

NEWSLETTER

WINTER 2023



Aboriginal
Community Services

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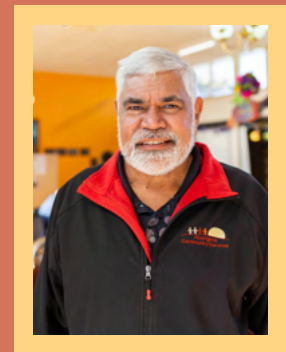
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Message from the CEO

Hello, welcome to our winter edition of our ACS Newsletter. It has certainly been a very cold winter and instances of influenza and COVID19 are still impacting the community.

Over the past 12 months, ACS has continued to add new Elders to our services and we are currently supporting over 900 Elders across South Australia. Our services are delivered in a range from low level care to high level residential care and ACS services are provided to Elders living in urban, regional and remote locations.



The aged care reforms continue with the Government changing the Aged Care Act, aged care services and aged care regulation. We will provide further updates on these matters, especially changes to aged care services where the Government aims to combine the Commonwealth Home Support Programme and Home Care Packages and the date for this change has now been deferred until July 2025.

It has been nearly 2 years since the recommendations from Aged Care Royal Commission were released and progress by the Federal Government and Department of Health and Age Care to implement all the recommendations is still progressing. As one of the largest aged care providers for Aboriginal and Torres Strait Islander people in Australia, the uncertainty about the aged care changes and what our future model of service might look like is a concern.

I am also concerned about the slow progress of implementing Chapter 7 of the Aged Care Royal Commission recommendations that relate to "Aged Care for Aboriginal and Torres Strait Islander People". I repeat comments from many previous newsletters, that we will keep Elders informed of the aged care reforms.

I was very pleased to see so many Elders attend our NAIDOC event in Adelaide as it was the largest event ACS has ever held with over 350 people enjoying the day.

The Metro Manifest

Adelaide Metro has continued to successfully support many Elders over the previous months to be assessed and re-assessed for Home Care Package funding, transition from the Commonwealth Home Support Programme (CHSP) onto Home Care Package funding and to receive additional funding supports through the CHSP.

Metro are excited to announce we have also opened the waitlist on My Aged Care for CHSP clients across the Adelaide Metropolitan area. Metro coordinators have commenced intakes for new Elders into CHSP and have begun successfully delivering services. This is a great achievement as the portals have been closed to CHSP clients for approximately two and a half years.

Additionally in previous months we sadly have said farewell to our Transport and Scheduling Coordinator Andrew McFadyen. Andrew was an asset to the team and Elders, and will be missed within the ACS community. While we have lost team members, we have also welcomed three new coordinators to the Adelaide Metro team (pictured below) and one Community Support Worker, Dylan Newchurch. Community Support Workers are an integral part of the ACS workforce and the community and ensure our Elders receive the support and care they require and deserve.

Cherie Jameson
Client Services Coordinator

Favourite Movie:

Aladdin

Favourite music genre:

Whatever is on the radio and my Disney Playlist

Greatest moment of your life so far:

Finishing the Half Iron Man

Who would you have over for a night

around the campfire: My Pop



Tanya Lampard
Client Services Coordinator

Favourite Movie:

Pay It Forward

Favourite music

genre: Country

Greatest moment of your life so far:

Having my children

Who would you have over for a night

around the campfire: Pink



Favourite Movie:

Shawshank Redemption & Rise of the Foot Soldier

Favourite music genre: Aussie Country & 80s rock

Greatest moment of your life so far:

Coached the Orana soccer team to win the Bedford Cup

Who would you have over for a night

around the campfire: Paul McCartney, Dennis Berkamp & Winston Churchill



Colin Harrison
Transport Coordinator

NAIDOC

LUNCH

On the 20th of July Elders from across the state gathered together at the Adelaide Convention Centre for our NAIDOC celebration lunch. With a delicious buffet, and a fantastic performance from esteemed country singer Troy Cassar-Daley, along with a joyous meet and greet at the end. Opportunities like this to bring community together are so special, especially with this year's NAIDOC theme, 'For Our Elders,' in mind.



Kathy Rinaldi, Dianne Slape, George Jiannis, Wendy Jiannis and Malcom Robinson



Brian and Marie Axleby



Gloria Wilson, Yvonne Walker-Buzza, Kathleen Wilson and Edith Taylor



Roslyn Weetra and Verle Williams



June and Arnold Kartinyeri



Vicki Joy Walker and Amanda Taylor



John Clark and Gloria Wilson



Gloria Wilson, Cheryl Strangways, Rosemary Daniel, Stacey Jamison, Lorraine Wilson, Martha Watts and Dwayne Watts

"This year's event was beautiful. Sitting with other Elders listening to them sing along to Troy is so precious. Thank you for always providing such a beautiful safe space for us." Feedback submitted by an Elder



Amelia McKenzie and Troy Cassar-Daley



"See that makes me feel very old, and happy at the same time!"

Laughed Troy with Amelia and her mum.

One of the many special moments from the NAIDOC lunch included when 23 year old Amelia, accompanying her mum, Rosemary, and her aunt, Sonya, showed Troy a t-shirt he had signed for her when she was only around 8 years old. The McKenzies travelled from Whyalla and Andamooka to come to the event to meet Troy for a second time. The first time had been at a Truck Muster in Port Augusta. Troy was delighted to see the picture of them together from so many years ago, and of course, signed the same shirt again!

Destigmatising the F word (Feedback)

Our Quality Assurance team here at ACS have been having many conversations lately about the importance of feedback, and why we shouldn't be afraid of it.

Negative feedback can be scary. As people we can avoid giving it, and dread hearing it, but it is important that we realise the value of any sort of feedback, as it helps us to continually improve in our work, art, social life and more!

In an aged care context, feedback is something integral to providing quality service, but is often overlooked in the process. Elders, including many of you reading this, must feel safe enough to be able to give feedback, and the ACS team must treat this feedback with the utmost importance so we can continue to work together in best supporting you.

While feedback might be something that others shy away from, focusing only on what they are doing right - we say we are not afraid of becoming better! With this attitude, we can all begin to approach the feedback we receive in our lives in a more neutral manner, identifying patterns, problems and solutions that could result in a better service, performance, story, dish, or whatever it is you may be giving your energy to.



REGIONAL REPORT

In the beginning of June, we were excited to hold a stall at Port Augusta to commemorate Reconciliation Week. All our regional staff attended and had a great time meeting many Elders! We love taking opportunities like this to not only share information, but connect with the broader community. Thanks to everyone who helped make it a great day!



Kathy Sultan, and Lisa May (Regional Client Services Coordinator)



Leon's new wheels!

We would like to congratulate, Elder, Leon Murray from Quorn on his fresh new ride! Leon has been saving for a go-kart for around 6 months, and now it will enable him to feed his horses and chickens, and potter around his property without fear of falls, as well as give his wife Nancy the confidence that all will be safe. ACS staff Lisa and McKenzie were at the Murray's property when the go-kart was delivered, and say that it has not only given Leon a new lease of independence, but a huge smile on his face! Enjoy feeding your animals with your newfound mobility Leon!



Leon Murray on his new go-kart

DANIEL TAKES HOME NAIDOC AWARD

This year's NAIDOC awards ceremony brought with it some very exciting news for the ACS community. Daniel Motlop and his business Something Wild, have been working with us since early 2020, and we are so proud to announce that he took home the NAIDOC Innovation award this year!

Daniel describes Something Wild as "an Indigenous owned food supplier of native food located in the central markets, we also do food services through an arm of our business called Indigenous Home Services. It specialises in fresh fruits & veg but also ready-made meals for people at home unable to access the great quality foods."



Image sourced from NAIDOC website

Something Wild began working with ACS during the COVID Pandemic, where they delivered over 15000 food hampers to our Elders receiving home care. Daniel explains that this “helped protect the most vulnerable people in our community by delivering to their house and conducting welfare checks with protective clothing to keep people safe.” Since then, Something Wild have been supporting people through the APY Lands by delivering fresh food to our different centres. Daniel says this helps communities with food security and quality. Something Wild’s presence in communities compliments other engagements through ACS that encourage healthy eating and monitor community health. These food deliveries are an answer to a definite need.

Daniel says, “there is no reason why they [the remote communities] can’t have the best quality of food like people in the city, [through our] work with ACS we have been able to achieve this.”

This year’s NAIDOC theme was ‘For our Elders,’ and when asked about the biggest lessons his Elders and mentors have taught him that have helped him on his mission, Daniel explained, “Just to work hard and always trying to keep a good reputation, business is very hard and has its ups and downs but you always have to stay true to why you are doing what you do.”

This innovation award recognises Daniel as someone who does business with heart, and this is certainly one of the reasons why ACS loves working with him. Daniel sees what ACS are doing too,

“I think ACS have the hardest job in the age care sector, they do an amazing job supporting Elders in very remote areas and having people on the ground to support our people is what is needed. I’m lucky enough to be a part of this and it drives me to want to help support and learn more, I would love to do the same in the NT and help support Larrakia Elders where I’m from.”

Daniel is certainly making his mark on the food industry, having supplied Indigenous products to the likes of Noma Australia, Vue de Monde, Orana, and Heston Blumenthal's The Fat Duck.

To our communities up in the APY Lands – we hope you can enjoy your meal with pride next time you’re munching on a meal from Something Wild!

Submit your art!

Are you an artist, poet or writer who is part of the ACS community? We would love to feature your work in our newsletter!

To have your art showcased to Elders all across the state, please email your writing or a photo/scan of your artwork, along with your name and any information you'd like published alongside it to:

jessica.rowe@aboriginalcs.org.au

We can't wait to celebrate your creativity!



Something Wild team cooking for Elders in the Adelaide Elders Village back in 2018

One call away!

Our Outreach Team works beyond 'Aged Care'

What started as a COVID response project has transformed into an integral part of ACS and the lives of Elders all around the state. It didn't take long to become evident that what Uncle Richard and Uncle Jerri provide is necessary, with the two of them working with 286 people within just the first 6 months. So what is it that they do? Why is it outside the bounds of a regular 'home care package' or Aged Care service?

Working in all ACS regions, the Outreach Team can assist you when you are in a crisis. Whether its legal, housing or debt issues, funeral or transport arrangements, mental health, trauma, or domestic issues, Jerri and Richard are dedicated to finding you solutions and ensuring your wellbeing along the way. The team comes with not only years of experience, but also a wealth of connections within community. The guys are your first contact when setting up My Aged Care and getting you registered with an AC number. Aside from the invaluable advocacy and assistance they provide to Elders, Jerri and Richard have also provided in-house cultural awareness training at ACS, and externally in schools and other institutions. The Outreach team are trusted cultural specialists and support coordinators, working with Elders on complex issues. ACS are proud to have Richard and Jerri on our team making a difference in people's lives during the moments that matter.



Richard & Jerri
driving the bus in
Ootnadatta



Rocky outcrop
near Mimili



Food delivery in
Amata

SAHMRI & ACS WORK TOGETHER TO IMPROVE FIRST NATIONS AGED CARE

In 2022 we began working with the South Australian Health and Medical Research Institute on a research project to gain insight into supporting the social and emotional wellbeing (SEWB) of home-based First Nations aged care service consumers. The study was proposed by our CEO, Graham Aitken, after ACS identified the need to better support clients receiving this service, and understand how the HCP Program put forward by the government meets the needs of First Nations clients. As a part of the project, SAHMRI hosted The Aboriginal and Torres Strait Islander Healthy Ageing and Aged Care Research Symposium. SAHMRI's Wardliparingga Aboriginal Health Equity presented the research findings. The symposium was held to share the lived experiences of people receiving aged care services, inform aged care policy and practice, look into service delivery response, workforce training needs, community views on services, and flexible program design. Our findings showed just how central connection to culture and community is to the SEWB of Elders – recognizing the importance of cultural determinants of health. It was also evident that HPC coordinators find it hard to navigate the SEWB needs of consumers who are on a lower level HCP Program. ACS will continue to advocate for more culturally appropriate aged care for our Elders!

'For Our Elders' Word-Search

Knowledge Holders
Trailblazers
Nurturers
Advocates
Teachers
Survivors
Leaders
Hard Workers
Loved Ones

S B G E W H A Z X H J G G Z Q A L W K S
K Q G A S B Y H P E X Q G P P G R K E W
P K J F U P P P D D D V J D X J G R J W
J Y F R T S U R V I V O R S Y O T R A P
C P A L K A P U X H P Y E R R L R J X Q
L K N O W L E D G E H O L D E R S Q D I
K P V L P C B U R K Z Z X C R O S X G A
L S K O A A X S R N T H I S S F P W J H
X M F Z U P N C R E O N B W R A O E C V
H A R D W O R K E R S B M G V K X N I U
L N K C Z U T W T I G Y C P S W B J P C
E X V M V E F D F E Y Y D T O N B S U A
J L O V E D O N E S J E Q C W W F P J L
O K V C J S R U Q N U R T U R E R S V E
J H S I X Y H S J F W F A F Q E J D A A
L N B M K R V N F H B C W R N M N J R D
T R A I L B L A Z E R S A R T E F P K E
R K U F K A M P X H U J F A W U B D P R
Y P R Z Y I B F D T B T E A C H E R S S
U R O W S E P P A D V O C A T E S P H A



APY Lands

**Amata, Fregon, Indulkana, Mimili and
Pipalyatjara, Pukatja**

Amata: (08) 8956 7522

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