



SOUTHERN SERVICES
REFORM GROUP

SSRG Workgroup Meeting
Workgroup: Aged Care Pathways
Date: 26 April 2018

Present: Janine Callegari (Chair - Care and Share Trinity); Sally Warnes (SSRG); Vanessa Leane (UniSA); Lisa Hickson (ACNA); Maria Shialis (City of Onkaparinga); Cathy Fulton (Resthaven)

Apologies: Mark Tribilock (Aged Care Alternatives); Angela Lovett (ACNA); Karen Smith (Domiciliary Care); David Smith (ECH); Terry Hales (City of Onkaparinga); Helen Carmichael (City of Onkaparinga)

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none"> The group was welcomed and introductions were made around the table 	
Previous minutes & business arising	<ul style="list-style-type: none"> A small change to Janine's information sharing – it was not an advertisement in the Messenger but an insert that was distributed Reviewed the information on modules in the Cert III in Individual Support (Home and Community). The subject that relates to Wellness and Reablement is 'Support independence and wellbeing' plus an option for the elective 'Facilitate the empowerment of older people'. Interest in the group re what subjects are covered in the Cert1V/Diploma in Coordination Information supplied by Helen re adding <i>Reablement</i> to Wikipedia – have decided to leave it for now Technology for Wellbeing – gave out promotional postcards. Discussion about older people 	<p>Correct minutes</p> <p>Find Wellness subjects covered in the Cert 1V</p>

	and technology: suggestions how to use technology in a group - email and e-bay can be successful, use of Fit-bits and connect to iPad and the older person can watch their progress		
Distribution of Because I Can resources	<ul style="list-style-type: none"> Because I Can wheels, USB's and books were distributed to members who participated in the workshop during the past 12 months during meetings 		Need to supply Cathy with all film clips for the workshop
Revisit Character Strengths – outcome of mini workshop	<ul style="list-style-type: none"> Discussed the outcome of the Mini Strengths Workshop which is the development of a stand-alone workshop to introduce providers to using a strengths based approach to implementing wellness. More information will be presented at the next meeting. 		
Wellness and Reablement Project	Project Title	Putting into practice Wellness & Reablement 'Wellness Webazine'	
	Project Management (Who will manage project- eg Team? Staff? Consumers)	Collaborative Project Officers Sector Support & Development Workgroup/Contributors State-wide CHSP providers <ul style="list-style-type: none"> ▲ Annual update/refresh ▲ Links to other websites 	
	Purpose & Objectives	<ul style="list-style-type: none"> Provide support and development to State-wide CSHP providers and their staff, Regional Assessment Service (RAS) providers and their assessors, indirectly to current and future recipients of at home Government subsidised services, meeting the Department of Health's (DoH) Commonwealth Home Support Program (CHSP) objectives, specifically approaches of 'wellness' and 'reablement' in the form of best practice, models and examples. Strengthen the presence of Sector Support and Development State-wide through networking, collaboration and sharing between Collaborative Project Officers and more broader Sector Support and Development organisations 	

	<p>Background. Summary of available data/issues</p>	<p>Key features of the Commonwealth Home Support Programme (CHSP) are to deliver services and support with an emphasis on wellness, reablement and restorative care.</p> <p>The focus is on retaining or regaining a client's functional and psychosocial independence, building on strengths, capacity, quality of life and goals.</p> <p>Within this framework choice, flexibility and innovation are key to achieving desired results.</p>		
	<p>Key Issues</p>	<ul style="list-style-type: none"> • Confusion what Wellness and Reablement really means, in practice and evaluation, across all levels. • The NOUS report on Wellness and Reablement has been completed but not yet available. • Moving from theory to practice has been difficult. Practical ideas and toolkits to implement wellness and reablement are limited. • Clients have a perception of user pays for services that are client centred; misalignment in client knowledge and expectations of CHSP objectives. • Uncertainty of methods DoH will evaluate wellness and reablement, under an 'outcome' focus over 'output' evaluation methods. • RAS assessors time allocation of 'educating' clients on CHSP objectives of wellness and reablement. • Misunderstood definition of 'goal setting' with a wellness and/or reablement focus. • Challenges regarding 'doing with' rather than 'doing for' the client involves new best practice, and different communication approaches. 		
	<p>Project Description</p>	<p>Collaborative Project Officers lead the project with collaboration with broader SS&D's and stakeholders.</p> <p>Provide an accessible public website in an easy to read format, practical and straightforward to transfer or implement themed tabs for easy navigation (with ability for printed fact sheets):</p> <ul style="list-style-type: none"> • Identifies, develops and promotes best practice wellness and reablement resources, workshops and tools; • identifies key elements of wellness and reablement training and innovative approaches; • Focus on wellness & reablement, including specific approaches, such 		

		<p>as self-management, wellbeing & resilience, and reversing frailty.</p> <ul style="list-style-type: none"> • A website enriched with evidence based science and content. <p>Wellness – entry page</p> <p>Links to best practice, training, workshops, articles, resources, fact sheets, research, videos, case studies, book/film reviews under each of the following themed tabs:</p> <p>Social Wellbeing, Emotional Wellbeing, Physical Wellbeing, Spiritual Wellbeing</p> <p>Also included: short articles on living a well life based on PERMA+</p> <ul style="list-style-type: none"> • <i>Positive Emotion</i> - happiness, fun, being alive, satisfaction, self-regard, serenity, cheerfulness, joy, optimism; • <i>Engagement</i> – Interests and pursuits that produce flow, personal growth, passion); • <i>Relationships</i> – passion, affections, friendship, love in family, leisure & work; Meaning – purpose, values, faith; • <i>Achievement</i> – passion, accomplishments, goals, success, giving; • <i>Plus</i> (Vitality/Quiet) mindfulness, physical exercise, mental exercise, diet, sleep) <p>Contact local State-wide CPO for further details section</p>		
	Stakeholders	CPO SSD Consumers		
	Project Scope What is included and excluded?	In order to determine the extent and frequency of the roll out of the newsletter/magazine, all articles are to be fully developed. The restorative approaches within the CHSP programme philosophies are excluded due to its more allied health focus.		
	Level of Impact Outline degree of impact the outcome may have and what area it may have impact (measureable outcomes)	<ul style="list-style-type: none"> • Increase the sectors wellness and reablement understandings and provide resources to promote evidence based best practice • Help sector to identify, develop and share wellness and reablement practices that are working for them, in turn increasing access to innovative approaches • Strengthen presence of Sector Support and Development State-wide through building Collaborative Project Officers and Sector Support 		

		<p>and Development networking, collaboration and sharing</p> <ul style="list-style-type: none"> • Move theory to practice with practical ideas and toolkits • Helps smaller providers to access wellness and reablement resources • Increase knowledge on how to evaluate wellness and reablement programme philosophies, under an 'outcome' focus evaluation method. • Better understanding of methods and knowledge in developing 'goal setting' with a wellness and/or reablement focus. • Increased knowledge and understanding of 'doing with' over 'doing for' the client. 		
Information sharing	<p>Discussion:</p> <ul style="list-style-type: none"> • Looked at the objectives and what they mean • Concerns around the implementation of wellness model – in some organisations very high staff turn-over which creates difficulties • Example of one client accessing services from 11 different organisations • So important to address staffing in the aged care sector – making the role of care worker more attractive • Issue affecting some reablement services – not being picked up in a timely manner so client not given the opportunity to 're-able' • No more money has been released for domestic services and gardening (which are often full) • Concerns re having the time to implement wellness/reablement models into services • Our cultural norms impacting on the sector – 'use-by date' for work is 65years, 'use-by date' for volunteering is 80 years 			

Next meeting date: 24 May 2018

Time: 2.00 - 4.00 pm

Venue: Mayors Parlour –City of Marion