



SOUTHERN SERVICES
REFORM GROUP

SSRG Workgroup Meeting
Workgroup: Carer Issues
Date: 21 January 2014

Present: Jen Day (Chair), Justin Adams, Carole Matthews, Kate Kenning, Meredith McLeod, Filomena Occhiodoro, Julie Haselgrove, Gael Porter, Eric Cruz, Carol Ganly, Brenda Johnson, Sally Warnes (Project Officer)

Apologies: Bev Bannister

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none">• welcome and apologies• welcome to Eric Cruz (replacing Kate Henderson from Alzheimer's Australia SA) and Gael Porter from ACH, Onkaparinga	
Previous minutes & business arising	<ul style="list-style-type: none">• previous minutes accepted• Business arising is project discussion which will be covered later in the meeting	

<p>update from steering committee planning day</p>	<ul style="list-style-type: none"> • Carers were identified as one of the key areas • The outcomes included: <ul style="list-style-type: none"> ▪ Maintain Carer Visibility ▪ To preserve Carer Funding ▪ To strengthen the Carers Voice <ul style="list-style-type: none"> • Empowerment • Education • Consultation <div style="border: 1px solid black; width: fit-content; padding: 5px; margin-left: 100px; margin-top: -20px;"> Self-Advocacy </div> <ul style="list-style-type: none"> • Actions included: <ul style="list-style-type: none"> ▪ Visibility <ul style="list-style-type: none"> • Talk with politicians about carers roles, needs, issues, research, impact of caring, caring burden • Putting information out in Forums, social media to community • Link to independence and health...enablement ▪ Funding <ul style="list-style-type: none"> • Actively apply for funds to address carers role/needs • Informing funders – evidence based on data from combined service providers, businesses, philanthropic organisations ▪ Carers Voice <ul style="list-style-type: none"> • Set up opportunities for carers to be consulted • Framework to take issues forward • Use media to promote carer issues <p>Relinquished carer project - links to independence and visibility. Relinquished carers are mentors and potentially have a voice to politicians</p> <p>Personal stories have greater impact.</p>	
--	--	--

<p>Relinquished Carer Project...where we are at</p>	<ul style="list-style-type: none"> • Real life stories really important to include on web page • Julie met with carer - asked her to write down how she has managed her grief • She made a list of 10 points • She used a journaling process - 2 books one for bad experiences/thoughts and one for good • Could we possibly make a 'you tube' clip of her? • Meredith knows another carer who could contribute strategies of managing grief - she lost a daughter • Brenda also knows 2 people who would possibly contribute • Carer grief is unique • Filomena - being honest is important - to add what doesn't work - make it real • Process of adapting....self-management? • Meredith - Reach Out website - tips could be adapted • Relationships Australia – also useful website • Meredith and Carole will meet to consolidate their research on sexuality and sensuality 	
<p>Project Officer Report</p>	<ul style="list-style-type: none"> • Had a meeting with Home Instead representative – shared some publications titled 'When Seniors Say No' and '40 – 70 A guide for Siblings' These can be found on the Home Instead website http://www.homeinstead.com.au/resources/default.html • The Seniors Southern Services Directory App is now available for android phone and tablet • The I Can(t) trial workshops continue – have delivered and evaluated 2, one in the North and one for Anglicare in the South. • Meredith has suggested a group of carers may be interested in being part of the trial • The Working Carers Project – post-evaluations have been collated and given to Trent to be analysed 	<ul style="list-style-type: none"> • Contact Meredith re I Can(t) trial and send information

<p>Information Sharing</p>	<p>Brenda – City of Mitcham</p> <ul style="list-style-type: none"> • 66 days until retirement • Successful audit end of last year • HACC funding received for transport, home and garden maintenance, focusing on the bush fire zone <p>Filomena – Carers SA</p> <ul style="list-style-type: none"> • social media training for carers and staff • postcard for carers to fill in - promote carer awareness – aimed at the State election • creative carer workshops • partners in depression • the meaning of caring - group counselling workshop • working carers - target organisations from workgroup – wanting to begin with Mitcham & Holdfast Bay <p>Kate - ECH</p> <ul style="list-style-type: none"> • exciting news - successful HACC funding <p>Carole - Resthaven</p> <ul style="list-style-type: none"> • vacancies available in day programs, groups and cottages <p>Justin – Uniting Care Wesley</p> <ul style="list-style-type: none"> • Group schedules for Unley and Brighton done for the year • stress management course for carers <p>Julie – City of Holdfast Bay</p> <ul style="list-style-type: none"> • plan to do more with carers this year • possibly more forums • money available for respite and ‘one off’ services 	
----------------------------	--	--

	<p>Carol – ACH</p> <ul style="list-style-type: none"> • in the west vacancies - Swan Cottage • level 2 vacancies West Torrens and Port Adelaide <p>Meredith – Carer Support</p> <ul style="list-style-type: none"> • closure of southern office in the heat wave • stats for the last 6 months - 400 people visited the office • renovations not yet finished • opening will be soon • increasing volunteer base • regular activities • permanent full time respite worker based at southern centre <p>Eric – Alzheimer’s Australia SA</p> <ul style="list-style-type: none"> • new to role • in the process of developing support group for clients with younger onset dementia - similar model to older group • utilise a cafe or conference so can socialise after wards <p>Gael - ACH</p> <ul style="list-style-type: none"> • vacancies at Riverview 	
--	--	--

Next meeting date: 18 February 2014
Time: 2:00 to 4:00pm
Venue: City of Mitcham, Committee Room