



SOUTHERN SERVICES
REFORM GROUP

SSRG Steering Committee

Date: 25/5/2020

Present: Maria Shialis (acting SSRG, City of Onkaparinga), Janine Callegari (Care and Share) and Karen Glover (student), Carole Matthews (Resthaven), Tania Robertson (ACNA), Lui Di Venuto (City of Onkaparinga), Rima Sallis (City of Marion), Jacqui Bowden (Assured Home Care), Dev Vasumathy (Baptist Care), Carly Hamilton (Baptist Care), Anne Higginson (Life Care), Molly Salt (Alwyndor), Katrina Head (City of Mitcham), Jayne Eckermann (Camden Community Care), Tania Westwood (Southern Adelaide Local Health Network), Helen Morley (COTA SA), Grant Edwards (Aged Care Alternatives), Carol Linder (Catalyst Foundation), Lynne Hosking (APM)

Apologies: Tali Warnock (Anglicare), Maria Johns (Multicultural Aged Care), Cathy Wiseman (City of Marion), Monica Du Plessis (City of Holdfast Bay), Roy Inglis (Dept of Health), Mel Olsson (Anglicare), Sarah Nicholas (Kalyra)

Agenda Items	Discussion	Actions
Welcome and apologies	Welcome and apologies	
Introductions and review of previous minutes	Introductions were made Previous minutes reviewed and accepted	
Guest Speaker	Helen Morley, Aged Care Specialist Support Worker, COTA SA <ul style="list-style-type: none">• Aged Care Navigators trial, funded by the Federal Government, extension for another year.• COTA's trials commenced in the south-east.• Case management role, helping people over the phone through tele-health.	

	<ul style="list-style-type: none"> • Project aims to attract people who are not accessing MAC. Current trial on how to get older people to access MAC and what is the challenge for people to access it. • Advertising through local mediums, news and radio stations. • Strength for Life, Move in May: available on the COTA website. • Office moving to new location, details to be confirmed. Contact details are the same. <p>Tania Westwood, Social Worker/Project Manager, Allied Health, Intermediate Care and Aboriginal Health, Southern Adelaide Local Health Network</p> <ul style="list-style-type: none"> • Working with people with complex needs. • Support hospital avoidance and concerned on the impact on GPs. • Currently undertaking a four-week trial but will be continuing past this trial. • Working/linking with community services to maximise support for people socially isolated. • Also working with those under 65 years old. • Team is multidisciplinary, i.e. nurses, dieticians, etc. 	
<p>Information Sharing</p>	<p>Carole Matthews (Resthaven)</p> <ul style="list-style-type: none"> • Setting up activity packs. • Support staff with training and other resources to recommence programs. • Phone check-in with clients and putting in place creative initiatives. • Completing reports. <p>Carol Linder (Catalyst Foundation)</p> <ul style="list-style-type: none"> • Updating website, to keep people informed. • LGBTIQ group are keeping connected and have increased frequency of catch ups. • Won a grant for loan devices, to give access or to help train on how to use the devices. • More frequent newsletters and how to keep the community connected. <p>Janine Callegari (Care and Share) and Karen Glover (student)</p> <ul style="list-style-type: none"> • Care and Share at home packs. Newsletters. Packs sent out. All very well received, positive feedback. • Preparation for re-commencing programs, depending on State Government guidance on restrictions. 	

	<p>Jacqui Bowden (Assured Home Care)</p> <ul style="list-style-type: none"> • The company provides a range of services to councils and trying to keep pace with all services and ensuring that staff reflect the providers COVID strategy. • Building a bespoke software package. • Team has been working well and playing on their strengths. <p>Lui Di Venuto (City of Onkaparinga)</p> <ul style="list-style-type: none"> • Looking at COVID-Safe Plans and recommencing programs. • Community appreciative of the initiatives/services being delivered. Quoting a 103-year-old resident “I had been through two world wars, but this is worse.” <p>Jayne Eckermann (Camden Community Centre)</p> <ul style="list-style-type: none"> • Similar to others. Newsletters and goodie bags. Received great response, positive feedback. • Weekly wellbeing calls. • Keep going with intergenerational projects. • Virtual Bingo. <p>Dev Vasumathy (Baptist Care)</p> <ul style="list-style-type: none"> • Similar to others. Continually adapting to circumstances. • Stop face-to-face interactions. People liking more phone calls and more frequency with staff. • Picking up referrals under 65. <p>Tania Robertson (ACNA)</p> <ul style="list-style-type: none"> • Opportunity to upskill staff. • Staff delivering meals and interacting with others. Supporting service providers due to limited volunteer pool. <p>Lynne Hosking (APM)</p> <ul style="list-style-type: none"> • Similar to Tanya. • In the last two weeks, daily basis of face-to-face contact, in comparison to previously. • Using down time to carry out training and target education. • Being mindful of the workforce, family, lifestyle, making sure staff feel supported, for their wellbeing. 	
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<p>SSRG Project Officer Update – 25 May 2020</p>	<p>SSRG Staffing Update</p> <ul style="list-style-type: none"> • Maria Shialis acting in the SSRG Project Officer role <p>COVID-19</p> <ul style="list-style-type: none"> • A number of our face-to-face workgroups have been postponed following government recommendations. We are currently looking at different ways to keep these groups active. For more information, contact the Coronavirus Health Information line on 1800 020 080 or go to sahealth.sa.gov.au/COVID2019. • Information sharing with networks, including but not limited to government updates, webinars, service provider updates, linking service providers to appropriate avenues. • SSRG created a live folder and documents, shared with the network, to support the region on COVID-19 actions, initiatives and wellness resources to support consumers. • Metro Collaborative Project Officers (CPOs) working with service providers and RAS regarding updating revised service information, due to COVID-19 restrictions. <p>Ageing and Technology Workgroup</p> <ul style="list-style-type: none"> • The group is exploring how the Tech for Wellbeing site can potentially compliment and support the training that is delivered to older people in the libraries. There is interest by the four southern metro libraries to potentially use the training for their staff and volunteers. • It is anticipated that training sessions will occur in the coming months – an email has been sent to prompt stakeholders to nominate training dates. <i>*Postponed until further notice, due to COVID-19</i> • The Technology for Wellbeing website project has been nominated for the 2020 Local Government Professional Leadership Excellence Awards, award category Excellence in Cross Council Collaboration. <p>Social Programs Workgroup</p> <ul style="list-style-type: none"> • The Social Programs Workgroup has participants attending (n=18) from both Southern and Eastern metro regions. Number of people attended: 8 • There has been a focus on sharing different social program models and activities and validating the approaches by examining the current research. Discussed COVID-19 and impact on programs, and re-activation of programs in the future. Due to current circumstances, the group meets fortnightly. Meetings held via Zoom since March. • Proposed social movement/campaign “Eat Together”, using food as a social medium to bring people together. <i>*Postponed until further notice, due to COVID-19</i> 	
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Co-Production Dementia Workgroup

- Maria became a Dementia Host to run Dementia Friends training
- Workgroup became Dementia Friends
- Workgroup has been exploring Action Plan opportunities, contributing to dementia friendly communities and organisations
- Distribution of Carer Resource 2020 desk planner
- Attended Onkaparinga Dementia Friendly Alliance Steering Committee meetings
- Due to COVID-19, the group felt the need to meet in between monthly meetings for wellness sessions. Each session the workgroup actively takes the lead and explore a wellness topic, with support from SSRG.
- Meetings held via Zoom since March

State-wide Collaborative Projects

- **Wellness Resource:** this is a learning resource based on the scenarios developed for the 2018 Wellness and Reablement Symposium. The resource, an interactive PDF, is complete and ready for release. Access to the resource via the SSRG website: <https://www.ssr.org.au/content/wellness-resource>.
- The resource will be sent out/launched to the network shortly.
- SSRG, Hills Positive Ageing Projects and Murray Mallee Ageing will be running a “fireside chat” webinar, with support from BPP. Scheduled 16 June, 1 hour, via Zoom. Current registrations: 8
- The Better Practice Project (BPP) is currently developing a workshops using the resource. SSRG, Hills Positive Ageing Projects and Murray Mallee Ageing will be the first to deliver these workshops. Due to current circumstances this will be 3x 1hour workshops via Zoom. Dates scheduled: 25 June, 1 and 2 July.

Hot Topic

- **COVID-19 Meets Aged Care Quality Standards Hot Topic Interactive Webinar.** Panel representatives: Standards Wise, City of Mitcham, Adelaide Hills Council. Scheduled 21 May, 1 hour, via Zoom. Registered participants: 73. Attendance: 56.
- **CHSP Wellness & Reablement Report Hot Topic Interactive Webinar.** In progress of planning, scheduled for August.

Information Session

- Aged Care Community Information Session to be delivered by COTA SA, scheduled at City of Onkaparinga Civic Centre on 6th May 10am-11.30am. Aged Care Providers will be invited to host a trade table.
**Posponed until further notice, due to COVID-19*

Moving Towards Wellness

- The SSRG supported the Moving Towards Wellness (self-management course) 4-day Train-the-Trainer course held in March 2020, to increase the number of workshop facilitators (4 & 5 March and 11 & 12 March). Participants: 11
- Trainer update to be scheduled for early 2021
- Presented in partnership with Leap SA, BPP Be Curious webinar event 29 April, via Zoom.

Because I Can Online

- Discussions with In White Space regarding proposed idea
- Workgroup to meet
**Postponed until further notice, due to COVID-19*

Quad-Council Initiatives**Mindset for Life**

- Workshops held 11, 18 Feb and 17 March at Cove Civic Centre, Hallett Cove. Host: Mindset for Life. Participants: 27 registered
- Train-the-Trainer scheduled for the future
**Postponed until further notice, due to COVID-19*

Because I Can

- Workshop held 25 February at Cove Civic Centre, Hallett Cove. Host: City of Onkaparinga and City of Mitcham. Participants: 14
- Train-the-Trainer to be scheduled in the future
**Postponed until further notice, due to COVID-19*

Moving Towards Wellness

- Scheduled to commence 24 March at Glandore Community Centre. Host: City of Mitcham. Participants: 12 (full capacity)
**Postponed until further notice, due to COVID-19*

Wellbeing and Resilience

- Men's Wellbeing: Scheduled to commence 25 March at Trott Park Neighbourhood Centre. Host: City of Onkaparinga. Participants: 7
**Postponed until further notice, due to COVID-19*

	<ul style="list-style-type: none">• <u>Wellbeing (mix)</u>: Scheduled to commence 13 May at Cove Civic Centre, Hallett Cove. Host: City of Marion. Participants: 7 <i>*Postponed until further notice, due to COVID-19</i>	
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Next meeting date: Monday 27 July 2020

Time: 2.00 - 4.00 pm

Venue: Zoom - *link to be sent out*