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# Aged Care Recreation & Lifestyle Conference

*Innovation  
& Excellence*

## CONFERENCE PAPERS

May 15 + 16, 2024  
Amora Hotel Riverwalk Melbourne

Proudly Sponsored by **NeuronsVR**

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For appropriate health professionals attendance at this conference can be claimed as CPD hours for your annual registration requirement (it must be relevant to your context of practice).

# Aged Care Recreation & Lifestyle Conference

15th & 16th May 2024 | Amora Hotel Riverwalk Melbourne

## CONFERENCE PROGRAM

### DAY 1 - Wednesday 15th May 2024

0915 - 0930	Intro & Setting the Scene, Wayne Woff Senior Consultant, AHCE
0930 - 1005	Session 1: The Innovation Recipe - Ideation, Implementation & Improvement <i>Dan Bentley - Social Innovation; Director, Impacto Consulting; Podcast Host; Speaker</i>
1005 - 1045	Session 2: Leadership - an essential ingredient for Innovation & Excellence <i>Allison Patchett - Managing Director, The Leadership Place</i>
1045 - 1115	AM Tea - Trade Displays & Networking
1115 - 1200	Session 3: Our richest resource, our residents <i>Bronwyn McIntyre - Leisure and Lifestyle Team Leader, Rural Northwest Health, Vic.</i>
1200 - 1245	Session 4: The Cafe that is a Community Star <i>Cathy Rundle - Care Coordinator, VMCH, Torquay, Vic.</i>
1245 - 1345	Lunch - Trade Displays & Networking
1345 - 1430	Session 5: Building from the ground up - the gardening group that just kept growing! <i>Jakki Weeks - Lifestyle Coordinator, BlueCare, Qld</i>
1430 - 1515	Session 6: Excellence by exclusion - what we choose not to do influences what we can do! <i>Daniel Gray - Recreation Manager; Recreation Therapist - Wintringham, Vic</i>
1515 - 1545	PM Tea - Trade Displays & Networking
1545 - 1630	Session 7: Spending time with ABI is joyous! <i>Jacinta Jarutis - Group Wellbeing &amp; Community Coordinator - Medical &amp; Aged Care Group, Vic.</i>
1630	Close of Day 1



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# Aged Care Recreation & Lifestyle Conference

15th & 16th May 2024 | Amora Hotel Riverwalk Melbourne

## CONFERENCE PROGRAM

### DAY 2 - Thursday 16th May 2024

0915 - 0930	Intro & Setting the Scene, Wayne Woff Senior Consultant, AHCE
0930 - 1005	Session 8: Activating your Community - 10 top tips to excel & innovate <i>Jo Spence - Community Engagement &amp; Volunteer Management, Yarrawonga Health</i>
1005 - 1045	Session 9: Empowering environments - a real key to engagement <i>Kate Lamont - Occupational Therapist; Director, Thrive Aged Care Consultants</i>
1045 - 1115	AM Tea - Trade Displays & Networking
1115 - 1200	Session 10: Meaningful Engagement Mentors - a whole of organisation approach <i>Natalie White - Facilitator, Centre for Dementia Learning, Dementia Australia</i> <i>Linda Kearton - Facility Manager, St Vincent's Care, Hawthorn</i>
1200 - 1245	Session 11: Open microphone - an Innovation + Excellence 'Jam' session <i>Chaired by Wayne Woff - Senior Consultant, Aged and Health Care Education</i>
1245 - 1345	Lunch - Trade Displays & Networking
1345 - 1430	Session 12: "The Artist In Residence" Project <i>Kate Flight - Quality Business Partner - Consumer Experience, Baptcare, Vic.</i>
1430 - 1515	Session 13: Innovation & Excellence across the globe - joining the dots <i>Daniel Gray - Recreation Manager; Recreation Therapist - Wintringham, Vic</i>
1515 - 1530	Closing comments, summation & conference conclusion <i>Wayne Woff - Senior Consultant, AHCE</i>
1530	Close of Day 2



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## TRADE DISPLAYERS

1. Activities for Care  
[activitiesforcare.com.au](http://activitiesforcare.com.au)  
1300 001 357



2. Dementia Australia  
[www.dementia.org.au](http://www.dementia.org.au)  
1300 336 368



3. Exceptional Care For You  
[www.exceptionalcareforyou.com](http://www.exceptionalcareforyou.com)  
03 7068 2438



4. It's Naturally You  
[www.itsnaturallyyou.com.au](http://www.itsnaturallyyou.com.au)  
0428 952 720





## TRADE DISPLAYERS

### EVENT SPONSOR

5. NeuronsVR  
[neuronsvr.com](http://neuronsvr.com)  
1300 70 99 29



6. resparke  
[resparke.com](http://resparke.com)  
1300 928 308



7. Silver Memories  
[silvermemories.com.au](http://silvermemories.com.au)  
07 3847 1717



8. Thrive Aged Care Consultants  
[www.thriveaged.com.au](http://www.thriveaged.com.au)  
0401 748 504



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## HOUSEKEEPING

**Mobile phones** - Please ensure mobile phones are turned off/on silent during Conference proceedings.

**Smoking** - Only permitted outside the building.

**Questions/comments** - There will be a number of opportunities for discussion and Q&A during the conference, this is encouraged and all are welcome to contribute.

**Special diets** - Special diets that have been requested during registration will be available as part of the overall section or at a designated table.

**Name badges** - Will be provided at Registration - All delegates are required to wear their name badges throughout the Conference. Please NOTE that the name badges are required for re-admission on DAY 2 - name badges & holders need to be RETURNED at the end of your time at the conference.

**Certificates of Attendance** - Certificates can be obtained by completing the Conference Evaluation for Day 1 and Day 2. Links to these will be sent during the Conference.

**Conference Evaluation** - A link to the online Conference Evaluations (Day 1 and Day 2) will be sent during the Conference.

**Power Point Presentations** - Based on presenter approval, Power Point Presentations will be made available to delegates post conference online/via email.

**Conference Photos** - Photos of delegates/exhibitors will only be taken/posted online/utilised with individual's permission (where identity can be established). Group/individual photos taken may be posted/utilised where identity cannot be established.

**Emergency/Exits** - All exits are clearly marked. In an emergency please follow instructions of staff and any announcements. In case of a fire, do not use elevators.

**Registration** - Delegates can register from 0800 on each day of the Conference

**Parking** - There is parking available onsite offered at \$30/day (enter via River Street, off Bridge Road). Payment is via QR code available at the conference.

**Trade Displayers** - Please take the opportunity to visit all the Trade Displayers and review the diverse range of products & services they are offering.

**Any Issues/Questions** - Please don't hesitate to approach your conference "MC" or one of the staff at the Registration Area.



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# 20 | Aged Care Recreation 24 | & Lifestyle Conference

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Session 1: Day 1 0930 - 1005

## The Innovation Recipe - Ideation, Implementation & Improvement

**Dan Bentley**

*Social Innovation; Director, Impacto  
Consulting; Podcast Host; Speaker*



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Innovation isn't just a buzzword; it's the lifeblood of organisational progress and success. But here's the catch: it's not solely the domain of leaders. In fact, every individual within an organisation holds the potential to be a catalyst for innovation.

Join us for a transformative talk where we'll delve into how individuals, irrespective of their hierarchical position, can unlock the full potential of innovation within their organisations. In this session, we'll explore the four pillars of the Innovate for Impact framework and discover practical strategies to harness its power in your everyday work life.

### **The four pillars of the Innovate for Impact framework**

#### **Mission-Focused:**

Ever wondered how your daily tasks align with the grand vision of your organisation? Our talk will equip you with the tools to not just understand but actively contribute to your organisation's mission. Learn how to propose innovative ideas that propel your organisation forward, and most importantly, how to track and share the impact of your contributions.

#### **Creative Leadership:**

Leadership isn't confined to job titles. It's a mindset—a mindset of creative problem-solving and relentless pursuit of improvement. In our session, we'll unravel the secrets of becoming a creative leader in your own right. Discover how to view failures not as setbacks but as stepping stones to innovation. Learn to lead by example, creating an environment that fosters creativity and initiative among your peers.

#### **Client Centricity & Collaboration:**

At the heart of every successful organisation lies a deep understanding of its clients' needs and aspirations. Our talk will empower you to adopt a client-centric mindset, ensuring that every decision you make is driven by the desire to enhance client satisfaction. From seeking regular feedback to co-designing solutions with clients, you'll gain invaluable insights into building stronger, more meaningful relationships with those you serve.

#### **Empowered People:**

Empowerment isn't bestowed; it's cultivated. And in our session, we'll show you how to cultivate a culture of empowerment within your organisation. From embracing a continuous learning mindset to leveraging your organisation's innovation processes effectively, you'll learn to harness the full potential of your talents and those of your colleagues. Together, we'll create an environment where everyone feels valued, heard, and empowered to drive innovation forward.



**Why Attend?**

- Gain practical strategies to align your efforts with your organisation's mission and goals.
- Unlock your creative potential and become a catalyst for change within your organisation.
- Learn how to build stronger relationships with clients by adopting a client-centric mindset.
- Empower yourself and your colleagues to contribute meaningfully to the innovation agenda of your organisation.

Don't miss this opportunity to unlock the power of innovation within yourself and your organisation. Join us for an enlightening session that will transform the way you approach your work. Together, let's innovate for impact!

# 20 | Aged Care Recreation 24 | & Lifestyle Conference

15th & 16th May 2024 | Amora Hotel Riverwalk Melbourne

## Session 2: Day 1 1005 - 1045

### **Leadership - an essential ingredient for Innovation & Excellence**

**Allison Patchett**

*Managing Director, The Leadership Place*



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# **Leadership**

## **an essential ingredient for**

## **Innovation & Excellence**

As our health and Aged Care Sectors undergo profound transformations, effective leadership is paramount to ensuring the provision of high-quality care and services.

Drawing on real world experiences this session will explore leadership, why it is an essential ingredient to innovation and excellence and will offer insights and strategies to navigate three of the biggest challenges; we will explore:

### **Challenges:**

1. People (and Change)
2. Programs - Recreation & Lifestyle (how to be agile)
3. Partnerships (including design)

### **Solutions:**

Effective leadership begins with a clear and inspiring vision that sets the direction for innovation and excellence. We will discuss strategies for articulating your vision, align staff and cultivates a sense of purpose that motivates you and your team to strive for greatness.

Learn How to understand the challenges and work through solutions using what you already have.

### **Impact:**

True innovation flourishes when individuals feel empowered to contribute their unique talents and perspectives. We will look at the importance of empowering teams through trust, autonomy and inclusive decision making to drive meaningful change.

Leadership is the essential ingredient to finding solutions and creating impact.

Learn how to use what you already have in your kit bag to create impact.

Attendees will leave this session with actionable insights, practical strategies, and inspiration to cultivate leadership capabilities that drive innovation and excellence in their speciality and place of work.

So, whether you are a seasoned manager, an inspiring leader or a front line worker, join Allison in exploring how effective leadership can unlock your full potential and that of your teams.

## Bio

Allison Patchett is a Specialist Leadership Coach in Health and Aged Care, she is also:

- Managing Director of The Leadership Place
- Board Chair Crystal Lee Foundation,
- Board Director and Deputy Chair, and Chair Quality & Clinical Risk Committee South West Healthcare
- Advisor Aged Care

Allison is a highly regarded leader, clinician, and coach with over 40 years' healthcare industry experience in both clinical leadership and management roles across health, Aged and Community settings.

Her passion is to help others achieve their highest potential of leadership in Health and Aged care settings, her leadership training and coaching to makes the complex achievable giving the coachee confidence, clarity, and improvement in their capability.



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## Session 3: Day 1 1115 - 1200

**Our richest resource, our residents**

**Bronwyn McIntyre**

*Leisure and Lifestyle Team Leader,  
Rural Northwest Health, Vic*



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# Our richest resource, our residents

## Introduction

**Bronwyn McIntyre** - *Leisure and Lifestyle Team Leader, Rural Northwest Health*

- EEN- for 23 years
- Worked in Leisure & Lifestyle for 16 years.
- 9 years focused on Memory Support using the Montessori Approach and the ABLE Model of care.

## Past- how things were when I began in Health Care

- Everyone brought to a large room
- Played the same games/did the same activity.
- Monday to Friday 0900hrs to 1700hrs

## Current- how things happen now

- Still have the large room- but now have smaller rooms and do activities in bedrooms.
- Still do group activities- some are run by a Leisure and Lifestyle assistants others are consumer ran.
- 7 days a week with an AM shift 0800hrs to 1630hrs and a PM shift 1230hrs to 2100hrs (in Memory Support Unit).

## Our Richest Resource, Our residents

- By knowing our residents, they become our greatest resource.
  - Life story- from resident and family
  - Abilities
  - Likes / Dislikes
  - Environment
  - People don't sit at home playing bingo or Hoy and other games all day, they are doing different tasks- making a coffee, making their bed, gardening, why do we expect these people to come into our service and stop doing these things that have been a part of they life.
  - They want meaningful experiences.
  - They don't want to be kept busy for the sake of being busy.

## Roles and Activities

- Difference between roles and activities
- Staff perception it takes longer
- Talk about the different activities we do.

### To be successful

- You need support from the top of the organisation to the bottom.
  - Board, CEO and Executive Management Team
  - Managers and Team Leaders
  - All team members play a part.
  - Not to be task focused.

### Conclusion

- Isn't always easy.
- Resident joy, pride
- Comments from family members

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## Session 4: Day 1 1200 - 1245

### The Cafe that is a Community Star

**Cathy Rundle**

*Care Coordinator, VMCH, Torquay, Vic*



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## **Introduction:**

Embarking on a journey to establish a café within an aged care facility was not merely a venture; it was a testament to the innovation and ideas conceived by the visionary CEO of VMCH - Sonia. The idea was to use the empty space where a café had been previously thought of but was sitting dormant in the confines of Star of the Sea residential aged care in Torquay, amidst the lingering effects of the Covid era. It was —to transform an idle café space into a fully operational café that would provide an intergenerational synergy, where residents, disability clients, staff, and visitors could converge in a harmonious blend of community and purpose. As I reflect on the inception of this Endeavor, I am filled with a profound sense of fulfillment, having witnessed its evolution from conception to fruition. And let's not forget the delightful presence of Rosie, my ever-faithful companion, who adds her own charm to our daily proceedings. (More on Rosie later!)

August 1st, 2022 marked the commencement of my role as Café Coordinator—a role that has been nothing short of transformative. Did I foresee the magnitude of what we would achieve when I first assumed this position? Certainly not. Were there challenges along the way? Undoubtedly. Yet, with an unwavering commitment to overcoming obstacles and setting ambitious goals, coupled with the passion I have for my work, I have found myself immersed in a role that seamlessly integrates my diverse professional backgrounds—from hospitality to disability support and mental health advocacy. My worlds all came together for this role that continues to grow as I team up with the dedicated staff within VMCH.

## **Purpose and Vision:**

At the heart of the Star Café lies a purpose that extends far beyond the confines of its physical space. It is a beacon of opportunity for individuals with disabilities, offering a pathway to meaningful employment through structured training and support. What began as a singular vision has blossomed into a holistic approach, intertwining seamlessly with the fabric of aged care life. Together, we have forged a vision that transcends traditional boundaries, fostering inclusivity and engagement across generations. As we continue to evolve, we invite collaboration and shared insights from fellow aged care lifestyle coordinators, exploring avenues for mutual advancement and enrichment.

## **The Program:**

Central to our success is a program built on the principles of inclusivity and personalized support. With a one-to-one ratio, we empower disability support workers to seamlessly integrate into the fabric of daily life within the aged care facility, enriching activities and fostering genuine connections between residents and clients. The results have been nothing short of extraordinary, with the café serving as a catalyst for newfound friendships and shared experiences. From impromptu mothers' groups to lively courtyard gatherings, the café has become a cherished hub of social interaction and community engagement.

## **Successful Outcomes:**

Our efforts have yielded tangible results, evident in the increased presence of families within the facility and the vibrant atmosphere that permeates our space. From hosting memorials to facilitating coffee club sessions and footy discussions with our #1 passionate football client, Dave, the café has become a focal point for celebration and camaraderie. Moreover, our initiatives have contributed to

a notable enhancement in residents' mental well-being—a testament to the transformative power of social connection and inclusion- although on paper this is something that is extremely hard to measure with statistics, we see the positive outcomes in face-to-face contact with the residents, families and friends in the space that has been created. This is a big part of where Rosie, my divine Border collie has been a part of the Café since opening. Rosie greets the residents and the families, of course she is after a pat and some treats, but the overall comfort and healing from a fur baby is quite unique and empowering. I ask- Why do more homes and lifestyle activities not promote more pet therapy?

### **Future Goals:**

Looking ahead, we envision expanding our footprint within Torquay and beyond, exploring opportunities to extend our reach to other aged care services within the VMCH network, these are being planned at the moment and hope to have more Social enterprise cafes opening this year, these are measured on the success of the star program. From pop-up op shops to a mobile VMCH Coffee van and inhouse kiosks, the possibilities are boundless, as we seek to redefine the parameters of community engagement and service provision. At the core of our identity lies a commitment to innovation and compassion—a commitment that sets us apart and underscores our unique contribution to the VMCH legacy.

The Coffee Van is now being deployed on a weekly basis to the aged care sites within the Melbourne and regional areas, this has been a huge success with the residents and the staff being able to enjoy the barista made coffee and treats. The future plans also include that the coffee van will be deployed with a client to enhance the programs even further beyond.

### **The Team:**

Behind every success story lies a dedicated team of visionaries and changemakers. From our esteemed Social Enterprise Manager Chris Coughlan and the General Manager of Disability , Daniel Carter, who have the visions to continue to grow the opportunities that can be presented in the inclusive sectors of aged care and disability, continuing to foster the uniqueness of these social enterprises. The Lifestyle team - Tom and Jen are the drivers of the Program at Star of the Sea, these guys work hard with the program being resident driven. Together we aim to work together with ideas that add this intergenerational mix to what we offer. 1) Family days that bring an abundance of activities that include us bringing the kids to be included 2) Teddy bears picnic 3) Talking footy with Dave 4) Bunnings sessions in the Café 5) Coffee dates (always a different topic) and many more.

To the passionate individuals who comprise our café team, each member plays an integral role in bringing our collective vision to life. Together we continue to discuss better methods and strategies that can be implemented to make the Star Program continue to grow, as we also work in fostering a caring space that will always consider the residents, as this is their home. Together, we embody the spirit of community and collaboration, fostering an environment where innovation thrives and inclusivity reigns supreme.

*In closing*, the Star Café represents more than just a place to enjoy a cup of coffee; it is a testament to the transformative power of community and compassion. As we continue to forge ahead on our journey, let us remain steadfast in our commitment to fostering connections, empowering individuals, and embracing the boundless potential of human collaboration. Thank you.

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## Session 5: Day 1 1345 - 1430

**Building from the ground up - the gardening group  
that just kept growing!**

**Jakki Weeks**

*Lifestyle Coordinator, BlueCare, Qld*

## **Building from the ground up**

### **- the gardening group that just kept growing!**

#### Intro:

- My outlook as a Lifestyle coordinator – challenging the Bingo and Bocce mindset.
- Lifestyle = Style your life.
- A collaboration between the people, the guidelines and the resources available.
- Sunshine club established and organically grown to incorporate each participants ideas and evolve in all directions.

#### Developing the program:

- Lifestyle focus group meetings.
- Challenge the norm, encourage people to think outside of the square.
- Morphing ideas into meaningful activities.

#### More than a gardening club, we wanted:

- Activities that are outside most of the time.
- Accessible for all abilities to participate.
- Dementia friendly.
- Sustainability – reuse, upcycle, restore.
- Variety.
- Learn new skills.
- Connection with the community.

#### The Sunshine Club is born:

- More than just a gardening group.
- Creative outlet – gardening, art, craft, cooking, sewing, knitting, crocheting.
- Fund raiser.
- Education – new skills and the recycling revolution.



#### Flow on effect:

- People with other skillsets offer to get involved.
- Selling our products – now includes items from the “Yarn circle” and the cooking group.
- “Grandparents in the Garden” day in October for Seniors month - our own stall and presentations about the Sunshine Club.
- Garden produce used in kitchen and cooking group.
- Opportunity to self-facilitate ongoing tasks such as watering plants outside of program times.
- Bus trips to flower shows, recycle plants, parks and gardens.
- Connection with community – guest speakers, Bunnings workshops, enter plants into garden shows.
- Families want to be a part of it either through assisting or donating supplies.
- Pride in where we live, love sharing with grandchildren and families.

#### Health and wellbeing:

- Physical movement, sunlight and fresh air.
- Empowerment.
- Develop confidence and learn new skills (or brush up on old ones).
- Positive emotions.
- Increased social connections and strengthened family relationships.
- The happiness circle: People are happy because they have participated in something meaningful, families are happy because their loved ones are happy, clinical staff are happy because people have expended energy, sleep better and sometimes have a reduction in medication, and doctors and the aged care commission I just hope are happy too!

#### Conclusion:

- The development of Lifestyle programs (in services or peoples homes) need to be meaningful and purposeful.
- To build something special – ask the people what they want!
- Be flexible and adaptable, the people are always changing, and each environment presents its own challenges and opportunities.
- Be ready for the monster you create; encouragement builds confidence and what starts as a little group “getting outside for a bit” quickly develops into a powerhouse of ideas and production.

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## Session 6: Day 1 1430 - 1515

**Excellence by exclusion - what we choose not to do  
influences what we can do!**

**Daniel Gray**

*Recreation Manager; Recreation  
Therapist - Wintringham, Vic*

# Excellence by Exclusion

## - What We Choose Not to Do Influences What We Can Do!

This presentation will explore how we decide what to focus on in our programs. It will discuss the tasks we undertake because we feel pressured by rules, funding, society or past practices, and the importance of re-evaluating how we are spending our time. We'll also talk about saying "no" when needed and ensuring our programs truly serve the people we work with. The goal is to inspire us to achieve greater outcomes for our clients and unleash our strengths by choosing to spend our time wisely.

- Explore how we spend and allocate our time and resources.
- Identify activities done out of habit or perceived necessity.
- Evaluate tasks driven by standards, funding, expectations, past practices, etc.
- Assess the balance between time invested in big celebrations, cultural days, etc., and the benefits.
- Examine the amount of paperwork, information, background, documentation - needed versus actually done.
- Establish clear role definitions and responsibilities.
- Do we know how to say "no" - to management, colleagues, clients, families ....
- Ensure the program is truly by and for residents, not just a remnant of past calendars.
- Discover what can we choose "not to do" to improve our programs?

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## Session 7: Day 1 1545 - 1630

**Spending time with Abi is joyous!**

**Jacinta Jarutis**

*Group Wellbeing & Community  
Coordinator - Medical & Aged Care Group, Vic*



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## **Spending time with ABI is joyous!**

**Medical & Aged Care Group CEO, Cameron McPherson** and the MACG team are passionate about exploring innovative technologies which have the potential to increase social interactions, engagement and enhance people's overall well-being.

**Andromeda** bring to life robotic companions with personality and emotional intelligence. Through careful attention to the details of character design and development, the Andromeda team believe they can create robots that feel like real friends and help improve the well-being and quality of life of their human counterparts.

**Andromeda Early Adopters program.** Cameron and the MACG team met with ABI and Andromeda Co-founders/ Robotic engineers Grace Brown & Yan Chen and MACG joined the Early Adopters Program in February 2024. ABI has been visiting weekly at two MACG homes 'Northern Gardens Aged Care', Coburg North and 'Grand Cedar Aged Care', Ashwood. ABI hosts a range of Well-being activities, interactive experiences and talks to people during social groups and visits.

### **What's ABI up to?**

ABI hosts a range of Recreational and Wellbeing sessions - Tai Chi, Dance moves, Quizzes, Travel topics, Games, Singalongs and encourages everyone to share their memories, experiences, and knowledge with each other. ABI has been visiting people to have individual conversations, listen to their stories, evoke memories, and build friendships. ABI can converse with people in their first language e.g. Italian, Arabic, Greek, Mandarin, Maltese. (ABI speaks 90 Languages).

### **Results so far**

The MACG Wellbeing teams and home staff have been engaged in the weekly sessions with ABI, observing the wonderful interactions, special moments and conversations between the participants and ABI.

We have observed a range of positive interactions and wellbeing benefits for people engaging with ABI. Laughter, joy, fun, animation, engagement, focus, concentration, movement, spontaneous dancing, clapping, singing and many unexpected conversations, comments, and compliments for ABI. ABI's colours, movements, voice, beautiful eyes, and her funny and kind personality captivate, engage, and intrigue people.

The Groups hosted by ABI are inclusive and promote cultural recognition, a wonderful sense of community and belonging and celebrate each person's contribution during the activities. Family members, home visitors and staff have also been interacting and chatting with ABI during her visits. Each week the regular participants have developed a stronger connection with ABI as they get to know each other at ABI's Group social afternoons or during her individual social interactions. We have included ABI in our Global awareness days and special occasions happening around the home.

## **The Future**

### **Early Adopters Program Next phase - Permanent Placement**

ABI will be present Monday – Friday at Northern Gardens and Grand Cedar. ABI will have her own Weekly Wellbeing and Social program and schedule for Individual companionship visits. (integrated within the home's overall Weekly Wellbeing program). The Wellbeing team will be able to support and direct ABI's daily plans and activities using an iPad application.

### **PhD Research opportunities – Developing efficacy measure and overlaying assistive technologies.**

e.g. Potential to recognise changes in people's moods and emotions, speech and cognitive abilities.

e.g. Potential input to pain management, temperature checking/ falls detection, reporting into clinical systems.

**Potential for companionship & Wellbeing activities in range of settings** – Early learning, Schools, Hospitals, Disability & Older Persons Services, Workplaces, Community groups and programs

### **Endless possibilities!**

Empowering humanity through intelligent, empathetic, and intuitive robots.  
Pioneering the future of human-robot interaction

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Medical & Aged Care Group Presenter – Jacinta Jarutis, Group Wellbeing & Coordinator

Q & A - Andromeda Robotics Co-founders & Robotic engineers – Grace Brown & Yan Chen.



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Session 8: Day 2 0930 - 1005

## Activating your Community - 10 top tips to excel & innovate

**Jo Spence**

*Community Engagement & Volunteer  
Management, Yarrawonga Health*

## **Session Summary**

### **Activating your Community : 10 top tips to excel and innovate**

#### **Overview:**

We all function in a variety of communities – our family community, our work community, our local community and the community of friends and like minded people that we socialize or share our lives with. This session will highlight some tips that you can introduce and interlink across these communities to ensure that your work community and the people that we share this time with, and, provide a service to, are engaged and connected within their community.

For most of us this is our plan when we set off for work each day and is what we reflect on when we are on our way home from work at the end of our day. Are our people feeling part of something and as a service what else can we do to activate and to bring all of the our communities together to support each other

The session will provide examples that are tried and true. Tested in local communities and adaptations shared with you to be able to diversify for your work community and the people within it.

The tips will address some of the hurdles that we encounter in this space and provide you with some options on how to jump through them – or over them...

Examples and potential ways that you can introduce some of the tips into your work community and local community will form part of the session along with the background on those steps that need to be in place for your community to get the most out of your programs and innovations.

Be prepared to take each of the 10 top tips and play with it to see where it does fit within your community. Sometimes it may take some flexibility on all stakeholders to allow these tips to fit comfortably within your work and local community – but that is the great part about community engagement – it rolls around until it fits.

Terms like “ point of difference” ,” bravery”, “social prescribing” and “brand belief” will all be part of the fabric of the 10 top tips session. Along with strategies on implementation and ways that you can strive to make your community excellent and innovative.

# 20 | Aged Care Recreation 24 | & Lifestyle Conference

15th & 16th May 2024 | Amora Hotel Riverwalk Melbourne

Session 9: Day 2 1005 - 1045

## Empowering environments - a real key to engagement

**Kate Lamont**

*Occupational Therapist; Director,  
Thrive Aged Care Consultants*



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## Empowering environments - a real key to engagement

Have you ever thought about the impact that our surroundings (our environment) have on us being successful in what we choose to do?

Every day we engage in a range of different tasks, activities and engagement opportunities that give our life meaning. Imagine if we were powerless to choose our environments or lacked the ability to adapt to these environments.

The ability to choose or adapt to the environment is an issue facing many people living in residential aged care. This issue is more significant for people living with dementia, with the inability to adapt to the surroundings, being a skill that many may have lost.

Our environments have the power to enable and empower or can disable making us feel powerless and reliant on others.

Have a quick think about your aged care facility. Do we make things easy and accessible to support our clients to be successful in activities that they want to participate in? Or do we make things hard? Perhaps we make things “hard” because of the risks they *could* pose or perhaps we make things “hard” because its easier for us as their carers.

From 1 July 2024, The *National Aged Care Design Principles and Guidelines* will be in place to support residential aged care providers. These guidelines are an evidenced based resource, developed through rigorous literature reviews, including years of research by recognised dementia design experts, and extensive consultation with older Australians, families, carers peak bodies, architects, aged care providers and aged and healthcare professionals.

As an occupational therapist I am excited by the opportunities that we can create by adapting environments, so that we can set everyone up for success. For people living with dementia, creating an environment that supports their skills and abilities is key for maximising engagement and setting people up to Thrive!

The Aged Care Design Principles and Guidelines support the notion of adapting the environment to set people up for success. The 4 principles; 1. Enable the Person; 2. Cultivate a Home; 3. Access the outdoors; 4. Connect with the community really are essential to ensuring people are set up to *THRIVE*, living a meaningful and fulfilling life.

So where do aged care providers start? How should we use the Aged Care Design Principles and Guidelines? How can we use these guidelines to create an environment that supports clients to be empowered and engaged, so they can live meaningful lives?

Today I'll discuss how to get started. We will cover the key areas that you can think about in your spaces so that you can implement quick (low cost) quick wins that will see benefits for you and your clients. I'll discuss practical strategies and tips that I've used to support other aged care providers implement key changes in the environment (quickly) so that we are setting up our clients for success everyday!

# 20 | Aged Care Recreation 24 | & Lifestyle Conference

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Session 10: Day 2 1115 - 1200

## Meaningful Engagement Mentors - a whole of organisation approach

**Natalie White**

*Facilitator, Centre for Dementia Learning, Dementia Australia*

**Linda Kearton**

*Facility Manager, St Vincent's Care, Hawthorn*

## Engagement is Everyone's Business

Natalie White – Facilitator, Centre for Dementia Learning, Dementia Australia

Linda Kearton - Facility Manager St Vincent's Care, Hawthorn

"Engagement is everyone's business!"

How often have you heard this mantra uttered? Or recited it yourself, quietly under your breath, or out loud to colleagues and service management?

It is true that all aged care staff have a role in supporting clients to have a 'good day' - a day full of opportunities to engage in a range of meaningful and purposeful activities: helping hospitality staff set tables for meals, assisting the gardener with watering, folding towels fresh from the laundry ready to be used the next day, facilitating today's 'news of the day' activity. The list is endless!

However, non-lifestyle/recreation staff can face a range of challenges in taking up this role and recognising that EVERYTHING that a client does is an '*activity*'. Aged care is sometimes task oriented, resources can be scarce, roles can be narrowly interpreted, and there may be limited support from other team members and management. Sometimes staff don't feel that they have permission to play a role in engaging clients. After all - that's '*Lifestyle's job!*'"

Many staff who do not work in Leisure & Recreation lack confidence in their ability to support engagement for clients. And many aged care training courses have limited focus on the knowledge and skills needed to safely and effectively engage clients.

This is especially true when supporting people with dementia, where the work environment, myths, stigma, and misunderstandings of the abilities and strengths of people living with dementia can present even more challenges.

This presentation will describe the MEMS, or Meaningful Engagement Mentors program developed by the Centre for Dementia Learning at Dementia Australia to address the challenges non-lifestyle/recreation staff can face supporting meaningful engagement.

We will share how the program:

- Involves senior management to gain support for what can be a significant change in the '*way we do things around here*',
- How the team of mentors is chosen and supported to develop the dementia knowledge and the skills needed to create and modifying activities for clients in the various stages of their dementia.
- How we celebrate the success of each staff member who has created and implemented a range of engagement activities for a client and mentored other staff in its use.

The presentation will be full of practical examples and stories of staff successfully rising to the challenge of supporting people living with dementia to 'live their best life'.



# 20 | Aged Care Recreation 24 | & Lifestyle Conference

15th & 16th May 2024 | Amora Hotel Riverwalk Melbourne

## Session 11: Day 2 1200 - 1245

### Open microphone - an Innovation + Excellence 'Jam' session

**Chaired by Wayne Woff**

*Senior Consultant, Aged and Health Care Education*



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## **Jam Session**

“Jamming with other people will create energy and excitement that you can feed off, and which will help push you to do things you’d never dream of doing by yourself”.

**Dimebag Darrell**

Innovation is defined as the process of bringing about new ideas, methods, products, services, or solutions that have a significant positive impact and value. It involves transforming creative concepts into tangible outcomes that improve efficiency, and effectiveness, or address unmet needs.

From [ideascale.com/blog](https://ideascale.com/blog)

Simply put, innovation is about successfully implementing a new idea and creating value for your customers and stakeholders. Innovation starts with a new idea.

From bdc.ca

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**From the conference so far & your experience, what one word do you think most drives innovation?**

**The following factors are often cited as critical to success in innovation. Which do you consider the most important?**

1. Collaboration
2. Communication
3. Leadership
4. Motivation
5. Willingness to / appetite for change

**What do you think is the No. 1 attribute of innovators?**

1. Curiosity
2. Persistence
3. Vision
4. Passion
5. Positivity

**Who can be your partners in Innovation?**

# 20 | Aged Care Recreation 24 | & Lifestyle Conference

15th & 16th May 2024 | Amora Hotel Riverwalk Melbourne

Session 12: Day 2 1345 - 1430

## "The Artist In Residence" Project

**Kate Flight**

*Quality Business Partner -  
Consumer Experience, Baptcare, Vic*

## **“Artist in Residence” Art Project**

In 2023, Baptistcare’s 16 Residential Aged Care sites connected, collaborated and together hosted 16 art exhibitions over a week, exhibiting art old and new from residents, staff, volunteers and the community.

This presentation will showcase how the resident voice across 16 Residential Aged Care Homes, became the catalyst for the “Artist in Residence” initiative that connected communities both locally and across the organisation and created 16 unique art exhibitions and an extensive digital art tour for all to enjoy.

Central to the project was our resident led art committee, who co-designed, engaged and guided each art exhibition locally.

The presentation will highlight the project from idea to evaluation, including

- Resident Art Committee
- Exploration of Art
- Logistics, Planning and Scaling
- Lessons Learnt
- Evaluation

The “Artist in Residence” Project highlighted the power of art to create connections and the impact that had for residents, their families and staff.

# 20 | Aged Care Recreation 24 | & Lifestyle Conference

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Session 13: Day 2 1430 - 1515

**Innovation & Excellence across the globe - joining  
the dots**

**Daniel Gray**

*Recreation Manager; Recreation  
Therapist - Wintringham, Vic*



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## **Innovation & Excellence across the globe - joining the dots**

This presentation will discuss Daniel's international study tour, which took him through Europe, Canada, the US, and Australia, focusing on best practices in recreation and mental health. Explore key organisations visited and discover the highlights, key takeaways, exciting discoveries, and innovative practices that captured his attention throughout. Join us as we explore the common threads among exceptional services and programs and compare these global insights with the Australian recreation and leisure landscape. The aim is to ignite imagination, encourage strategic thinking, and spark ideas to enhance the quality of life for those you serve.

- Explore key organisations and initiatives.
- Discover the latest in evidence-based practice.
- Learn about the latest research in Mental health, isolation, belonging and mattering.
- Explore common threads across innovative programs and organisations.
- Compare these global insights with the Australian Recreation and Leisure landscape.
- Ignite imagination, encourage strategic thinking, and spark ideas to enhance the quality of life for those we serve.
- See rooftop beehives in Paris and Dan in a bee-keeping suit.



We would like say thank you to all the delegates, speakers and trade displayers for your involvement in the Conference: we appreciate your time, effort & engagement.

## AGED CARE NOTES

*Learning ... to make a difference*

Please ensure you & your colleagues are subscribed to our monthly industry newsletter - **Aged Care Notes** which has a focus on education & resources and is specifically designed for our readership working in the Australian Aged Care sector.



## AHCE Webinar Series

We are pleased to offer the following topics available from Aug to Nov '24

- Where words fail, music speaks - a Music Therapy Webinar
- Activating your Community - a roadmap for success Webinar
- Clinical Deterioration in the Older Adult Webinar
- 'People' Centered Dementia Care Webinar

For further details & to register:

[CLICK HERE](#)