



SOUTHERN SERVICES  
REFORM GROUP

**SSRG Workgroup Meeting**  
**Workgroup: Dementia**  
**Date: 2 February 2017**

Present: Deb Craig, Terry Hales, Gill Schultz, Nicole, Susan, Rob

Apologies: Kate Kenning, Krystyna,

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none"><li>Welcome and apologies</li></ul> Krystyna voted to continue to be chair person	
Dementia resources and training	<p><b>Overview from Rob re Alzheimer Australia resources:</b> <b>Resource Booklet:</b> Family and Friends Matter - for family members <i>(Contact Sue Severino resource person at AASA)</i></p> <p>Dementia Care Essentials training – available. Isn't being advertised as certificate 3 or 4 – it is a combination of both – recognised qualification for dementia component. <i>(Contact Emma Dado at AASA)</i></p> <p>Carer training no cost Training free for service providers</p>	

*Do we need more training in the south?*

Tend to see more people with early signs of dementia – perhaps require different training than what we provided in the past (focusing on high needs).

**Resource:** Robyn Yale and Lisa Snyder – initiated a model — counselling approaches with early stage dementia

**Resource:** Australian Dementia Care journal

**Resource Booklet** – Travelling with Dementia – look at the ‘Fight Dementia’ website- <https://wa.fightdementia.org.au/wa/research-and-publications/publications/enewsletters/member-connect-edition-5/travelling-with-dementia>

Living Well with Dementia –

<http://livingwellwithdementia.org.au/category/personal-stories/> – 10 stories – a tool - keeping the brain active

Is it possible to develop a list of service providers that take people into exercise programs with memory loss?

Possible need – exercise groups for people with memory loss

New thinking - resistance type exercise best for dementia

Mind diet – <https://www.dementiaresearchfoundation.org.au/blog/mind-diet-another-approach-dementia-risk-reduction> – Mediterranean diet best with additions – important that there is a fasting of 12 hours every 24 from carbohydrates

Stimulate the brain to produce ketones....

<https://www.ncbi.nlm.nih.gov/pubmed/18625458>

<https://authoritynutrition.com/low-carb-ketogenic-diet-brain/>

Dementia in my Family – directed at children-

<http://www.dementiainmyfamily.org.au/>

Rob will bring a couple of back copies to the next meeting.

	<p><i>What are your views on dementia?:</i> Gill was involved in some research - 'what is a good day out' – to workers and family – university in Queensland – study based in Mitcham...?why</p> <p>Memory Walk and Jog 26 March 2017 to raise money</p> <p>Drug trial centre at RAH – Avanex – memory trial Trial involving family member without dementia</p> <p>Enabling environments <a href="http://www.enablingenvironments.com.au/">http://www.enablingenvironments.com.au/</a></p> <p>Mount Barker council are developing one of their parks into a dementia friendly garden.</p>	<p>Find out how it is progressing</p> <p>Rob will look into the Brain Hub</p>
<p>Aged care reforms...how things are going?</p>	<p>Many still trying to work out what will happen with changes to packages scheduled to happen 27 February 2017</p> <p><i>Below...notes taken at Steering Committee meeting 26/9/16 - Guest speakers, Bev Young and Lorna Fairbank from the Department of Health</i></p> <ul style="list-style-type: none"> <li>• Home care packages will follow the consumer, there will be a national wait list and an approved providers list</li> <li>• Each individual will have a defined budget and the consumer will choose who delivers the package</li> <li>• One waitlist will make it more equitable for all Australians</li> <li>• A State / regional allocation will no longer exist</li> <li>• If there are any vacancies in packages they go back into the National pool</li> <li>• Consumers will require an ACAT through My Aged Care</li> <li>• Web based referral form available</li> <li>• ACAT's assess for level 1, 2, 3, 4 and use the same tool as the RAS and the call Centre</li> <li>• Can prioritise for consumers with high needs, otherwise it is based on the time they apply</li> </ul>	<p>send the webinar link to group re packages</p>

	<ul style="list-style-type: none"> <li>• If you are at the top of list, you get a code and a letter. It's the same process if you are looking for a place in a residential care facility.</li> <li>• There are 56 days to pick up the package and an extension of 28 days can be granted after that</li> <li>• Service providers require the current code to ensure the package will be funded</li> <li>• Unspent funds will follow the consumer when the consumer changes providers or package</li> <li>• Special needs groups will be monitored more closely</li> <li>• Number of packages will grow as per planning ratio</li> <li>• A client who is receiving CHSP services and gets a home care package can continue receiving the CHSP services at full cost recovery</li> </ul> <p>Some staff are being told to be prepared to work in a different region depending on where the need is.</p> <p>Unknown how the changes will affect organisations</p> <p>Carers – there seems to be less focus on respite – has changed because respite sits with the care recipient</p> <p>Why is respite not seen as a valued service?</p>	
Possible projects for 2017	<p>1) Why is respite not seen as a valued service for carers of people with dementia? - Could this be a topic for a project?</p> <p>Many in the caring role hold off from accessing respite. Reasons include: don't believe others can look after the person, embarrassed, incontinence and issues with continence aids</p> <p>Require further education and awareness If no respite – a possible early admission into the health system - carer stress/health issues</p> <p>Sometimes access respite but there are repercussions when the care recipient</p>	

	<p>gets home. Difficult for carer to manage. No longer any case-coordination which is required to assist. People get confused.</p> <p>More support for carers particularly male carers. Provide more dementia training for carers. Deb (Norman House) practises person centred care and keeps the same routine as at home. Look at the person's strengths. Work with OT's. Carers can be at a loss.</p> <p>Could we develop a respite resource? It's not what we offer...it is how we offer it... Loss and grief or develop a connecting process??</p> <p>2) Brain Hub – ran out of Marion Library – drop in service – not sure about promotion strategies?? Rob tried a drop in counselling service at Noarlunga library but didn't get off the ground. Could something be implemented in the south? What does it involve? Susan suggested possibly hosting it at carer support.</p>	
Project Officer Update	<p>Not discussed at the meeting – however below are excerpts from the latest project update.</p> <p><b>Ageing and Technology Workgroup</b> <b>Background:</b> The group is working on developing an on-line training resource for workers', volunteers and family members to use to learn how to better engage older people with technology (tablets and computers). The project is a partnership arrangement with St John Flourishing Lives Program who have already developed a resource containing 3 modules. The content is being combined into one on-line training program.</p> <ul style="list-style-type: none"> <li>• A draft training program script has been developed. It includes the following topics: character strengths and motivation, the impact of memory on successful learning, the importance of communication skills, 10 effective actions for successful coaching sessions and adult learning styles.</li> </ul>	

- University of South Australia (UniSA) is establishing a website for 'Flourishing Lives'. The Computer Coaching On-Line Training Program will be part of this site. UniSA is supporting the technical development of the program.
- In White Space will be engaged in a consultative role to assist with the format and creative content of the training module.

#### **Resilience in the Workplace**

- Workshops have been organised through LEAP SA (Let's Empower All People) to focus on workplace resilience – next workshop supported by **SSRG and Western Linkages** is at Morphettville Junction, 23/2/17

#### **A Taste of resilience**

- The SSRG is collaborating with the Better Practice Project to deliver wellbeing and resilience 'taster' workshops – based on the SAHMRI Wellbeing and Resilience training.
- The first of these sessions was delivered 13/12/16 at Club Marion, Attendees 30.
- A second session is planned for the eastern region – 2/3/17

#### **Because I Can**

- The SSRG has partnered with the Better Practice Project to continue to roll out the Because I Can Program.
- The first session was delivered 5/12/17 at ACS, Attendees 20. A follow-up session is planned to deliver the train-the-trainer component. (The delivery format is to participate in the 3 hour workshop, followed by a half-day train-the-trainer module).

#### **State-wide Collaborative Projects**

- The State-wide collaborative Projects are organising another symposium in July 2017.
- The topic will be loneliness and social isolation.
- It will include: The reform agenda and how it relates to loneliness and social isolation, defining and exploring the similarities and differences

	<p>between loneliness and social isolation and responding to each, workshops in response to pre-set questions of interest, ageing and digital technology, social isolation and dementia</p> <p><b>South Australia Self-Management Alliance (SASMA)</b></p> <ul style="list-style-type: none"><li>• Planning to host the 4<sup>th</sup> SASMA Symposium – it will be in conjunction with the Disability, Ageing and Lifestyle Expo in October.</li><li>• Planning a project based on consumer empowerment – in the early stages of development.</li></ul>	
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**Next meeting date: Tuesday 7 March 2017**

**Time: 2.00 - 4.00 pm**

**Venue: Mayors Parlour, City of Mitcham**