






Wingecarribee Ageing Forum Minutes

Date:	Thursday 27 th November
Time:	12:30pm to 2:15pm
Location:	Bong Bong Room, Wingecarribee Shire Council

Agenda Number	Agenda Item
1.	Networking and Lunch: 12:30pm to 12:50pm
2.	Welcome & Acknowledgement to Country:
3.	Attendee Introductions: Brooke Wortz (Interchange Aust), Debbie Smith (Meals on Wheels SH), Eleanor Sainsbury (Wingecarribee Adult Day Centre), Stephen Neville (DoHDA), Kaylie Blyton (DoHDA), Kirsty Young (SWSPHN), Maria Lasic (Interchange Aust), Meredith Lea (WSC), Janeen Harris (MDS), Krystle Sands (MDS)
4.	Apologies: Jane Williams (Each), Kirra Hayward (Interchange) Previous Minutes accepted by: Kirsty Young (SWSPHN)
5.	<p>Guest Speaker: <i>'Your Life Matters- Self-Care to Support Wellbeing and Reduce Burnout'</i> Petrea King, CEO, Quest for Life Foundation</p> <p>After a year of immense challenges for the aged care sector, forum attendees enjoyed an inspiring and uplifting talk by Petrea King, from the Quest for Life Foundation.</p> <p>Petrea spoke about self-care & reducing burnout, allowing everyone the chance to pause and reflect upon what is truly important in life and their own wellbeing.</p> <p>Petrea spoke about the 4 C's to work towards peace of mind; Control, Commitment to Living, Challenge and Connection. This supports us when we are experiencing life's D's (disease, death, disaster, diagnosis, despair etc).</p> <p>Petrea encourages everyone to take time to 'fluff yourselves up'. Don't wait for another 'D'.</p> <ol style="list-style-type: none"> 1. Review the Symptoms of Stress and What Helps factsheet. 2. On the last page, take a moment to reflect on how this looks for you. What are your top 6 symptoms and how do you plan to nourish your physical, mental, emotional and spiritual self? <p>Link to Quest for Life website: https://questforlife.org.au/</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  QuestforLife-Symptoms of Stress and W </div> <div style="text-align: center;">  QuestforLife-the-forums (1).pdf </div> </div>

6.	<p>Department Update: 'Reform Updates specifically for CHSP and Home Care/SaH providers' Kaylie Blyton and Stephen Neville, Western NSW Regional Team, Department of Health, Disability and Ageing</p> <ul style="list-style-type: none"> • Stephen Neville provided a brief presentation about recent Reform Updates. • CHSP transition to Support at Home, won't start to be looked at until approximately March 2026. • Unfortunately, we were short of time to complete the full update – please refer to attached slides for further information. <p>A few issues and questions were presented to Stephen and Kaylie and taken on notice:</p> <ul style="list-style-type: none"> • My Aged Care Portal – care finders are having difficulties; filtering is not working, calling providers who are reporting that they do not have capacity to accept new clients/consumers – particularly noticeable in Wingecarribee region. • CHSP providers are receiving referrals from assessors for clients/consumers that live no where near the region or for services that are not provided.
7.	<p>Council Updates: Meredith Lea, Wingecarribee Shire Council</p> <ul style="list-style-type: none"> • Inclusive Bike Day, all welcome including seniors – 5th Dec. Part of a larger program of activities for International Day of Disability • Christmas Program is live • 16 Days of Activism event program • Seniors Festival expressions of interest to provide activity open for March 2026
8.	<p>SSD Update: Krystle Sands Sector Support and Development</p> <p>Krystle provided an SSD update. Please see attached slides</p> <p>Videos Included:</p> <ul style="list-style-type: none"> - Statement of Rights & Code of Contact under the new Act - My Aged Care Website changes
9.	<p>General Updates: Info & Resource Share/Open Discussion/Questions/Observations etc.</p> <p>Festive Lucky Door Prize Raffle was Drawn. Congratulations to the Winners!</p> 

10.	Meeting Close: 2:32pm
Next Meeting	Thursday 5 th February Bong Bong Room, Wingecarribee Shire Council Register: https://collections.humanitix.com/2026-ageing-forums