



SOUTHERN SERVICES
REFORM GROUP

SSRG Workgroup Meeting
Workgroup: Carer Issues
Date: 17 February 2015

Present: Jen Day (Chair), Sandy Johnson-Jones, Filomena Occhiodoro, Teresa Tindley, Kate Kenning, Meredith McLeod, Sally Warnes (Project Officer), Bev Bannister (Minutes)

Apologies: Carole Matthews, Sharron Irwin, Deb Logos, Gael Porter, Julie Haselgrove, Lee Ritchie, Carol Ganly, Valerie McMahon

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none">• welcome and apologies• introductions were made around the table	
Previous minutes & business arising	<ul style="list-style-type: none">• previous minutes were accepted• does anyone want bookmarks to distribute?• a message with the link to the film has been sent to Audrey Jenkinson - no answer as yet	<ul style="list-style-type: none">• Sally to take bookmarks to the next meeting

<p>Umbrella project - brainstorming ideas</p>	<p>recap of project -</p> <ul style="list-style-type: none"> • with the current reform changes the SSRG are winding down – most workgroups have completed or are completing current projects • the Umbrella project integrates all the projects developed by the SSRG in the last 4.5 years in the one campaign – War against loneliness. The structure of the campaign is a solution focussed framework to give people options, choice, motivation and inspiration • the campaign will have the slogan - 'what's stopping you' • the aim is to promote the campaign with umbrellas bearing the slogan, plus a desktop calendar - incorporating health tips, wellbeing tips, inspirational/motivational sayings, quotes, useful facts, goals etc. • there will be a landing page for the campaign on the SSRG website • there will need to be some kind of event to launch the project – ideas include – a gathering of some sort – a walk with umbrellas – ‘flash mob’ routine with umbrellas • eventually all workgroups will cease meeting and those interested will combine to form the umbrella group to finalise details of the project <p>project ideas –</p> <ul style="list-style-type: none"> • ?perpetual calendar – most people want the day and date so they can write in it • wall calendar would be better than a desktop calendar - would ultimately like to have both • calendar for both workers and consumers - needs to be a working calendar to write on • pictures shown for poster - discussion - wording • members do not like ‘war on loneliness’ – ‘war’ is a negative word • have positive statement at bottom of poster not a statistic - 'live in the moment', 'age is not a barrier to new opportunities', 'let the light in', 'let the rays in' - don't use the word ‘age’ - age is limiting • Sally has collated some information from our projects - discussion on 	<ul style="list-style-type: none"> • Sally to talk with Kat about how much information is needed for the calendar - get on the same page as Kat - needs to visualise what it will look like
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	<p>what sort of information we want on the calendar</p> <ul style="list-style-type: none"> • like social checklist - include with kite graphics • like well being tips - working carers project - include with hats graphics • dont use quotes from working carers <ul style="list-style-type: none"> • have umbrella on top of each page and have a quote in it • have inspirational quotes • link to a website that gives positive affirmations • activities - what do we want to highlight - discussion on which ones we want to include • have stickers with the activities on so the person can put them on the calendar themselves on a chosen month • 'what activity will you choose this month?' on sticker sheet • utilise WEA activities names from their magazine as they already group their activities • list of events as a seperate page • looked at list of special dates – don't use too many special dates • make it unique, fun - can go a bit novel with ideas • have local events e.g. Almond Blossom Festival, Sandcastle exhibition, Leafy Sea Dragon Festival, SALA, Tour Down Under 	<ul style="list-style-type: none"> • send list of special dates to group
<p>Information Sharing</p>	<p>Sandy - City of Onkaparinga</p> <ul style="list-style-type: none"> • YOD - Younger onset dementia group – Alzheimer's SA and City of Onkaparinga - referrals can be made to Alzheimer's SA on 1800 100 500 or to City of Onkaparinga on 8384 0558 - criteria are under 65 with a diagnosis of dementia and living in the Onkaparinga area - weekly event at Elizabeth House • In Home Respite is full • Cafe 94 starting on 26 March at Elizabeth House – 4th Thursday of every month - MAC in collaboration with the City of Onkaparinga – Cafe 94 is an activity based, multicultural social support program, 	

	<p>aimed at active older people from CALD backgrounds</p> <p>Jen – City of Onkaparinga</p> <ul style="list-style-type: none"> • working with Tonya, Social Programs, on doing cross generational information days - first information day the topic will be Downsizing - at Civic Area, City of Onkaparinga 29 April 2015 - how to downsize your home - moving to a smaller place - going into residential care etc. • Jen and Tonya will be asking attendees what type of sessions they are interested in attending in the future • the next Regional Disability session will be on 15 April 2015 <p>Kate - ECH</p> <ul style="list-style-type: none"> • Day Program has vacancies on Mondays and Fridays at Happy Valley • In Home Respite in the south has a little bit of movement - up to three hours of respite for carers • welcoming a new CEO at the beginning of March – David Panter <p>Filomena – Carers SA</p> <ul style="list-style-type: none"> • funding extension in Advisory Counselling and also Mental Health Respite funding extended • have an NDIS project officer working from the carers point of view - getting picture from carers side of story <p>Teresa - Resthaven</p> <ul style="list-style-type: none"> • vacancy in most programs – Living Alone with Dementia, HACC programs, Ridgeway House, Hersey Cottage, In Home Respite, Centre based groups • please refer clients on <p>Meredith – Carer Support</p> <ul style="list-style-type: none"> • moving towards regionalisation - new office in Newton – the southern office will be staying and eventually there will be offices in Marion 	
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	<p>and Aldinga</p> <ul style="list-style-type: none"> • Past Carers group – starting a second group at Morphett Vale initially • Caring Portrait Project – for younger people - exhibit in Southern Carers Centre - team of artists - a poet, face painter, photographer and assistant – the aim is to create a unique exhibition of portraits showing the strength and diversity of the carers - free to carers 	
Project Officer Report	<ul style="list-style-type: none"> • the Noarlunga Library nominated for a 2015 Leadership Excellence Award for the Memory Hub in the category of Excellence in Age-friendly Communities. The awards program recognises outstanding achievement and innovation in local government. We have been shortlisted for the award. • the Office of the Public Advocate are providing training sessions on Advance Care Directives – SSRG will be holding two sessions - 19 February at City of Onkaparinga, 1.30 - 3pm and 6 May at City of Marion on 9.30 - 11am - Free - for providers - can have community members - will be other sessions in other regions • the group were shown the City of Onkaparinga's Summer Magazine January 2015 edition showcasing three projects done by SSRG – How to Deal with Dementia (the Memory Hub), Life After Caring Program and We have Ignition (Ignite your spark program) • Sally and Lui are reviewing the I Can program and rewriting various sections - looking for someone to write a train the trainer program • as discussed at the previous meeting Louise is back working on changes to the app - please check the app and see if your information is updated - trying to make changes to last through the reform process 	

Next meeting date: 17 March 2015

Time: 2.00 - 4.00 pm

Venue: Committee Room, City of Mitcham