



Community Care TASMANIA

(formerly Community Care NESB)

HCP Newsletter October 2019

Hi everyone

A big thank you to those who were able to attend CCT's AGM on 26 September. It was wonderful to reflect on the exciting and successful 12 months we have experienced.

For a small local not-for-profit organisation, Community Care TASMANIA certainly packs a mighty punch and well above its weight.

We currently support and care for 1818 clients around the state. We also provide training and work for 148 support workers who have in the past 12 months delivered 102,000 hours of care to help make your lives better. As a truly Tasmanian provider we know our community and how we can deliver the best support to help you maintain your independence so you can spend more time getting out and about doing the things you enjoy.

Financial stability and sustainability is vital for all organisations and we are proud of our financial results. This year we have made a small surplus while continuing to grow our financials well above our budget. Our income is over-budget by around 24% and our expenses have increased only by 23%, so by keeping our expenses under constraint we have done better than projected, which is a very good outcome.

We have also achieved and delivered many operational highlights over the past year, some of which are listed on the back page of this newsletter. All of these achievements are only possible by having a great team at CCT. This includes not only our office and support staff but also our wonderful Board of Management, who generously volunteer their time and expertise to ensure strong governance and strategic direction is provided to the organisation. I sincerely thank each of them for their commitment and dedication, and I particularly want to thank the Chair of the Board Dr. Jennifer Baird who has been a huge support to CCT this year and to me as the CEO. I also would like to offer my huge thanks and appreciation to retiring Board Member John Spiranovic. For the past five years John has worked tirelessly in the interests of CCT and he will be greatly missed.

Best wishes

Wendy Mitchell, CEO



Wendy at the AGM with CCT client Gill, who also happens to be her mum

Tasmanian Mental Health Week 6-12 October 2019

Mental
HEALTH
WEEK
>2019

→ We all
have a role
to play...

* 6-12
OCTOBER

The theme for 2019 is: Mental Health:
We all have a role to play.

- Check in on your own mental health
- Check in on a neighbour
- Check in on a friend
- Check in on what's happening in your community.
- Check in for a mental health check up with a GP

AGM Snapshot



CCT Board of Management, Bryan Hayes, Vanessa Bleyer, Stuart Dare, Simon Reeve, Jennifer Baird and CEO Wendy Mitchell



Wendy with VIP guest Rosemary Armitage MLC



Wendy recognising Support Worker Khina's 5 years with CCT



CCT Care Coordinator Jo sharing AGM proceedings with CCT client Toni

Old People's Home for Four year olds

We hope that like many of CCT's staff, that many of you managed to see the heart-warming social documentary entitled *'Old People's Home for 4 Year Olds'* that was recently screened on the ABC. Adapted from the UK series of the same name, the five-part series explored the increasing isolation and loneliness of older Australians and whether intergenerational contact between 11 retirement home residents spending time and playing with a group of 10 pre-schoolers could make a difference to their physical and mental well-being.

In the first episode we witnessed how bleak the outlook can be for many older Australians in aged care. As an article in the Sydney Morning Herald summed up:

'It's not just the statistics that are reeled off – 40 per cent receive no visitors, while 50 per cent report depressive symptoms – that are shocking, it's the raw honesty many of them give in their answers to camera, about families being "too busy" to visit, of lost confidence and of homes and pets taken away.

It's those details that give this "experiment" real oomph – because if you don't tear up at listening to 81-year-old Maureen describe in a rather resigned fashion how her granddaughter doesn't visit or if your heart doesn't crack a bit at crotchety Eric, 84, say how "it was decided" that he could no longer live in his house, you should probably have a look at the black hole where your heart should be'.

While the series was confronting it was also inspiring. The unscripted joyful interactions between the children and the residents who participated in the program clearly showed how this social contact brightened up their day, and the findings of the team of experts in geriatric health and wellbeing and an early childhood expert who tracked the quantifiable and measurable physical and mental changes of the older group, as well as the developmental growth of the children, proved that the exercise was a resoundingly positive experience for both adults and children alike. The children learnt much from their older participants, and in turn they helped their older participants increase their physical activity and renewed their sense of fun and enjoyment of life.

Providers of home care services, like CCT, do their best to provide the physical supports people need to live independently at home, but we are limited in what we can do to keep people mentally and socially engaged and happy. It takes a village to support all of us, and this program was a timely reminder that no matter what our age, we all need to be mindful of and play a part in each others well-being.

If you missed this wonderful series you can watch it on catch-up TV @ <https://iview.abc.net.au/show/old-people-s-home-for-4-year-olds>



Old People's Home for 4 Year Olds star, 92 year old Stuart, a former a pilot in WWII, playing with the excitable Jax and Michaela. [Source: ABC]

CCT MOBILE OFFICE: October Visits



Monday 7 October: Longford:

9.30-11.30am Opposite Browns Car Park at "Esk Ridge Metalworks"

Tuesday 8 October: Perth & Evandale

12-2.00 Perth, Community Centre car park, 173 Fairtlough St

2.30-4.30 Evandale, Community Centre car park, 18 High St

Wednesday 23 October: George Town

1.30pm-3.30pm Old Chicken Feed carpark

Thursday 24 October: Ulverstone & Devonport

10-12.00 carpark next to PEDROS, Ulverstone

12.45-2.45 Bluff carpark opposite Main carpark, Devonport

Thursday 31 October: Wynyard & Burnie

9.30am to 11.30am Esplanade near KIMMYs, Wynyard

12.30 pm- 2.30pm Esplanade opposite Bunnings near Yacht Club, Burnie

If you would like to catch-up with a Case Manager please ring the office to book an appointment on 1300 722 400.

CCT Highlight 2018-2019

- Live Well Live Longer Expo – our very first exciting expo with our provider partners to show our clients, prospective clients and the community what is available to older people to assist them in daily living but also to provide ideas on how they can live their best life
- Employed a further 75 support workers enabling us to provide care across more of Tasmania
- Employed our first dedicated Client Services Manager in Hobart
- Successfully completed a three year Bhutanese Community Connections Program
- Prepared the organisation for the New Common Care Standards
- Successfully completed a tri-annual Common Care Standards Audit
- Embraced the NDIS program and grew this business for CCT
- Employed additional staff members to cater for the growing number of clients across the state, and employed for the first time, three younger people in traineeship roles which we hope will be our force to be reckoned with in the future.
- New tools have been developed to assist Home Care Package clients in understanding what their package can bring in the way of care for them. See our Home Care Package Builder in action at www.homecareplanner.org.au

Don't Forget the BIG FREEZE for MND

19 October 2019 @

Civic Square Launceston

Two members of our CCT team, Rostering Team Manager Mitch and Support Worker Kaya, will go down the slide on 19 October. We don't know exactly what time they will hit the ice, but the event starts at 9am Saturday morning.

