

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
13 February 2018 12-2pm

The meeting commenced at 12.10 pm

1 PRESENT

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| Beth Moore (arrived 12.30) | Alexandrina Council |
| Carolyn Pratt | Country Health Connect - SFHS |
| Elizabeth Kennedy | Country SA Primary Health Network |
| Gary Crook | Yankalilla Council – Transport Coordinator |
| Helen Deguet | Caring Neighbourhood Program |
| Jan Atkinson | My Care Solution |
| Jo Daniels (minutes) | CNP - Program Support |
| Jo Wilkin | TAFE SA |
| Kerry Mart | ACH Group |
| Laura Ball | ECH Victor Harbor |
| Leanne Sanders | Kalyra Communities |
| Liz Cleland | Country Health Connect – Railway Cottage |
| Mark Oliphant | City of Victor Harbor |
| Michelle Fuller (chair) | Project Officer, Positive Ageing Taskforce |
| Melissa Gawne | Aged Care Alternatives - RAS |
| Michelle Dugmore | Calvary Community Care |
| Nyree Thompson | St Louis Home Care |
| Sue Wiese | St Louis Home Care |
| Terry Mangelsdorf | Carers SA - CRCC |
| Tim Hutchinson | TAFE SA |
| Wendy Oliver | Estia Health |

2 APOLOGIES

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| Brenton LePoidevin | Yankalilla Council |
| Carol Tutchener | Carers & Disability Link Hills and Fleurieu |
| Cecelia Oxborrow | Resthaven – Community Care |
| Chelsea Hastings | ECH |
| Corrie Burnside | Home Instead Senior Care |
| Gwyn Elson | ACH Group |
| Janice Moon | Country Health Connect Barossa Hills Fleurieu Rural Region |
| Jenni Hewett | Country Health Connect – Southern Fleurieu Health Service |
| Jill Bond | Dementia Australia SA |
| Joan Martin | Resthaven – Community Care |
| Johanna Milbank | Regional Development Australia, Hills Fleurieu & KI |
| Joyanne Mirra | ACH Group |
| Karen Ahrens | Lutheran Community Care |
| Karen Allen | TAFE SA |
| Lois Wilson | Kangaroo Island Health Service |
| Lynda McCarty | Royal Society for the Blind |
| Lynn Field | Dementia Australia SA |
| Marjo Smith | Country Health Connect – Kangaroo Island Health Service |
| Michele Pearce | Aged Care – RN |
| Monica Cations | Flinders University |
| Pauline Kearns | YNA |
| Roy Inglis | Department of Health – SA office |
| Sara Manser | Country SA Primary Health Network |
| Sophie Green | Carers SA – CSW Southern Fleurieu |
| Sue Maxwell | Country Health Connect |
| Sue Tucker | Carers SA – SF & KI Team Leader |
| Suzie Jokic | ECH |

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, special welcome to new member Wendy Oliver from Estia Health.

5 MINUTES OF PREVIOUS MEETING – 12 December 2017

Minutes of the previous meeting held on 12 December were confirmed as true and correct.

Liz Kennedy confirmed and Jan Atkinson seconded that the minutes of the last meeting were true and correct.

6 FLOURISHING ON THE FLEURIEU**6.1 Festival 2018**

The Festival Planning Team met on 12 February to progress plans for the 2018 Flourishing on the Fleurieu Festival. The Festival will be held during Active Ageing Week 23-29 September 2018 with a theme of “Explore the Possibilities” connecting people with local communities and trying to reach those more isolated within communities. Local community groups will be encouraged to submit an application for a small grant to host an event/activity aimed at encouraging inclusiveness and participation of those who are socially isolated or lonely within their community. 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’.

7 DEMENTIA FRIENDLY COMMUNITITES**7.1 CADDY initiative**

Following our successful application for an Age-Friendly SA Grant to support a trial of our CADDY initiative this year, we have been busy engaging project partners. The Caddy project will be trialled within two local social support programs (Caring Neighbourhood Program and Alexandrina Council’s Community Connect Program). Dementia Australia have pledged support with specific training for the volunteer caddies around ‘memory loss support’. Southern Volunteering, in liaison with the social support program coordinators, have compiled a role descriptor for the volunteer ‘caddy’ role and will distribute through their networks. The project has also been promoted to local RAS staff to encourage relevant referrals. The grant funding will be used to fund training and consultancy to support 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 by working with the person to develop wellbeing profiles and plans. Seeking a minimum of 10 participants and 10 volunteer caddies. Resources, learnings and recommendations arising from the project will be available to other programs.

7.2 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.

8 WORKFORCE DEVELOPMENT & TRAINING**8.1 Keeping Connected Workshop – Save the Date 13 March 2018**

Better Practice Project in partnership with the Collaborative Project Officers are rolling out the Keeping Connected training workshop across the state this 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, 1.00-4.00pm, at the Flinders University Rural Clinical School, Bay Rd Victor Harbor. Promo flyer has been sent out via email. RSVP registrations to mfuller@victor.sa.gov.au

9 KANGAROO ISLAND**9.1 Update (Marjo Smith via email)**

Kangaroo Island is currently undertaking service planning with the view of engaging with the community re service provision for the Island. It will take around four months and a report will be generated at the completion of the engagement sessions. Looking at achieving realistic ideas and suggestions that can be sustainable and measured. Further updates will be provided.

10 ISSUES FOR STRATEGY AND PLANNING

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

10.1 Department of Health- Progress Report Sector Support and Development

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

10.2 My Aged Care Support Program Local Peer Champions

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
In addition, refer to information in Country SA PHN update below re: pop up stands at Victor Harbor Library and Victor Medical Centre.

11 STATE/COMMONWEALTH UPDATES

11.1 Country Health Update – not available

11.2 Country SA Primary Health Network update (Liz Kennedy)

- 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+ years
 - 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 monitoring and support
 - Now free access for all – no need for a code from Summit 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 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.
- 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.
 - Planning in progress for Fleurieu sessions at this stage
- COTA (Council on the Ageing) have been commissioned to support My Aged Care support
 - 2 x peer support champions operating in Fleurieu
 - 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
- 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.

12 NEW AND EMERGING ISSUES / OPPORTUNITIES

Nothing further added.

13 ROUND ROBIN

Jan Atkinson – My Care Solution (formerly Home Instead Senior Care):

2018 started off with a bang – a new name! As of 01/01/18 we became My Care Solution.

Our staff and high standard of care in the home remain – with the addition of nursing care being available and also palliative care in consultation with the Palliative Care Team in Victor Harbor.

Our lovely and valued clients have been reassured by the fact that their services and their relationships with their carers and the management team will not change.

Our address and phone numbers remain the same, with the only changes being our email addresses.

New email addresses are corrie.burnside@mycaresolution.com.au

jan.atkinson@mycaresolution.com.au

pip.marshall@mycaresolution.com.au

Wendy Oliver – Estia Health:

Karen Smith is the new Manager at Encounter Bay (150 Bay Road), senior clinical nurse with 30 years' experience. Focus is on staff and improvement in culture. Encounter Bay to host Long Lunch for the community – minimal cost, aimed at reducing social isolation, lunch is anticipated to be a monthly event.

Beth Moore – Alexandrina Council:

- Alexandrina Councils Library services and Community Connect program are partnering with the Adelaide Festival Centre to bring the Adelaide Guitar Festivals Resonance program to Goolwa on 29th July
- Keep Fit classes to change is Strathalbyn, watch this space
- Social Eating project Focus group held at the Community Hub Goolwa on 13/2/18 – Community Connect staff involved in the working group
- Collaborating on the Caddy Project
- Collaborating with FOFF
- Continued contact with the Mount Compass Lifestyle group; Dads and Kids Dinners; Links with local Kindergartens, schools and Children's Centres as part of an Intergenerational approach
- Developing Friday Workshops at The Hub (first workshop will be a Tea blending & tasting workshop)
- Community Table every Tuesday afternoon at Jacks Café Strathalbyn (anyone can pop in & have a cuppa)

Laura Ball - ECH Victor Harbor:

Day Respite Program continues to grow, vacancies available Tuesdays and Fridays 9am – 4pm.

Social Bus Trips and workshops continuing.

Dietician coming soon and Speech Pathologist available as required.

CHSP Portal closed for Home Maintenance, Domestic Assistance, Personal Care.

Monthly Carers Meeting – first Friday of every month.

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

Carers SA, CRCC funding confirmed under most funding lines through until the end of the 17/18 financial year. Funding is moving from CRCC to NDIS/NDIA from both Severe & Profound funding, Mental Health funding & Young Carer Funding and will continue to do so, the % per year is unknown. CRCC has not seen a reduction of the requests for respite from clients who are engaged with NDIS as respite for the carer is not included in the planning by NDIS. There are gaps, CRCC advises clients to recontact their NDIS planner for a review as a matter of urgency, and to be firm in their negotiations to ensure their need is met.

Clients with Mental Health diagnosis are now also being assessed by NDIS, CRCC has been involved with identifying & supporting clients to NDIS. However, NDIS will only have the capacity to support 15% of these clients, the unanswered question is what happens to the remainder, as Respite support is predominately the only available support.

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. Cottage funding is proving difficult to move, therefore CRCC is very keen to hear from any clients who are linked with CRCC who access Cottage day or night support. This funding can also be used as an interim support for clients who have been assessed eligible for a HSP but are waiting for that package to become available.

Young Carer funding guidelines have been amended. The guidelines now require the respite support to be related to the YC's education. Tutoring and similar initiatives fit under this support funding, Social & domestic assistance etc. is no longer supported under this program.

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

As EOFY approaches CRCC is endeavouring to provide support to clients to ensure there are no unused funds outstanding. Please contact CRCC if you know of clients who may benefit from respite and please refer.

CRCC welcomes contact and referral from any provider, organisation or family carer to assist carers 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 & 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.

Carol Tutchener – Carers & disAbility Link Hills & Fleurieu (formerly Carer Wellness Centre):

7 Catherine Street, Strathalbyn SA 5255 (open Tuesdays, Wednesdays, Thursdays)

Phone 8549 1299 Carer Support Coordinator: Carol Tutchener Email: carolt@cadl.org.au

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

Food and Healthy Ageing Project with PIRSA – An Industry Workshop was held on 30 January at SARDI, West Beach to gather information about the needs of industry to better meet the needs of older people's food choices. Four focus groups with senior people are currently running across Fleurieu and Metro collecting the issues, needs and experience of the 60+ population around food. Information from both the industry workshop and focus groups will be used to develop a broader survey to go out via email and other channels in March to collect more data on this topic from those over 60 years. Market segmentation analysis will then be carried out on the data and a better picture of the different market segments built to inform industry in development of food products better suited to the older population.

Interesting insights so far are:

- Inconsistent and conflicting information on what is healthy eating for older people for both individuals and industry
- Most available information is aimed at younger cohorts including labelling on food products
- Portion size is a big issue to meet the needs of singles and appetite in general as well as the need for facilitation of social eating
- Perception in older people that healthier options are more expensive
- Education on the nutritional requirements of older people is needed in the general population as well as other information sources.

Social Eating with Test Kitchen – Following the October Fleurieu Social Eating Programs workshop and further consultation by email, several social eating models for testing have been identified and partnerships to get these underway are currently in development. More information on the models for testing will be available soon but centre around home dining and food van to facilitate neighbours /people to interact and eat together.

Inclusive Tourism with Push Adventures – Push Adventures has just about completed the inclusive tourism business reviews across the Fleurieu with the following organisation participating:

- McCracken Country Club
- Willunga Farmers' Market
- South Coast Surf Academy
- Lush Pastures, Bald Hills
- Wenton Farm Holiday Cottages
- Linger Longer Cottages
- All Seasons Pt Elliot Holiday House
- The Sanctuary, Deep Creek
- Southern Ocean Retreats, Deep Creek
- Oceanic Victor (to be done in 2018)
- Canoe the Coorong (to be done in 2018)
- Goolwa Motel & Jack's Place (to be done in 2018)

These organisations now have a better understanding about being more inclusive to those with disabilities and older people.

Push Adventures is also starting up a new website to assist people plan their holidays who have access needs – visit The Good Scout.

McCracken Country Club Assisted Accommodation Package – This will be re-promoted again this year working with McCracken's new General Manager Danny Keen and My Care Solutions. This package provides aged care support for older people still wanting to have a holiday but also can assist with respite for carers.

Monica Cations – Flinders University:

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

Meeting was closed at 1.30 pm

NEXT MEETING:

Tuesday 10 April 2018 at 11.50 am for 12 noon start, City of Victor Harbor Council Chambers.

Guest presenter: TBA