

AGED CARE TASK FORCE ANNUAL REPORT 2008

Members:

Br Bill Beninati fms
Mrs Janet Boyle
Sr Berenice Cornish rsj **Secretary**
Ms Annette Coulthard
Sr Chloe Forsyth dc
Ms Beverley Hackett **Chair**
Sr Elizabeth Johnson ibvm
Br Damian Keane oh
Br Vincent Keating fsc
Sr Mary Lynch rsm
Mrs Marion Rudge **Co-Chair**
Fr Hugh Walsh ofm
Sr Sharon Price rsm Executive Director

MEMBERSHIP

The Aged Care Task Force is advantaged by the dedication and commitment of some long-standing members and the expertise and different viewpoint of newer members, in the main the lay colleagues employed by congregations to care for the health of congregational members. Br Bill Beninati fms concluded his term of service in June 2008. Bill has been a much-respected member of the group and a popular master of ceremonies of our seminars. Former members support our seminar offerings, often suggesting speakers or topics as well as attending the two days. We applaud their concern for the continued efficacy of the group and we welcome them back each year for our end-of-year dinner. Three new members joined the Task Force in 2008: Annette Coulthard, Chloe Forsyth dc and Mary Lynch rsm, who brings a country perspective to the group. We always have room for new members who bring a wealth of new ideas and different experiences to the group. If you have any suggestions for membership, please contact a member of the group.

Focus for the Aged Care Task Force is provided by a couple of major objectives: firstly, to keep a watching brief on the aged care environment and respond to the needs of congregational members and carers by offering services and secondly, operating as a strong support network for carers and for each other. So members of the Aged Care Task Force benefit from inclusion in the Task Force, at the same time as they are providing benefits to others.

MEETINGS

At our meetings we share information and ideas, we discuss topics of interest and concern to Task Force members, we address issues referred to us by leaders or the Executive Committee and we plan topics for our seminars, actually getting down to details about the organisation and operation of the seminars. The Task Force met on four occasions in 2008: February 29, May 30, August 22 and the final meeting on November 21 was an opportunity to review the year's work, plan for 2009, farewell Bill Beninati and enjoy dinner together.

SEMINARS AND SERVICES

The main service provided by the Aged Care Task Force is the organisation of a number of Aged Care seminars each year. In 2008 we offered two seminars and gave a presentation at the New Leaders and Leadership Teams Workshop in March. The provision of care for older members is an issue of concern for leaders of many smaller congregations and the Aged Care Task Force is committed to each year providing some information and advice from excellent aged care experts to assist leaders to deal with these issues of concern. Members of the Aged Care Task Force are always available to assist leaders to access the different categories of aged care services available in the community.

The two seminars offered by the Aged Care Task Force in 2008 were:

CARING FOR THE DYING AND THEIR FAMILIES on May 2

Dr Frank Brennan, Consultant in Palliative Medicine at Calvary Hospital, Sydney is a Sydney physician whose gift is caring for the dying and their families. Frank has worked for the Aboriginal Medical Service in Redfern, as a paediatrician in South Africa, and for the Sacred Heart Hospice before specialising in palliative care. He believes in the power of storytelling as a way of communication and education. Sr. Marlene Fitzgibbons rsm Coordinator of Spiritual/Pastoral Care at McQuoin Park, Catholic Healthcare, Waitara presented **Ministering to the dying and their families**. This was a very successful and much appreciated seminar.

WHAT HAPPENS WHEN THE GOALPOSTS MOVE? on October 31

Dr Megan Brock rsj BA, Dip Ed, MA (Counselling), MAPS, PhD led our seminar. With a background in teaching, Megan has worked as a registered Psychologist for many years, with individuals and groups, and as a professional consultant and facilitator for Religious Orders, Dioceses and Catholic agencies. Religious life has changed substantially over the lifetime of older religious. Sometimes individual religious have experienced difficulty adapting to changed lifestyles, housing and community life. Megan spoke to carers who may encounter difficult behaviours including various addictions, loneliness, inability or unwillingness to mix socially and join in activities, “hypochondria”, and many other forms of failure to embrace change. The forthrightness and humour of Megan’s presentation certainly struck a note with participants!

Ideas for future seminars arise from the evaluation forms we collect after each seminar. Also the Task Force is happy to receive issues or topics from leaders or leadership team members. The seminars covered a wealth of material of interest to those engaged in working with older religious and we are fortunate that our Task Force members are willing and able to take a role as presenters and panellists as well as facilitators for the seminars. Appendix One lists all the seminars offered by the Aged Care Task Force of CLRI(NSW) in the past seven years –a list of quite diverse topics.

We believe the Task Force is meeting the needs of older religious and carers of older religious because of continued excellent attendance at seminars. We notice some changes in our audience: for some seminars the audience is mainly older religious, while at other seminars the audience is mainly carers of older religious. As more congregations access the services of providers like Catholic Healthcare Ltd and Southern Cross Homes, we notice more employees of those providers are attending

our seminars along with carers from Baptist, Wesley and other services. In 2009 the Task Force plans the usual two seminar days.

LAY CARER'S NETWORK

Cognizant of the fact that more congregations are employing lay health/aged care coordinators, the CLRI(NSW) Aged Care Task Force sought in 2007 to make contact with and, if appropriate, provide support for, such employees.

Our task force membership does include some lay congregational health/aged care coordinators and those members are aware that other congregations have retained, or are in the process of retaining, such coordinators. Their roles are quite diverse, but their main task area relates to congregational members, usually those living independently in the general community. There are however, some employees who are the 'family member' for congregational members who live in assisted living circumstances.

In order to make initial contact with lay health/aged care coordinators employed by congregations, we sought the assistance of congregational leaders and invited the lay carers to attend a luncheon at CLRI(NSW) office at Rosebery in June 2007 and then repeated that process this year in June. About a dozen carers attended and began the process of being in contact with each other for support.

Discussion around the role of Congregational Lay Carers revealed the need for liaison with congregational leadership teams, so that Congregational Lay Carers are afforded the same **induction** as other lay employees: attendance at induction programs, education in congregational mission and values, best practice employment procedures (contract, position description), supervision, attending to boundary issues.

We will continue to search for the best way to offer support to this increasingly significant group in congregational aged care.

MEN'S HEALTH FORUM

The Aged Care Task Force of CLRI(NSW) began considering in 2007 the presentation of a men's health forum, for male participants only and with predominantly male presenters, covering topics such as prostate health; testicular cancer; male hormones/ "male menopause"; depression and loss of identity in the older male; bowel function; nutrition and diet; addictions: alcohol, smoking; OMNI: older men new ideas.

The initial **Men's Health Forum** occurred on Tuesday April 15, 2008 at Marcellin College, Randwick and comprised a morning information session followed by a BBQ. Dr Raymond Seidler, a general physician with a speciality in Men's Health, gave a much-appreciated presentation on some aspects of Men's Health. The twenty-five brothers and priests who attended also enjoyed some socialising over morning tea and a BBQ. There was quite a groundswell for a repeat of this day and we look forward to working more closely with male congregations to provide services for the brothers and priests.

ROTA

After spending some time in 2004-2005 investigating the Victorian initiative ROTA (Religious of the Third Age), the Aged Care Task Force took the initiative to introduce the organisation in NSW in 2006. ROTA is run by the Executive Director of

CLRI(NSW) and during 2008 we have held ten activities for participants (each month from February to November) that have been well-attended and appreciated. Some events are becoming traditions: the Spirituality day with Yvonne Parker sgs; the Christmas in July luncheon at Stormanston House and the end-of-year lunch at Dooleys. It is the hope of the Executive Committee that some religious might emerge to take over the running of this service, assisted by the CLRI(NSW) office. Our calendar of 2009 activities was distributed in November 2008 and received a warm welcome. Newsletters for ROTA members are produced quarterly by the Executive Director, emailed to congregational leaders for distribution to older members and posted on the ROTA page of the website. New members are always welcome!

OTHER SERVICES

The Aged Care Task Force relies on leaders and leadership teams advertising both seminars and ROTA through congregational networks and is most appreciative of that advertising reaching congregational members in a timely fashion.

The *Enduring Guardianship Kit* was updated by the Executive Director and signed off by the Aged Care Task Force during 2006. This updated kit was then sent to all congregational leaders for their information, is on the website and is always available on request from the CLRI(NSW) office.

The Task Force exists to provide support to leaders and to congregational personnel working in aged care, as well as to those who work with aged religious. Leaders are encouraged to contact the Task Force, either through a member or the Executive Director, if ever there is a need that the Aged Care Task Force could address.

TERMS OF REFERENCE

A set of Terms of Reference state the objectives and functions of the group as well as outlining membership requirements and meeting structure. A copy of the Terms of Reference is available from the CLRI(NSW) Office or from the Aged care Task Force page of the website.

ACKNOWLEDGEMENTS

The Aged Care Task Force members wish to thank the Executive Director, Sr. Sharon Price, and her administrative assistant, Ann Paynter, for the significant support they offer to our group. The efficiency and high level of organizational skills of the CLRI(NSW) office make the work of the Aged Care Task Force possible.

Thank you to the Executive of the CLRI(NSW) for their consistent encouragement to the Aged Care Task Force. The support of the older members of congregations and those who care for them will be a long-term responsibility and it is rewarding to contribute to this ministry.

Ms Bev Hackett
Chair
Aged Care Task Force
December 1, 2008

THE CLRI(NSW) AGED CARE SEMINARS OFFERED IN THE LAST SEVEN YEARS

<p>MAY 3, 2002 DEPRESSION AND ANXIETY IN OLDER RELIGIOUS Dr Paul D'Arbon & Br Ray Mulvogue fms</p>
<p>OCTOBER 18, 2002 TOWARDS THE FUTURE: HEALTH AND AGED CARE COORDINATORS FOR RELIGIOUS CONGREGATIONS Barbara Probert, John Rafferty & MFC Mercy Pilot Scheme</p>
<p>MAY 2, 2003 SHARING OUR STORIES: FACING THE REALITY OF ON-GOING CARE OF AGEING RELIGIOUS Session leaders and panel members</p>
<p>OCTOBER 17, 2003 A WELLNESS APPROACH TO HEALTHY OLDER YEARS ...promoting health...falls prevention...road safety...mobility</p>
<p>May 7, 2004 CARE OF THE CARER –A KEY TO EFFECTIVE MINISTRY Presenter: Br Patrick White cfc</p>
<p>October 22, 2004 DEMENTIA Bob Price, Director of Alzheimer Education, North Ryde</p>
<p>FRIDAY May 6, 2005 THE SPIRITUAL JOURNEY OF OLDER PERSONS Dr Paul D'Arbon, Sr Marlene Fitzgibbons rsm, Sr Yvonne Parker sgs.</p>
<p>October 14, 2005 FINDING LIFE THROUGH LIFE'S TRANSITIONS Our spiritual and psychological journey through life and ministry, including the movement from full-time active ministry through part-time ministry to retirement. Sr Anne Derwin rsj</p>
<p>MAY 5, 2006 UNDERSTANDING & MANAGING DEPRESSION & ANXIETY Dr Sandy Beveridge + panel</p>
<p>SEPTEMBER 22, 2006 WHAT DO I DO WITH MYSELF NOW? Addressing the needs of religious in the period after fulltime ministry is finished. Michael Whelan sm; Megan Brock rsj; Charity Outreach Service</p>
<p>MAY 4, 2007 CHALLENGING BEHAVIOURS IN OLDER RELIGIOUS What are challenging behaviours? What are some successful strategies for dealing with challenging behaviours? Dr Sandy Beveridge</p>
<p>SEPTEMBER 21, 2007 DISCUSSING DEMENTIA Professor Henry Brodaty Living with Early Onset Dementia Protecting Our Minds/Mind Aerobics</p>
<p>MAY 2, 2008 CARING FOR THE DYING AND THEIR FAMILIES Dr Frank Brennan Ministering to the dying and their families: Marlene Fitzgibbons rsm Creating Rituals of Remembrance: Good Samaritan Sisters</p>
<p>October 31, 2008 WHAT HAPPENS WHEN THE GOALPOSTS MOVE? Dr Megan Brock rsj How older religious are the product of their past and now this different future</p>