



SOUTHERN SERVICES  
REFORM GROUP

**SSRG Steering Committee**

**Date: 22/7/19**

Present: Tali Warnock (Anglicare), Rima Sallis (City of Marion) (Vice-Chair), Janine Callegari (Care and Share), Lui Di Venuto (City of Onkaparinga), Sally Warnes (SSRG), Joanne Wood (Catalyst Foundation), Carole Matthews (Resthaven), Tania Robertson (ACNA),

Apologies: Monica Du Plessis (City of Holdfast Bay)

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none"><li>Welcome and apologies</li></ul>	
Introductions and review of previous minutes	<p>Introductions were made Previous minutes reviewed and accepted</p> <p>Janine Callegari and Carol Matthews both nominated for positions on the Executive Committee. An email will be sent out to Steering Committee members to give everyone an opportunity to vote.</p>	
Wellness Resource	<p>The 3 Wellness Resource films were shown to the group. The films are the basis to a wellness learning guide being established.</p> <p><i>'This guide has been developed for use by frontline staff delivering the Commonwealth Home Support Program (CHSP).</i></p> <p><i>Wellness and Reablement is a key focus of CHSP and a reportable requirement of service delivery.</i></p> <p><i>Through consultation with service providers in their regions, South Australian Collaborative Projects have collectively identified a need to further develop a Wellness and Reablement growth mindset through promoting</i></p>	

*and providing examples of best practice. Therefore, they developed this training and learning guide to assist those staff working with older people who may benefit through a Wellness and Reablement approach.”*

After each film members contributed comments and possible discussion questions.

**1) Meals/Group Social Support – Eric Version 1**

Questions that could be asked:

- What are the missed opportunities (not only wellness but feedback)
- What’s most important in meeting the client’s needs?
- Where’s the place for feedback?
- Where is his choice and control?
- What’s happening at home?
- What is he getting out of the group?
- Does he need new friends?
- It appears he is being picked on – an opportunity to ask more.
- How do you want to be talked to?

**2) Eric Version 2: comments**

- Wellness not just wellbeing
- Created confidence
- Motivation
- Positive about this being possible

**3) Annual Review of Grandfather Client – Marge: comments**

- Didn’t pick up the stress
- Janine’s language is an issue
- Janine needs to explain face to face so not to worry Marge
- She can make tea and carry a tray.... So, she can push a vacuum!
- Good to introduce driving strategies
- Worried look on her face

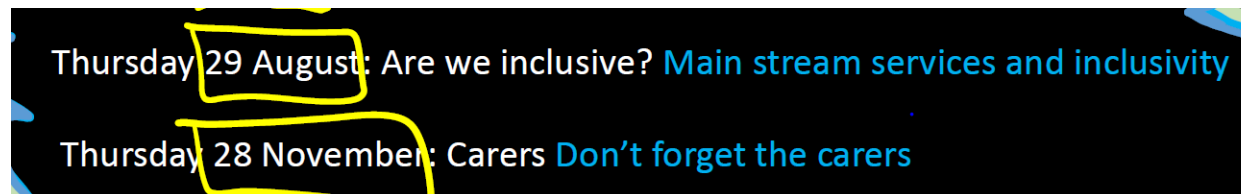
	<p><b>4) Change of circumstances – Mary:</b> comments</p> <ul style="list-style-type: none"> <li>• Didn't address the service needs (Lui talked about a referral to Fish Feeders and a referral to strength-based exercises – how good to be able to work together and exercise while fishing.)</li> <li>• Realistically – do we have time? There is no coordination time</li> <li>• Discussion about reablement goals: Tania shared that a reablement goal must be specific - SMART goals – purposeful – review processed in support plan.</li> </ul>	
Project Officer update	<p><b>Handouts:</b>  Moving Towards Wellness  Save the Date: Port Augusta Forum  Tai Chi for Health  Community Transport Working group  Moving Pictures</p> <p><b>Ageing and Technology Workgroup</b></p> <ul style="list-style-type: none"> <li>• The focus of this group has become the Technology for Wellbeing website. A training session about how to successfully use the site with workers and volunteers will be delivered in September. The group are also exploring how the Tech for Wellbeing site can potentially compliment and support the training that is delivered to older people in the libraries. A meeting has been organised with Andrew Berney, Library Team Leader at City of Onkaparinga to explain how libraries operate in this space. It is viewed that traditional technology training could be better received through the lens of Technology for Wellbeing – incorporating strengths and learning styles.</li> </ul> <p><b>Social Programs Workgroup</b></p> <ul style="list-style-type: none"> <li>• The Social Programs Workgroup has been created to continue the conversation following the first Hot Topic session.</li> <li>• Up to now it has been a closed group but at the last meeting it was decided to open the group to anyone interested in the south and eastern metro areas.</li> <li>• At the last meeting the Community Development model of practice was explored.  <a href="http://nht.org.au/resources/community-development/">http://nht.org.au/resources/community-development/</a></li> </ul>	

### State-wide Collaborative Projects

- **Webazine:** the aim is to develop a micro website containing wellness resources. A Memorandum of Understanding has been drafted but has still not been signed off – more detail about the web-site build is required by Catalyst Foundation and In White Space are putting together the information. Resources for the site are currently being collected and a check list is being utilised to determine relevance, currency etc.
- **Wellness Resource:** this project is the creation of a learning resource based on the scenarios developed for the 2018 Wellness and Reablement Symposium. The launch of the resource is planned for late November. (Seeking input from the Steering Committee regarding suitable questions for 'Eric' scenario)
- **Regional Forum 2019:** the SSRG is supporting the Port Augusta Forum. The theme is *Purpose and Independence, incorporating the New Standards*. A draft program is being developed and planning is progressing. A Save the Date flyer has been distributed.

### Hot Topics

- The second Hot Topic session held in May was a success and implementing the New Aged Care Standards was discussed and explored. Some useful tips and strategies were shared by panel members from organisations already engaged with the task.
- Thank you to Tali for her filmed responses – they were also used successfully at the Adelaide Hills Task Force meeting.
- The August Hot Topic session is about inclusivity. Are our programs inclusive for all? The process of recruiting panel members has begun.



### Moving Towards Wellness

- The SSRG supports the Moving Towards Wellness (self-management course) and two courses have been scheduled to begin in August.
- There have been 15 registrations so far.

### wellnessCPR

- A Wellness CPR workshop is scheduled for 22 August and following a train the trainer course on 5 September.

	<p><b>Mental Illness and The Older Person Workshop (ACSA)</b></p> <ul style="list-style-type: none"> <li>In collaboration with ACSA a Mental Illness and The Older Person Workshop will be delivered in the region 25 September 2019.</li> </ul> <p><b>Community Transport Working Group</b></p> <ul style="list-style-type: none"> <li>The Community Transport Working group was an initiative of the Eastern Collaborative Project and Volunteering SA. The group wants to broaden its base and is inviting all the metro regions to join the group. Please see the Terms of Reference.</li> <li>The southern metro area is invited to a meeting at City of Holdfast Bay, Thursday 25 July, 9:30 to 11:00am.</li> </ul> <p><b>SA Gerontology Conference: Useful resources</b>  <a href="https://movingpictures.org.au/">https://movingpictures.org.au/</a>  <a href="https://www.lifechecks.gov.au/">https://www.lifechecks.gov.au/</a></p>	
Information sharing	<ul style="list-style-type: none"> <li><b>Carol Matthews</b> (Resthaven): Quality review completed using the old standards and it went well. Some references were made to the new Standards – very thorough. A focus was on turning up to groups and sites to talk to client’s instead of organised focus groups. They would talk to a client and then look at the notes rather than using notes already selected for viewing. They check that what is said is done. No schedule was set – they sent what they wanted a week before. Loosing clients because they are going into permanent care - capacity to take on more clients</li> <li><b>Tania Robertson</b> (ACNA) – currently recruiting more staff. Undertaking continuous improvement work.</li> <li><b>Tali Warnock</b> (Anglicare) – looking at recruiting more volunteers to assist with the social program in the south - to build on current numbers. Home maintenance service full. Rolled out New Standards training: <i>Ultura training</i> <a href="https://www.alturalearning.com/new-aged-care-quality-standards/">https://www.alturalearning.com/new-aged-care-quality-standards/</a></li> </ul> <p><b>Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>➤ <i>Understand the framework that supports the Aged Care Quality Standards</i></li> <li>➤ <i>Identify the eight standards that make up the Aged Care Quality Standards</i></li> <li>➤ <i>Explain how service provider’s performance is assessed against the Standards</i></li> <li>➤ <i>Recognise the role of the organisation in meeting the Aged Care Quality Standards</i></li> </ul> <ul style="list-style-type: none"> <li><b>Janine Callegari</b> (Care and Share) – Looking at buying more equipment. There is a new painting tutor – volunteer. MOU established with WADE training for students to come on placement.</li> </ul>	

	<ul style="list-style-type: none"><li>• <b>Rima Sallis</b> (City of Marion) National men's shed conference @ Morphetville in September. Wellness suite of programs continuing. Staffing changes and recruitment happening. Initial contact re Quality Review – request to lodge availability – Feb/March.</li><li>• <b>Lui DiVenuto</b> (City of Onkaparinga) Continues to be interesting for under 65's funding – have received the money but no agreement</li><li>• <b>Jo Wood</b> (Catalyst Foundation) – Disability Expo in October. Strength based training being done by Vanessa Leane with students involved. LGBTI website – doing well – friendly service provision attached to website.</li></ul>	
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**Next meeting date: 25/9/19**

**Time: 2.00 - 4.00 pm**

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