



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



Southern Fleurieu and Kangaroo Island Positive Ageing Taskforce

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

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>



Southern Fleurieu and Kangaroo Island Positive Ageing Taskforce

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

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.

