

Murray Mallee Collaborative Project

The Murray Mallee Collaborative Project is a collaborative network of organizations that provide services to older people and younger people with disabilities in the Murray Mallee. The Taskforce includes community care services, health services, consumer groups and local government and representatives of State and Commonwealth government funded services.

The Commonwealth Home Support Program (CHSP) provides funding for a broad range of entry-level support services to assist frail older people aged 65 years and over (50 years and over for Aboriginal and Torres Strait Islander people) and who have functional limitations (including cognitive).

As a group we are guided by the CHSP Manual. A key objective of the organisations are; to maximize independence and autonomy; to assist them to remain living independently at home and in their communities.

This is facilitated by a Wellness and Reablement approach by all.

Wellness or 'a wellness approach' is used to describe an overarching way of thinking about and providing support to older people, with the aim of promoting greater independence and autonomy. It hopes to make gains in their physical, social and emotional wellbeing and to live autonomously and as independently as possible.

As part of this approach as a group we are encouraging the older community to increase their resilience to everyday living and thus improving their preparedness in an emergency or disaster.

As part of the philosophy we encourage older community members to identify someone in their lives; family/friends/ neighbours who can assist them to increase their connections as it has been shown that those who are well connected within their community are more resilient to emergencies and disasters than those who are socially isolated.

In the past year some of the highlights relating to Resilience have been;

The "Keeping Connected" Murray Bridge Workshop April 2018

- Demonstrate an understanding of the importance of natural relationships and community connections
- Have a greater understanding of the complex dimensions of loneliness
- Apply knowledge about addressing loneliness with older people
- Describe the benefits of community participation to reduce the experience of loneliness



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Anne Minion – Red Cross spoke at our June 2018 meeting on Resilience in the Community

- Anne spoke on whether or not your organisation is disaster ready?
- Does your plan include emergency services assistance because they will be too busy dealing with the disaster to assist.
- Have you thought about what you will do if staff is unable to get to work, there is no power or phones connection, fridges are warm so how do you store medication, do your consumers have enough medication?
- If possible place “Disaster resilience” on your organisations agenda to review – things change.
- The promotion of the Red Cross Rediplan to help individuals and families be better prepared for a range of emergencies.

After having this session at Karoonda, Kaylra Communities undertook the ACOSS disaster preparedness benchmarking tool. They found very few minor gaps in their systems. So they were pleased to have it reaffirmed that they were doing well in their preparedness. (see attached; CSO Shared Responsibility Project – Kalyra Communities Project Plan)

From July 2018 a standard item on the agenda of our RMCT Collaborative meetings is Wellness and Reablement. This allows organisations to present, discuss and share what they are doing in this area.

ACSA Wellness and Reablement training workshop was held on November in Murray Bridge.

- Main focus is on roadmap / checklist to help providers to measure their progress in integrating Wellness and Reablement into core service delivery
- Workshops are pitched to managers of CHSP providers
- Will also address role of volunteers in Wellness and Reablement activities

Mark Butler – National Guidelines for Spiritual Care – Eldercare Nov 2018

- Help older people to make connections with others
- Partner with consumers
- Optimise health and wellbeing
- Understand each person’s needs, goals and preferences
- Optimise quality of life, services and supports for daily living promote each consumer’s emotional, spiritual and psychological well-being
- Create a sense of belonging, safety and comfort

All of this work by the Collaborative Project helps to strengthen community ties and the resilience of people within our community. This in turn helps both organisations and community members to be better prepared for emergencies and disasters as we are well connected to each other which will be a great asset in times of need.



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