

SOUTHERN FLEURIEU AND KANGAROO ISLAND POSITIVE AGEING TASKFORCE

Minutes of the Southern Fleurieu & Kangaroo Island Positive Ageing Taskforce meeting
Hosted online via Zoom
Tuesday 10 August 2021 12.00 – 2.00pm

The meeting formally commenced at 12.03 pm

1 PRESENT

Ambre Johnson	Estia Health
Helen Deguet	City of Victor Harbor - Caring Neighbourhood Program
Helen Morley	COTA SA – Country Programs Officer
Jo Daniels (notes for minutes)	City of Victor Harbor - Caring Neighbourhood Program
Kym Perry	Aged Care Alternatives - RAS
Leann Symonds	City of Victor Harbor – Acting Manager Community Services
Marilyn Henderson	elected member City of Victor Harbor
Michelle Fuller	Project Officer, Positive Ageing Taskforce
Sara Manser	Country SA PHN
Shane Smith	Carers SA
Stefanie Barnes	Carers SA
Victoria Cornell (Chair)	ECH
Guest presenters:	
Meg Schwarz	Helping Hand
Fran Lovell	Helping Hand
Thomas Nowak	Department of Education
Tim Hutchinson	Department of Education

2 APOLOGIES

Carol Schutz	Southern Cross Care
Carolyn Pratt	Rembrandt Living
Jenny Nobbs	YNA
Lynne Arbon	Southern Volunteering SA Inc
Meagan Wittchen	Goolwa Medical Centre
Michelle Brunton	DSS – BLCW Program
Sue Rudall	Rebekha Sharkie Electorate Office
Stuart Thomson	Fleurieu Physio & Wellness
Wendy Oliver	Estia Health

3 Acknowledgement of Country – Victoria Cornell

Victoria opened the meeting, conducted Acknowledgement of Country and welcomed everyone.

4 INTRODUCTIONS

4.1 Welcome and Intro new members

All members introduced themselves with their name and the organisation represented. Special welcome to guest presenters Meg Schwarz & Fran Lovell (Helping Hand) and Thomas Nowak & Tim Hutchinson (Department of Education). We also extend a warm welcome to new Taskforce member Shane Smith (Carers SA) attending for the first time.

4.2 Mayo Office of Rebekha Sharkie MP – Positive Ageing Forum (Sue Rudall – via email)

Rebekha has passed on her thanks to all those who supported the recent Positive Ageing Forum held in Victor Harbor on 16 July. Over 300 people attended. The Forum included presentations by Ian Henschke (National Seniors Australia), Ian Yates (COTA), Maggie Beer, and a selection of community speakers. A range of community groups and organisations hosted stalls to offer information to attendees. Feedback from the event was very positive. Rebekha presented a formal speech in Parliament reflecting on the Positive Ageing Forums she hosted in Mount Barker and Victor Harbor – you can view this here: <https://youtu.be/gzZFzODQkXU>.

5 MINUTES OF PREVIOUS MEETING – 8 June 2021

Minutes of the previous meeting held on 8 June 2021 were confirmed as true and correct.

Moved by Leann Symonds, seconded by Marilyn Henderson.

All members confirmed that the minutes of the last meeting were true and correct.

6 CHAIRPERSON / Deputy Chair

Dr Victoria Cornell (Deputy Chair), who has been Acting in role of Chair, has kindly agreed to take up the role of Chairperson in the absence of any nominations. If anyone is interested in taking on the role of Deputy Chair, please contact Michelle mfuller@victor.sa.gov.au – it would be useful to have someone in this role to Chair meetings if Victoria is unable to attend.

7 ISSUES FOR STRATEGY AND PLANNING**7.1 Royal Commission – Government’s response / new aged care reforms**

As outlined in the ‘Australian Government Response to the Final Report of the Royal Commission into Aged Care Quality and Safety’, the reforms will be centred around five pillars to be delivered over five years:

1. Home Care: supporting older Australians who choose to remain in their home and access Home Care
2. Residential aged care services and sustainability: improving and simplifying residential aged care services and access
3. Residential aged care quality and safety: – improving residential aged care quality and safety
4. Workforce – supporting and growing a better skilled care workforce
5. Governance – new legislation and stronger governance.

<https://www.health.gov.au/initiatives-and-programs/aged-care-reforms/five-pillars-to-support-aged-care-reform>

While no further specific timeframes for implementing actions have been announced since the release of the comprehensive response. The Department of Health is hosting a series of aged care reform webinars, which can be accessed here: <https://www.health.gov.au/health-topics/aged-care/aged-care-resources/webinars-for-the-aged-care-sector> No RSVP is required for these live webinars and no limit to number of participants who can attend. You can also view previous webinars via this link.

The Department has engaged Boston Consulting Group to undertake an analysis of all aged care providers Australia-wide to explore providers’ readiness to adapt to sector reforms and how to best support the transition to the new support at home program. If you would like to express interest in taking part in an interview or panel discussions to contribute to the survey, email provider.research@bcg.com.

The regional Hills Mallee Southern Forum co-hosted by Collaborative Project Officers Michelle Fuller (Fleurieu), Julie Wilhelm (Hills) and Kay Stillwell (Murray Mallee) in Hahndorf in June was extremely successful, including a large number of stakeholders representing the Fleurieu region (refer minutes of June meeting item 10.3). The 47 participants from across our regions identified a number of key themes including Workforce, Funding (especially for administration processes), regional equity, Government Accountability to implement the reforms and transparent communication. Considerations for solutions to workforce concerns, and regional resourcing were also identified. The input from the day was collated and a summary report was sent to Department of Health and distributed to stakeholders via the regional positive ageing taskforce networks. Participants also requested more of these types of forums in relation to the proposed new reforms. We are currently exploring the potential to host another regional forum in October to be hosted in Fleurieu location (refer to item 13.1 in these minutes).

7.2 COVID-19 response

Discussion around the recent state lockdown and managing restrictions. Members present discussed older people’s reported weariness, vulnerability and fears. The experience of unpaid family carers and the compounding impact of social isolation was also discussed. There is concern about the mental health and wellbeing of older people and carers with the protracted impact of COVID-19. Several research projects are exploring the impact of COVID-19 on older people. The Department invites aged care stakeholders to complete a survey about Aged Care COVID-19 Grief and Trauma supports – details in Project Officer report for August.

8 COMMONWEALTH / STATE UPDATES

8.1 Department of Health Updates

Aged care content is located at <https://www.health.gov.au/health-topics/aged-care> This content is primarily directed at providers, assessors, and peak groups; while [My Aged Care](#) remains the primary source of information for consumers.

Key DoH web links, providing links to useful information and resources, are available on the online flourishing webpage for easy access www.victor.sa.gov.au/flourishing check out the 'Resources and Training' section.

Please refer to the Project Officer Report for August 2021 (*distributed to Taskforce members via email with Agenda on 3 August 2021*) for more detailed information on the following updates:

- **Royal Commission into Aged Care Quality and Safety:**
 - [final report](#) of the Royal Commission
 - [Australian Government response to the final report of the Royal Commission into Aged Care Quality and Safety](#)
- **Aged Care Reform Webinars:** To see what's coming up or watch past webinars, visit: <https://www.health.gov.au/health-topics/aged-care/aged-care-resources/webinars-for-the-aged-care-sector>
- **New COVID-19 Vaccine record keeping and reporting requirements commenced 27 July:** More detailed information on the reporting requirements, together with answers to frequently asked questions, can be found on the [department's website](#).
- **Reminder about emergency access to CHSP services:** As part of the Government's response to the COVID-19 pandemic, older Australians can access emergency CHSP services for up to eight weeks without an assessment in COVID-19 affected areas and where there remains an urgent need.
- **Extension of the COVID-19 support line:** The Older Persons COVID-19 Support Line has been extended until **31 December 2021** to ensure senior Australians get the services and assistance they need during COVID-19. Older Australians, their families, friends and carers can FREECALL **1800 171 866**
- **Delays in aged care police checks and NDIS Worker Screening Checks:** currently experiencing significant demand. This is causing delays to the processing of aged care police checks and National Disability Insurance Scheme (NDIS) Worker Screening Checks. Some delays may be up to eight weeks. Aged Care Worker Screening Guidelines are available on the [department's website](#).
- **Carrying forward unspent CHSP grant funding into 2021-22:** The department has approved the carry forward of all unspent funding from 2020-21 into 2021-22. For more information about this, please contact your Community Grants Hub Funding Arrangement Manager.
- **Aged Care Provider research project:** For further information and involvement email provider.research@bcg.com
- **Reminder to providers on Aged Care specific training modules:** Providers are reminded to ensure aged care staff have completed the COVID-19 [infection control training](#).
- **State and territory aged care COVID-19 information:** As the COVID-19 situation can change rapidly, aged care providers are reminded to stay up to date on visitor restrictions, PPE requirements and other measures relating to COVID-19 in aged care, from their relevant state or territory website. Link for [South Australia](#)

8.2 Country SA Primary Health Network update – Sara Manser

- Ageing Well EOI has now closed
 - A large number of applications were received
 - Currently being assessed and outcomes should be announced by the end of August

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- Palliative care is a hot topic at the moment and we are investigating gaps and possible commissioning opportunities in this space, particularly in remote country regions.*
- Mind Australia are being commissioned to provide Mental Health in reach services into RACFs
 - No GP referral required
 - 1:1 with focused strategies by Mental Health Clinician
 - For residents only
 - Being delivered at:
 - Estia Health - Encounter Bay
 - Resthaven - Port Elliot
 - ACH Group Residential - Goolwa
 - Southern Cross Care - Sandpiper Lodge Goolwa
 - ACH Group Residential - Yankalilla Centre
- COVID Vaccine rollout – CSAPHN still playing a big roll between Dept of Health and Vaccine Contractors
 - Reminder for people to use Healthdirect COVID19 Vaccine Eligibility Checker tool
 - <https://covid-vaccine.healthdirect.gov.au/eligibility?lang=en>
- Lud Allen – Sexual Health Sessions for Ageing has now concluded. Sexual Health resources have been purchased as part of this project and will be provided to RACFs in the Fleurieu.
- Commissioning Summit Health to support all Country SA RACFs with Telehealth capabilities with delivery of iPads and training. Contracted until December 2021 for this activity.

Contact Sara Manser, Country SA PHN Ageing Well Program Coordinator, for further information: smanser@countryaphn.com.au

***Regional Palliative Care Services Advocacy-** Leann Symonds, Acting Manager Community Services City of Victor Harbor, read out a letter that the Fleurieu Region Community Services Advisory Committee had received from Minister Wade announcing extra staffing for palliative care services in our region, following recent advocacy.

9 OTHER UPDATES

9.1 RAS (Kym Perry – Aged Care Alternatives)

Following the CHSP manual updates Resthaven has developed a template for an initial Home maintenance plan. This will be attached to the clients Portal- under “attachments” for providers to view. With the changes around Goods and Equipment, in particular increase the maximum amount to \$1000- a template has been developed to assist assessors in making this decision- ultimately the referral will be given to the OT to determine if there is a clinical need. This template is for staff use only and is optional whether staff upload to clients file.

Aged Care Alternatives has been having discussion and education around homelessness as there is an increasing number of people at risk of homelessness in South Australia. Shelter SA have given RAS staff an education session and provided fantastic resource information. Shelter SA information resource information has been added to our external one note program to assist our staff identify and support clients at risk of homelessness. Four RAS assessors have been invited to participate in a research program on Homelessness, which has recently commenced, with aim to aid in assessing risks of homelessness when undertaking the home support assessment. This is an internal research program with Resthaven and Shelter SA.

RAS continued to operate during the Covid-19 lockdown, with assessments conducted via phone, and now back to face to face, with masks, social distancing and prior health checks.

Contact: Kym Perry, RAS Team Leader, Aged Care Alternatives kym.perry@agedcarealternatives.net.au

9.2 COTA SA (Helen Morley)

- COTA SA *volunteer aged care peer champions* program funding from Country SA PHN concluded end June 2021, so champions service has ceased. COTA SA is awaiting the outcome of a funding tender submission to CSAPHN which if successful will have an ageing well focus.

- COTA SA Ageing Well Coordinator, Trudy Gore can be called for any aged care and ageing well support and information - phone service only. Call on free phone 1800 182 324 or email acs@cotasa.org.au
<https://www.cotasa.org.au/programs/independent-aged-care-support.aspx>
- Village Hub Grant - submitted for Fleurieu region and awaiting outcome.
- COTA SA Victor Goolwa Advisory Group – Volunteer advisory group led by Chair Loretta Byers who can be contacted on loretta.byers@bigpond.com or Secretary Liz Graham - b.graham@bigpond.com
- Community Visitors Scheme - In the Fleurieu 8 COTA Visitors Volunteers are regularly meeting with isolated older people to provide companionship and friendship. There are 10 more people in the area keen to have their own visitor. They are in Strathalbyn, Victor Harbor, Aldinga, Murray Bridge and edging up into Christies and Noarlunga. Visitors meet weekly or fortnightly to have a chat, or do an activity they both enjoy like cards, walking or having a coffee. Contact COTA SA to get involved Phone: 1800 182 324 Email: cvs@cotasa.org.au
<https://cotasa.org.au/programs/cota-visitors.aspx>
- COTA SA Rainbow Hub supported the establishment of Fleurieu Pride - an LGBTIQ+ group in the southern Fleurieu. Their aim is to connect LGBTIQ+ people in their community, to provide information, and to be a welcoming face to all at social catch ups. Rainbow Hub participated in a July forum in Victor Harbour on LGBTI people ageing well hosted by ECH. Weekly Goolwa Dinner for Lesbian Women held 6.00pm Wednesday nights at Goolwa Hotel, 7 Cadell Street.

Contact: Helen Morley, Country Programs Officer, COTA SA hmorley@cotasa.org.au

9.3 Carers SA – Community Connections program (Shane Smith)

Shane informed members that Carers SA have been successful in gaining funding to support the Kangaroo Island and Southern Fleurieu region with the new state-funded Community Connections Program. Even though unpaid carers are a priority to service in this program, support can be offered to any person in the community that is socially isolated, disconnected or requiring support to manage their own needs. The Community Connections program can provide:

- 12-week intensive support program
- For people living in South Australia aged 18 – 64 years (or up to 50 years ATSI)
- For people who are socially disconnected or whose independence and quality of life are at risk
- For People who do NOT currently have an NDIS package

Further information is available here: <https://dhs.sa.gov.au/services/community-services/community-connections-program>

Action: Michelle to forward emails from Shane (KI) and Angela (Southern Fleurieu) to Taskforce network.

Contacts:

- Shane Smith, Community Coach and Connector – Kangaroo Island, Carers SA shane.smith@carerssa.com.au
- Angela Lubotzki, Community Coach – Southern Fleurieu, Carers SA angela.lubotzki@carerssa.com.au

10 WORKFORCE DEVELOPMENT & TRAINING

10.1 Older Person Mental Health First Aid Training (Leann Symonds)

Leann discussed the potential benefits of bringing the Older Person Mental Health First Aid (MHFA) training to our region. This is a 12-hour course where adults (18 years and over) can learn how to provide initial support to older adults (aged 65 and over) who are developing a mental health problem, experiencing a worsening of an existing mental health problem or experiencing a mental health crisis. Course participants learn about the signs and symptoms of the common and disabling mental health problems, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation. <https://mhfa.com.au/accreditations/instructor/omhfa>

The Flinders Rural and Remote Health SA Community Partnership Grant is currently open until 27 August, that may provide an opportunity for funding the Older Person MHFA training to be delivered to our region: <https://www.flinders.edu.au/flindersruralhealthsa/community-engagement>

Action: Michelle to email information about the grant to Taskforce members.

11 FLOURISHING ON THE FLEURIEU

10.1 Flourishing on the Fleurieu Festival 2021

Michelle provided feedback and evaluation data at our June meeting, refer to minutes.

Action: Michelle to email Infographic evaluation summary to Taskforce members with Minutes.

12 DEMENTIA FRIENDLY COMMUNITITES

Relevant updates about DFC initiatives to be provided at October meeting.

13 NEW AND EMERGING ISSUES / OPPORTUNITIES

13.1 New Aged care Reforms – regional forum October 2021

Following on from the successful Forum hosted for the Hills, Mallee, Southern region focused on the new aged care reforms in June. Michelle is currently working with her colleagues in Hills, Murray Mallee, and Onkaparinga areas to plan another Forum. This Forum is likely to be held on 22 October 2021 with a focus on 'Workforce', we are exploring options for a venue in the Fleurieu region.

13.2 VET in Schools – Industry Reference Group meeting (Thomas Nowak & Tim Hutchinson - Department of Education)

Thomas provided a brief overview about Vocational Education and Training (VET) for School Students policy and the repositioning of VET within secondary education. Thomas outlined proposed Flexible Industry Pathway in relation to Aged Care and Disability, with the aim to offer industry immersion activities throughout secondary school years – suggesting some possible examples. A copy of the presentation slides is attached. They are looking to host an *Industry Reference Group meeting* with interested local aged care service providers and Fleurieu region schools to explore potential options. The plan is to help raise awareness amongst school students of the many different roles that exist within the aged care sector. This is a great opportunity for aged care organisations to partner with local schools in new and creative ways to help address ageism, challenge the stereotypes and myths about aged care, and inspire a new generation to get excited about the opportunities and rewards of engaging with seniors and elders. To get involved or find out more information contact Thomas Thomas.Nowak@sa.gov.au or Tim Timothy.Hutchinson@sa.gov.au.

14 GUEST PRESENTATION

14.1 New resources to support aged care providers to engage with Forgotten Australians / Care Leavers – presented by Meg Schwarz & Fran Lovell from Helping Hand

Meg and Fran provided a brief overview of the *Real Care Second Time Around Project*, a collaborative project of Helping Hand in partnership with Flinders University, Relationships Australia SA (Elm Place) and Forgotten Australians / Care Leavers. The new resources developed as part of this project were also presented:

- Top 10 Questions for Forgotten Australians
- Practical Tips to Assist Aged Care Providers to Engage with Forgotten Australians – case studies
- Practical Tips to Developing an 'About ME' one-page profile

Link to resources: <https://www.helpinghand.org.au/about-us/diversity-inclusion/forgotten-australians/>

For more information, refer to attached copy of presentation slides. Also attached is a comprehensive presentation kindly shared by Meg, which includes more background about Forgotten Australians / Care Leavers. Vimeo one hour presentation: <https://vimeo.com/583267551/2d8a947aa8>

Please help promote these valuable resources and awareness about the specific needs of Forgotten Australians / Care Leavers.

Meg Schwarz
Email: mschwarz@helpinghand.org.au
Project Officer (Forgotten Australians)
Helping Hand
Phone: 08 8224 7813 Mobile: 0437 322 805

Fran Lovell
Email: flovell@helpinghand.org.au
Project Manager – Real Care Second Time Around
Helping Hand
Phone: 08 8224 7871

15 ROUND ROBIN

The following updates have been provided by Taskforce members for inclusion in the minutes.

Fleurieu Physiotherapy & Wellness Pty Ltd – Stuart Thomson

Fleurieu Physiotherapy and Wellness Pty Ltd trading as Fleurieu Physiotherapy & Wellness, and as Goolwa Occupational Therapy, offers Physiotherapy and Occupational Therapy services from their clinic at 10 Dawson Street, Goolwa SA 5214. They also offer contract services to residential aged care facilities, and brokered services to clients with home care packages in the clinic or in the home.

Contact: *Stuart Thomson, Director, Fleurieu Physiotherapy & Wellness, stuart.fleurieuphysio@gmail.com*

BLCW Program – Michelle Brunton

The following information was distributed via the Positive Ageing Taskforce network prior to the network meeting due to the tight time frame:

For organisations looking for employees there is the Adelaide South Jobs Fair

Are you looking for staff? Exhibit at one of our upcoming Jobs Fairs for FREE!

Jobs Fairs allow you to showcase your job opportunities and connect with enthusiastic job seekers face-to-face. Not only are the Jobs Fairs free to exhibit at, but you could find your next star employee. The following events are now taking registrations, so be sure to submit your interest today.

Adelaide South Jobs Fair – Wednesday, 18 August – If you have any questions or would like to know more about how you can be involved in the Jobs Fairs, email the team at JobsFairs@dese.gov.au

Charlotte Adams & Kerri Alexander

Jobs Fairs| Workforce, Industry and International Policy Branch

Labour Market and Workforce Policy Division

Australian Government Department of Education, Skills and Employment

Phone (02) 6121 5704 (Charlotte) or (02) 6121 5572 (Kerri) www.dese.gov.au

Contact: *Michelle Brunton, Regional Coordinator, Limestone Coast-Murraylands-Fleurieu & Kangaroo Island, michelle.brunton@blcwprogram.com.au*

16 NEXT MEETING: Tuesday 12 October 2021, 12 noon – 2pm

Meeting was closed at 1.55pm

SFKI Positive Ageing Taskforce Network 2021 meeting dates 12 noon – 2 pm
Tuesday 9 February
Tuesday 13 April
Tuesday 8 June
Tuesday 10 August
Tuesday 12 October
Tuesday 14 December