

# SOUTHERN FLEURIEU AND KANGAROO ISLAND POSITIVE AGEING TASKFORCE

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Minutes of the Southern Fleurieu Positive Ageing Taskforce meeting  
Held in the Council Chambers, City of Victor Harbor on  
**10 October 2017 12-2pm**

The meeting commenced at 12.15 pm

## 1 PRESENT

Beth Moore	Alexandrina Council
Esther Fluri	Southern Cross Community Care
Gary Crook	Yankalilla Council – Transport Coordinator
Gwyn Elson	ACH Group
Helen Deguet	Caring Neighbourhood Program
Jo Daniels (minutes)	CNP - Program Support
Joan Martin	Resthaven – Community Care
Karen Allen	TAFE SA
Kerry Mart	ACH Group
Laura Ball	ECH
Leanne Sanders	Kalyra Communities
Liz Cleland	Country Health Connect – Railway Cottage
Lynda McCarty	Royal Society for the Blind (RSB)
Lynn Field	Alzheimer's Australia SA
Mark Oliphant	City of Victor Harbor
Michelle Fuller (chair)	Project Officer, Positive Ageing Taskforce
Nyree Thompson	St Louis Home Care
Pauline Kearns	YNA
Sue Cichon	Resthaven
Sue Wiese	St Louis Home Care
Terry Mangelsdorf	Carers SA - CRCC
<b>Guest Speaker:</b>	
Dr Matthew Leach (until 1.30pm)	Uni SA Department of Rural Health
<b>Attending for presentation:</b>	
Leann Symonds	Fleurieu Families

## 2 APOLOGIES

Corrie Burnside	Home Instead Senior Care
Elizabeth Kennedy	Country SA Primary Health Network
Jan Atkinson	Home Instead Senior Care
Janice Moon	Barossa Hills Fleurieu Rural Region - CHSA
Jenna Argent	ECH – Hub Manager
Jo Wilkin	TAFE SA – Coordinating Lecturer
Johanna Milbank	Regional Development Australia, Hills Fleurieu & KI
Kathryn Quintel	Global dementia services
Michele Pearce	YNA – RN
Michelle Dugmore	Calvary Community Care
Sara Manser	Country SA Primary Health Network
Sophie Green	Carers SA – CSW Southern Fleurieu
Sue Tucker	Carers SA – SF & KI Team Leader
Tim Hutchinson	TAFE SA – Regional Manager
Valerie Sandlant	James Brown Memorial Trust

## 3 Acknowledgement of Country – Michelle Fuller

Michelle opened the meeting, Acknowledgement of Country and welcomed everyone.

## 4 INTRODUCTIONS

All members introduced themselves with their name and the organisation represented.  
Welcome to Dr Matthew Leach, Uni SA Department of Rural Health who will be presenting today.

### 5 MINUTES OF PREVIOUS MEETING – 8 August 2017

Minutes of the previous meeting held on 8 August were confirmed as true and correct.

*Liz Cleland confirmed and Joan Martin seconded that the minutes of the last meeting were true and correct.*

### 6 GUEST PRESENTATION: Dr Matthew Leach – UniSA Department of Rural Health

Matthew delivered a presentation outlining the preliminary findings of the Regional SA Health Needs Survey comparing 'Fleurieu Peninsula' data with 'Regional SA' data and 'All of SA' data. A copy of Matthew's powerpoint presentation has been distributed to Taskforce members along with the link to the survey, a paper copy of the survey, and promotional flyer. Further participants are needed from the Fleurieu region to contribute to a larger sample size to be able to generalise the findings.

### 7 FLOURISHING ON THE FLEURIEU

#### 7.1 Festival 2018

An initial planning meeting will be scheduled for mid-late November 2017. Members interested in sharing their skills as part of the planning team are invited to contact Michelle via [mfuller@victor.sa.gov.au](mailto:mfuller@victor.sa.gov.au) or 8551 0571

### 8 DEMENTIA FRIENDLY COMMUNITITES

#### 8.1 CADDY initiative

Michelle has just applied for an Age-Friendly SA Grant to support a trial CADDY project within two local social support programs (Caring Neighbourhood Program and Alexandrina Council's Community Connect Program). A partnership is currently being explored with Vanessa Leane and UniSA to assist with resource development and evaluation of the project.

#### 8.2 Promotion of local dementia services and support online 'trello' hub

Ideas and suggestions are most welcome for how to broadly promote this great local resource to service providers, GPs and community members. Any service providers offering dementia-specific services are invited to forward information which can be added to the electronic noticeboards. These noticeboards will be regularly updated. Visit [www.victor.sa.gov.au/flourishing](http://www.victor.sa.gov.au/flourishing) to access the links for this online resource. It was suggested that the resource be promoted via the new City of Victor Harbor Facebook page.

#### 8.3 Dementia Friendly Communities Training for Businesses/Volunteers

Further information about any scheduled upcoming community training provided by Home Instead Senior Care will be distributed via email.

### 9 WORKFORCE DEVELOPMENT & TRAINING

#### 9.1 Multicultural Aged Care – Cultural Awareness Seminar

Multicultural Aged Care will deliver Cultural Awareness training in the Fleurieu region on Tuesday 17 October 2017, 1.00-4.00pm, at the Flinders University Rural Clinical School, Bay Rd Victor Harbor. For aged care and health service providers. Cost \$40. Bookings via: [www.eventbrite.com.au/e/cultural-awareness-training-in-the-fleurieu-region-tickets-37026148206](http://www.eventbrite.com.au/e/cultural-awareness-training-in-the-fleurieu-region-tickets-37026148206)

### 10 KANGAROO ISLAND

10.1 Update (Marjo Smith) not available

### 11 ISSUES FOR STRATEGY AND PLANNING

#### 11.1 Ageing and Aged Care communication to/from Department of Health

**11.1.1 DOH Service Stocktake Report Sector Support and Development & Funding extension** – The progress report, for the period 1 January to 30 June 2017, outlining Taskforce compliance and reporting against our Activity Work Plan was submitted on 14 August 2017. We have received notification of the extension of Commonwealth funding for Sector Support and Development until June 2020, in alignment with CHSP funding for service provision – awaiting formal agreement and conditions of funding.

**11.1.2 Integrated Care at Home Program Discussion Paper** – The Taskforce submitted a regional response, collated from members' feedback, to the Department of Health's Discussion Paper titled 'Future reform – an integrated care at home program' on 16 August 2017. Feedback will be used to inform government decisions on an integrated care at home program.

**11.1.3 Good Practice Guide to Consistent Assessment** – This new resource was released by the Commonwealth Department of Health in August. The purpose of the guide is to help assessors achieve consistency in assessment by detailing good practice standards in how they record information. The Guide provides specific tips and techniques on these tasks and activities for

assessors to follow at different stages of the assessment process, such as engaging with providers during the match and refer process. It addresses issues such as the audience of assessment documentation and consistent completion of the assessment summary by RAS and ACATs.

## **12 STATE/COMMONWEALTH UPDATES**

### **12.1 Country Health Update (Janice Moon) – not available**

### **12.2 Country SA Primary Health Network update (Liz Kennedy – via email)**

Update for inclusion in meeting minutes:

- Summit Health providers for mental health programs in Fleurieu
- Regional Access is an online Country SA wide initiative which provides low intensity intervention support while clients wait for psychotherapy face to face services

Regional Access Program will launch on 9th October in Port Lincoln and may be accessed by 15+ years

Resources are expected to follow on from the launch

- Hello Sunday Morning addresses alcohol and other drugs and has an app which is accessible called Daybreak for self-regulation and monitoring and support

Two weeks free access for trial

Contact Summit Health for access code for free registration for one year

- Tumbelin via Baptist Care also addresses AOD in youth in the area 15 yrs +
- Breaking the Cycle forum to be delivered on KI October 25th as an extension from the Victor Harbor session
- Moorundi commissioned service based in Murray Bridge. Indigenous Health Project office and Care Coordinator and Aboriginal Outreach Worker service Victor Harbor once per week. Based at the South Coast Hospital.
- Moorundi are working in partnership with Victor Harbor Medical to support clinics
- Moorundi are commissioned to provide program to Indigenous peoples in Victor Harbor to include chronic disease management, tobacco cessation, nutrition and physical activity, harmful substances, healthy relationships and access to health checks.
- 5 sessions are to be delivered over 10 weeks
- HEAL (Healthy, eating and Lifestyle) programs. Summit Health have the tender to deliver this program. Adelaide Hills the Fleurieu and the Murray Mallee will receive 4 x 8-week programs.
- Summit Health connected with Johanna Millbank who is running a workshop with Test Kitchen to target isolated people in the community and supports healthy eating habits
- COTA (Council on the Ageing) have been commissioned to support My Aged Care support Volunteers have been recruited as Aged Care Peer Champions (2 in Victor Harbor – Ann Hamilton and Marilyn Henderson). Training for volunteers was held on Friday 29 September. Free Community Information session is organised for 15 November at the Gospel Centre, Victor Harbor from 9:30 – 12:30.

## **13 NEW AND EMERGING ISSUES / OPPORTUNITIES**

### **13.1 COTA SA My Aged Care Support Program and Community Information Session**

As per last item in Country SA PHN update at 12.2. Promotional materials have been distributed via email to Taskforce members. Service providers interested in hosting an information stall at the Community Information Session on 15 November are encouraged to contact Helen Morley [hmorley@cotasa.org.au](mailto:hmorley@cotasa.org.au) or 8224-5515

### **13.2 Certificate III Individual Support (Home & Community) student placements**

TAFE SA Victor Harbor campus has experienced a significant increase in the proportion of Certificate III Individual Support students choosing a Home & Community care specialisation. This means that more Home and Community student placements are required in the area to meet the vocational placement requirements of the course. Students are required to undertake a 120 hour vocational placement as part of their course. At this stage there is only one local organisation that currently hosts HAC student placements, with capacity to host one student at a time. While several organisations who provide Home and Community services are currently exploring student models, it has been extremely challenging to find enough placement options for students. The only other option available for students is to try to gain employment with a HAC provider while undertaking the course and then arrange to get their logbook skills competencies assessed as an employee. TAFE SA are interested to hear from any organisations who may have capacity to host student placements – please contact Jo Wilkin [jo.wilkin@tafesa.edu.au](mailto:jo.wilkin@tafesa.edu.au) or phone 8552 0222.

### 14 ROUND ROBIN

**Esther Fluri (Southern Cross Care Home & Community Services):** Esther announced that she will be retiring this month. New contact email for Southern Cross Care Community Services is [hss.fleurieu@southerncrosscare.com.au](mailto:hss.fleurieu@southerncrosscare.com.au)

**Laura Ball (ECH):**

**Dietetics** - Hayley Adamson has commenced on Monday 9<sup>th</sup> October, ECH Torrens Street (beside Coles) Hayley will be available for consultations every fortnight (Mondays) between 9am – 4pm  
Fees: MBS: no gap fee, MAC Initial / Review Consultation: \$25 / \$15, Private Initial / Review Consultation: \$75 / \$55. For bookings 1300 275 324 or drop into one of the sites on Cornhill Road or Torrens Street  
**Zest Fest** - Wednesday 18<sup>th</sup> October 2017, 5.30pm – 7.30pm, ECH Torrens Street, Victor Harbor  
This event is a showcase of various services and activities offered at ECH. There will be entertainment, drinks, nibbles, and some activities. RSVP for catering purposes to ECH 1300 275 324

**Carers SA:** Creative Ways to Care program for people caring for someone living with dementia - commencing 31 October 2017 for six weeks at Flinders University Rural Clinical School. For further information please contact Carers SA Victor Harbor office on 8552 3173, registration is essential.

**Lynn Field (Alzheimer's Australia SA):** Family Carer Workshops in Victor Harbor scheduled for 9 & 27 November 2017 at Flinders University Rural Clinical School. Registration is essential as numbers are limited. For further information or to register please contact AASA on 8372 2100. Lynn has also been doing some 'Memory and Ageing' talks in the local area.

**Beth Moore (Community Connect – Alexandrina Council):** Have commenced a 'Long table' lunch in Mt Compass, Dad's and Kids dinners continue, Memory Hub has opened in Strathalbyn Library, Zest for Life event at the Community Hub on 27 October to celebrate the Hub's 1<sup>st</sup> birthday and will launch the Make It Intergenerational film project 'We Hear You'.

**Johanna Milbank (RDA Hills Fleurieu and KI):** The Tapping the Demographic Dividend project has been funded by PIRSA for its third and final year. Update on Initiatives underway for 2017-18 are:

- NO One Need Eat Alone Tonight (NooN EAT) project looking at social eating programs in the Fleurieu. Workshop to be held for Coordinators of social eating programs to discuss what's working well, what's not, are there any gaps and is demand being met considering the further 5% increase in the 65+ population over the Fleurieu region. This is the first step to examine these issues and opportunities in this area and seek to improve what we do and develop collaborative solutions. Three different models will be developed and tested. Organisations attending to date are: ECH, ACH, Meals on Wheels, VHC, Alexandrina Council, Yankalilla Council, HEAL (Healthy Eating Active Lifestyles) program, Home Instead, PHN.
- Inclusive Tourism – 13 tourism businesses have taken up the offer of free Inclusive tourism business reviews (5 conducted to date) for information provision, customer service and infrastructure with short, medium and long term strategies identified to enhance their business to cater for people of all abilities. The RDA is also supporting a similar initiative in the Adelaide Hills where 12 business reviews are being conducted and the main tourism site updated with inclusive tourism information. The Hills initiative is a partnership between the Hills PATF, PHN, Adelaide Hills Council and Adelaide Hills Tourism.
- Make it Intergenerational Project with Alexandrina Community Hub will launch Zest for Life (previously Every Generation Festival) on October 27<sup>th</sup> at Goolwa.
- Skilled Volunteering and Mentoring project with Southern Volunteering has commenced with good progress already with skilled volunteers being identified and matched to roles. A workshop will be held at the next Southern Volunteer Regional Managers Network meeting on 24<sup>th</sup> October with presentations from a skilled volunteer and an organisation that engages skilled volunteers show casing the benefits for individuals and organisations. There will also be some training conducted on the day.
- Food and the Seniors Market – The RDA is working with PIRSA (Primary Industries and Regions SA) developing up a project to encourage and support food producers in looking at the opportunities that the seniors market presents. Two market research focus groups will be held in the Fleurieu and two in metro to ask seniors about their food preferences, needs and issues. Main topics will be likes and dislikes, portion sizes, nutrition, packaging, language, market gaps etc. The target market is seniors who live independently and could cover individual products, dining out, convenience meals, food boxes etc. This market knowledge will then be made available to the industry with several businesses support in new product development. Other partners will include University of SA, SARDI, Food SA, Fleurieu Food and industry. Thomas Farms Kitchens has already shown interest to be involved.

**Meeting was closed at 2.15 pm**

**NEXT MEETING:**

Tuesday 12 December 2017 at 11.50 am for 12 noon start, City of Victor Harbor Council Chambers.  
Guest presenter: Roy Inglis, Senior Grant Manager, Department of Health