

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 June 2018 12-2pm

The meeting commenced at 12.15 pm

1 PRESENT

Brittannie Millowick	Australian Hearing
Carolyn Pratt	Country Health Connect – Southern Fleurieu Health Service
Deb Gregory	Alexandrina Council – Community Connect
Emma Martin	Australian Hearing
Gary Crook	Yankalilla Council – Transport Coordinator
Helen Deguet	Caring Neighbourhood Program
Jo Daniels (minutes)	CNP - Program Support
Johanna Milbank (chair)	Regional Development Australia, Hills Fleurieu & KI
Laura Ball	ECH Victor Harbor
Lynda McCarty	Royal Society for the Blind
Michelle Fuller	Project Officer, Positive Ageing Taskforce
Nyree Thompson	St Louis Home Care
Sophie Green	Carers SA – CSW Southern Fleurieu
Sue Tucker	Carers SA – Team Leader Southern Fleurieu & KI
Sue Wiese	St Louis Home Care
Wendy Oliver	Estia Health
Guest presenters:	
Sally Patten	Moorundi Aboriginal Community Controlled Health Service
Dorothy Kartinyeri	
Brooke Trenorden	
Margi Sumner	

2 APOLOGIES

Elizabeth Kennedy	Country SA Primary Health Network
Gwyn Elson	ACH Group
Corrie Burnside	Home Instead Senior Care
Elizabeth Kennedy	Country SA Primary Health Network
Jill Bond	Dementia Australia SA
Joan Martin	Resthaven – Community Care
Leanne Sanders	Kalyra Communities
Liz Cleland	Country Health Connect – Railway Cottage
Mark Oliphant	City of Victor Harbor
Marjo Smith	Country Health Connect – KI Health Service
Melissa Gawne	Regional Assessment Service (Aged Care Alternatives)
Michele Pearce	Aged Care – RN
Monica Cations	Flinders University
Sara Manser	Country SA Primary Health Network
Suzie Jokic	ECH
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, special welcome to guest presenters Sally, Dorothy, Margie and Brooke from Moorundi Aboriginal Community Controlled Health Service.

5 TASKFORCE CHAIRPERSON

No formal nominations received to date, however My Care Solution have indicated that they are in the process of recruiting a new coordinator who they would like to nominate once employed. Corrie Burnside (Deputy Chair) is happy to assume Chairperson duties in the interim. Michelle encouraged members of the Taskforce to consider nominating for the role.

6 MINUTES OF PREVIOUS MEETING – 10 April 2018

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

Moved by Helen Deguet, seconded Sue Wiese.

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

7 GUEST PRESENTATION – Moorundi Aboriginal Community Controlled Health Service

Sally Patten, Indigenous Health Project Officer, provided an overview of the service. Dorothy Kartinyeri, Care Coordinator, discussed the Integrated Team Care program. Margi Sumner, Aboriginal Health Services Manager, discussed the focus on community engagement and social and emotional wellbeing with a holistic view of health. An open day for the Victor Harbor Clinic near Southern Fleurieu Health Service, Hospital end (56 Bay Road, Victor Harbor), will be held on 21 June 2018 11am – 2pm. For more information please visit www.moorundi.org.au

8 FLOURISHING ON THE FLEURIEU**8.1 Festival 2018**

The emphasis for this year's Flourishing on the Fleurieu Festival is 'exploring the possibilities' for getting involved in your local community aimed at connecting people with local communities and trying to reach those more isolated within communities. The Festival will be held during Active Ageing Week 23-29 September 2018, and community groups and organisations are invited to participate by hosting activities/events which encourage inclusiveness and participation of those who are socially isolated or experiencing loneliness. Festival grants are now open for community groups (\$150 per group) to support an activity or event, closing date for applications was extended to 29 June 2018. Organisations and service providers are welcome to register a self-funded activity/event as part of the Festival – Registration Forms will be distributed via the Taskforce network and also available to download from the 'flourishing' on-line hub. Visit www.victor.sa.gov.au/flourishing for more information and to download Festival documents. Flourishing on the Fleurieu feature article to promote the Festival grants was published in The Times on 10 May, Yankalilla News also published an article, and a media release was distributed.

9 DEMENTIA FRIENDLY COMMUNITITES**9.1 CADDY initiative**

The last two months have been extremely busy for the CADDY project. Community Connect and Caring Neighbourhood Program have been busy recruiting volunteers and clients to participate in the project, and developing and trialling some new tools and templates with a wellness and reablement approach. Some participants and volunteer caddies have now been matched and have commenced their interaction. Promotional articles were published in The Times and the Weekend Plus digital magazine for seniors in April. Dementia training was provided to 11 volunteer 'caddies' and program staff on 22 May facilitated by Jill Bond from Dementia Australia. With the focus on recognising clients' strengths and capacities, and emphasis on wellness, volunteer caddies will be encouraged to link in to any further training to support skill development in this area. Project staff have also been busy liaising with the research team, Jeffrey Fuller and Liz Cleland, about the evaluation framework for the project. For further information about the project, contact Michelle mfuller@victor.sa.gov.au

9.2 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 are 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.

10 WORKFORCE DEVELOPMENT & TRAINING**10.1 Wellness and Reablement Putting into Practice state event – FREE - 31 August 2018**

The SA Collaborative Projects are hosting this hands-on day promising practical outcomes on Friday 31 August 2018 9am – 4pm at Sunnybrae Estate – the event will be free to attend and will include World Café, Pitch Sessions, Actor Role Plays, Best Practice examples, Problem Solving 'Goals'. This event is subsidised by the Collaborative Projects and sponsored by Country SA PHN and Adelaide PHN. Save the date – Registration details expected to be released 19 June.

10.2 Wellness and Reablement training – members agreed that it would be useful to schedule a local training workshop in the next few months. Michelle to follow up with Better Practice Project.

11 KANGAROO ISLAND

11.1 Update (Marjo was scheduled to link in via phone to today's meeting – however ended up not being available)

12 ISSUES FOR STRATEGY AND PLANNING

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

12.1 Department of Health – update from 9 May 2018:

- **New CHSP Agreements:** New CHSP grant agreements are being offered to existing CHSP service providers at the existing funding levels, and require providers to focus on delivering services using a wellness and reablement approach to support and promote client independence. In addition to the existing funding conditions, from 1 July 2018, CHSP funded service providers will be required to deliver against the following funding conditions: an annual wellness report on wellness and reablement approaches to service delivery; and provide data to the Department on all existing CHSP clients that are not registered with My Aged Care. For further information about the funding extension visit <https://agedcare.health.gov.au/programs/commonwealth-home-support-programme/chsp-funding-extension>
- **New CHSP Manual:** It is essential for providers to read and understand the Government's requirements going into the two year extension. The new CHSP Manual, effective from 1 July 2018, can be accessed via <https://agedcare.health.gov.au/programs/commonwealth-home-support-programme/chsp-manual-effective-as-of-1-july-2018>
- **The Budget and CHSP:** this budget will also focus on wellness and reablement approaches, by trialling an assessment model that supports aged care consumers to access short-term or episodic services. These services will focus on maintaining or regaining independence and social connectedness prior to receiving ongoing services through CHSP or other types of aged care.
- **Internal audit:** from 1 July 2018, the Department will be undertaking an internal audit of up to 10% of service provider's service delivery data on My Aged Care and the Data Exchange. The audit will assist the Department to better understand CHSP client pathways and to review whether the services delivered are assisting clients to meet their independence and wellness related goals as agreed in their support plans. Support goals need to be actioned.
- **Grant Manager role after July 2018:** Your current Grant Manager will be moving to the Community Grants Hub and the administration of your CHSP grant will be done through the hub. The Hub is to provide a streamlined approach to offering a simplified grant experience for providers.

12.2 Round Table with Federal Minister for Ageing:

On 1 May 2018 various council representatives and aged care service providers/stakeholders met with the Hon Ken Wyatt MP at Strathalbyn Racing Club to discuss key aged care issues for the electorate of Mayo. Michelle attended on behalf of the Positive Ageing Taskforce and as a representative for City of Victor Harbor. Due to time constraints, and the large number of participants, a limited number of issues were discussed; however the Minister was particularly interested to hear about innovative models of practice, new ways of delivering effective service and connecting people with their local communities.

13 STATE/COMMONWEALTH UPDATES

13.1 **Country Health Update** – no update to present.

13.2 **Country SA Primary Health Network update (Elizabeth Kennedy via email)**

Mental Health

- *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 - <https://saregionalaccess.org.au/> Note that Regional Access will call back clients who are low on credit.
- *Hello Sunday Morning* addresses alcohol and other drugs and has an app which is accessible called Daybreak for self-regulation and monitoring and support. No referral required – enter postcode online.
- *Tumbelin* via Baptist Care also addresses AOD in youth in the area 15 years +
- *Breaking the Cycle* continues to work with Fleurieu Families on Collective Impact Planning Introduction to Wendy Campana KI Commissioner on both activities. Forum 28 June at Uniting Church Hall, Goolwa: Morning – Pathways to Care Standby Support after Suicide, Afternoon – Advanced Care Directives, Evening – Breaking the Cycle – Alexandrina Council CEO Glenn Rappensberg will be facilitating.
- Small grant from CSAPHN to Alexandrina Council (Beth Moore) on We Hear You 2. An opportunity to bridge the gap between older people and youth. Series of videos on YouTube. This ties in with the project above.

- *Headspace* are providing 4 days in the Fleurieu Region. Youth Mental Health Clinician. Contact Mt Barker Office for appointment 08 8398 4262. Tuesday and Wednesday at Victor Harbor. Thursday and Friday at Goolwa (multiple locations)
- *Headspace – Strathalbyn* Mental Health Social Worker (12 – 25 years) 3 days a week, One day at Flex Centre, One day at Strathalbyn Medical Clinic 24 – 26 West Terrace – Thursdays call 8531 2122 for appointment, One day at Mt Barker. Recently employed 2 day week worker providing case management support/coordination to Strathalbyn. NB: Strathalbyn Medical Clinic have Paul Martin Counselling (Fri) Sue Hogan Psychology Services (Tues)

Aboriginal and Torres Strait Islander Health

- *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 South Coast Hospital ED clinician to support clinics. Welcome open day June 21st between 11:00 – 2:00. 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.

Population Health

- *HEAL (Healthy, eating and Lifestyle) programs*. Summit Health have the tender to deliver this program. At present four HEAL programs are currently running at Mt Barker/Stirling/Mannum/Murray Bridge. Strathalbyn and Victor Harbor programs commencing late July- presently confirming venues to run from. Promotion to these locations will commence soon with lead facilitator visiting local government, General Practice and other community groups. Participants registered for Strathalbyn and will be running 2 programs in each location this year. KI still in the planning process.

Aged Care

- *COTA (Council on the Ageing) support My Aged Care access with information*. Marilyn and Anne will be based at Victor Harbor Library on Mondays from 10:00 – 12:30, and at Victor Medical Centre Wednesdays 10:00 – 12:30 each week. Strathalbyn - Tim Hobbs will assist with telephone support and face to face assistance in the area – Mobile: 0456 390 061.

Health Workforce

- *Health Pathways* – online portal for GP's to use which enables streamlined referrals and planned care of the patient. This is a health initiative with SA Health (lead) Adelaide PHN and Country SA PHN. The program will ensure consistency and provide evidence that supports reduced waiting time for patients and increased access to services. Launched March 26th – currently gathering service information for release of a further 20 pathways. <https://saproject.healthpathwayscommunity.org/>
- *Health Care Homes* – Goolwa Medical Centre and Victor Medical Centre are the selected practices in the Central region. Currently rolling out Better Question workshops for HCH participants. These workshops focus on guiding patients towards self-management to improve their wellbeing and create less dependence on services.
- *Health Connect* – CSAPHN eHealth team are working to connect GP's via Cisco Jabber. 24 GP's have the system running at present.
- *My Health Record* digital health officers are engaging with each pharmacy to ensure they register for My Health Record, this will assist with easy transition and monitoring of medical conditions and medication use between GP, Pharmacy and allied health providers and clients. Current round of engagements for key staff and pharmacists in the Fleurieu have been completed. Consumer engagement sessions are to commence in line with the opt-out dates. 16 July – 15 October 2018.

Please contact the Central team should you require more information or have any questions.

14 NEW AND EMERGING ISSUES / OPPORTUNITIES

14.1 ARAS Information sessions – Received email from Aged Rights Advocacy Service about their information sessions available for service providers and community members. One session covers Community Care and Rights of older Australians, the other session focusses on the Prevention of Elder Abuse. Each session is 30 minutes duration. Members agreed that it would be useful to schedule these sessions to be included in upcoming Taskforce network meetings and also to schedule community sessions. Michelle to follow up with ARAS re: dates and times.

14.2 Older Persons Mental Health First Aid (OPMHFA) – new course from Mental Health First Aid. Special showcase edition Adelaide 19-20 June 2018, 20 free places available for those interested in becoming an OPMHFA instructor. Michelle has distributed information and flyer via Taskforce network email. Would be good to have an instructor in our region.

15 ROUND ROBIN**Carol Tutchener – CARERS & disABILITY Link:**

Jacqui Briers will be the new Carer Support Coordinator for Carers & disAbility Link, Adelaide Hills & Fleurieu, as Carol Tutchener is retiring on 21.06.18 for health reasons. Please forward all future correspondence to Jacqui. Even though we are unable to attend most of the regular Taskforce meetings due to it being the same day as our monthly all staff meetings, please continue to email the Agendas and Minutes, and we will continue to attend other events and Taskforce meetings when possible, and pass on relevant information to our Carers. Jacqui's contact details are as follows:

[E: jacqui@cadl.support](mailto:jacqui@cadl.support) Available: Monday at Woodside, Tuesday to Thursday at Strathalbyn, Phone: 08 8389 7383 (Woodside), 08 8549 1299 (Strathalbyn) Fax: 08 8389 7437

Brittannie Millowick – Australian Hearing:

Australian Hearing is the government provider of hearing services. We are excited to network with other service providers in the field of aged care so that we can work together to empower those in the aged community. We provide many different services to hearing impaired people and can assist all Australians, but to be eligible as an adult for the government assistance you must either be on a pension – (this could be 'aged' or 'disability') or identify as Aboriginal or Torres Strait Islander and be over the age of 50. As the government provider of hearing services we have greater scope to access funding for hearing impaired adults that have additional communication difficulties, most commonly this includes things like vision loss and dementia. There is a dramatic increase in funding and the training of the Audiologist that works with them. We are honoured to have the opportunity to present in more detail about how we can help you, our community and to answer any questions you might have – we will be presenting at the next Taskforce network meeting on 14 August. Please also feel free to get in touch with any ear, hearing or communication related questions (for any age).

Contact details:

Brittannie Millowick BApSc, Maud, Manager Brittannie.millowick@hearing.com.au
Emma Martin BNurs, Maud, Audiologist Emma-Lee.Martin@hearing.com.au

Terry Mangelsdorf - Carers SA: Commonwealth Respite & Carelink Centre:

Carers SA, CRCC funding confirmed under some funding lines through until the end of the 18/19 & 19/20 financial year, however the available funding for respite is yet unknown. Funding is reducing substantially, moving from CRCC to NDIS/NDIA for both Severe & Profound funding, Mental Health funding & Young Carer Funding in the new financial year.

CRCC has not experienced a reduction of the requests for respite from clients who are engaged with NDIS in line with the funding that has been lost, respite for the carer is not included in the planning by NDIS. There are gaps, CRCC is advising clients to recontact their NDIS planner for a review as a matter of urgency, and to be firm in their negotiations to ensure their needs are met. CRCC encourages any clients who are eligible for funding from NDIS to make contact and commence the process as soon as possible. With the advised reduction of funds CRCC cannot guarantee funding to support requests, NDIS must become the financial provider.

Clients with Mental Health diagnosis are now also being assessed by NDIS, CRCC encourages any clients with these disabilities to progress their NDIS contact as soon as possible.

The Community Home Support Program Flexible Respite (CHSPFR) In-home Day/Night & Cottage, funding is available for respite support if the client has exhausted their HSP funding or have been assessed as eligible for HSP but none available. Cottage funding has been under question therefore CRCC has decided not to support this funding moving forward. Cottage providers will need to waiver the client contribution if the client cannot self-fund. The Department has advised that all cottage providers have this written into their agreements. The Department has issues around double dipping and the representation of the hours claimed.

Carers SA continues to be involved in responding with feedback to the Department about the proposed Integrated Carer Support model.

Carers SA / CRCC is completing an ASES Audit, hence Terry's absence from the Taskforce today as the assessor is onsite at CRCC today.

As end of financial year approaches CRCC is endeavouring to provide support to clients, however with the increased demands for support, most funding buckets have already been depleted. Therefore funding will be limited and for emergency / immediate respite support only.

CRCC welcomes contact and referral from any provider, organisation or family carer to assist carers in the new financial year, to be able to continue with their caring role, by providing respite assistance as required in an emergency or short term occasional capacity. CRCC staff can plan with both carer and care recipient, the most suitable way of meeting their respite need. CRCC has funding for GH&A, Disability, Mental Health, Severe & Profound, CHSPFR & Young Carer programs. Contact phone 1800 052222.

Laura Ball – ECH:*Social Programs*

- Vacancies in our Day Program on Tuesdays and Fridays (open 10am - 3pm)
- Workshops on Mondays in IT, Art and Knitting. \$10 per class, no assessment required
- Bus Trips running every Wednesday to various locations. \$25 per bus trip with MAC referral and ECH assessment.
- New Social Program Coordinator is Wendy Pearce

Wellness Programs

- Allied Health and Exercise Classes run at both Torrens Street and Cornhill Road sites. Information available online or at any ECH site.

'Towards a Dementia-Friendly Victor Harbor'

- ECH has been given a grant from Dementia Australia to work with the local community to make Victor Harbor a 'dementia-friendly community', build greater awareness, acceptance and understanding of Dementia in Victor Harbor and explore new ways to better support people living with Dementia.
- ECH will be looking to establish a Dementia Friendly Alliance in the coming weeks with local carers, people living with Dementia, local government, carers, businesses, schools etc.
- Betty Hurrell will take over Laura's role as Dementia Friendly Community Project Officer.

Laura Ball is heading on Maternity Leave and will no longer be attending PATF meetings. Wendy and Betty will attend in her place.

Johanna Milbank – Regional Development Australia Hills, Fleurieu and KI:

Tapping the Demographic Dividend Project completes after three years of work at the end of June, with final activities and reports out in July.

Status of current sub-projects:

Food and Healthy Ageing Project with PIRSA – Survey is now closed with 842 responses:

- 71.6% of responses are female
- 37.5% are in the 60-64 age group with three in the 85+
- 64.1% live with a partner and 30.1% live alone

Data is currently with KPMG for market segmentation analysis. Results are expected to be presented back to industry in July. Report will be sent to the PATF for distribution.

Social Eating with Test Kitchen – Community Breakfast and Riverside walk held at Goolwa on 24 May 2018 with 25 people attending including 4 new people to the community centre and 5 new people to the walking group. Deeper connections were made between the community centre and Cittaslow and Rotary who also participated in the event.

The next event will be the Epicurious Dining on Sunday 24 and Monday 25 June at various locations around Victor Harbor. Flyer with locations and times has been distributed via the Taskforce. This social dining experiment aims to encourage spontaneous social dining experiences.

Inclusive Tourism – Fleurieu Peninsula Tourism will be modifying their website to incorporate information for:

- visitors on inclusive tourism destination in the region and
- tourism operators on how to be more inclusive in their tourism product and service

This should be complete by end of July.

A full report with sub-project reports will be available end of July from the RDAs website. These sub-project reports will contain the outcomes and learnings from these projects for use by other groups wanting to undertake further initiatives or build on the work done through the Tapping the Demographic Dividend Project.

Meeting was closed at 2.05pm**NEXT MEETING:**

Tuesday 14 August 2018 at 11.45 am for 12 noon start, City of Victor Harbor Council Chambers.

Guest presenter: Doris Gioffre from ARAS – Prevention of Abuse, and Brittannie Millowick from Australian Hearing.