



SOUTHERN SERVICES
REFORM GROUP

SSRG Workgroup Meeting
Workgroup: Aged Care Pathways
Date: Thursday 26 July 2018

Present: Janine Callegari (Chair - Care and Share Trinity); Terry Hales (City of Onkaparinga); Sally Warnes (SSRG); Rachael Fawcett (City of Holdfast Bay); Jacqui Bowden (ECH); Theresa Howard-Jones (Resthaven); Sam Berry (City of Onkaparinga), Vanessa Leane, Mel Olsson (Anglicare), Maria Shialis (City of Onkaparinga), Donna Davidson (Health Care Australia), Jennene Brown (Health Care Australia)

Apologies: Mark Trebilcock (Aged Care Alternatives); Lisa Hickson (Aged Care Alternatives); Karen Smith (DCSI); Cathy Fulton (Resthaven)

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none">Welcome and apologies	
Previous minutes & business arising	Previous minutes accepted	
WellnessCPR Workshop – continue examining the workshop content, give	<p>Wellness CPR</p> <ul style="list-style-type: none">Goals – explanation of wellness goal <p>Wellness is defined in the CHSP manual as being:</p> <ul style="list-style-type: none">Strengths basedDoing with	

feedback and work on content for 'pocket resource'

- Increase ability
- Supports roles
- Builds capacity, self-management
- Increase confidence
- Maintain function
- Supports connections
- Focus on outcomes
- A 'can do' culture

Wellness Goals can be determined by the RAS and/or service provider.

The aim is to promote greater independence and autonomy.

C = Character Strengths & capabilities

- Character strengths explanation – Signature strengths – being the best you, what we do naturally
- Capability explanation – we express our character strengths through capabilities
- Capabilities are skills or competencies

Introduced the scenario about Jack:

Jack is in his eighties and lives on his own. He is dressed immaculately with a tie and suit jacket. As he opened the door to greet me he was shuffling and using a walking stick to aid balance.

We sat down to chat. When asked about things he likes to do he answered by describing a creek near to where he lives. It is a reserve and over the years he has planted several hundred trees there.

He goes on to explain that he loves walking in the creek, daily if his health allows. He has a heart condition which is causing fatigue and fainting and impacts harshly on his ability to get around. When asked what it is about the creek that he enjoys most, he answers by explaining that he gets pleasure from planting something by seed and watching it grow into a tree.

He also talks about the natural environment, the birds and the insects and shows genuine sadness as he reflects on the diminishing wildlife in the creek. However, he adds excitedly, “I discovered to my amazement a most incredible insect – I would love to know what it is.”

He goes on to explain his inquisitive nature and how he loves a good conversation or a good book. Before he had problems with his vision he was an avid reader, even started writing a novel.

Jack is articulate and as he describes the creek, it is with passion and concern.

- In pairs the group identified Jack’s character strengths and capabilities

The character strengths and capabilities identified were:

- All virtues of wisdom – interacted and appreciated the environment, honesty, prudence, appreciation of beauty and excellence
- Appreciation of beauty and excellence by the way he dressed

	<ul style="list-style-type: none"> • Curiosity • Hope • Self-regulation – getting dressed • Zest for knowledge • Prudence – careful about choices • Visual: clothes, creek, good at describing • Linguistic: books, writing, passion • Naturalist: in tune with nature, Nature is now his book because no longer reading • Kinaesthetic: going for walks even though he is declining – the purpose of the walking is to get to the creek • Interpersonal and intrapersonal – has awareness and knowledge about his capabilities • Fairness about the environment • Doesn't faint at the creek 	
<p>Wellness resources – what's useful? Look at a range of wellness/reablement resources to gauge their usefulness and relevance.</p>	<p>Not completed due to time restraints</p>	
<p>Project officer update</p>	<p>State-wide CPO's - Putting into Practice: Wellness and Reablement Symposium – Friday 31 August, SunnyBrae Estate</p>	

<p>Information sharing</p>	<p>Janine (<i>Care and Share</i>) – has done lots of program marketing, more movement, word of mouth has beneficial results, numbers have increased</p> <p>Terry (<i>City of Onkaparinga Respite</i>) – no referrals, looking at doing some more promotion of the program - Facebook, messenger, currently it is down 35% from its full capacity</p> <p>Maria (<i>City of Onkaparinga</i>) – quad council wellbeing and resilience program, with SSRG continues</p> <p>Theresa (<i>Resthaven</i>) – full at Ridgeway House. Can't take anyone short notice. Still getting new clients, accept clients for one night a week.</p> <p>Vanessa – working with Uni SA - training up students to go on placement. There is a gap between theory and practical. Wellness, 12 week intensive. Training includes stories with purpose to keep enabling the person. Drawing on students from other disciplines to create a bigger framework to work successfully with older people.</p> <p>(Donna– has used students previously who wrote client's stories and it was successful.)</p> <p>Rachael (<i>City of Holdfast Bay</i>) – long term domestic capacity, space for short term and spring cleans. One off transport open, social individual green light – recruiting more volunteers</p> <p>Sam (<i>City of Onkaparinga</i>) – hoarding and squalor program - relationship building, Housing SA Tenancy practitioner support officers – great support for the program. Use of creative approaches for funding to support clients. Supporting very vulnerable people. Often MAC is not a pathway they are comfortable with. Majority 50 to 60 years</p> <p>Mel (<i>Anglicare</i>) – Available: personal care south, personal care, transport west, ACHA in Onkaparinga – will take referrals for people under 60</p> <p>Donna- (<i>Health Care Australia</i>) – Building the program from the ground up, taking our time, it's about quality and what's going to work. Very large organisation</p>	
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	<p>Do lots of fee for service, palliative and Insurance funding for hospital clients.</p> <p>Jacqui (<i>ECH</i>) – Allied health receiving referrals, podiatry in couple of weeks - Living well social worker available</p> <p>Wendy Pearce (<i>ECH</i>), Happy Valley day program - dementia, memory loss, social isolation – still have capacity</p> <p>*Send stories through to RAS as it helps to sell the service...adds a level of authenticity</p>	
Any other business	<p>Discussion about respite – Respite started with large social groups etc, now smaller groups, experiencing a quick turn-over- things are certainly different – less people accessing respite</p> <p>Respite was often established later when relationships developed.</p> <p>Package care is also impacting on the up-take of respite because people can't afford it.</p> <p>Another problem - behavioural issues where respite is not suitable and people get sent home – challenging behaviour support is needed.</p> <p>The RAS are not in a position to talk about residential respite, as it is accessed through ACAT</p>	

Next meeting date: Thursday 27 September 2018

Time: 2.00 - 4.00 pm

Venue: City of Marion