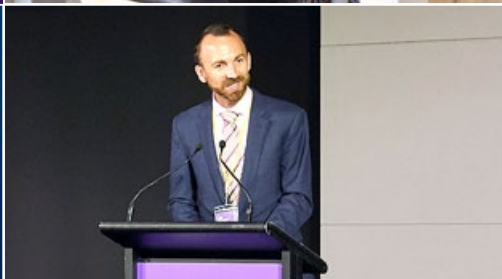
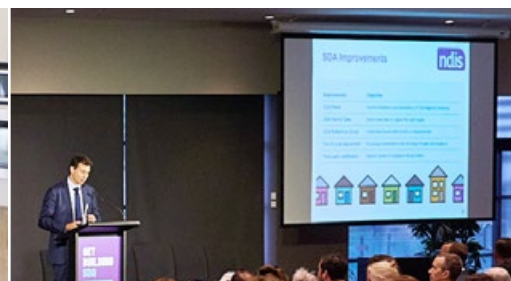


SUMMER FOUNDATION NEWS



Welcome to our summer update. I am back in the CEO role at a key time for the Summer Foundation. I'd like to thank Luke Bo'sher for all of his terrific work over the past 3.5 years. Our government relations and policy influence was turbo-charged under his leadership.

When I began the Summer Foundation in 2006 there was no research, no housing and no NDIS – basically no hope of better for young people in aged care and their families. Since that time we have made terrific progress – changing the thinking about what housing is possible for people with very high disability support needs, improving hospital discharge planning processes and seeing more housing built. I am as passionate and committed as ever. Together we can solve the issue of young people having to live in aged care in the next 5 years.

The current momentum we have to solve the issue of young people in nursing homes is unprecedented. This momentum was initially fuelled by the roll out of the NDIS and the 2015 Senate Inquiry into Accommodation initiated by Senator Linda Reynolds. The recent interim report from the Royal Commission into Aged Care and the Disability Royal Commission initiated by Senator Jordan Steele-John have created a shift in thinking and there has been a constructive response from government. George Taleporos and I had the privilege of presenting at the Disability Royal Commission hearings (see page 3).

The PM recently announced some new targets specific to young people in aged care with significant initiatives and some initial funding. You can read the details on page 2.

In the lead up to the summer break, we are more optimistic than ever that we can work with government and our partner organisations to solve the issue of young people in aged care for good.

I hope you all enjoy a safe and happy Christmas season.

Di Winkler, CEO

IN THIS ISSUE



ANNUAL PUBLIC FORUM 2019

2



CDA KICKING GOALS

3



PROFILE - HELEN BURT

4

NEW TARGETS WELCOME

The Australian Government has committed to making sure that no younger person will enter aged care by 2022 and that no-one under 65 years will be in aged care by 2025.

These are the targets that the Aged Care Royal Commission endorsed in its interim report in late October and one of the most significant commitments we have seen by the Australian Government to stop younger people from having to live in aged care.

"We welcome these targets. They reflect the urgency of this problem," said Summer Foundation CEO Dr Di Winkler.

"They are realistic and achievable. As well as getting younger people out of aged care more quickly, the government's revised targets recognise how important it is to stop younger people going into aged care facilities in the first place."

"Young people have been inappropriately placed in aged care for too long. Younger people with disability have the right to live in appropriate housing in the community, just like everyone else."

The government also announced a specialist NDIS team to work with support coordinators and others to prevent admissions of younger people into aged care; a joint agency approach to the issue; a commitment to gather data to be better understand younger people living in, or at risk of entering, aged care; and the creation of a database of existing and new housing options.

The report spoke about the devastating outcomes for young people who enter aged care, following on from Royal Commissioner Lynelle Briggs' statement during the Melbourne hearing that *"the current system is at best a national embarrassment and at worst a national disgrace"*.

"We must make sure that the Royal Commission's work leads to solutions where human rights are upheld and where young people can choose where they live, who they live with, and how they are supported," Dr Winkler said. *"The funding is there in the NDIS, the will is there in the community, and with a good plan and dedicated focus, the issue can be resolved."*

You can read a joint statement from the Summer Foundation, the Young People in Nursing Homes National Alliance and Youngcare about the Aged Care Royal Commission's interim report here: summerfoundation.org.au/advocacy-organisations-welcome-aged-care-royal-commission-interim-report

The Summer Foundation's Policy Manager, Dr George Taleporos, has also written an explanation of the interim report: everyaustraliancounts.com.au/opinion/its-time-to-get-young-people-out-of-nursing-homes



ANNUAL PUBLIC FORUM 2019

Our Annual Public Forum, held on Thursday 31 October, brought together key stakeholders to talk about what it will take to stop younger people going into aged care for good.

This important event followed on from the Aged Care Royal Commission in September, where we heard devastating evidence about the impact of living in nursing homes on many younger people.

Around 140 people attended, listening and engaging in the conversation between younger people who have lived in aged care, their families, NDIS and health executives, policy makers and sector professionals who discussed what is needed to create change.

Presenter Beverley O'Connor (ABC News 24) led the forum panel, which included:

- **Scott McNaughton** – NDIA Acting Deputy CEO, Government, Communication and Stakeholder Engagement
- **Iain Edwards** – Operations Director of Community Health, Peninsula Health
- **Helen Burt** – a younger woman who lives in aged care
- **Allanah Kennedy** – Senior Manager Independence Division, Transport Accident Commission

Helen Burt, who shared her personal story of living in aged care, showed just how important it is to stop younger people with disability going into aged care.

This was reinforced by the findings in the Aged Care Royal Commission interim report, which was released on the same day as the forum.

It was also encouraging that Mr McNaughton committed the NDIA to learning from hospitals and the Transport Accident Commission (Victoria) about making it easier for people to leave hospital with the right supports and avoid going into aged care.



BREAKING THROUGH THE BARRIERS

The Summer Foundation practice team hosted a seminar after our Annual Public Forum about breaking through the barriers to leaving hospital or aged care.

People who are stuck in hospital or aged care face many challenges, including getting the right information, finding suitable housing, organising suitable support and making the most of their NDIS funding.

More than 80 people with disability, their families and people who work in the sector attended the seminar, which included discussion to help find ways to break through these barriers.

Disability Royal Commission Hearings

In early December, the Summer Foundation's Dr Di Winkler and Dr George Taleporos presented at the Disability Royal Commission's hearing in Melbourne which focused on housing for people with disability, including the experiences of people in group homes.

The earlier evidence on abuse and neglect in disability housing was distressing and sobering. However, the Commissioners were highly engaged in alternative housing and support options, and solutions that provide people with disability control over where they live, who they live with and who provides their support.

Dr Taleporos said: *"It's about asking that person themselves – how do you want to live? Where, and who do you want to provide the support? And that way [we] will be a lot closer to being included in the community."*

"We just want what everyone else wants. We want an education. We want jobs. We want friends. We want relationships. It's not that special. But we can't do that if we're forced to live where we don't want to live."



CDA KICKING GOALS

The Summer Foundation has developed a Collaborative Discharge Approach (CDA) to improve the pathway from hospital back to the community for people with a newly acquired disability and/or change in their circumstances. Our aim is to increase outcomes for NDIS participants through improved hospital discharge timeframes.

Based on what we learnt through pilots in Barwon and Ballarat (funded by the William Buckland Foundation), the full CDA project has now been rolled out to the South West Sydney Local Health District, and at Austin and Alfred Health. Since early this year, 7 training sessions for 144 participants have been run in South West Sydney.

Among the positive outcomes have been:

- Hospital staff better equipped to write plans that meet NDIS requirements
- NDIS access request forms approved within 5 days
- Better collaboration with support coordinators leading to NDIS plans getting underway earlier
- NDIA planners and clinicians working more effectively together, meaning faster discharge for patients, and more appropriate supports for living well in the community

COLLABORATIVE DISCHARGE APPROACH 'Approach at a Glance'





PROFILE – HELEN BURT

Helen Burt is full of hope at the possibility of a better life, as she starts her journey from aged care to living in her own home.

Helen, 62, has Multiple Sclerosis (MS). For almost 7 years, Helen has lived in an aged care facility, however she has just been offered an SDA apartment in Melbourne.

"Moving into my own apartment will just be a complete game changer for me," Helen said.

"For so long I have had a feeling of complete hopelessness. I thought I would never move out of aged care and that I would die here."

"I haven't looked forward to the milestones that most people do, like family events and visits."

"Now I'm looking forward to having my friends and family visit me. It's an enormous thing for me to think that my son and his partner can come over and we can spend time together in my own home."

After breaking her leg and spending 6 months in hospital, Helen couldn't return home. When making choices for the future she was given only one option – which was to live in aged care.

"Younger people should not spend time in aged care... immediately you begin to go physically and mentally downhill, and you have no opportunity to re-build," Helen said.

"I felt that I wanted to continue on with my life. I have a lot more to contribute."

"I can't describe how I feel now as I'm just so excited. It's amazing, incredible – just wonderful really."

"I now have hope for the future."



For NDIS Support Coordinators
& Allied Health Professionals

UPSKILLING REGIONAL VICTORIA

Our UpSkill program is being rolled out across regional and rural Victoria. We want to increase the number of skilled support coordinators and help them respond well to the diverse needs of people with disability.

After a series of workshops around the Shepparton area in November, we will be holding training and information sessions in Mildura (23-25 March 2020) and Swan Hill (20-22 April 2020).

As well as training for support coordinators, we will hold workshops for nursing home staff about the possibilities under the NDIS and to connect aged care providers and skilled support coordinators.

There will also be a workshop in each location for people with disability and their families to help them understand the NDIS and housing.

For the UpSkill Regional Victoria program, we have partnered with the Centre for Ethnicity, Culture and Health and Ablelink. We will also consult with an Aboriginal run service to enhance training content on culturally appropriate services.

The Victorian Regional Readiness UpSkill project was supported by the Victorian Government.

Check our website for a full list of workshops:

 summerfoundation.org.au/upskill