



**Elder Care
Support**



**Aboriginal Health Council
of South Australia Ltd.**

ELDER CARE SUPPORT PROGRAM

NEWSLETTER

FIRST EDITION

April 2025 – Parnati – Autumn Edition

Hello and welcome to our first Elder Care Support newsletter.

We will be providing quarterly newsletters to provide you with updates, information, resources and as an opportunity to get to know each other and share our program updates.

We encourage you to send in positive news stories, topic ideas or information relating to our program.

We look forward to using this platform as an opportunity to communicate and share all the wonderful work you are doing for your communities.

*Emma Tahuri and Lena-Pearl Bridgland
ECS Workforce, Aboriginal Health Council of South
Australia – Aboriginal Health Council of South
Australia*



Parnati

Autumn
April-June

Windy season
Waitpi - Windy



NEW STAFF

Welcome to the ECS Workforce

- Ursula Zuidam — ECS connector at Moorundi Aboriginal Health Service)
- Dorothy Kartinyeri (Dodie) — ECS Connector at Pangula Mannamurna Aboriginal Corporation)
- Anjana Welisarage — ECS coordinator at Umoona Tjutagku Health Service)
- Precella Sumner — ECS Connector at Umoona Tjutagku Health Service)
- Phil Caddy — Elder and Disability Lead at SAWCAN)

NEW STAFF



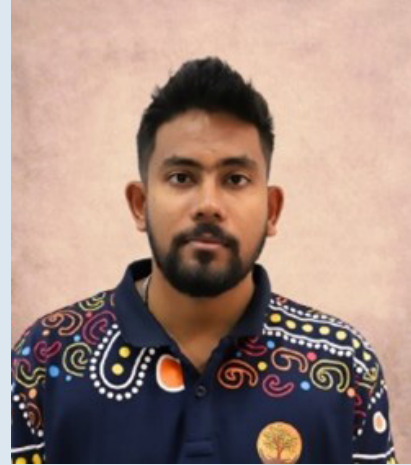
Dodie's Bio:

"I am a Ngarrindjeri Woman from Murray Bridge, now living in Mount Gambier with Partner Sonny and two cats, Smokey and Simba.

I currently work at Pangula Mannamurna Health Service, where I am in my 2nd week into the ECS role, having previously been in the roles of Aboriginal Outreach Worker with ITC & Aboriginal Disability Officer (ADLO).

I applied for the role as ECS because I find it so much more rewarding and important to be able to advocate and assist our Elders and their families.

To make sure they are supported in a culturally safe and appropriate manner, to help them understand the system and gain access to Aged Care, so they are able to live independently and comfortably in their own homes or aged care facility for as long as they can with whatever time they have left."



Anjana's Bio:

"I'm originally from Sri Lanka, but I recently moved from Queensland. I completed my Diploma of Nursing along with my Certificate III and IV in Aged Care. Over the past two years, I've been working in the aged care and community sector, which has been incredibly rewarding.

I chose to work in elder care because I've always had a deep respect for older generations and the wisdom they carry. Helping people maintain their dignity, independence, and quality of life during their later years is something I'm truly passionate about. The bonds I form with the elderly and their families are incredibly fulfilling, and I feel honoured to contribute to their well-being.

I chose to work with older Aboriginal people in Coober Pedy because I feel a strong calling to support and care for elderly individuals, particularly those from Aboriginal communities, who may face unique challenges due to their cultural background and the remoteness of their living environment. Older Aboriginal people have a wealth of knowledge, history, and traditions that deserve to be respected, preserved, and supported — especially as they age."

**NATSIPCA – National Aboriginal and
Torres Strait Islander Palliative Care Association**

A New Culturally Responsive Comfort Care Approach for Aboriginal and Torres Strait Islander people



Innovative and culturally sensitive, NATSIPCA redefines palliative care by bridging mainstream practices, with Aboriginal and Torres Strait Islander cultural and spiritual needs, setting a new standard for compassionate, culturally responsive Comfort Care for Aboriginal and Torres Strait Islander people with life-limiting illnesses.

More information can be found on the NATSIPCA website:
www.natsipca.com.au/

OPAN

Free Information and Education Sessions



The Older Persons Advocacy Network (OPAN) run free education and information sessions to support providers in meeting their obligations under the Charter of Aged Care Rights and Aged Care Quality Standards.

Topics include:

- The rights of older people and provider responsibilities
- Advocacy and self-advocacy
- Complaints and the Serious Incidents Response Scheme (SIRS)
- Identifying and responding to abuse

Register now via OPAN's website:
opan.org.au

PUBLICATIONS

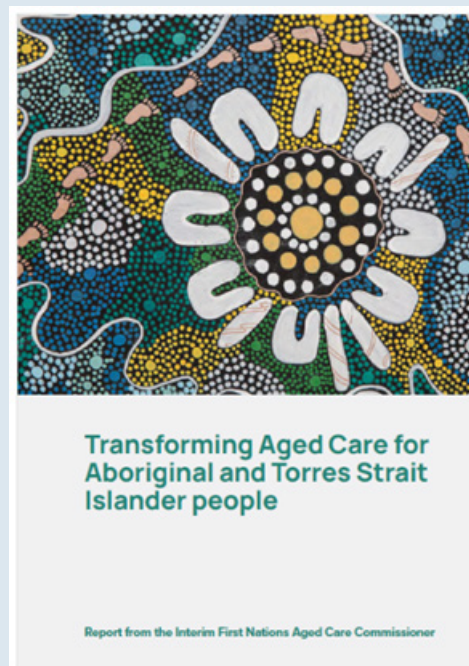
Transforming Aged Care for Aboriginal and Torres Strait Islander people

Interim First Nations Aged Care Commissioner Andrea Kelly has released a report to Government, recommending a series of critical reforms to improve aged care for older Aboriginal and Torres Strait Islander people

There is also a community booklet she has produced that shares her findings directly with community.

Download here:

<https://bit.ly/4itBIJO>

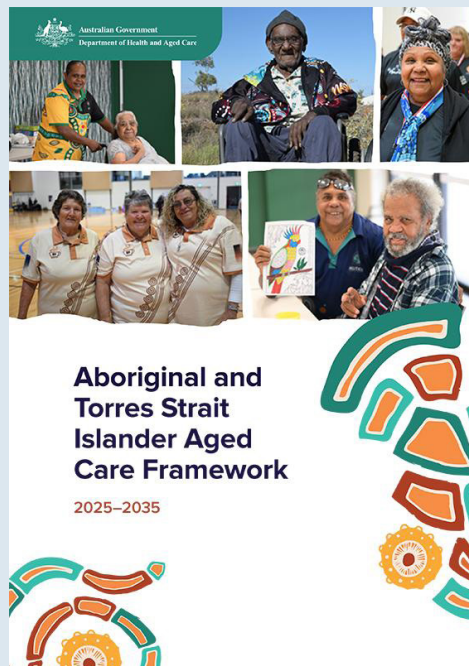


Aboriginal and Torres Strait Islander Aged Care Framework

The Department of Health and Aged Care has released it's Framework. This policy document contains a range of actions to improve aged care for Aboriginal and Torres Strait Islander people.

Download here:

<https://bit.ly/3YcJgJS>



Major Aged Care Reforms from July 1st 2025

- Support at Home will replace the Home Care Packages Program from 1 July 2025, rolling out in stages.
- The Commonwealth Home Support Program (CHSP) will transition to Support at Home after 1 July 2027.
- Home Care Package levels will expand from 4 to 8 classifications.
- Maximum funding will increase from \$61,440 (Level 4) to \$78,000 per year.
- A new Single Assessment system will replace RAS and ACAT assessments and will be clinical or non-clinical depending on need.
- Participant contribution rules are changing — people will be expected to contribute financially to their care. AHCSA, NACCHO and other advocacy groups are working to ensure co-contributions don't create barriers, pushing for fair pricing and effective hardship protections.
- The means-tested care fee lifetime cap will rise from approximately \$80K to \$130K (daily fees and accommodation costs remain unchanged)

More information can be found here:

www.health.gov.au/our-work/support-at-home

First Nations Aged Care Assessments

From 1 July 2025, the Department of Health and Aged Care will fund First Nations assessment organisations to deliver culturally safe, trauma-aware aged care assessments. At this stage we have limited info about this, but will share details as they emerge.

More information can be found here:

<https://www.health.gov.au/our-work/single-assessment-system/needs/first-nations-aged-care-assessments>

Updates, webinars and fact-sheets can be found on the Department of Health and Aged Care's website:

www.health.gov.au/our-work/aged-care-reforms



Art by Chern'ee Sutton—a proud Kalkadoon woman and Aboriginal artist from the emu foot province around the Mount Isa area in North West Queensland

RESOURCES

NEW First Nations Resources Toolkit

Aged care is changing for the better. From 1 July this year, the new rights-based Aged Care Act will put older people at the centre of their aged care experience.

New resources are now available to support First Nations providers, workers and older people understand the way that aged care is changing. This includes providers' obligations to providing care to First Nations older people.

We're seeking your help to promote these resources with your networks.

The First Nations Resource Communications Toolkit provides key information, resources and links to help you promote and share with your audiences.

The Toolkit and a range of other resources can be found here:

www.agedcarequality.gov.au/resource-library

Yarning, Kayaking, and Connecting: Culture on Country

On the 28th of March we took a couple of Elders over to Hindmarsh Island with Headspace to work and yarn with Young Fullas. An Uncle from Meningie told stories to the young fullas about The Coorong and The Ngarrindjeri People, also about when he was working as a Park Ranger for over 20 years and how working on Country is healing and helps with connecting to country and walking where Our Ancestors Walked.

We also had Cedric Varcoe do the Welcome and Smoking Ceremony. An Aunty sat with young fullas yarnning and laughing around with them. The Young Fullas Kayaked from the Island to the Coorong where we had a BBQ. (Coorong Mullet, Chops, Steak, Chicken with salads and Water)

Then the young Fullas Kayaked to the Murray Mouth then back to the Island. A day of Cultural Activities in collaboration with Headspace.

This connection and time helped with the inter-generational transfer of knowledge to our young fullas.

Story by **Gordon Rigney, ECS Coordinator, Moorundi Health Service.**



Port Lincoln Aboriginal Health Service

Maryanne and Jhy from the MAC Team hosted a successful Expo in Port Lincoln at Mallee Park Football Club, featuring guest speakers and key messages. We had 72 clients attend.

It was a busy, yet fruitful day, including:

- Donna from the Immunisation Team reminded our elders and community that Flu Vaccinations are now available.
- Kingsley from the Chronic Disease Team spoke about recall efforts to bring clients into PLAHS for Health Checks and appointments with the Podiatrist, Physio, Pain Management, and Oncologist.
- The Diabetes Educator ran a session on diabetes and the importance of regular Health Checks and Dr. Wintnie presented on incontinence, bladder infections, and self-care through health checks.
- Maryanne and Jhy shared updates on OT services, including more visits to help process applications and deliver equipment faster.
- Jhy discussed the challenges of switching providers, noting it requires restarting the approval process and OT sign-off.

We now have over 117 clients on MAC, with another 145 becoming eligible in the coming months and over 10 clients now have their own Gophers — as we plan for an Elder Gopher Race during NAIDOC Week.

Maryanne and Jhy will run a 6-week Balance and Core Strength workshop for elders in partnership with COBH, with a physio provided. Twenty elders have joined the first round, with plans for another depending on feedback.

Women's Aqua Aerobics was a hit, with 10 ladies attending weekly at the YMCA. It was a fun and social space, and the instructor was very supportive — and the day wrapped up with another Bingo event, hosted by Jhy.

Shared by Warren Clements, Mary-Anne Clements and Jhy Martin, PLAHS



Youpla Funeral compensation

The Youpla Support Program has been set up by the Government to support mob who were affected by ACBF/Youpla going broke. The Youpla Support Program will run from 1 July 2024 until 30 June 2026.

If you are eligible, you don't have to apply or register, Services Australia will call you—however do reach out to Services Australia if your contact details have changed.

More information can be found on the NIAA website:

www.niaa.gov.au

NT Stolen Generation redress scheme

The Scheme seeks to recognise the harm and trauma experienced by Stolen Generations survivors who were removed from their families or communities in the Northern Territory, the Australian Capital Territory or the Jervis Bay Territory.

More information can be found on the NIAA website:

www.niaa.gov.au

South Australia solar panel scheme

Forming a network of solar panels and Tesla Power-wall battery systems installed on thousands of SA Housing Trust homes, eligible households are guaranteed access to the lowest residential electricity rate in South Australia.

For more information, search “Virtual Power Plant” on the Housing SA website:

www.housing.sa.gov.au

UPCOMING EVENTS

The NACCHO National Elder Care Support Yarning Circle - Adelaide 2025

The Yarning Circle will be held at the Pullman Hotel, Adelaide.

Arrival & Check-in: Monday, 28 April 2025.

A rolling buffet dinner will be available from 4:00pm – 11:00pm.

Conference Dates: Tuesday, 29 April & Wednesday, 30 April 2025.

Registrations are now closed — please ensure your travel arrangements are finalised

Other May 2025 Events

9th May - ACCPA South Australian Conference 2025 - Adelaide

21st May - ECS Community of Practice Meeting - Online

26th May - National Sorry Day - Nationally

27th - 3rd May - National Reconciliation Week - Nationally

28th - 29th May - Home- Positive Ageing Summit - Adelaide

ECS BUSINESS

ECS Funding Extension (2025-2026)

NACCHO has received funding from the Department of Health and Aged Care to extend the Elder Care Support Program for an additional 12 months, until 30th June 2026.

To facilitate this extension, NACCHO will issue a Deed of Variation to all current grant recipients in April 2025.

Reporting

A friendly reminder: 6-monthly progress reports are due soon. The exact date will be confirmed to align with the updated Deed of Variation. For questions or support, contact the NACCHO Aged Care team at aged.care@naccho.org.au.



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