

**Loddon Mallee Housing Services Ltd**

**Supported Residential Services  
Mental Health Project in partnership with  
the Community Connection Program**

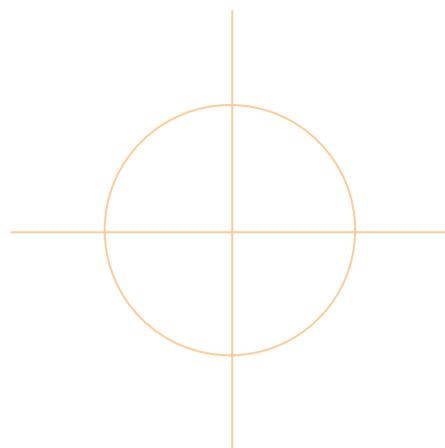
**Project Report – 2005-2006**

**By Oystein Sandvik**



**Contents:**

<b>Introduction</b>	<b>2</b>
	<b>3</b>
<b>Community Development</b>	
Kyneton B,B,Q	<b>4</b>
Begonia Festival	<b>5</b>
Tooborac pub trip	<b>5</b>
	<b>6</b>
<b>Case Studies</b>	
Case Study Number One	<b>7</b>
Case Study Number Two	<b>8</b>
<b>Financial Report</b>	
	<b>9</b>
<b>Outcomes</b>	<b>10</b>
<b>Appendices</b>	
Mental Health Project Business Plan 2006-2007	
Cobaw Planned Activity Group Plan	



## Introduction

Working with the residents of the S.R.S' has been a little different this year from last year in regards to the partnership between Community Connections Program and the Mental Health Program.

This partnership has proved to be very effective and has benefited the clients by increasing the ability of the program worker to increase the levels of support and financial assistance.

The financial assistance has taken the form of providing residents with basic needs which they are unable to provide for themselves as the bulk of their pensions goes towards living at the S.R.S.

In one particular S.R.S. the fees are actually higher than the pension, which also includes their rent assistance and part of their mobility allowance.

The S.R.S. program worker also had the opportunity to visit the new S.R.S. in Gisborne which resembles a five star motel. Unfortunately it is out of reach for people who rely solely on a pension as the fees are \$1700 a month.

In the period of July 2005 to January 2006 there were 16 S.R.S. residents received C.C.P Flexi Care Fund and from January 2006 to June 2006 another nine residents were assisted from the Community Connections Programs. The form of assistance, apart from support, was financial. Expenditure included the purchase of clothing, medical needs and also payment for one resident to attend a flower arrangement course.

The total budget spent from the Community Connections Program across the five S.R.S's was \$3500.

15 of the residents that were assisted through the Community Connections Program have a mental illness and are clients of the S.R.S. Mental Health Project.

The COBAW Program has again done a wonderful job both in Kyneton and Lancefield.

There have been a couple of clients that have dropped out of the program but these places have been quickly filled by other residents.

The S.R.S. resident that travelled to Tasmania last year has again had the opportunity to go this year. This time, however, she went without an escort and managed quite well. This is a huge achievement for this client!

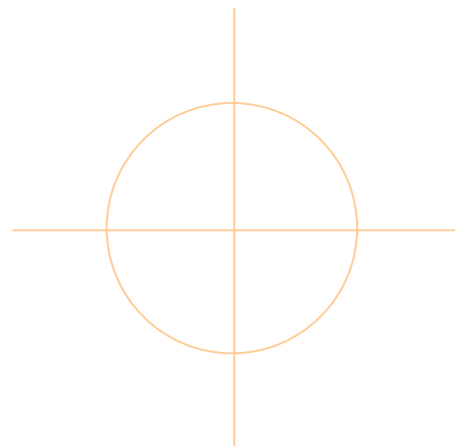
Princess Park still has its gentle exercise program through Maryborough Y.M.C.A. The person running this program is no longer with Y.M.C.A. but she is still able to provide the same program by working for herself

Another person that was homeless and in crisis was taken in by Cher at Kyneton Lodge. He was supported through some legal issues and the dental health project by the S.R.S. Project worker.

The Community Connections Program also supported the Amicus S.R.S group on a couple of outings with Homebush, Lansell Lodge and Princess Park.

A Community BBQ, held at Kyneton Lodge, was definitely one of the highlights last year. This was resourced through the Community Connections Program.

The Q.D.C report is up to date and the I.P.P's are up to date



## S.R.S'S COMMUNITY DEVELOPMENTS

### Community Barbecue and Dinner Dance at Kyneton Lodge Supported Residential Services Report

Last November the worker from L.M.H.S Supported Residential Services Mental Health Project Program/Community Connections Program approached Cher, the proprietor of Kyneton Lodge, to see if there were any residents with limited access to the mainstream services.

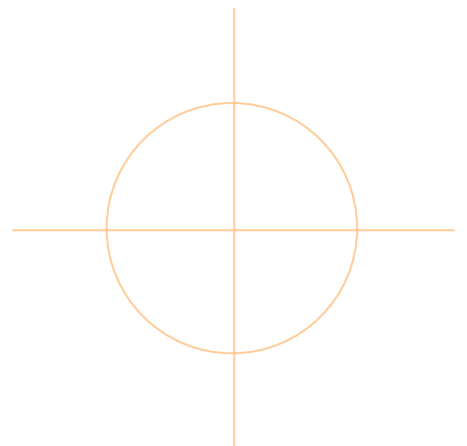
Cher said that the residents would like to have community function at their home as they very seldom have visitors. Cher then came up with the idea of a party with a band and a barbeque for residents and other community groups of Kyneton. This would also be an opportunity for residents to catch up with friends and for support workers and carers to network within the support services of Kyneton.

The date was set for the 26<sup>th</sup> of November between 6-9pm. The food, drinks and entertainment were organized and funded by C.P.P. The cost for this came to \$447.47.

The night was a great success and the attendance was 85-95 people from St Lukes, COBAW and Windarring Support Services and other people with disabilities living independently in the Kyneton area.

The members of the band were both clients and staff from Windarring Castlemaine.

The staff from Kyneton Lodge were also involved by making the salads, providing the barbeque and cooking the meal.



Begonia Festival Outing - March 9<sup>th</sup> 2006

For Residents at Princes Park Lodge, Maryborough

Amicus Group  
HACC SRS program  
Supported by LMHS Community Connections  
Oystein Sandvik.

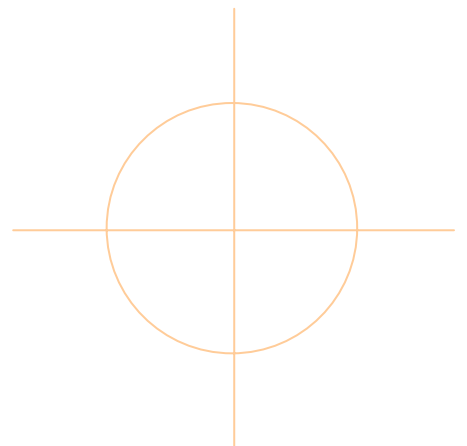
On the 9<sup>th</sup> of March 2006 a group of six residents from Princes Park Lodge embarked on a day trip to Ballarat. The outing was to attend the Ballarat Begonia Festival.

We departed the lodge at 10am and arrived in Ballarat at approximately 11am. During the drive over the residents discussed the scenery and talked about the flowers that would be on display, when they had last been to Ballarat, who had lived there and who had family living there.

The residents, I and a co worker then spent the next 1 1/2 hours inspecting the displays and wandering around the venue. We saw many different colours and shapes of Begonias. We also looked at other displays which used the colours from flowers to show the flags of different countries participating in the Commonwealth games. We also stopped and had an ice-cream and watched the local school children enjoying acts on the stage. We then proceeded to the local RSL to have lunch. Everyone enjoyed themselves and continued discussing what we had seen at the festival.

The outcome of the day trip was:

- Engaging the residents in new surroundings and allowing the residents to learn something new about each other;
- Assisting residents to interact within the community and to have an experience which was different to their normal day, and
- Involving residents in an extended day trip and socialising not only within the group but also with other passing individuals.



## **Oy this is as far as I got!**

TOOBORAC PUB TRIP - June 8<sup>th</sup> 2006

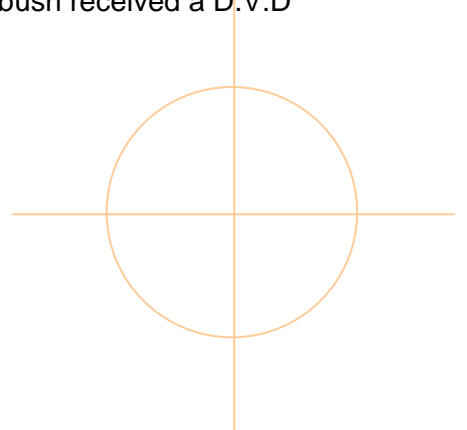
Homebush and Lansell Lodge Residents

Amicus Group HACC SRS  
Jayne Rice  
Supported by Community Connections LMHS  
Oystein Sandvik

The purpose of this trip was to engage the residents from two SRS's in a day trip which they would not normally be involved in due to restrictions with their finances. Involved were 7 residents, myself and Jenny from Lansell Lodge. We travelled from Bendigo to Tooborac and then participated in lunch. This allowed the residents to interact with each other while waiting for lunch to arrive. This also allowed them to get to know other residents from another facility and enabled them to interact with the local community of Tooborac. Prior to lunch some of the clients which were capable of walking went for a walking tour of the old pub and had the publican explain to them the local surroundings and he also talked about how old the pub was and how long his family had owned it. After lunch we then travelled via Lancefield and Kyneton to Bendigo, the clients discussed the surrounding areas that we travelled through.

The outcome from this trip was to allow other residents to engage and interact with residents from another facility and to get to know each other in different surroundings. To be able to go on a full days outing and not be restricted to the local area within which they live at present.

Kainya Lodge received a C.D for all the residents and Homebush received a D.V.D player for the lady residents



## CASE STUDIES

### **Sally's trip to Tasmania from December 9<sup>th</sup> to the 11<sup>th</sup>**

Sally has been hoping to catch up with her brother in Hobart, so a trip was organised for her by the L.M.H.S. Mental Health Project worker.

Sally had been suffering from depression for a long time and finds it very hard to be motivated, therefore this opportunity to catch up with her family, who are so far away, was extremely important for Sally's health and wellbeing.

Sally had a trip to Tasmania a couple of years ago and was escorted with a worker from COBAW, but this time she wanted to go on her own.

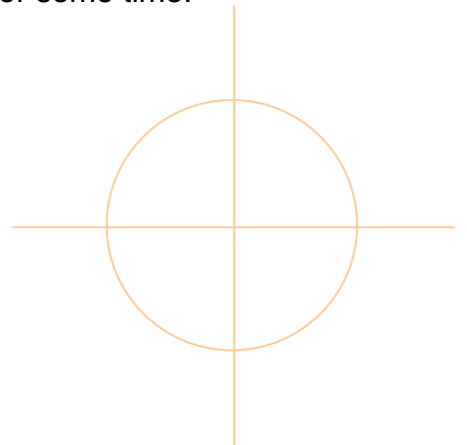
Sally's sister-in-law dropped her off and picked her up at Tullamarine Airport, where she was looked after by Virgin Airlines and her brother picked her up from Hobart.

Sally was very happy with the airline, saying that they were looking after her exceptionally well and that she really enjoyed her flight.

Sally stayed with her brother, his wife and their daughter. She said they made her feel very welcome and the food was great. They also went out for tea and she played the pokies for the first time in her life! She also met up with old friends and had heaps of presents to take back to Victoria for Christmas.

The outcome of the two trips that Sally has made is she now feels very confident that she can travel on her own and she can't wait to go away again, as she has taken a great interest in travelling.

This has also helped her medical condition as she been able to keep in contact with her brother whom hasn't been well for some time.



Study case 2 Fred

Mental Health Project Worker received a phone call from a proprietor from the S.R.S in Kyneton in regards to Fred, a twenty seven year old man.

Fred had been homeless for some time and was continuously on the road and had been assaulted the night before he appeared on the door steps of the S.R.S.

The proprietor informed the worker that this person had a number of health issues and was in need of dental care. Fred said he was generally feeling blue and into binge drinking which frequently contributed to him being in trouble with the law.

As Fred had a court case coming up early February he was badly in need of support. Fred had a solicitor; however there were no other support services in place apart from a GP that was treating Fred for depression.

The S.R.S worker met with Fred the very next day and an Individual Program was developed with Fred's help to assist him to achieve his personal goals.

The worker contacted the solicitor and a support letter for Fred was provided to the solicitor

On the day of the hearing the proprietor, solicitor, worker and Fred turned up for the hearing. The judge postponed the hearing for another month and Fred was ordered to meet with the Corrections Officer and the S.R.S. worker.

Fred said he was very disappointed and angry with the decision of having to wait for another month until the next hearing.

In the meantime Fred was referred to a drug and alcohol counsellor. Fred was also involved with the COBAW Activity Centre as a volunteer worker.

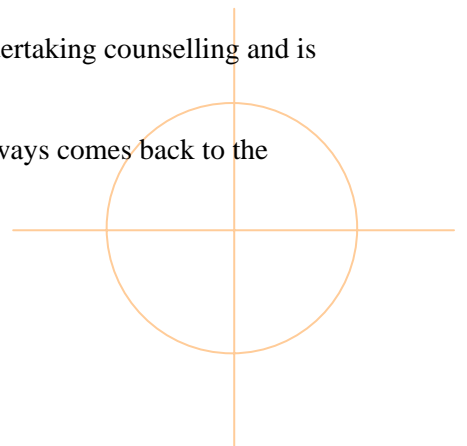
The S.R.S. worker also organised for Fred to see a dentist in Sunbury, after which the S.R.S. worker took Fred to the dentist on two occasions, where he had a couple of extractions and was referred to the Dental hospital in Melbourne. Fred is now on the waiting list for further dental work.

At the second court hearing that was held a month later Fred was ordered to pay a fine and there was no community orders put in place

The outcome for this person has been extremely positive. Fred's health and welfare has improved and he is much more independent.

Fred is now also engaged in the Men in Sheds program, is still undertaking counselling and is able to better manage his anger.

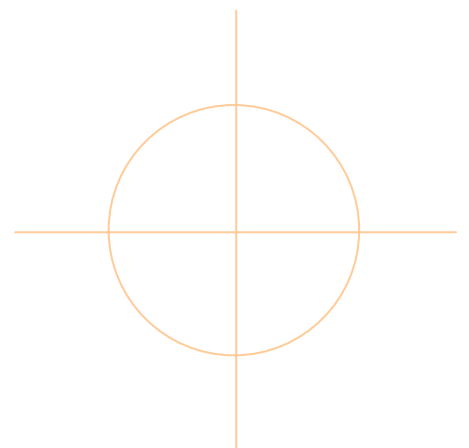
Fred also occasionally visits his dad and when he goes away he always comes back to the S.R.S where he feels safe and is also keen to help other residents.



**These programs have added a further estimated \$11,614 of dollarised value in service provision in the twelve months**

**July 2004 – May 2005**

Activity	Provider	No of clients served	Cost to Mental Health Project	Estimated added value in \$ terms only
Dental Health Program	Sunbury Community Health Centre	1	\$40	\$300
Planned activity group (4 hours per week)	Cobaw Community Health Centre	8	\$62222	\$6222.
Holidays	Mental Health Project	1	\$160	\$500
Gentle exercise (1 hour per week)	Kerry Holmes y.m.c.a	4	\$386	\$466
Community Development Funded by Community Connection Program	Amicus Kyneton Lodge Lansell lodge Homebush Princess park		\$3106	\$4026
Education Fees Flower power	Continuing Education	1	\$67	\$100



## Outcome

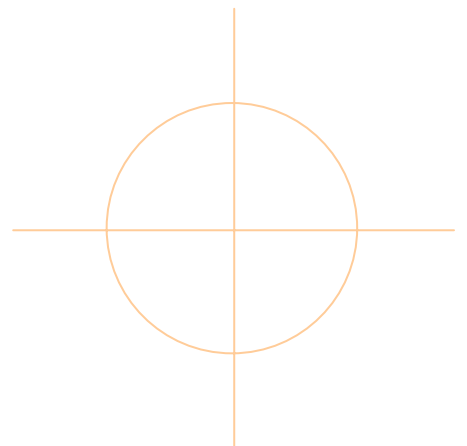
A very effective working relationship with mainstream service providers has been established.

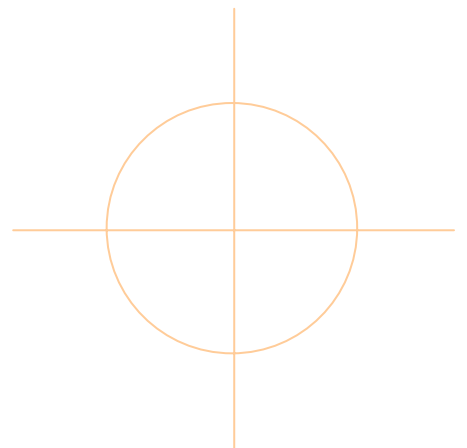
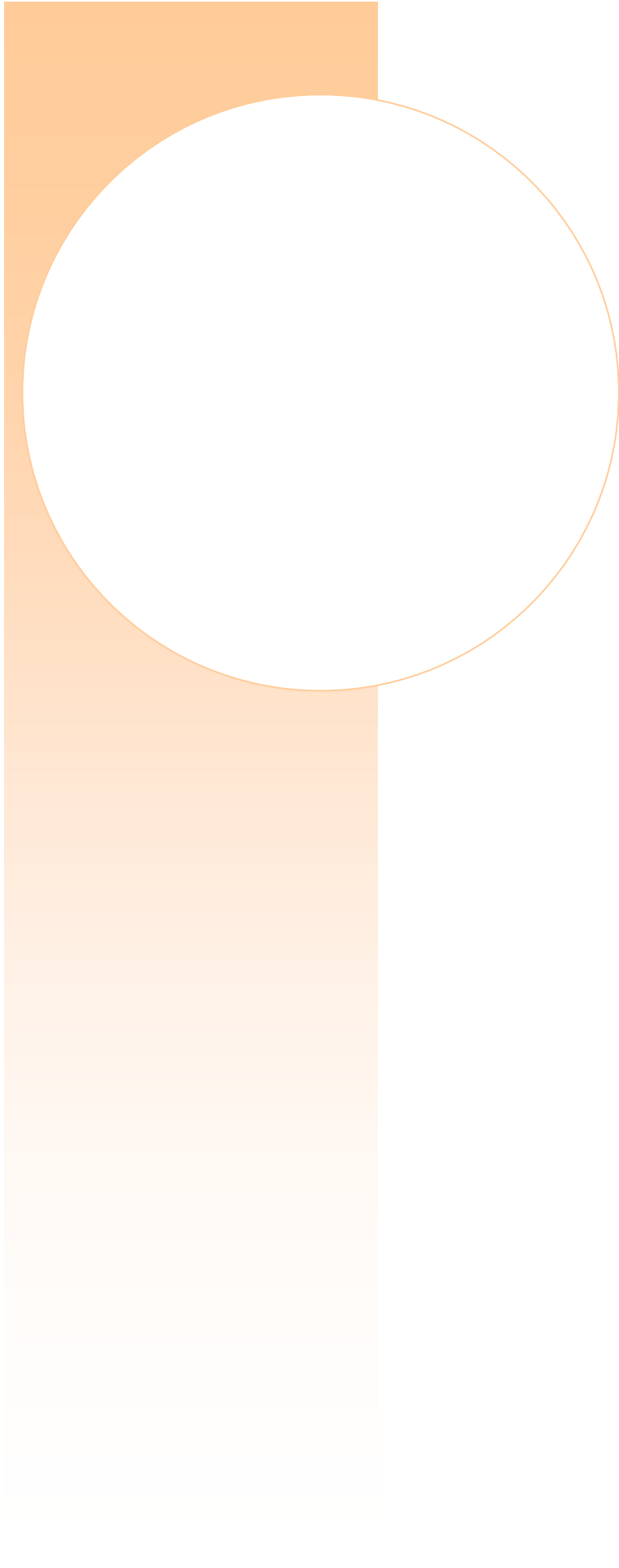
Community Development targets were achieved by using Supported Residential Services project brokerage dollars, in collaboration with the Community Connections Program Flexible Care Fund budget, as well as accessing additional resources through Amicus , Senior Citizens Clubs and Community Health Care Sunbury.

A Dental Health Project has been accessed for 1 resident at Kyneton Lodge facility. This service is funded through The Community Health Care Centre in Sunbury.

July 2004 – May 2005.

In nature and are being achieved A Project Plan of nine tasks was implemented from July 2005 – June 2006. Two out of these nine tasks have been completed, four tasks are ongoing and three tasks are yet to be achieved.

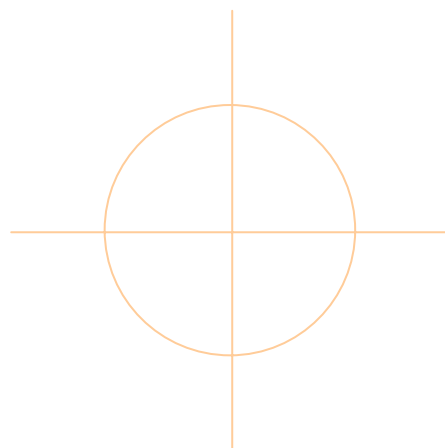




**Consultation, visiting and networking.**

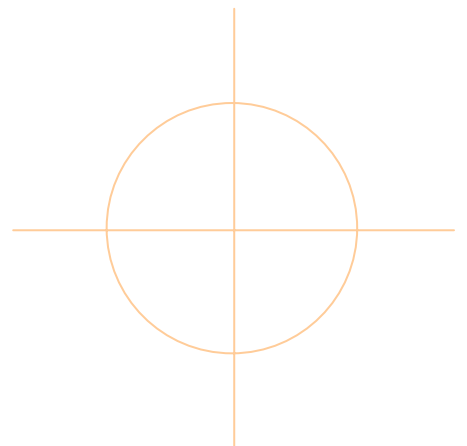
The Mental health Project has proven to be adept at facilitating the building of relationships and connections between providers, proprietors, residents and a range of other services to the benefit of the residents within the service scope.

This has resulted in an accrued benefit for the clients in improving their quality of life and having specific identified needs being met.



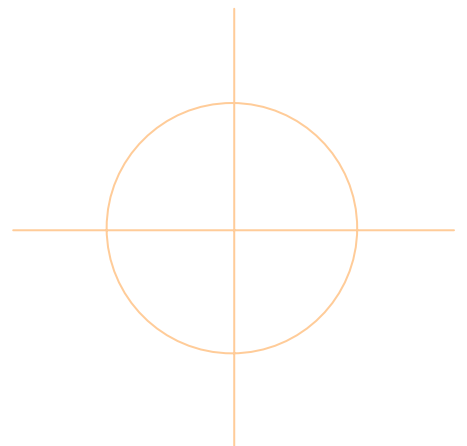
## Recommendations.

- To allocate ongoing brokerage dollars for the Cowbaw recreation Program with Karinya lodge
- To allocate ongoing brokerage dollars for the Y.M.CA exercise programs
- To allocate brokerage dollars to provide holidays for residents who are unable to visit their relatives due to lack of finances
- To ensure that Independent Program Plans are kept up to date to give residents freedom of choices and serve as tool to achieve goals
- To Network residents into educational, recreational and Medical needs
- Conduct Review of Business Plan for 2005-2006



## Future Directions

- To work in partnership in a collaborative manner with the Community Connections Program and the Housing Support for the Aged Program
- To facilitate access for residents with less complex needs into the community
- To scope and identify needs of residents and provide access to services for residents being accommodated in the new Gisborne Support Accommodation when the facility is operating
- To consult with Florence Davison from Mildura and incorporate new initiatives as appropriate
- To link residents from Karinya Lodge and kyneton lodge into the programs being run at the Macedon Ranges Neighbourhood & Learning Centres



**Appendices**

Mental Health Project Business Plan  
Cobaw Planned Activity Group Plan  
Financial Reports  
Letters of Support.  
Business Plan

