



SOUTHERN SERVICES
REFORM GROUP

SSRG Workgroup Meeting
Workgroup:
Date: 27 February 2013

Present: Russell Humphrey (Chair), Frances Rennell, Theresa Howard-Jones, Patricia Field, Kerry Bulstrode, Keith Bettany, Margaret Potts, Franca Antonello, Fiona Patterson, Louise Fuller, Sally Warnes (Project Officer), Bev Bannister (Minutes)

Apologies: Helen Hansen, Penny Mosel

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none">• welcome and apologies made• Kerry Bulstrode will be replacing Jacqui Bowden while Jacqui is working in a different role• Russell has been nominated chair in Jacqui's absence	
Previous minutes & business arising	<ul style="list-style-type: none">• Previous minutes accepted• actions completed	
Project report – Health and Community Informed Choices	Project Aim To increase the knowledge and understanding about community services that are available in the Cities of Onkaparinga, Holdfast Bay,	

Marion and Mitcham.
 The resource will be available for all health professionals, community services workers and health consumers.

Report from November 2012 to February 2013

Resource Design
 Designer and developer of the resource selected - Toucan
 Confirmed quotes – design, development and purchase of pokit pal, app for i-phone
 New addition to the resource, i-pad app

Discussion with app developer in regards to the design and layout of the app
 Overall Aim –to present the information in a logical manner that is easy to read for all users
 This aim resulted in the following decisions for the app design and layout
 -SSRG Colours – Blue and Orange
 -Blue background to information
 -Three main categories to be interactive buttons sited along the bottom of the app
 -All buttons whether main categories or subcategories to include a name and symbol
 -Template developed in keeping with overall design for each fact sheet within the Applications category

Resource Content

Categories
 The working titles for the three main categories are Definitions, Directory and Applications

Definitions	What does it mean i.e. respite, carer?	(Refer to handout)
Directory	Where do I find it?	(Refer to

	<p>handout) Applications What else do I need to know/what can I do to improve and enhance my/others health and wellbeing?</p> <p>Discussion: Working titles for categories</p> <p>Feedback/Meetings Attended meetings to promote and receive feedback about the resource All SSRG Work Groups and Steering Committee Health and community meetings e.g. Holdfast Bay Community Acute Community Information Exchange, A2HC (Lyndal), Southern Aged Care Forum, Southern Primary Health (Elizabeth), Carer Support</p> <p>Work in Progress Presently working on Fact Sheets</p> <p>The fact sheets are largely based on ideas discussed in the video that was shown at the last meeting, ‘How to Live to Be 100+’ by Dan Buettner. Dan outlined a study of the world’s “Blue Zones,” which are communities whose elders live with vim and vigour to record-setting age.</p> <p>This overarching theme of living well, regardless of age and personal health conditions will provide the framework for the fact sheets. The framework will be loosely based on four main headings, right outlook, move naturally, eat wisely and connect. Information and examples will be provided for each area</p> <p>Right Outlook Maintaining a healthy perspective on life Look for healthy outlets for stress- exercise, walking, art etc. For others, it’s spirituality, religion, or their family and community. A sense of purpose is also equally important.</p> <p>Move Naturally The trick is to do something active every day that you enjoy. That way, being active isn’t a chore; it is something you look forward to.</p>	
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	<p>Eat Wisely Meals that contain a lot of vegetables, fruit and less processed food.</p> <p>Connect The last theme is a sense of family. Also a sense of belonging within a community</p> <p>Discussion: Suggestions, comments and ideas for fact sheets</p> <p>Next Steps</p> <ol style="list-style-type: none"> 1. Pokit Pal and QR Code – to be drawn from information written for the App 2. Develop marketing procedure <p>Discussion:</p> <ul style="list-style-type: none"> • fact sheet suggestions – ongoing education on positive ageing, community meals, local markets, lifestyle hints, living well, planning ahead for the future, A2HC, SIS, advocacy, emergency services out of hours care • buttons order idea - directions / information / definitions = DID • suggestion for framework of fact sheets – FINER <p style="padding-left: 40px;">f family/friends i information n nutrition e exercise r reablement</p> <ul style="list-style-type: none"> • Continuing the discussion.....brainstorm session re types of fact sheets – suggestions included: transport, advocacy, therapy, ACAT, mental health, palliative care, social isolation, falls and mobility, sleep services and financial assistance. Louise has a copy of the complete list. • Discussion about checklist questions for discharge planners eg- are there already services in place? Are you a veteran? Palliative care? Medication list? Does this person have a carer or are they a carer? 	<ul style="list-style-type: none"> • Louise to email list of definitions to all of group • Fiona, Kerry, Margaret and Louise to meet and write up checklist for discharge planners and for consumers • Louise to circulate information
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	What council area do you live in?	
Project Officer Report	<p>Carer Issues Workgroup The official launch of the resource was held on 25 February, at the Mitcham Cultural Village. One of the main objectives of the launch was the handing over of the resource to the carer organisations – Carers SA and Carer Support. Attendees were given a ‘goodie’ bag with a copy of the DVD and a business card stating where the resource can now be found online.</p> <p>Dementia Study and Training Centre Younger onset dementia training has been rescheduled for:</p> <ul style="list-style-type: none"> • March 14, 2:00 to 4:00pm at Marion council • April 5th, 2:00 to 4:00 pm at Onkaparinga Council <p>April session still has vacancies</p> <p>Population health survey Diploma of Population Health – Sally has recently completed a unit on ‘community consultation’ and has developed a survey. She is asking workgroups to fill it in to collect data about ageing in the south.</p>	<ul style="list-style-type: none"> • Sally to resend dementia training flyer to all
Information Round	<p>Theresa - Resthaven</p> <ul style="list-style-type: none"> • Inquiry: Does ACH offer support services for diabetic people? - Contact therapy services in the south. <p>Frances – City of Mitcham</p> <ul style="list-style-type: none"> • Aged Care Alternatives managed by Resthaven. Face to face service to help older people find appropriate services - information Flyer handed out. <p>Keith – City of Holdfast Bay</p> <ul style="list-style-type: none"> • Have a new Project Officer in the role ‘healthy communities’. Julie 	

	<p>Haselgrove and Keith are developing walking groups that will eventually be self- run by participants - telephone Keith for more information</p> <p>Margaret – Carer Support Invitation to all to visit their new premises in Morphett Vale – Friday 15th March, 10 to 12pm – flyer handed out</p> <p>Russell – ACH</p> <ul style="list-style-type: none"> • It would be useful to have A2HC at the meeting to share information <p>Discussion:</p> <ul style="list-style-type: none"> • The Gateway – tenders have been accepted – it is understood that it will be set up similar to a ‘call centre’ 	<p>Sally to contact A2HC to see if they are coming to the next meeting</p> <p>Sally to bring most up to date info re the reforms to next meeting.</p>
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Next meeting date: 27 March 2013
Time: 2.30 – 4.30 pm
Venue: ACH, Christie Downs