SSRG Workgroup Meeting  
Workgroup: Carer Issues  
Date: 20 August 2013

Present: Jen Day (Chair), Carole Matthews, Julie Milburn, Pat Smytherman, Justin Adams, Kate Kenning, Meredith McLeod, Sandy Johnson-Jones, Carol Ganly, Brenda Johnson, Filomena Occhiodoro, Sally Warnes (Project Officer), Bev Bannister (Minutes)

Apologies: Stephanie Papps, Julie Haselgrove, Sharron Irwin, Teresa Moran

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<tr>
<th>Agenda Items</th>
<th>Discussion</th>
<th>Actions</th>
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| Welcome and apologies               | • welcome and apologies  
• welcome to Pat and thank you for coming to talk to the group  
• introductions were made around the table |         |
| Previous minutes & business arising | • previous minutes accepted  
• amend previous minutes with the correct spelling of Pat Smytherman’s name |         |
| Discussion about past carers with Pat Smytherman | • an update of the project was given for Pat and the new members  
• there is not a lot of information about/f or past carers on the internet  
• The project aim is to offer support, information and recognition for carers who are no longer in the caring role. Promote reconnection with community and strategies to manage a changing role  
• Pat gave a brief history of her background and experience. She gave examples of some of the people she has met and their experiences  
• a group discussion was had re the notes Sally collated from the book by Audrey Jenkins – see attachment  
• there is a different experience for past carers whose caree has died versus has moved into residential care  
• We need specific information for both of these groups  
• Pat gave us permission to use the booklet she developed with consumers ‘The Residential Care Decision’… we can republish it….make it available on the website  
• we would acknowledge the original copy if we made changes  
• possibly create a caring continuum / tree of caring / carer journey  
• possibly have some sort of image reflecting distorted mirrors like in a fun house to represent the journey  
• the booklets from Centrelink are informative…when someone you care for dies…possibly use some of the information  
• consult with carers to get a consumer perspective  
• try to access carers that do not normally have a say  
• idea to invite other people from different jobs/backgrounds that could give a different perspective  
• Sally not available for September meeting – to be cancelled  
• the subgroup to meet on 16 September at Resthaven Marion  
• subgroup members Carole, Sally, Meredith and Carol  
• next carer issues meeting October 15th |
| --- |
| Project Officer report | • the app is completed and available for download at the app store  
• pocket directory and postcards given out  
• the target audience for the pocket directory was health professionals  
• Bev to scan and distribute ‘The Residential Care Decision’ |
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<th>Information Sharing</th>
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<tr>
<td>Sandy – City of Onkaparinga</td>
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<td>• Onkaparinga care respite is full</td>
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<td>• looking at trying to reconnect carers back into the community - starting with small groups –</td>
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<td>• looking at carers needs</td>
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<td>Carol - ACH</td>
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<td>• ACH west has no packages available - have HACC programs and care respite options available</td>
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<td>• going ‘green’ with A2HC - HACC packages in the west and inner south</td>
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<td>Justin – Uniting Care Wesley</td>
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<td>• Mental Health Rights Forums – 4 September @ Living Kaurna Cultural Centre – Warriparinga, Bedford Park and 10 September @ Seaford Community Centre, Seaford – 10am – 12 noon RSVP 8245 7110</td>
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<td>• Mates Breaks – 29 August – lunch @ The Henley, Henley Beach – 12.30 pm RSVP 8346 8329 or 8245 7110</td>
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<td>• Food and Mental Wellbeing Forum – 18 September @ Burnside Civic Centre or 25 September @ Woodcroft Neighbourhood Centre – 10 am – 12 noon</td>
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<td>• flyers to be sent to Bev for distribution</td>
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<td>Filomena – Carers SA</td>
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<td>• Carers SA’s National Carer Counselling Program for carers who have ceased their caring role in the past two years – four week program in</td>
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- • Sally and Louise attended the Disability Expo to promote the Seniors Southern Services Directory
  - • CSIRO are doing research around carer health and wellbeing – they are doing research with carers studying their DNA to see how stress physically affects the person - targeting carers of people with dementia - Sally has information packs

- • Sally to email research information to all
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<th>September – contact Sharne West on 1800 242 636</th>
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<td>• Carers Open Day - 15 October @ Carers SA - 10 am – 12 noon or 1 pm – 3 pm RSVP 8291 5600 or email <a href="mailto:carersweek@carers-sa.asn.au">carersweek@carers-sa.asn.au</a></td>
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<td>• found article in an older issue of the Office for Carers newsletter talking about relinquished carers, funding etc. The article did not say much more than we already know</td>
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Meredith – Carer Support

• Taking Care of Yourself course starting at Woodcroft Community Centre
• felting workshop for carers – carers made felted woven scarves
• series of focus groups most recent one on CDC and carers feedback
• Carer Support are on face book
• during carers week having movie carer dinner/lunches
• holding couple of morning teas during carers week
• have a lot of ‘drop ins’ at new southern centre resulting in new registrations
• hope to have the whole building up and running in November
• there are meeting rooms available at the new southern centre
• event at Maxwell Winery has proved to be popular and is booked out with 60 people

Kate - ECH

• a lot of staff changes happening at the moment
• have vacancies in program on Mondays and Fridays
• organising a musical event in October for clients and carers – if space will open up to others

Carole - Resthaven

• have packages for 2, 3 and 4 in north, east and west
• Ridgeway House now open on weekends
• Every Generation event on 26 October combined with Marion Community Services, Marion Residential Facility and Community Respite Services – if you have information you would like to go on the
carer stall please send to Carole
  • have vacancies at Hersey and Lane Cottages and in some groups and activities

Julie – Carer Support
  • new sharing sheet out beginning of next month
  • usual gamut of carer activities happening
  • focus groups
  • unfortunately unable to regularly attend SSRG meetings

Brenda – City of Mitcham
  • HACC audit scheduled for late October
  • updating Mitcham website, brochures, flyers
  • five vacancies for HACC eligible people in lunch group – contact Deb Logos
  • HACC Resident forum on tomorrow
  • Jenny involved in Emergency Management Project with a focus on bushfire prevention
  • Home Care Observer, quarterly magazine that goes to HACC residents, has a flyer in it about the emergency planning
  • Getting ready for Every Generation events in October
  • have a movie morning tea on 22 October – viewing The Sapphires
  • community development and social programs teams have been organising activities with students and teachers from Urrbrae Agriculture High School including interaction with community groups and a gardening project

Jen – City of Onkaparinga
  • Brain Injury Awareness Week - Community Re-entry Program and Families for Families as guest speakers
  • the Disability Care Australia Engagement team presented at the Regional Disability Network Information Session at Onkaparinga

A big thank you was extended to Pat
September meeting CANCELLED

Next meeting date: 15 October 2013
Time: 2.00 – 4.00 pm
Venue: Committee Room, City of Mitcham