



SOUTHERN SERVICES  
REFORM GROUP

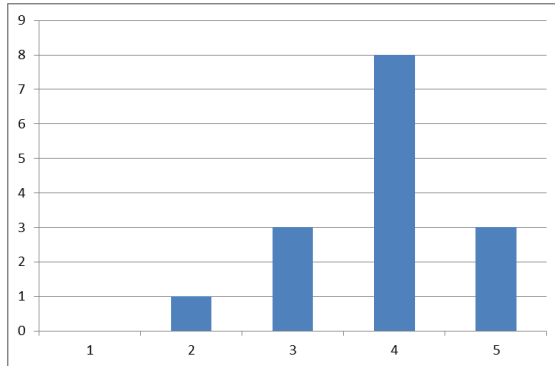
**SSRG Steering Committee**

**Date: 4/2/19**

Present: Rima Sallis (City of Marion) (Vice-Chair), Kristy Blackmore (Baptist Care), Katrina Head (City of Mitcham), Janine Callegari (Care and Share), Monica Du Plessis (City of Holdfast Bay), Lui Di Venuto (City of Onkaparinga), Maria Shialis (City of Onkaparinga/SSRG), Margaret Potts (Carer Support), Sally Warnes (SSRG), Joanne Wood (Catalyst Foundation), Carole Matthews (Resthaven)

Apologies: Tali Warnock (Anglicare), Tania Robertson (ACNA)

Agenda Items	Discussion	Actions										
Welcome and apologies	<ul style="list-style-type: none"> <li>welcome and apologies</li> <li>Rima will be Chairing the meeting</li> </ul>											
Introduction, previous minutes & business arising	<ul style="list-style-type: none"> <li>Introductions were made around the table               <ul style="list-style-type: none"> <li>The wellnessCPR Workshop was delivered at the previous meeting – the workshop evaluation was distributed</li> </ul> </li> </ul> <p style="text-align: center; color: #e91e63;">wellnessCPR Evaluation (n=16)</p> <p><b>1) Did you learn anything new in this workshop?</b></p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th data-bbox="575 1254 808 1324">Nothing new</th> <th data-bbox="808 1254 1041 1324">A small amount</th> <th data-bbox="1041 1254 1274 1324">Some new stuff</th> <th data-bbox="1274 1254 1507 1324">A reasonable amount</th> <th data-bbox="1507 1254 1740 1324">Most of it</th> </tr> </thead> <tbody> <tr> <td data-bbox="575 1324 808 1362" style="text-align: center;"><b>1</b></td> <td data-bbox="808 1324 1041 1362" style="text-align: center;"><b>2</b></td> <td data-bbox="1041 1324 1274 1362" style="text-align: center;"><b>3</b></td> <td data-bbox="1274 1324 1507 1362" style="text-align: center;"><b>4</b></td> <td data-bbox="1507 1324 1740 1362" style="text-align: center;"><b>5</b></td> </tr> </tbody> </table>	Nothing new	A small amount	Some new stuff	A reasonable amount	Most of it	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	
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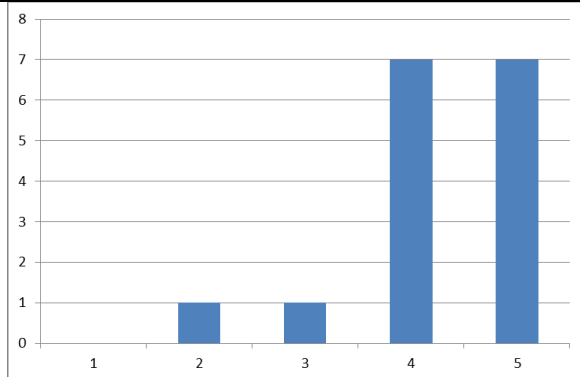


Comments:

- Went through previously at SSRG workgroup but still learnt a lot
- Around character and capabilities
- Great way of changing our way of thinking
- Really enjoyed the linking between knowledge and information from various strength based research and work
- Focus on what people can do and building upon strengths, Building capacity and make person feel valued and contributing
- The introduction of Multiple Intelligences was very interesting
- It was good to include the character strengths as well as the client physical strengths to come up with a plan to reable

**2) How would you rate the wellnessCPR model? Was the content relevant and useful?**

Not at all, will never use it	Slightly useful	Useful	Will use a lot	Very useful & relevant
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

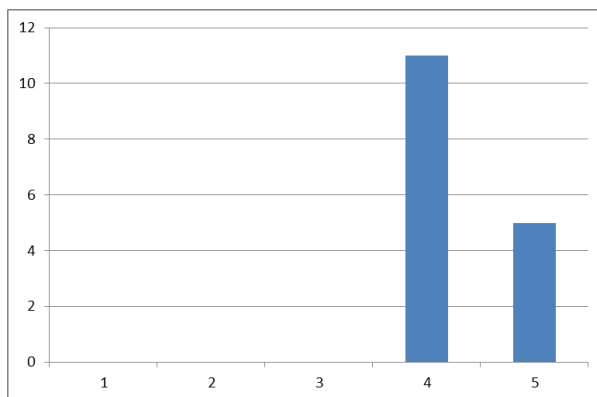


Comments:

- Very relevant – easy to put into practice
- Useful and interesting
- Informative and very interesting
- Case study was useful – how wellnessCPR can benefit the person and look at alternatives
- Yes. This is measured in the practice

### 3) Was the workshop content well structured?

Not well structured	A bit disjointed	Okay	Flowed reasonably well	Structure was excellent
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

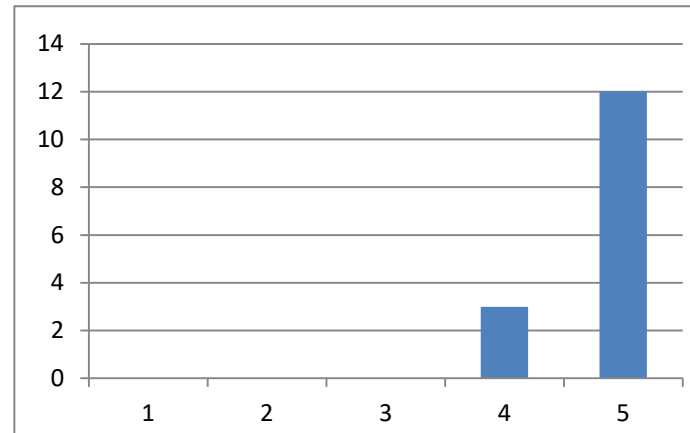


Comments:

- Well balanced and structured into various segments
- Use of visual / a video may add a visual element along side the presentation
- Had enough exercises as well as slides – would possibly like a written slide of the end result of strengths, goal etc

**4) Did the workshop incorporate a balanced mix of theory and practical elements?**

No	Somewhat	Okay	Mostly	Yes
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>



**Comments:**

- Loved the practical aspect
- Just not long enough
- Yes and good use of 3 different presenters
- Very much so – I felt it was very well balanced

**5) Do you have any other comments?**

- Very interesting and engaging session – thankyou
- Excellent workshop. It brought together a lot of new information (and stuff I already knew) and put it into a really handy framework. The approach is logical and is thankfully outcome based. The only very minor aspect is that when we were doing the classroom activity examining character traits, the presenters had their backs to some of the class who weren't in their subject group.



	<ul style="list-style-type: none"> <li>• Rating as a heading is misleading</li> <li>• Put in scores to give overall rating.....if I'm only a 2 then give generic statements on how to improve</li> <li>• It's trying to be all things....like a desk-top</li> <li>• Give examples of what it would look like at each level</li> <li>• Needs next steps added</li> <li>• Do this with someone you trust - Peer support</li> <li>• A lot of thought, good questions and purpose</li> <li>• Requires more information, for example, if you are a 4 this is what you would be doing to move to a 5 you would need to do....</li> </ul>	<p>Sally to write this up and send it to ACSA</p>
<p>Project Officer update</p>	<p><b>Informative Links Discussion</b></p> <p>NARI: What makes a good old age? Aged Care Roundtable Discussion Paper May 2018  <a href="https://www.nari.net.au/files/files/documents/nari_mv074_roundtable_discussion_paper_v4-fa-screen_0.pdf">https://www.nari.net.au/files/files/documents/nari_mv074_roundtable_discussion_paper_v4-fa-screen_0.pdf</a></p> <p>NARI: Healthy Ageing Quiz  <a href="https://www.nari.net.au/resources/public/healthy-ageing-quiz-testing">https://www.nari.net.au/resources/public/healthy-ageing-quiz-testing</a></p> <p>ACFA's Report on respite for aged care recipients  <a href="https://agedcare.health.gov.au/acfas-report-on-respite-for-aged-care-recipients">https://agedcare.health.gov.au/acfas-report-on-respite-for-aged-care-recipients</a></p> <p>GEN Aged Care Data  <a href="https://www.gen-agedcaredata.gov.au/">https://www.gen-agedcaredata.gov.au/</a></p> <p>Consumer Finance Project – November 2018,  <a href="https://agedcare.health.gov.au/reform/acfas-report-on-understanding-how-consumers-plan-and-finance-aged-care">https://agedcare.health.gov.au/reform/acfas-report-on-understanding-how-consumers-plan-and-finance-aged-care</a></p> <p>Dementia Australia: 2019 Dementia Learning Guide  <a href="https://dementialearning.org.au/courses/dementia-learning-guide/">https://dementialearning.org.au/courses/dementia-learning-guide/</a></p>	

## **Project Report**

### **wellnessCPR**

The wellnessCPR workshop in November was successful – the feedback was both useful and encouraging. Please see evaluation handout.

The south was the first region to deliver the wellnessCPR. From late March it will begin to be offered in other regions.

Currently we are developing a train-the-trainer package in partnership with Vanessa Leane (UniSA) which will be delivered to the Collaborative Project Officers early March. We are proposing to begin offering the train-the-trainer more widely by mid-year.

### **Aged Care Pathways Workgroup**

An evaluation of the group's purpose and attendance over the last six months has resulted in not continuing the workgroup in 2019. The main purpose of the group was to support the sector through the aged care reforms and subsequently wellness and reablement. Over time it has lost its impact and the time is right to try something different in its place.

### **Hot Topics – You can't ask that!**

This new SSRG initiative will commence in March and be held 4X over the year. Please see draft flyer.

The sessions will involve an interactive panel discussion. The aim is to develop workgroups/projects from the issues raised in the sessions. Feedback welcome.

### **Dementia Workgroup (Co-Production Project)**

The content of the Carer's resource has been completed by the group. Information has been divided between the identified stages of caring for someone with dementia. Please see Carer's Resource Guide hand-out. It has now been sent to In White Space for development and creative elements. The group have produced two paintings which will direct the look and feel of the piece.



### **Ageing and Technology Workgroup**

The completed Tech for Wellbeing website was presented at the National Gerontology Conference in Melbourne during November 2018.

The project has been nominated for an LGA Excellence Award.

Further evaluation of the training tool will be done with Catalyst Foundation volunteers (February 2019) and City of Onkaparinga Social Program volunteers (TBC).

### **State-wide Collaborative Projects**

Two projects currently being developed –

1. Wellness and reablement scenario learning resource (based on the role plays presented at the 2018 Symposium)
  2. Webazine – a website dedicated to wellness and reablement information and resources. A workshop in November gathered information from other Sector Support and Development officers regarding the direction of the project. The first workgroup meeting is scheduled for 13 February.
- The 2019 Collaborative Projects Symposium will be held in July – this year's topic is yet to be confirmed.

### **Moving Towards Wellness**

The aim is to deliver this program regionally, similar to the way the Wellbeing and Resilience (W&R) Program is presented. This will be rolled out soon, once the 2019 W&R program has been established.

There have been discussions with Adelaide Hills Collaborative Project to work in partnership and possibly deliver the course to service providers including the train-the trainer component.

During April/May the program will be delivered to carers in the Onkaparinga region in partnership with Onkaparinga Respite.



Information sharing	<ul style="list-style-type: none"><li>• Carole (Resthaven) A Quality Review is scheduled for April Resthaven contributed to the Royal Commission</li> <li>• Monica (City of Holdfast Bay) Quality review is due in April. They are currently changing to the new standards.</li> <li>• Katrina (City of Mitcham) Quality Review has been advised</li> <li>• Janine (Care and Share) The Quality Review went well; there were recommendations around Government acknowledgements and deeper goal setting. The scheduled partnership with Vanessa Leane will progress goal setting.</li></ul>	
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**Next meeting date: 25/3/19**

**Time: 2.00 - 4.00 pm**

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