

Ageing and Technology Workgroup Meeting Minutes

Wednesday 27 March 2019

Attendees: Jacqui Bowden, Joanne Wood, Sadie Goddard-Wrighton, Maria Shialis, Sally Warnes

Apologies: Marianne Lewis, Caron Henderson

1. Welcome and Introductions

2. Information sharing and networking:

Sadie: Has completed and is circulating a Newsletter for Carers

Maria: Has been part of developing a new program called Outfit – using outdoor gym equipment in a training session with residents

Jacqui: Delivering information sessions to approximately 250 people re the aged care system

2. Reviewed results of previous brainstorm – discussion points:

Need ongoing programs to support digital literacy

Dispelling the myths about technology

*bring your device, come and see us – we'll work with you

Build on the Tech for Wellbeing – create a training pack for providers to make it easier to use the website. Create support tools, maybe a glossary.

Still lots of confusion which is a major block to learning

'Worried about the vehicle, not the destination'

Talking about apps and how to maybe add to the Tech for Wellbeing website – the way the Better Questions app is done is really clever - different colours aimed at different groups

Use the Growth Mindset terminology: 'I'm good at.....' 'I'm challenged by.....'

"To thyn own self be true' (Shakespeare)

'But how can you be true if you don't know what your strengths are?' (Jacqui)

(Possible projects – next meeting to discuss further in more detail)

3. Project Officer Report

Jo and Sally will be delivering training to the Catalyst Foundation volunteers on the content of the Tech for Wellbeing Website. Looked at a YouTube suggested by Jo to play at the training – Foil Arms & Hogg - Teaching-Computers-to-Parents – very funny!

Recently travelled to Port Augusta to deliver the wellnessCPR to regional service providers. Successful training with Maria & Vanessa Leane.