

SOUTHERN FLEURIEU AND KANGAROO ISLAND POSITIVE AGEING TASKFORCE

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

The meeting commenced at 12.15 pm

1 PRESENT

Beth Moore	Alexandrina Council
Carol Schutz	Southern Cross Care - HSS
Carolyn Pratt	Country Health Connect - SFHS
Chelsea Hastings	ECH
Elizabeth Kennedy	Country SA Primary Health Network
Gary Crook	Yankalilla Council – Transport Coordinator
Gorjana Radisic	Flinders University
Helen Deguet (minutes)	Caring Neighbourhood Program
Jan Atkinson	Home Instead Senior Care
Jill Bond	Dementia Australia
Joan Martin	Resthaven – Community Care
Johanna Milbank (chair)	Regional Development Australia, Hills Fleurieu & KI
Karen Allen	TAFE SA
Kathy Putland	St Louis Home Care
Leanne Sanders	Kalyra Communities
Liz Cleland	Country Health Connect – Railway Cottage
Lynda McCarty	Royal Society for the Blind (RSB)
Mark Oliphant	City of Victor Harbor
Michelle Fuller	Project Officer, Positive Ageing Taskforce
Melissa Gawne	Aged Care Alternatives - RAS
Michele Pearce	Aged Care – RN
Monica Cations	Flinders University
Nyree Thompson	St Louis Home Care
Pauline Kearns	YNA
Rosalie Sheedy	Southern Cross Care - HSS
Sara Manser	Country SA Primary Health Network
Sue Tucker	Carers SA – SF & KI Team Leader
Suzie Jokic	ECH
Guest Speaker:	
Roy Inglis	Department of Health
Liz Fisher	Department of Health

2 APOLOGIES

Corrie Burnside	Home Instead Senior Care
Estelle' Woods	Country Health SA
Gwyn Elson	ACH Group
Janice Moon	Country Health Connect Barossa Hills Fleurieu Rural Region
Jo Daniels (minutes)	CNP - Program Support
Kerry Mart	ACH Group
Lynn Field	Alzheimer's Australia SA
Sophie Green	Carers SA – CSW Southern Fleurieu
Sue Maxwell	Country Health Connect
Sue Wiese	St Louis Home Care
Terry Mangelsdorf	Carers SA - CRCC

3 Acknowledgement of Country – Johanna Milbank

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

4 INTRODUCTIONS

All members introduced themselves with their name and the organisation represented.
Welcome to Roy Inglis and Liz Fisher, Department of Health who will be presenting today.

5 MINUTES OF PREVIOUS MEETING – 10 October 2017

Minutes of the previous meeting held on 10 October were confirmed as true and correct.

Pauline Kearns confirmed and Mark Oliphant seconded that the minutes of the last meeting were true and correct.

6 GUEST PRESENTATION: Roy Inglis & Liz Fisher–Department of Health

Roy and Liz provided a verbal update from Department of Health – please refer to attached written summary provided.

7 FLOURISHING ON THE FLEURIEU**7.1 Festival 2018**

An initial meeting was held on 21 November 2017 with interested members who volunteered to be part of the planning team for next year's Festival. The team reflected on the outcomes of the 2016 Festival and saw a need to build on the community engagement focus and also consider social isolation and loneliness that exists within our local communities. To try to achieve more meaningful outcomes for older people living within our local communities, it was proposed that a small grants initiative could be offered for community groups to develop their own ideas to host a local event/activity aimed at encouraging inclusiveness and participation of those who are socially isolated or lonely within their community. It was suggested to host a week-long Festival instead of a one day event, and for the Festival to coincide with Active Ageing Week 23-29 September 2018. Suggested theme: "Open the gate to your community" or "Explore the possibilities"? It is hoped that multiple community events/activities hosted by local community groups would be scheduled for the week of the Festival and that a program of activities/events would be developed and broadly promoted as 'Flourishing on the Fleurieu Festival'.

8 DEMENTIA FRIENDLY COMMUNITITES**8.1 CADDY initiative**

The exciting news is – we were successful with our application for an Age-Friendly SA Grant to support a trial of our CADDY initiative within two local social support programs (Caring Neighbourhood Program and Alexandrina Council's Community Connect Program). The funding will be used to fund an expert Advisor to provide support and advice to program staff and also a Researcher to coordinate evaluation of the project. The project will be trialled from February to December 2018 and seeks to empower people living with memory loss and/or early stage dementia to feel valued, maintain independence and stay connected to their community.

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

Any service providers offering dementia-specific services and/or information/education sessions, 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 to access the links for this online resource. Ideas and suggestions are most welcome for how to broadly promote this great local resource to service providers, GPs and community members.

9 WORKFORCE DEVELOPMENT & TRAINING**9.1 Nursing and carers staffing in the Fleurieu region**

Joh Milbank discussed the stakeholder consultation she has engaged in around shortage of nursing and carers staffing in the Fleurieu region, including MacArthur Recruitment, Your Nursing Agency, and ACH – due to the limited number of responses it is difficult to ascertain whether this is a general issue experienced by service providers or relevant to a small number of organisations. Country SA PHN staff will raise this with the newly formed Residential Aged Care Managers network meeting to try to gain further insight.

9.2 Keeping Connected Workshop – Save the Date 13 March 2018

Better Practice Project in partnership with the Collaborative Project Officers will be rolling out the Keeping Connected training workshop across the state next year. This workshop will offer learning opportunities which enable workers and volunteers to gain a deeper understanding of the loneliness of older people in the community. A workshop for the Southern Fleurieu is scheduled for Tuesday 13 March 2018, 2.00-4.00pm, at the Flinders University Rural Clinical School, Bay Rd Victor Harbor. Promo flyer to be sent out in the new year.

10 KANGAROO ISLAND**10.1 Update (Marjo Smith via email)**

Marjo provided the following information update via email on 4 Decmeber 2018 *"the biggest thing for us at the moment is an application with Integrated Primary Health Network for funding to run chronic*

disease management... including clinics targeting Diabetes, coronary and respiratory disease management."

11 ISSUES FOR STRATEGY AND PLANNING

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

Reminder that key DoH weblinks are included in Michelle's two monthly Project Officer report providing links to useful information and resources.

11.2 My Aged Care Support Program and Community Information Session

COTA SA in partnership with Country SA PHN hosted a free community information session on Wednesday 15 November 2017 in Victor Harbor, the two local My Aged Care peer champions who offer support for people to access My Aged Care were also introduced. The session was well attended by 55 community members, and 26 aged care service providers from 15 organisations who hosted informative resource stalls about the services they offer.

11.3 Legislative Review of Aged Care 2017

Following the recent review of the Living Longer Living Better reforms, the Tune report is now available. The Review concludes that these reforms have successfully taken the aged care system further along the road to a consumer driven and sustainable system, but that further reforms will be needed in the future. The Review outlines 38 recommendations to continue the reform process, two of which the minister has said in his media release would not be supported (13 and 15) the remaining recommendations will be considered. The Review can be accessed here: <https://agedcare.health.gov.au/legislated-review-of-aged-care-2017-report>

12 STATE/COMMONWEALTH UPDATES

12.1 Country Health Update – 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 may be accessed by 15 + yrs
- 24/7 access to 3 x 30 minutes sessions (call back available)
- Hello Sunday Morning addresses alcohol and other drugs and has an app which is accessible called Daybreak for self-regulation and monitory 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 successful on KI Oct 25th – plans for Mt Barker early 2018
- 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.
- COTA (Council on the Ageing) have been commissioned to support My Aged Care support Community sessions held on November 15th at the Gospel Hall from 9:30 – 12:30

13 NEW AND EMERGING ISSUES / OPPORTUNITIES

13.1 Flinders University Agents of Change Project (Monica Cations)

Monica presented information about a new project 'Agents of Change' currently recruiting health professionals for a national study looking to improve care for people with dementia and their carers living in the community. Refer to information flyer distributed to Taskforce members on 4 December. For further information or to become involved please contact Monica Cations 08 7221 8338 or email monica.cations@flinders.edu.au

13.2 We Hear You – intergenerational film (Beth Moore)

Members attending the meeting were treated to a condensed viewing of the 'We Hear You' film project. Make it Intergenerational WE HEAR YOU Creative Communication project has stemmed from the Special Delivery Project (2014) that engaged socially isolated residents of the Alexandrina Council in a project that affirmed the lives of participants by valuing their stories, and addressing social isolation in creative ways. WE HEAR YOU film production portrays older people participating in community, being actively involved and also recording their personal journeys and stories. The impact of the project will challenge ageist attitudes and allow older people to be valued by sharing their stories and skills.

14 ROUND ROBIN

Members provided verbal updates for their organisation. For updates to be included in the meeting minutes please ensure a written update is emailed to mfuller@victor.sa.gov.au

The Positive Ageing Taskforce extends warm wishes for the festive season to all network members and a safe holiday break for those taking some time away from work. We look forward to continuing a rewarding partnership with you in 2018.

Meeting was closed at 2.15 pm

NEXT MEETING:

Tuesday 13 February 2018 at 11.50 am for 12 noon start, City of Victor Harbor Council Chambers.

Guest presenter: TBA