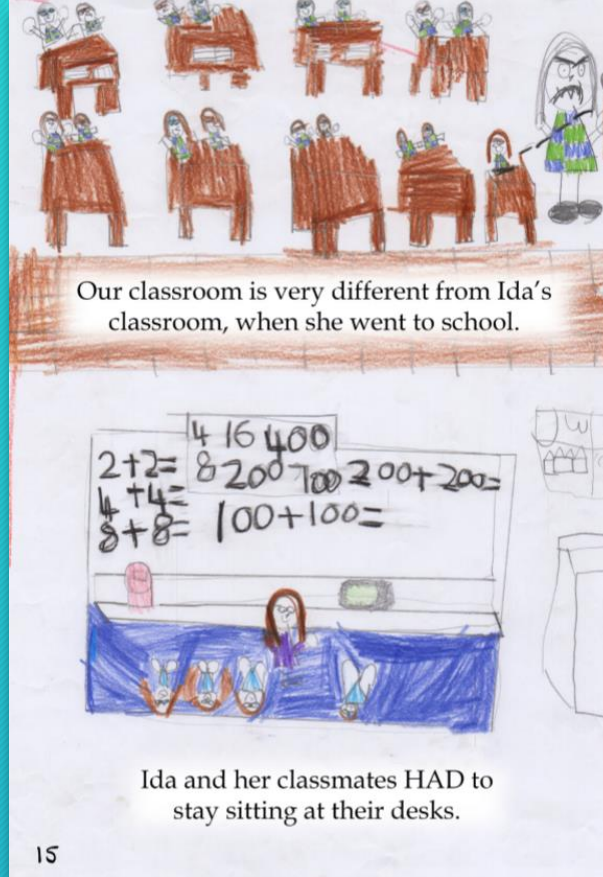
Helen Hontarenko



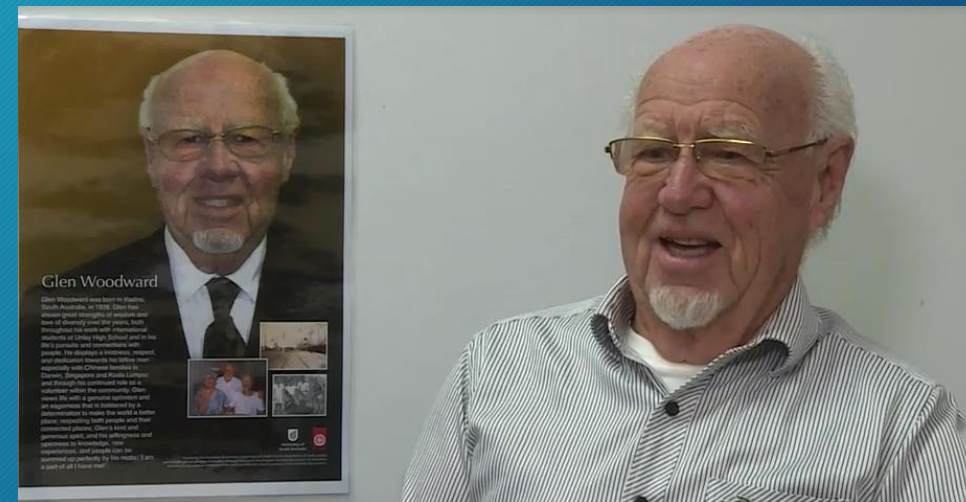
Jack Godson

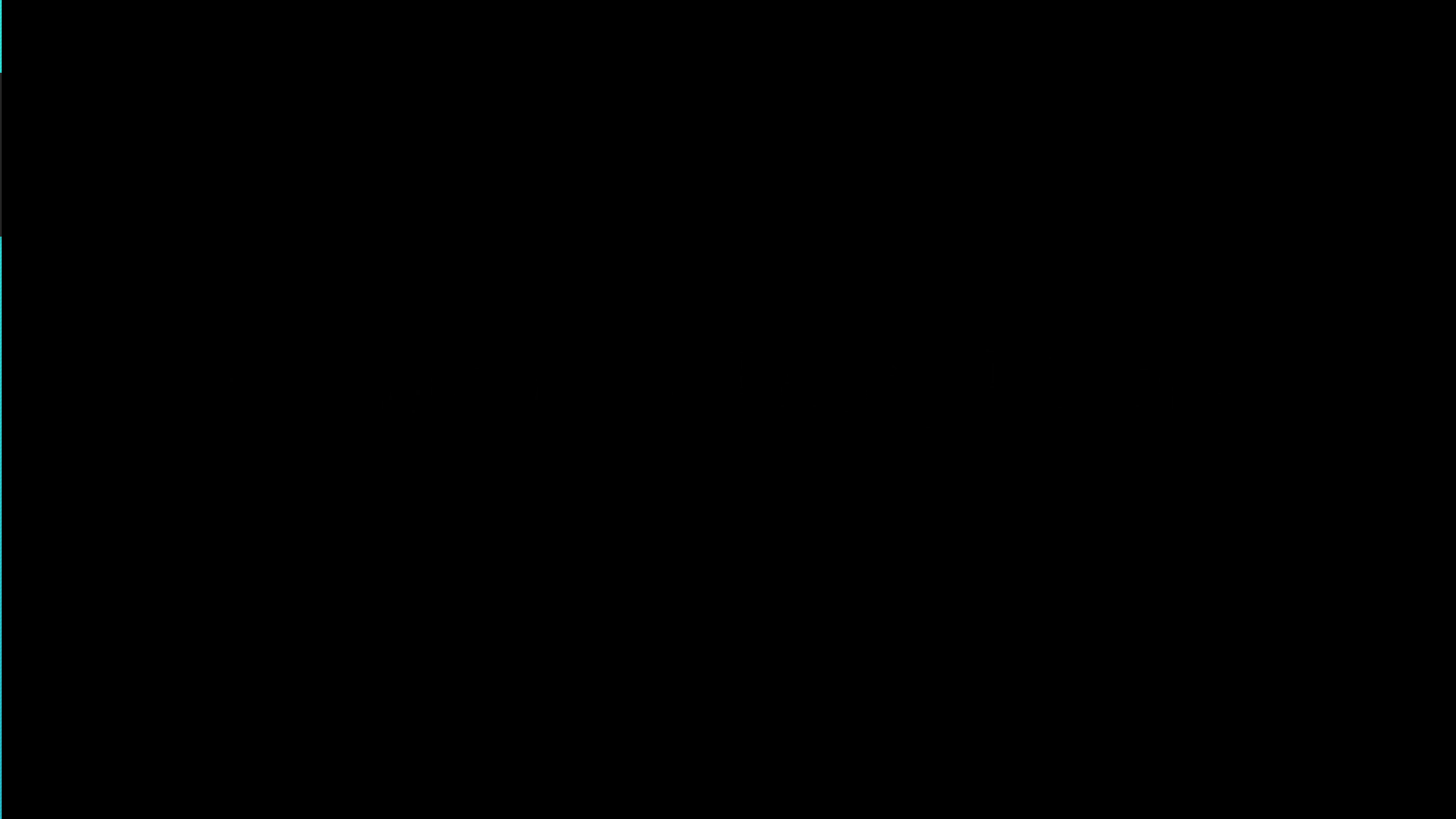
IDA RAFFERTY

HER TREASURED STORY



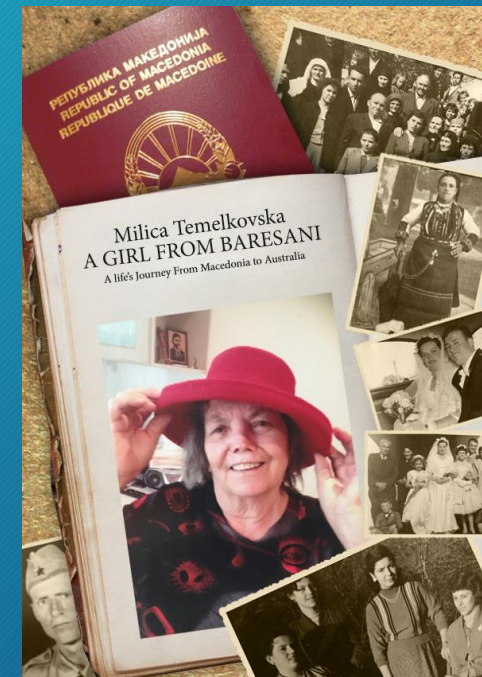
Ida Rafferty





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



UNIVERSITY OF SOUTH AUSTRALIA

UNISA LIVING LIBRARY SITE –SHARING OUR STORIES WITH THE WORLD

INTERNATIONAL PATHWAYS

Banking All Over
the Countryside

The John Collidge Story

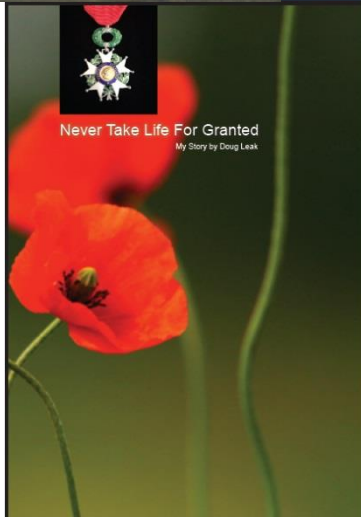
Minder



A family Man



Never Take Life For Granted
My Story by Doug Leak



Motherhood with a difference



The rich, inspiring story of one woman's experience of becoming a parent to twins and of living with cerebral palsy.

Transcribed and edited by Marion Burns

WHAT DID YOU DO IN
THE WAR MUMMY?



MEMORIES
FROM
PAT SHARP



Thank you St John Community Care and Farewell



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