



Southern Fleurieu and Kangaroo Island Positive Ageing Taskforce

✉ PO Box 11, Victor Harbor, SA 5211 | ☎ (08) 8551 0571 | email: mfuller@victor.sa.gov.au

PROJECT OFFICER REPORT – October 2018

Spring is here and time for the October report. I feel the year is hurtling by at an incredible pace, and it has been flat strap here with our Taskforce priorities and projects. As I write this, we are in the midst of Festival week with the Flourishing on the Fleurieu Festival in full swing! It will be great to receive feedback from the participating community groups and organisations to hear how the new format rolled out. The CADDY Project is continuing to progress, with some interesting outcomes emerging. The combined SA Collaborative Projects 'Putting into Practice: Wellness & Reablement' event was held on 31 August with very positive feedback, particularly in relation to the actor role plays. It was also our turn to host the general Southern Fleurieu Service Provider Network meeting in August, the presentation about 'Forgotten Australians/Care Leavers' was very well received.

To access Positive Ageing Taskforce information, visit our Taskforce webpage www.victor.sa.gov.au/flourishing

2018 Taskforce Membership

We are currently updating our member contact list, in preparation to redistribute to Taskforce network members. Thank you to those who have provided updated contact details, if any other members need to update contact details or no longer wish to be part of the Taskforce, please advise via email mfuller@victor.sa.gov.au

Apologies for the delay in distributing the updated contact list – edits are still being finalised and the network list will then be distributed.

If you know of any service providers, agencies or other key stakeholders who would like to participate in the Taskforce, please feel free to forward my contact details. The Taskforce Membership Form is also available online at www.victor.sa.gov.au/flourishing

Taskforce Chairperson & Deputy Chair

As previously advised, we welcome Michelle Dugmore from My Care Solution to the role of Taskforce Chairperson. Following our August meeting, we also welcome Liz Cleland, Coordinator of Railway Cottage Program, to the role of Deputy Chair. Sincere thanks to both Michelle and Liz for taking on these roles to support the Taskforce.

Flourishing on the Fleurieu

1. **Flourishing on the Fleurieu Festival 2018** – The aim of the 2018 Festival was encouraging community participation and 'exploring the possibilities' for getting involved in your local community; as a collective effort to address loneliness and social isolation. This year's Festival trialled a new format, with community groups and organisations invited to host events and activities within local communities across the Fleurieu region. We were overwhelmed with the response; 27 community groups and 15 organisations collectively hosted over 100 diverse activities/events to celebrate Active Ageing Week, 23 to 29 September 2018. As part of the Festival, on 25 September, the Taskforce hosted a screening of Alexandrina Council's 'We Hear You' intergenerational film produced by Lyn Pike. The Festival was broadly promoted in local newspapers, print media, radio and social media. Participating groups and organisations also actively promoted the Festival. 2000 Festival Programs and 500 Festival booklets were distributed via local councils, libraries and targeted community



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outlets; with electronic versions available at www.victor.sa.gov.au/flourishing. Participating groups and organisations have been requested to provide feedback about their activity/event, which will be collated and shared.

Dementia Friendly Communities

2. **Dementia Friendly Communities project:**

- a. **Online 'Trello' resource:** We are currently reviewing the Trello resource as a platform for sharing information about local dementia-specific services and information sessions/workshops. This will be discussed at the October network meeting. Currently the trello resource can be accessed via www.victor.sa.gov.au/flourishing
- b. **The CADDY initiative:** This initiative seeks to empower people living with memory loss and/or early stage dementia to feel valued, maintain independence and stay connected with the community. The CADDY Project is being trialled in 2018 supported by funding from Office for the Ageing via the Age Friendly SA grants. Project partners, Caring Neighbourhood Program and Community Connect Program, have been busy progressing implementation of the project. A mid-project report was submitted to Office for the Ageing on 1 August. Following consultation with the project team, Dana from the Better Practice Project developed an extra training workshop for volunteer caddies focussing on enabling strategies for wellness and reablement which was delivered on 28 August, 18 people participated in the workshop including caddies and other individual social support volunteers from Community Connect and Caring Neighbourhood Programs. Feedback from the workshop was extremely positive and Dana will facilitate a follow up session on 13 November. A project team meeting was held on 4 September, to discuss details and timing of evaluation interviews with project participants and caddies, it is likely these will occur during late October and through November. People living with memory loss who are interested in the caddy project are encouraged to contact My Aged Care to request referral, or contact Caring Neighbourhood Program (Victor Harbor) or Community Connect Program (Alexandrina) for registration details. Community members interested in volunteering for the caddy role can also find out more information by contacting either program. For general enquiries about the CADDY project please contact mfuller@victor.sa.gov.au or phone 8551 0571.

Workforce Development & Training

3. **SA Collaborative Projects state event – WELLNESS & REABLEMENT Putting into Practice:** This event was held on Friday 31 August 2018, 9.00am – 4.00pm, at Sunnybrae Estate, featuring Actor Role Plays and World Café interaction, as well as key note speakers and pitch presentations. Michelle and Helen presented a pitch about the CADDY Project as part of the pitch presentations. 130 people attended and participated in the day's activities. Feedback received from the event was extremely positive. Presentations and resources from the day will be made available on-line, further details will be forwarded once available.
4. **Better Practice Training Workshops:** For further training and professional development opportunities please visit: <https://www.acsa.asn.au/Education/Education-Programs.aspx?topic=Better%20Practice%20Project>



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Most training workshops accrue CPD, relevant CPD for each workshop is listed on website.

5. **ARAS Community Care talk** (presented by Deborah Bolt)

- For service providers: 9 October 2018 12.15 – 12.45pm (included in Taskforce network meeting)
- For community members: 9 October 2018 1.30 – 2.15pm at Gospel Centre, George Main Rd, Victor Harbor

Kangaroo Island

6. Update to be provided at our network meeting.

Ageing and Aged Care Communication from/to Department of Health

7. **Information about ageing and aged care** is available via:

- Department of Health website: <https://agedcare.health.gov.au/>
- Subscribe to newsletter: <https://agedcare.health.gov.au/ageing-and-aged-care-news-and-updates/advice-to-the-aged-care-industry>
- Announcements: <https://agedcare.health.gov.au/ageing-and-aged-care-news-and-updates-advice-to-the-aged-care-industry/announcements>
- Webinars: <https://agedcare.health.gov.au/ageing-and-aged-care-news-and-updates/webinars>
- Publications: <https://agedcare.health.gov.au/publications-and-articles>
- Consultations: <https://agedcare.govcms.gov.au/ageing-and-aged-care-news-and-updates/consultations>
- Speaking Requests: <https://agedcare.govcms.gov.au/news-and-updates/aged-care-speaking-requests>
- Aus Tender: <https://www.tenders.gov.au/>
- Multi-Purpose Services (MPS) Subscription: <https://agedcare.health.gov.au/programs-services/flexible-care/multi-purpose-services-program>

8. **Aged Care Roadmap:** future reform directions for aged care

https://agedcare.health.gov.au/sites/g/files/net1426/f/documents/04_2016/strategic_roadmap_for_aged_care_web.pdf

9. **DoH updates:**

- **Aged Care Regional, Rural and Remote Infrastructure Grants now open:** In the 2018-2019 Budget, the Australian Government announced funding of \$40 million for infrastructure investment in regional, rural and remote aged care. The department is inviting applications from existing approved residential and home care providers in regional, rural and remote areas. Commonwealth Home Support Programme services will also be considered, where there is exceptional need. Grants of up to \$500,000 per service are available. The application form and guidelines can be accessed via <https://www.grants.gov.au/?event=public.GO.show&GOUUID=F3773F29-D49A-6F68-33F7E0DDF2AA5847> Applications close 2pm (AEDT) 24 October 2018.
- **Reminder: draft single Charter of Aged Care Rights consultation has begun:** A new single Charter of Aged Care Rights (the Charter) is part of the Single Aged Care



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Quality Framework. It will replace the existing four charters relating to care recipients' rights and responsibilities.

The Charter will apply to people once they start receiving Government-subsidised aged care, including:

- residential care
- home care packages
- flexible care
- services provided under the Commonwealth Home Support Programme and the National Aboriginal and Torres Strait Islander Flexible Aged Care Program.

The department is seeking the assistance of all aged care providers to promote the public consultation and support consumers to provide their views. The consultation closes on Wednesday 10 October 2018. For more information, and to submit your comments, visit the [Consultation Hub](#). If you need any help with your online submission, contact qualityagedcare@health.gov.au.

- **Mandatory publication of home care pricing information:** A recent letter from the Minister for Senior Australians and Aged Care advised that changes will be made to [legislation](#) to improve home care pricing transparency. All home care providers must now publish their existing pricing information on the My Aged Care Service Finder by 30 November 2018. This will make it easier for consumers to make an informed decision about which provider is best placed to deliver their care. Providers need to use the My Aged Care provider portal to either:

- upload a document such as a PDF, or
- include a website URL link to their current pricing schedule.

A quick reference guide is available on the [department's website](#).

This change is part of a phased approach to improve the transparency and comparability of home care pricing information. To allow for this, the department is working with the sector to make further improvements to the My Aged Care Service Finder.

- **Unmonitored medical alarm upgrade offer by NBN Co**

NBN Co is offering eligible unmonitored medical alarm users the opportunity to upgrade to a new alarm at a reduced price. This will support your residents' move to the National Broadband Network (NBN).

Under the offer, all new alarms:

- have inbuilt battery backup
- can operate over the mobile network if a power outage affects a user's NBN connection.

For more information about the upgrade offer, visit the [NBN Co website](#)

OTHER

My Aged Care Support Program: COTA SA facilitates this service which provides practical one-to-one peer support for older people to help understand and navigate the My Aged Care gateway. Free assistance is available over the phone or face to face with a local volunteer Peer Champion. Our Fleurieu Peer Champion is Marilyn



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Henderson, she can be contacted directly on 0456 390 059, or alternatively, anyone can pop into Victor Harbor Library on Mondays between 10.00am – 12.30pm for a chat with Marilyn. The support offered is free, it's local, and provides neutral support and information on a range of aspects about My Aged Care associated with remaining living independently. 2018-19 anticipates seeing the project expand over the Fleurieu Peninsula with some exciting new initiatives yet to be confirmed.

For further information about the project, please contact COTA SA Country free call 1800 182 324 or Helen Morley, Project Officer, on hmorley@cotasa.org.au or 82320422 or visit <https://www.cotasa.org.au/programs/my-aged-care-support.aspx>

COTA SA gratefully acknowledges the financial and other support from Country SA PHN and the Australian Government Department of Health.

Southern Fleurieu Service Provider Network Meeting 21 August 2018: The Taskforce hosted the general Service Provider Network Meeting this term with 29 people attending from a diverse range of organisations. Guest speakers, Kelly Francou and Josephine Littlehawk, presented about the important work being undertaken by Relationships Australia Elm Place to support Forgotten Australians. Elm Place provides state wide services for people who have experienced institutional and Out-of-Home care. Many Forgotten Australians are concerned about being re-institutionalised as they age leaving them more vulnerable to re-traumatisation through practices that are not trauma informed. We extend our appreciation to Kelly for her presentation, and particularly to Josephine who generously and courageously shared some of her lived experiences with us. Discussions are underway to book a presentation for an upcoming Taskforce network meeting.

Michelle Fuller | Project Officer Southern Fleurieu and Kangaroo Island Positive Ageing Taskforce
26 September, 2018.

