



SOUTHERN SERVICES  
REFORM GROUP

**SSRG Workgroup Meeting**  
**Workgroup: In Home Services**  
**Date: 26 November 2014**

Present: Jacqui Bowden - ACH (Chair), Theresa Howard-Jones - Resthaven, Margaret Potts - Carer Support, Keith Bettany - City of Holdfast Bay, Russell Humphrey - ACH, Shelly Simpson – Resthaven, Christine Taylor – RSB, Tania Thompson – Life Care, Franca Antonello – Uniting Care Wesley, Diane Lorimer – Life Without Barriers, Rebecca Blythman - RGH South Adelaide Palliative Care Service, Sharne West – Parkinson’s SA, Sally Warnes (Project Officer)

Apologies: Prue Oake - Lifecare, Leanne Taylor – SAPOL, Rima Sallis- City of Marion, Bev Bannister

Agenda Items	Discussion	Actions
Presentation – Christine Taylor RSB	<ul style="list-style-type: none"><li>• Introduction to Vision Loss information distributed</li><li>• Low vision clinic and outreach team aligned with Flinders Vision Centre for southern clients in the University</li><li>• Central vision loss – Macular Degeneration – two types, dry and wet. Dry involves slow deterioration, wet can be treated</li><li>• Cataracts can be removed quite successfully – do not grow back but can have scar tissue</li><li>• Glaucoma – peripheral vision loss</li><li>• OT’s can provide equipment to assist people with vision loss</li><li>• Can experience social isolation, anxiety, emotional and</li></ul>	

	<p>psychological issues</p> <ul style="list-style-type: none"> <li>• RSB services are free</li> <li>• Service providers can refer or self-referrals</li> <li>• Referral options include - go onto the RSB website and do it online OR alternatively contact the Southern RSB Office on 8417 5660</li> </ul>	
Project officer report	<ul style="list-style-type: none"> <li>• The Post-Caring on-line resource can be viewed on the SSRG website under the 'Carers' tab.</li> <li>• The you-tube film – 'Life After Caring' has been completed and can be viewed at the Southern Services Reform Group you-tube channel.</li> <li>• The 'Life After Caring' promotional bookmarks are also available.</li> <li>• I Can(t) Workshop: course resources are being developed, including an interactive 'driving wheel' that includes brief summaries of the tools used to promote wellness.</li> <li>• An 'Ignite your spark' booth was organised at the Disability &amp; Lifestyle Expo at Wayville Show-grounds, 7th November 2014. The booth promoted all southern social programs.</li> <li>• 150 people came to the booth. The 'Ignite your spark' film was being continuously shown to inspire social engagement and 'endless possibilities'.</li> </ul>	
Presentation - Sharne West Parkinson's SA	<p>Parkinson's Disease</p> <ul style="list-style-type: none"> <li>• Many are diagnosed at a young age</li> <li>• Loss of dopamine in the brain</li> <li>• Generally when diagnosed they have lost 80% of dopamine</li> <li>• Significant symptom...depression</li> <li>• Other symptoms...loss of smell....thin spindly writing</li> <li>• Can have a tremor or a loss of balance...or when they walk they don't swing their arms</li> <li>• Cannot confirm condition through testing</li> <li>• Masking effect...can't smile</li> </ul>	

	<ul style="list-style-type: none"> <li>• Medication can have side effects</li> <li>• Finding toilets and parking causes stress to socialising and become barriers</li> <li>• Support groups and exercise groups are available over the State</li> <li>• Carers are encouraged to be involved....pampering mornings</li> <li>• Other specific groups....Deep Brain Stimulation</li> <li>• Not hereditary</li> <li>• Greater prevalence in the country</li> <li>• More common in men</li> <li>• Support Line 1800 644 189</li> </ul>	
Program Update	<p>Diane Lorimer – Life Without Barriers</p> <ul style="list-style-type: none"> <li>• Domestic assistance @ 85%</li> <li>• Currently doing a course on dementia</li> </ul> <p>Keith Bettany – City of Holdfast Bay</p> <ul style="list-style-type: none"> <li>• Vacancies in all areas</li> <li>• Perma project...7 councils....measuring and building wellbeing (Perma: positive emotion, engagement (the feeling of being lost in a task), relationships, meaning and accomplishment)</li> </ul> <p>Rebecca Blythman - RGH South Adelaide Palliative Care Service</p> <ul style="list-style-type: none"> <li>• Delivering 2 psycho social sessions per week at GP Plus</li> <li>• Patient and carer seen separately</li> <li>• Health project using iPads</li> <li>• Research project re quality of life</li> </ul> <p>Russell Humphrey</p> <ul style="list-style-type: none"> <li>• Vacancies all programs</li> </ul> <p>Theresa Howard-Jones - Resthaven</p> <ul style="list-style-type: none"> <li>• Respite available</li> <li>• Hersey Cottages full</li> </ul> <p>Margaret Potts – Carer Support</p>	

	<ul style="list-style-type: none"> <li>• Christmas activities happening</li> <li>• 3 new employees at Fullarton office</li> <li>• Extra employee in the south</li> </ul> <p>Tania Thompson – Life Care</p> <ul style="list-style-type: none"> <li>• Vacancies for domestic &amp; centre based social</li> <li>• Pamper days</li> </ul> <p>Franca Antonello – Uniting Care Wesley</p> <ul style="list-style-type: none"> <li>• Position as southern region coordinator but have clients also in the west</li> <li>• Greek, Italian and Asian clients in the west</li> <li>• Have workers that speak 36 different languages</li> </ul>	
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**Next meeting date: Wednesday 25 February 2015**

**Time: 2.30 - 4.30 pm**

**Venue: City of Onkaparinga, Meeting room 2**