



SOUTHERN SERVICES
reform GROUP

SSRG Workgroup Meeting
Workgroup: Carer Issues
Date: 21 October 2014

Present: Jen Day (Chair), Carole Matthews, Meredith McLeod, Dana Lavenant, Gael Porter, Valerie McMahon, Julie Haselgrove, Sharron Irwin, Kate Kenning, Deb Logos, Sally Warnes (Project Officer), Bev Bannister (Minutes)

Apologies: Sandy Johnson-Jones, Filomena Occhiodoro

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none">• welcome and apologies• introductions were made around the table• more great feedback about the SASMA Symposium was received	
Previous minutes & business arising	<ul style="list-style-type: none">• previous minutes accepted• adopt a politician - discussion on what the scheme is and implications involved - needs more research and take it to the Steering Committee• Sally still to talk with carer organisations - spoke with publishers and having post-caring bookmarks and film made - more in project information – not promoting further until we have all resources• two hats...too hard - don't think project is on Carer Support website -	<ul style="list-style-type: none">• Sally to contact appropriate people for 'adopt a politician' idea

	brief rundown of project for new members	
Project Update	<ul style="list-style-type: none"> • In White Space are designing bookmarks and developing a film for the project – the City of Onkaparinga Respite Team are funding the film - all promotions stopped until we have all the resources • showed example of the bookmarks – the images used will link to the film • showed story-board pictures and described the flow of the film • carer quote spoken plus written words to be used at the start of the film • a group discussion was had about the project – idea to promote film at small film festival • both film and bookmarks will link with the SSRG website Post Carers project <p>Launch -</p> <ul style="list-style-type: none"> • where to now - do we have a launch - flying kites? • International Kite Day is in March - could we tie in with this? • could we engage a sponsor for this event? • play the film at the event • looking at early 2015 for launch....maybe March • invite post carers to the launch • could ask International Kite Day if we could be ambassadors for their event and have our launch at the beginning of their event? • maybe use a surf lifesaving club as the venue - have 'make a kite workshop' and then go onto the beach and fly kites - awareness day - take idea to steering committee 	<ul style="list-style-type: none"> • Sally to put idea forward to the steering committee
Project Officer Report	<ul style="list-style-type: none"> • Dementia Workgroup - Memory Hub Launch yesterday - guest speaker Rex Lipman "Don't Miss the Bus" - "What if you could employ a few simple measures to fight cognitive decline, and to remain mentally and physically fit in your golden years? In easy-to- 	

	<p>understand language, author Rex J Lipman presents insights and exercises that are proven to work – 33 people attended</p> <ul style="list-style-type: none"> • National Gerontology Conference - 26 to 28 November at Adelaide Oval - collaborative projects are having a booth there • I Can(t) Workshops - was presented to the In Home Services workgroup recently – workshops based on empowering older people and increasing their confidence in decision making, taking control, setting goals – have trialled two 3 week workshops and two 3 hour workshops – trials still happening • Social Inclusion Workgroup are having a Southern Social Connections stand at the Disability and Lifestyle Expo – postcards, torches, flyers - brochures from all southern social programs • City of Onkaparinga Social Program new brochure based on Ignite your spark project 	
Information sharing	<p>Jen - City of Onkaparinga</p> <ul style="list-style-type: none"> • planning for Celebration of Abilities on 5 December - utilising arts centre and having an evening performance of song and dance • Jamie Oliver Ministry of Foods starting soon at Colonnades - interviews for staff were held recently <p>Carole - Resthaven</p> <ul style="list-style-type: none"> • Every Generation event – older clients writing letters to students – relating what school was like for them when they were young – letters will be given to students who will then respond and then a meeting will take place between the clients and students • Carers Week had ‘girls night out’ on Friday – caree’s also had a night out • vacancies in some respite programs • Ridgeway House has some overnight vacancies <p>Deb - City of Mitcham</p> <ul style="list-style-type: none"> • Every Generation event – movie / morning tea today 	

	<ul style="list-style-type: none"> • Every Generation event two weeks ago - organised students and home maintenance staff to go out and help in gardens for HACC clients – do a tidy up • transport access survey results coming in • a colleague will be helping at the Disability and Lifestyle Expo (Heather) • Tuesday lunch club has vacancies • waiting list for men's group - meets monthly - thinking about starting a second group • all staff going to MIFSA training tomorrow <p>Julie - City of Holdfast Bay</p> <ul style="list-style-type: none"> • Carers Pamper Day at Surf Lifesaving Club at Somerton Park - 15 carers attended • Every Generation event today at Kidman Ave Community Centre - BBQ and band <p>Dana - Uniting Care Wesley</p> <ul style="list-style-type: none"> • two new people starting in next few weeks • Dana is leaving Uniting Care Wesley and moving to Better Practice Project at the end of the month • Community Services and Social Inclusion has been rearranged into three streams - my life, my choice and my future. One is the disability stream, one is the aged care stream and the other is my future stream. Resource options and support for carers is going to be absorbed by my future. • Healthy Cooking and Eating - Christie Downs - 19 November • Mates Breaks – for male carers of adults living with mental illness – first Friday of every month@ Bowden • Support Group Connecting Families – for people with young children supporting a partner living with mental illness – 20 October, 17 November and 15 December • Healthy Low Cost Cooking – a fun cooking event for carers of adults with a mental illness – 19 November or 27 November 	
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	<ul style="list-style-type: none"> • Low Cost Living Information Sessions – October and November • Lounge on Gibson – Embracing Existing Technology – classes on Wednesdays, Thursdays and Fridays • Meeting for movies – 28 November • Understanding Mental Illness Workshop for carers – sessions October, November and December – October session presented by Leap SA • Carer Support Groups – Stop and smell the coffee, Brighton Support Group, Reflections, Komodo Catchup, Mates breaks – see flyer • Resource Options and Support for Carers Newsletter – October, November and December Issue <p>Valerie - Alzheimer's SA</p> <ul style="list-style-type: none"> • Family Carer Workshop – Morphett Vale – 27 November – what is dementia? effective communication • Dementia Training Study Centres – Guest Speakers - Thursday 6 November – Dr David Evans speaking on the Impact of dementia on employment and Rowena Garcia – speaking on Looking at the consumer's perspective • Knowledge Transfer Workshops – Tuesday 18 November • Dementia training Study Centres – subscribe to be on the mailing list - form given out <p>Kate - ECH</p> <ul style="list-style-type: none"> • Every Generation event last week - concert with entertainer Dean Bird – had display of clients art work – some pieces entered in Royal Show and won prizes • vacancies in Day Program for every day except Tuesday's • In Home Respite running at capacity <p>Meredith - Carer Support</p> <ul style="list-style-type: none"> • four day break at Hahndorf and in hills area on 28 November • Woodstock event went well – transport worked well • have survey out re transport issues – what are the issues? What did 	
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	<p>they like about bus transport? What are the barriers for them?</p> <ul style="list-style-type: none"> • joint Carers Day Out with City of Onkaparinga on 16 October – successful day with lots of activities for carers • combined event for all group members - small function and BBQ at Wirra Wirra Winery on Melbourne Cup Day as an alternate function • doing training with ARAS - train the trainer so are able to train staff about elder abuse <p>Gael – ACH</p> <ul style="list-style-type: none"> • vacancy in men's memory loss group on Thursdays • Riverview on Mondays and Fridays - vacancies • Friday group Chat 'n' snack – vacancies • Lunch with friends on Thursdays for people living in Sellicks and Aldinga Beach • vacancies in HACC groups – Coromandel Valley, Aldinga, Sellicks and McLaren Vale Club • vacancies in Carer Respite programs and In Home Respite /personal care 	
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Next meeting date: 25 November 2014, 1:30pm to 5:00pm
Demystifying Families of Older Adults @ Adelaide Oval
Pre-Conference Workshop