

AGED CARE TASK FORCE ANNUAL REPORT 2009

Members:

Mrs Janet Boyle
Sr Berenice Cornish rsj **Secretary**
Ms Annette Coulthard
Sr Lynne Crilley pbvm
Sr Chloe Forsyth dc
Sr Angela Grant rsj
Ms Beverley Hackett **Chair**
Sr Elizabeth Johnson ibvm
Br Damian Keane oh
Br Vincent Keating fsc
Sr Mary Lynch rsm
Mrs Christine McKenzie
Mrs Joan Rafferty
Mrs Marion Rudge **Co-Chair**
Fr Hugh Walsh ofm
Sr Sharon Price rsm Executive Director

MEMBERSHIP

Two major objectives provide the raison d'être for the Aged Care Task Force: 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.

Lay colleagues employed by congregations to care for the health and well-being of congregational members have over the years joined congregational members in membership of the Aged Care Task Force, which is advantaged by the dedication and commitment of some long-standing members and the expertise and different viewpoint of newer members. Leaving the Task Force at the end of 2009, Sr Berenice Cornish rsj, Mrs Joan Rafferty and Fr Hugh Walsh ofm concluded years of valuable service to the group. Berenice has been the minute taker at Task Force meetings for as many years as she has been a member of the group. Her unstinting generosity, her welcoming manner on seminar days and her sense of fun will be sorely missed by the group. Hugh has been a popular master of ceremonies at seminars and a gentle presence in the group. Joan, as one of the first lay employees of a congregation, helped pave the way for other lay members and suggested many initiatives for the Task Force. We are grateful for their contributions and wish them well in the future. 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. Members of the Task Force were saddened by the death of Br Damian Keane oh in October. Damian was a long-standing member who was constant in his attendance and commitment, gave selfless service at Aged Care seminars and always prepared the evaluation responses after the seminars.

Two new members joined the Task Force in 2009: Mrs Christine McKenzie, a carer for the Marist Sisters and Lynne Crilley pbvm, a member of the Presentation leadership team who brings a country perspective to the group. As well, we welcomed back a much-respected former member, Angela Grant rsj. 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.

MEETINGS

The Task Force met on four occasions in 2009: February 13, May 29, July 31 and the final meeting on November 20 was an opportunity to review the year's work, plan for 2010, farewell Berenice Cornish, Joan Rafferty and Hugh Walsh and enjoy dinner together. 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.

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 2009 we offered two seminars. The provision of care for older members is an issue of concern for leaders of many 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 2009 were:

RE-THINKING AGED CARE: THE CHANGING FACE OF PROVIDING CARE FOR YOUR AGED CONGREGATIONAL MEMBERS on May 1

Our first seminar focussed on the changing landscape in the provision of aged care in 2009 –in general in Australia, particularly NSW/ACT; on facility and community care options; on the employment of Congregational Health and Aged Care Coordinators. Martin Laverty, CEO of Catholic Health Australia, was the advertised keynote presenter for this seminar, aimed at congregational leaders and leadership teams rather than at the more diverse participants at other seminars. Most unfortunately, Martin Laverty pulled out less than two days before the seminar and CLRI(NSW) was extremely fortunate to have John Ireland, CEO of Southern Cross Homes, agree to address the issues of government policy and the big picture in aged care that Martin Laverty had been slated to address. Catholic Healthcare experts Wendy Rocks and Annabel Senior addressed the issues of residential care and community care, respectively.

Guide to Employing a Congregational Health and Aged Care Coordinator

During the latter months of 2008 and early in 2009, some members of the Task Force worked with the Executive Director and Ms Anne Byrne of the Catholic Commission for Employment Relations to create an employment guide for leaders to use in the employment of a Congregational Health and Aged Care Coordinator. Discussion with

Congregational Lay Carers about their role 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 and education in congregational mission and values, as well as best practice employment procedures (contract, position description), the provision of supervision and the addressing of boundary issues. Anne Byrne led the afternoon session of the seminar, highlighting the important points of the guide. A CD with the Congregational Health and Aged Care Coordinator Employment Guide was posted to every congregational leader not present at the seminar and is found on the Members Only page of the website.

WHAT CAN I DO TO HELP WHEN THE GOAL POSTS MOVE? on September 18

Dr Megan Brock rsj BA, Dip Ed, MA (Counselling), MAPS, PhD facilitated our September seminar which built on the successful 2008 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. Megan reminded participants that 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. Carers 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. Georgene McNeill from Alzheimer's Australia presented a lively and at times entertaining session on caring for older religious living with memory loss. Task Force member Annette Coulthart began the afternoon session with an account of the way in which older religious responded to the closure of their residential facility necessitating a move to a number of other residential facilities. A facilitated discussion about the experiences of participants rounded out the seminar.

Ideas for future seminars often 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 eight 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 which may include older religious, the congregational or lay carers of older religious, leadership team members. As more congregations access the services of providers like Catholic Healthcare 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 2010 the Task Force plans the usual two seminar days.

AN UPDATES SEGMENT

It was resolved that an updates segment would become a constant feature of our two seminars –this aspect having proved a popular way of sharing information at

Congregational Finance Personnel Association seminars. The segment slows for quick bites of information being provided to or shared by participants about topical matters.

PROVIDING SUPPORT FOR LAY CARERS

Our task force membership includes lay congregational health/aged care coordinators who are aware that other congregations have retained, or are in the process of retaining, such coordinators. The roles can be quite diverse, but the 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.

The Aged Care Task Force sought in 2007 to make contact with and, if appropriate, provide support for, such employees. The lay carers were invited to attend luncheon gatherings at Rosebery in June 2007 and 2008. About a dozen carers attended and began the process of being in contact with each other for support.

Many of the carers now routinely attend our seminar days and the Task Force 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 of particular interest to male religious. Marcellin Marist Community, Randwick hosted the initial Men's Health Forum in 2008: a morning information session with Dr Raymond Seidler, a general physician with a speciality in Men's Health, followed by a BBQ. The 2009 Men's Health Forum occurred on May 4 at Christian Brothers, Balmain when Richard White addressed the issue of grief. The information and sharing session was again followed by a BBQ.

ROTA

Since 2006 ROTA has been organised by the Executive Director of CLRI(NSW) and during 2009 ten activities were scheduled for participants, each month from February to November. Some events have becoming traditions: the Spirituality day; the Christmas in July luncheon at Stormanston House and the end-of-year lunch at Dooleys. We have found the most favoured activities to be those that offer a trip, a shared meal or an experience. It has been 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 2010 activities was distributed in November 2009 and received a warm welcome. Newsletters for ROTA members are produced quarterly in the office, 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 again during 2009. The 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.

One of the issues that has arisen in 2009 is the provision of retreat and holiday opportunities for older religious, both living in the community and in independent living/low care facilities. Understandably, retreat centres are not equipped to provide care for older religious and there appears to be a need to identify both retreat and holiday venues which are disability-friendly and able to incorporate carers. Early in 2010 the Aged Care Task Force will survey Congregations to ascertain possibilities which may then be published to all congregations.

TERMS OF REFERENCE

A copy of the Terms of Reference stating the objectives and functions of the group as well as outlining membership requirements and meeting structure 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 provide to the Aged Care Taskforce. The efficiency and high level of organizational skills of the CLRI(NSW) office bring to reality the ideas and projects of the Aged Care Task Force.

The Executive Director continues to be the driving force behind the major projects of the Aged Care Taskforce as has been referenced throughout this report.

Thank you to the Executive of 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 as we adapt to the ever changing environment of aged care will be a long-term responsibility. It is rewarding to contribute to this ministry.

Ms Bev Hackett
Chair
Aged Care Task Force
December 1, 2009

THE CLRI(NSW) AGED CARE SEMINARS OFFERED IN THE LAST EIGHT 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>
<p>May 1, 2009 RE-THINKING AGED CARE: THE CHANGING FACE OF PROVIDING CARE FOR YOUR AGED CONGREGATIONAL MEMBERS John Ireland, CEO of Southern Cross Homes Wendy Rocks and Annabel Senior, Catholic Healthcare Guide to Employing a Congregational Health and Aged Care Coordinator, Ms Anne Byrne CCER</p>
<p>September 18, 2009 WHAT CAN I DO TO HELP WHEN THE GOAL POSTS MOVE? Dr Megan Brock rsj Georgene McNeill, Alzheimer's Australia, Annette Coulthard</p>