

Turning the page

ACH GROUP

Good Lives for Older People

Latest news, services and developments of ACH Group

Autumn 2016



ON PAR: David Ball and Paul Fitzgerald are part of a golf group for people with younger onset dementia, the first of its kind in South Australia.

Group tees off for younger people with dementia

A new golf group at West Beach is part of an innovative project that aims to transform the way services for people with younger onset dementia are delivered in South Australia.

The weekly golf group kicked off in November last year with help from The ACH Group Foundation and support from Alzheimer's Australia (SA) through the Younger Onset Dementia Key Worker Program.

Each participant is living with younger onset dementia, a condition that occurs in people under 65 years old.

The program is run by a golf professional from Adelaide Shores Golf Club, with support from an ACH Group support worker and volunteer.

The program is coordinated by Louise Bower, through Swan Cottage respite services, and is

also being supported as part of ACH Group's Tailor Made Project, which aims to develop a 'tailor made' respite model for younger people living with dementia, their families and carers.

Tailor Made explores the notion that other forms of respite care can provide better outcomes for both the person with dementia and their carer or family member.

Dementia Learning and Development Unit Senior Project Officer Kelly Quinlan says there is a lack of specific services to cater for this group, which numbers about 2,500 across the state.

Kelly says most encounter challenges in accessing traditional respite services that are mostly provided through the aged care sector, and may not be appropriate for their age, level of fitness or interests.

"People often have younger children and mortgages and might still be working at the

time of diagnosis," she says. "People also tell us that their social networks fall away because people just don't know how to deal with it – it's not easy."

She says being engaged in the community, being physically active and having opportunities to learn new things are all important.

Group member Ian Drummond, a former police officer who had to retire early due to his diagnosis, says the social and physical benefits of the golf group are invaluable.

"We help each other out where we can, and we have a bit of fun – we don't take things too seriously," he says. "It's great to get outside to have a go at golf and with others who know what you're going through." ■

To join in or for more information more about the Tailor Made Project contact Kelly Quinlan on 8159 3462 or email kquinlan@ach.org.au

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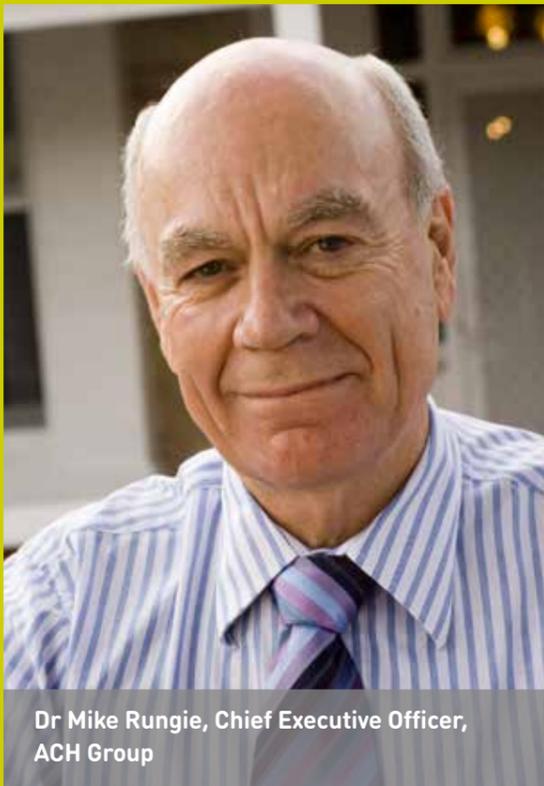
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From the CEO's desk



Dr Mike Rungie, Chief Executive Officer,
ACH Group

With the new Strategic Plan 2015-2020 now approved by the Board, can I thank you all for your insightful input.

This is an exciting time of change and opportunity for us to do what we really believe in. As government reforms come into play, customers will seek out organisations that deliver innovative, tailored services that best suit their individual needs.

We are seeking to understand our current and future customers better and find out what it is that people will want from us in the future. We've used this to shape our new Strategic Plan and will keep using this to improve services.

Over the next five years we will build on our Home Care services, making it easier for people to maintain their independence, and our brain, health and dementia services,

to promote resilience and cognitive decline preventative practice.

We plan to offer a new suite of services, including new options for people with high care needs, more good health services and good lives opportunities.

Partnering with other organisations, including those outside our industry, will create new opportunities to offer a much wider range of services that customers are starting to expect.

Finally, we will continue to pioneer restorative approaches at our state-of-the-art ViTA facility and expand our affordable housing options across South Australia and Victoria. We are excited about a future in which we continue to advocate for older people and help them to live the lives they want to lead. ■

A new vision for aged health



Professor Susan Gordon shared her vision for an aged health sector in South Australia with industry leaders, researchers, ACH Group staff and customers at ViTA in February.

Prof Gordon, who was appointed Chair of Restorative Care by Flinders University and ACH Group in October, spoke about rapid changes in health brought about by new

technology and the implications that had for South Australia's ageing population. "In a few years there will be health professions we haven't even dreamed of," Prof Gordon said.

"We have a great opportunity in SA to reframe our thinking so that it's no longer an aged care sector but an aged health sector."

Prof Gordon said there was a need to think beyond clinical care and move to prevent people reaching a 'critical threshold' through screening and targeted interventions.

"SA can be a world leader in the co-design of research and innovation for restorative care and healthy ageing," she said.

As part of the Meet the Chair event, round table discussions were held on a series of opportunities, including the optimisation and delivery of quality services and potential research topics. ■

New board chair appointed

ACH Group has announced the appointment of Geoff Holdich as Chair. Mr Holdich served as Treasurer for the past eight years, and accepted the position during a time of unprecedented opportunity in the aged care sector which includes greater competition, use of technology and innovation and significant policy change.

Mr Holdich is Chairman of BRM Holdich, a Fellow of the Institute of Chartered Accountants, a registered tax agent and auditor and has financial planning qualifications.

He was previously the Managing Partner of PKF where he was responsible for five offices in SA and NT and served on PKF's



National Council. He acts as Chairman of three other professional services firms, is active as a mentor to senior level executives and as a career management consultant.

He is also a member of the SAHT Audit and Finance Committee and up until 26 October 2015 was Treasurer and Chair of the Audit and Finance Committee of ACH Group.

"I'm very excited about assuming the position of Chair as we further embrace the consumer age in the sector," he says. ■

Turning the Page is an ACH Group publication. If you have any questions or would like to subscribe to the publication, please contact the Marketing and Communications Team on telephone **(08) 8159 3600**.

For more information about any of ACH Group's programs please contact 1300 224 477.



Power Movers kicks off at Alberton

Port Power players aren't the only ones training at Alberton this football season. ACH Group's newly launched Power Movers group meets at the Port gymnasium and training ground.

The community exercise group was launched at a free Come 'N' Try day at Port Adelaide in March. Power Movers is aimed at people aged 50 and over who find it hard to begin or maintain exercise, sometimes due to chronic disease or injury. Twice weekly sessions are run by exercise physiologists and cover all aspects of physical health including balance, coordination, flexibility and mobility.

ACH Group Fitness Leader Angus Smart says it's a great opportunity for people to try a range of exercises, including body weight and theraband exercises, stretching, balancing and teamwork.

"It can be hard to get started and maintain regular exercise, particularly when you experience a chronic condition or reduced function," he says.

"Joining in a group session is a great way to have fun, make friends and live a healthy, active life."

As well as exercise, the program includes education topics that cover nutrition, footcare, motivation and goal setting, chronic disease management, relaxation and stress management.

"We also talk about the importance of a 'Brain Gym' – exercising the brain," Mr Smart says. "There are many facets to a healthy lifestyle and joining a group exercise program is a great place to start." Group members Kevin Webb and Elaine Webb, of Largs

North, love being part of the group – not just because they're Power fans.

"We enjoy it – it gets you up and moving, works your muscles and gets you a bit fitter," Kevin says. "We mix with different people and it gets us out of the house." Elaine likes to keep an eye on the Port players as they train, which often coincides with Power Movers sessions.

"They often come and say hello to us, and tell us to keep it up – they're nice boys," she says. Hour-long classes will run on Monday, Tuesday and Friday and cost \$9/session. ■

To join in or for more information contact ACH Group on 1300 224 477 or visit www.ach.org.au



POWER PLAY: Mike Bollmeyer and Shirley Carter at the Power Movers launch.

Choir makes its Adelaide Festival debut



HIGH NOTES: The Sing for Joy Choir rehearses at Grainger Studio in Adelaide.

Members of the Sing for Joy Choir joined critically acclaimed Australian actress Catherine McClements in the State Theatre production of 'The Events' in March.

One of the highlights of the Adelaide Festival, the thought-provoking play followed a community's search for compassion, peace and understanding in the wake of a violent event.

Sing for Joy was one of 10 community choirs asked to be part of the play and took the stage at Her Majesty's Theatre for the final matinee performance.

Lenore de la Perrelle, Senior Manager at ACH Group's Dementia Learning and Development Unit, says choir members were excited about being part of this Australian premiere.

"This was a great opportunity for older people to be part of the Adelaide Festival and work with professional actors and the State Theatre Company," she says. "It provided a high standard to attain and showcased the benefits that collaboration can offer older singers."

Sing for Joy is an inclusive community project for older people funded by The ACH Group Foundation that encourages older people to learn to sing and perform to local audiences and festivals.

The Sing for Joy choirs promote the benefits of participation in the arts by older people and celebrate the contribution that older people and people with dementia can make to the cultural life of South Australia.

Choirs are offered in Payneham, Glenelg, Seaford and Wynn Vale. The choirs provide a vehicle for people to come together irrespective of ability, to learn, to enjoy music and singing and to feel the benefits of being included in their community. ■

To join a choir or for more information more visit www.ach.org.au

Active brains: more than memory

Have you heard the term “seniors moment”? This is often used to describe those times when we forget something that we know well – a name, an appointment, or what we were about to do or say.

Often people worry that this is a sign of getting old or developing dementia, yet many of these are normal memory changes as we age. Sometimes we may not hear as well and be unsure of the words, other times we are distracted by other things. Worry, pain, medications, grief or just too much on your mind can make it more difficult to focus or to recall some facts or words.

Often if we retrace our steps or take time to link names with faces or go through the alphabet to find a name, we can recall what it is we're after. This shows us that paying attention and focussing on the task at hand can help overcome these temporary lapses.

There are ways to reduce these incidents. If we need to remember something, it's best if we have three ways to recall:

- Pay attention to what is being said and reduce background noise;
- Repeat names of people when introduced, or dates and times of appointments;
- Write them down in a list, a diary or in a smart phone and make sure you use it regularly to check the reminders.

Many people rely on computers and mobile phones for phone numbers, appointments, addresses, passwords and names. This is a good use of technology that can take worry out of some of the normal memory changes.

If you are worried about your memory, a visit to the GP is advised to check on your physical health, infections, blood pressure, diabetes and other conditions that can cause memory problems. Another good reference point is Alzheimer's Australia's excellent brochure *Worried about your memory?* It contains useful information and a checklist to take to the doctor. For a copy, phone **1800 100 500**.

But brain health is more than memory. Keeping an active body, an active brain and good social connections optimises health.

Many people enjoy crosswords, Sudoku or playing computer games, which are all good ways to keep using your working brain. However the optimal effect is when you combine physical activity with cognitive activity and social connection.

These activities might include learning to play a musical instrument with others, singing in a choir, dancing with partners, playing lawn bowls, joining a regular walking group or golfing. All of these combine physical, cognitive and social elements.

Anything that gets you moving outdoors, that challenges you mentally and is with other people who enjoy the same things is of real benefit to your brain and to your body.

Frank really enjoys walking, but when he walks with other people he chats, enjoys their company and needs to think about where he's going and what pace he needs to keep up with the others.

Mary enjoys singing and music, but when she rehearses with the choir she does a physical warm up, breathes deeply, needs to focus on the words, the music and the part she is singing. The sound of harmony in a choir

is physical and the enjoyment of working together and performing is very rewarding.

Members of a Tuesday walking group at one of our homes include those who go for a walk using walkers and, for one, a wheelchair. Some tell us that they sleep better and look forward to the walk and remember it. Others say it gives them something to talk about and the chance to meet new people, as well as gaining stamina and the ability to walk further, because they enjoy it.

The slogan “use it or lose it” does apply. By maintaining these activities we can keep well, have something to look forward to and keep in touch with others. ■

Lenore de La Perelle is ACH Group's Dementia Learning and Development Unit Senior Manager.



For more information on activities that combine physical and cognitive activity with social connections, contact ACH Group on 1300 224 477 and ask for social links or health services options.



ON A ROLL: Staying active and maintaining social connections can optimise health.



Support worker Chris Karidis, David Ball, Paul Fitzgerald, Ian Drummond, Adelaide Shores golf professional Anne-Marie Knight, Gary Mortimer and Ian Gladstone are part of a weekly golf group at Adelaide Shores.

Betty goes with the flow

Volunteer Betty Wolf combines her passion for art and counselling as lead artist at ACH Group's 'Continue the Flow' Community Art Group at Murray Bridge.

Betty is a much-loved contributor to the weekly program, which offers art workshops for older people living with memory loss.

She was born in Holland and has lived in many parts of the world including Scotland, her last port of call before moving to Australia with her husband and three children in 2001.

With a background in social sciences and education, Betty spent much of her career working with cancer patients as a counsellor.

"I discovered that creative activities can help put minds at rest, and that instilled in me a desire to use my creativity for therapeutic reasons," she says.

On her arrival in Australia Betty studied a diploma of visual arts, specialising in tapestry weaving, and became an active member of the local arts community.

She helped establish the Continue the Flow Community Art Group five years ago following the successful 'In the Flow' street banner project in Murray Bridge.

She loves seeing the benefits that art can bring, particularly to people living with dementia.

"I love working with people to bring out their creativity and to see them learning new skills, interacting socially and relaxing is very rewarding," Betty says. "It brings people together to engage with one another and it's stimulating for the mind, as well.

"The upbeat atmosphere shows the value of being together, sharing stories, being creative and having fun."

Each week Betty consults with the group before choosing a theme

that is meaningful and tries to draw on long term memories.

"Some people say to me 'I haven't thought about this for a long time'," she says. "There's so much joy in remembering old songs and things people can share together."

"The process of making art is just as important as the finished product. It gives people a real feeling of achievement."

The group works with a variety of art techniques including painting, drawing, clay work, collage, weaving and mixed media.

Their work on the theme of 'Love' will be exhibited as part of this year's South Australian Living Artists (SALA) festival in August.

To join the weekly Thursday program or for more information please contact ACH Group on 1300 224 477. ■



TIPS: Betty Wolf works with Sue Williams at Murray Bridge.



2015 ACH Group Planning Ahead Guide

New statistics that predict a doubling in the number of people affected by dementia by 2050 highlights the importance of planning ahead.

The report *Forecasting Dementia in 2050*, released by the University of Canberra's National Centre for Social and Economic Modelling in March, found the number affected by dementia would grow to almost one million, up from 380,000.

Resource makes planning easier

ACH Group Dementia and Learning Unit Project Officer Teresa Moran says ACH Group developed its popular Planning Ahead Guide in 2009 specifically for people with dementia and their families.

The guide was relaunched in 2013 as an information guide for all older people to help them with future planning and updated again in August last year to reflect legislative changes.

"It explains the new document called an Advanced Care Directive and the decisions that it covers, including choices and instructions for personal wishes, future medical care and end of life decisions," Teresa says.

The guide also covers information on services, emergency planning, financial planning and completion of an Enduring Power of Attorney document for money matters.

Teresa says it's hard to know what the future holds and can be even harder to have discussions about our own mortality.

"Dementia, stroke, serious accidents and some other health conditions can affect our ability to make decisions for ourselves," she says.

"This guide gives you an opportunity to have a say in your future while you can and gives clear information to assist with what can be difficult decisions and discussions to face."

She says planning early can take the pressure away from family members who may have to make important decisions for you in the event of a health crisis and bring peace of mind, knowing your wishes have been clearly documented.

The guide is the first of its kind in South Australia, bringing together information in an easy to read format. ACH Group is also in the process of developing a Planning Ahead Advisory Service to accompany the guide for people who would like more information on their own planning ahead process. ■

To order a copy, phone ACH Group on 1300 224 477 or visit www.ach.au/good-resources/publications to download.

Gardening a labour of love for Harmers



Helen and Terry Harmer manage a mixed block of natives, fruit trees and raised beds at Flagstaff Hill.

Flagstaff Hill residents Terry and Helen Harmer know how important it is to enjoy a garden of your own.

The passionate green thumbs set aside a day a fortnight to help maintain the gardens of older South Australians as part of the ACH Group Home Assist Onkaparinga volunteer gardeners program.

They joined the program last year to help people who wanted to live at home but found physical tasks a challenge.

They make a point of taking direction from the customer on all their work, which includes trimming, raking, sweeping, pruning and weed control. "We're here to help, not to take over," Terry says.

Helen says as gardeners themselves, she and Terry are aware of how important it is for people to be able to maintain their outdoor areas.

"Being outside in a natural environment is so good for your overall wellbeing – both

emotionally and physically," she says.

"We enjoy helping people, too. It's a nice feeling. We're another point of social contact for people."

Helen and Terry lead busy lives, squeezing in babysitting their four grandchildren, caring for Helen's mother, travel and social commitments as well as keeping up with their own garden – a big block of mixed natives, raised vegetable beds, herbs and fruit trees.

ACH Group Home Assist Onkaparinga is always looking for volunteers to assist residents in the local community. Volunteers are allocated to a team of either two or three and carry out basic low level gardening assistance on a four-weekly or eight-weekly basis.

A variety of tools are provided and volunteers have access to regular training workshops, including fruit tree pruning and ACH Group mandatory training and safe practices.

The program runs on Mondays, Tuesdays and Wednesdays from 9am to 2pm. ■

To volunteer or access the program contact ACH Group on 1300 224 477 or visit www.ach.org.au

ACH Group Service Directory 2016

Whether you are seeking a new place to live, some short term help with cleaning around the home due to illness or injury, or you need some support in caring for someone who is living with dementia, ACH Group is here to listen to you and to help find the option or service that is right for you.

In this guide, you can easily look around to see the range of services we offer to support you or a loved one to live well.

To order a copy, phone ACH Group on 1300 224 477 or visit www.ach.org.au/good-resources/publications to download.



Friends connect through phone program

A volunteer telephone service run by Kapara residents at Glenelg South is helping to foster new friendships.

The Kapara Community Link Program is a joint initiative of ACH Group's Kapara and Uniting Care Wesley Bowden (UCWB).

Kapara volunteers connect with older people who are feeling isolated, calling them once a week to check on their progress and have a chat.

Melva Lascelles, 88, has made a special connection with Irish-born Port Adelaide local Eileen Ryan and looks forward to their weekly catch-ups. "We've become really good friends," Melva says. "We talk about everything – the sky's the limit."

Melva, who has a vision impairment, met Eileen face-to-face for the first time at a Christmas lunch organised by Kapara nearly two years ago.

Kapara Lifestyle Coordinator Michelle Williamson says since its launch two years ago, the program has brought many benefits for the residents and wider community.

The phone service runs each Tuesday and Wednesday and reaches over 50 people in the community.

Kapara is a residential living facility set on the historic grounds of a grand 1890s villa at Moseley St, Glenelg South. ■

For more information visit www.ach.org.



Melva Lascelles looks forward to weekly chats.

Spirit of Anzac exhibition brings back memories

Thelma Pope has lived through two world wars and became the oldest person to take in the Spirit of Anzac Centenary Experience when it toured Adelaide in March.



Thelma Pope revisited memories of the war years at Wayville in March.

The 106-year-old created a buzz when the national exhibition organisers discovered her age and her photo and visit was recorded on the group's Facebook page. Thelma, who lives at Kapara in Glenelg South, was one of several ACH Group residents who toured the exhibition.

A group from Perry Park at Port Noarlunga also took in the stunning photography, audio and interactive displays that brought Australia's war years to life, from the eve of the First World War to World War 2 and beyond.

They included Pearl Uden, who was nine and living in the UK when World War 2 broke out in Europe. She and the other Perry Park residents wore red poppies crocheted by residents during the visit. Using stories and artefacts from the Australian War Memorial in Canberra, the Experience has been described as the most significant national exhibition to tour Australia since the 1988 Bicentenary. ■



Perry Park Lifestyle Coordinator Angie Clark and resident Lilian Paterson at the event.

Take a virtual tour of the exhibition by visiting www.spiritofanzac.gov.au.

Crocheting for a cause

Members of the Bedford Heights Estate Craft Group have brightened up the New Year for homeless men, young people and families.

The group donated 20 hand-knitted and crocheted blankets to Uniting Care Harrison, a group that provides accommodation, food and other essentials to people in need. Presented the blankets at an afternoon tea just before Christmas, Uniting Care guest speaker Jane Davoren thanked the group for their efforts.

"Jane was delighted to receive the donation and the ladies were thrilled to see their handiwork going to such a good cause," says convenor Gloria Turner.

Uniting Care Harrison also runs a women's refuge for women and children escaping family violence. ■



The Bedford Heights Estate Craft Group heard from Uniting Care Harrison speaker Jane Davoren about people in need in their community.

For more information on Bedford Heights' 147 independent living villas at Box Hill, Melbourne, please contact ACH Group on (03) 9890 8514.



Pat Ashton enjoys staying in touch via email.

Pat loves being at home

Western suburbs resident Pat Ashton is one of a growing number of South Australians set to turn 100 this year.

Pat, who turns 100 in November, is happy to be in her own home thanks to daily visits from ACH Group home support.

She enjoys going out with friends for dinner, regularly emailing her children and grandchildren, sewing and reading.

Other in-home services she accesses via ACH Group include hairdressing,

physiotherapy and shopping. A former shorthand, touch typing and bookkeeping teacher at Croydon High School, Pat values her independence and is looking forward to receiving the Queen's birthday wishes in her own post box.

"I love being at home," Pat says. "This is wheremy husband and I built our lives and this is where I want to be."

According to the Australian Bureau of Statistics, there were 388 South Australians aged 100 and over in June last year – the highest number in the state's history. ■

The ACH Group Foundation for Older Australians

Men's shed motors to life at Perry Park

A new men's shed at ACH Group's Perry Park residential living facility is breaking the mould of the traditional carpentry workshop by offering something for the mechanically-minded.

The Perry Park Bike Shed brings together residents who share a love of motorbikes. The group, aged in their 60s to 90s, is working together to bring a 1977 Suzuki TS185 back to its former glory.

Under the guidance of volunteers, fellow motorbike enthusiasts Peter Van Drunen and Rolf Klotz, they meet once a week in a shed fitted out as a mechanic's workshop.

Perry Park Lifestyle Coordinator Lynette Rann says many of the group restored motorbikes in their younger days.

"Not all men are into woodwork – there are plenty who prefer to work with engines, and we could see that there was quite a bit of interest in a mechanical workshop," she says. "They enjoy coming out here and doing what they've always done."

Group members Keith Hills, 69, and Lloyd Wenham, 91, are very happy to be getting their hands dirty, stripping back and rubbing down the tank and frame ready to be powder coated.

"I've worked as a mechanic and restored cars and motorbikes before, so it's something I've always done," Keith says.

To kick off the project, Lynette organised a tour to the National Motor Museum in Birdwood. The group stopped in at Bills Bits and Bikes across the road, where they found the bike.

"It had been sitting in water – it was a real rust-bucket," she says.

A storeroom at Perry Park was emptied to make way for work benches, shelving and machinery and the group went on a shopping trip to buy the equipment they would need.

ACH Group's Foundation Development Manager Paul Harris says the project, supported by a grant from The ACH Group Foundation, fits in with ACH Group's core values of supporting older people to contribute and lead good lives.

Once the bike has been restored the group hopes to sell it to raise funds for its next project. ■



MEN AT WORK: Keith Hills and Lloyd Wenham get started on the Suzuki.

Fred's gift to last a lifetime

Frederick Biggerstaff left a lasting legacy as a result of his stay at The ACH Group Foundation Room at Perry Park in February. At 86, Mr Biggerstaff is an avid painter who donated one of his oil paintings depicting a scene at Clarendon, along with a generous donation to The ACH Group Foundation.



SAYING THANKS: Frederick Biggerstaff donated one of his beautiful oil paintings to the ACH Group Foundation following his stay at Perry Park.

The painting will take pride of place in the Foundation Room in which Mr Biggerstaff stayed for all to enjoy for years to come. Mr Biggerstaff was among the first to stay in Perry Park's second Foundation Room, opened in October 2015 as a result of the vision of a private donor, whose generosity made both Foundation Rooms a reality.

ACH Group's Foundation Development Manager Paul Harris says the rooms provide older people and carers with an alternative that is beyond traditional aged care.

"The service means people have greater opportunity to achieve their optimum wellbeing and independence and can access levels of support beyond typical service offerings," he says. "There are no geographical restrictions placed on where people live and the expertise of staff is second to none in supporting people to be able to successfully return home."

Born in England, Mr Biggerstaff loves chess and plays in online tournaments with players from around the world. ■

Did you know? The ACH Group Foundation has a Friends Group. If you would like to find out more or join us, please call Paul on 1300 224 477.