

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 – February 2018

Happy New Year! Hope you are enjoying a positive and satisfying start to 2018 and I look forward to another busy and productive year with our Taskforce activities. The CADDY project is starting to take shape and we look forward to implementing this throughout the year. 2018 Flourishing on the Fleurieu Festival will also be held later in the year.

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

2018 Taskforce Membership

If you need to change your details or no longer wish to be part of the Taskforce, please advise via email mfuller@victor.sa.gov.au. 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

Flourishing on the Fleurieu

1. **Flourishing on the Fleurieu Festival 2018** – The 2018 Festival Planning Team will re-group this month, meeting on 12 February to progress planning for this year's Festival. It has been suggested to host the Festival during Active Ageing Week 23-29 September 2018, with a theme focussed on connecting people with local communities, and trying to reach those more isolated within communities.

Dementia Friendly Communities

2. **Dementia Friendly Communities project:** local dementia-friendly communities initiatives will continue this year.
 - a. *Dementia Alliance:* Throughout last year we promoted the option of establishing a local Dementia Alliance group to help advocate for the needs of people living with dementia, their families and carers. It was anticipated that a Dementia Alliance would provide feedback to the Dementia Action Group to help shape future efforts to make our community more aware and inclusive of the needs of people living with dementia. To date, we have not received much interest from community members, so we may need to review this initiative and explore alternative means of involving people with lived experience of dementia in future dementia-friendly initiatives.
 - b. *Online 'Trello' resource:* Information about local dementia services and support available in Southern Fleurieu region can be accessed via www.victor.sa.gov.au/flourishing. Please forward any information about local dementia-specific services or upcoming dementia information sessions/workshops so we can add to these to the electronic noticeboards. Please note, flyers and posters can also be uploaded. We will explore how we can promote this valuable resource more broadly within the community and to service providers and GPs.
 - c. *The CADDY initiative:* Empowering people living with memory loss and/or early stage dementia to feel valued, maintain independence and stay connected with the community. We are very excited to be trialling this initiative in 2018, using the existing infrastructure of the Caring Neighbourhood Program and the Community Connect Program. Our successful application of an Age Friendly SA grant through Office for the Ageing will help fund an advisor/consultant and the project evaluation. Lindsay Tighe from 'Better Questions' will provide training and consultancy services to support program staff to build on profiling skills and develop some practical wellbeing

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profiling/planning resources that can be refined during implementation of the project. Volunteers will be recruited and trained for the caddy role, including specific training related to memory loss support. The project will be promoted to community members living with early stage memory loss and/or dementia to offer the opportunity to participate. Key learnings, recommendations and relevant resources developed during the project will be made available to other interested programs and services.

Workforce Development & Training

- 3. Keeping Connected Workshop:** Better Practice Project and SA Collaborative Projects will be rolling out this training across SA regions this year. This workshop is valuable for people working in social and community programs. It was developed around the findings from 'Alone in a Crowd' research by South Australian Mandy Stanley. The research challenges stereotypical concepts associated with old age and points to the significant health risks facing older people who live with loneliness. Concepts and issues of loneliness, community belonging and building capacity will be investigated in this interactive space to provide opportunities for you to explore how you can work with people experiencing loneliness. This training will be available in the Southern Fleurieu region on 13 March 2018, 1.00 – 4.00pm at Flinders University Rural Clinical School, Bay Road Victor Harbor. Please book early as places are limited, RSVP to Vicki Smith vicki.smith@acsa.asn.au

Kangaroo Island

4. Update to be provided at our network meeting.

Ageing and Aged Care Communication from/to Department of Health

- 5. 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>
- 6. 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
- 7. Department of Health Progress Report Sector Support and Development:** This progress report on Taskforce activities 1 July to 31 December 2017, outlining compliance and reporting against our Activity Work Plan, was compiled and submitted on 31 January

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2018. All deliverables have been met, other than our dementia friendly communities' initiatives which are ongoing.

OTHER

8. **My Aged Care Support Program:** COTA SA is facilitating this program, funded by Country SA PHN, 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 initially, with the option of a local Peer Champion meeting face to face if required. Our local Peer Champions are: Anne Hamilton 0456 388 610 and Marilyn Henderson 0456 390 059. For further information, please contact COTA SA Country free call 1800 182 324 or Helen Morley (Project Officer) hmorley@cotasa.org.au

Michelle Fuller

Project Officer Southern Fleurieu and Kangaroo Island Positive Ageing Taskforce

6 February, 2017.