



Macarthur Ageing Forum Minutes

Date:	Wednesday 19 th November
Time:	12:30pm to 2:30pm
Location:	Sandown Rooms 2&3, Oran Park Library, 72 Central Ave, Oran Park

Agenda Number	Agenda Item
1.	Networking and Lunch: 12:30pm to 12:45pm
2.	Welcome & Acknowledgement to Country: 12:45pm to 12:47pm
3.	<p>Attendee Introductions: 12:47pm to 12:55pm</p> <p>Carissa Zielonka (South West Community Transport), Debbie Ellicott (Local Guardians), Denise Tsoukalas (TAFE NSW), Fina Kimati (Department of Health, Ageing & Disability), Kirsty Kuoppala (SWSLHD), Kylie Richardson (Myrtle Cottage Group), Lisa Grimson (Camden Council), Melissa Martin (Meals on Wheels Camden), Rio Stevens (SWS LHD), Sally Penney (Transitional Aged Care Program), Sheffy Zheng (Sunland Services), Stephen Neville (Department of Health, Disability & Ageing), Charmain McDonald (IRT Group), Krystle Sands (MDS SSD), Janeen Harris (MDS SSD), Amy Marshall (MDS SSD)</p>
4.	<p>Apologies: Allison Crase-Markarian, Helen Stark (Local Government NSW), Wendy Begue (Lifeline Macarthur & Western Sydney), Vickie Tierney (Wollondilly Shire Council), Kate Noble (SWS PHN)</p> <p>Previous Minutes accepted by: Melissa Martin, (Meals on Wheels, Camden)</p>
5.	<p>Guest Speaker: 1:00pm to 1:30pm 'Your Life Matters- Self-Care to Support Wellbeing and Reduce Burnout' 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'.</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: center;">   </div> <p>QuestforLife-Symptoms of Stress and What Helps (1).pdf</p>
6.	<p>Department Update: 1:30pm to 1:55pm</p> <p>'Reform Updates specifically for CHSP and Home Care/SaH providers' Fina Kimati and Stephen Neville, Western NSW Regional Team, Department of Health, Disability and Ageing</p> <p>Fina Kimati from the Department of Health, Disability and Ageing spoke about the most recent Reform updates.</p> <p><u>Please see attached slides</u></p>
7.	<p>SSD Update: 1:55pm to 2:05pm</p> <p>Krystle Sands Sector Support and Development</p> <p>Krystle provided an SSD update.</p> <p><u>Please See attached slides</u></p> <p>Videos Included:</p> <ul style="list-style-type: none"> - Statement of Rights & Code of Conduct under the new Act - My Aged Care Website changes <p>Krystle conducted a short survey during the update, using the application Mentimeter. Questions asked included:</p> <ol style="list-style-type: none"> 1. Since November 1, what has been the biggest challenge your organisation has faced in implementing the new Aged Care Act changes? 2. Since 1 November, which client concerns have been most frequent? 3. How confident do you feel explaining the changes to clients? 4. Are there any training or resources that would help you the most right now? 5. What's one thing you believe will make aged care better in 2026? <p><u>Please see attached survey results</u></p>
8.	<p>Council Updates: 2:05pm to 2:20pm</p> <p>Campbelltown & Camden</p> <p><u>Campbelltown Council – Hayley Orr</u></p> <ul style="list-style-type: none"> • IDPwD NSW Physical Disability Come & Try Day <p>Date: Wednesday 26 November 2025</p> <p>Time: 1pm to 3pm</p>

	<p>Where: Bradbury Oval Click here – for more info</p> <ul style="list-style-type: none"> • Macarthur Disability Sector Consultation Date: Thursday 11 December 2025 Time: 10am to 12:30pm Where: Campbelltown Civic Centre Click here – to register • Christmas Activities in Campbelltown Click here – for timetable of events Included: <ul style="list-style-type: none"> - Light the Tree 28 November - Rocking Around Campbelltown 6 December - Christmas Carols Campbelltown 6 December • Seniors Festival 2026 – Save the Date! Date: Thursday 12 March 2026 Time: 9am to 12pm Where: West Leagues Club Note: Please reach out to Hayley if you would like to collaborate on any activations – EOIs for stall holders will be circulated shortly. • Australia Day Awards 2026 Australia Day Nominations are Open: Senior Citizens/All Abilities/Community Group Initiative of the Year/Diversity and Inclusion Award Click here – for further info Click here – for nomination form <p><u>Camden Council – Lisa Grimson</u></p> <ul style="list-style-type: none"> • Finishing up CHAT Link Program • Seniors Christmas activities • Luncheon • Wreath Making Workshop • Process of Planning 2026 Program • Expression of interest for services to register for • CHAT Link pop up information stalls across Camden Libraries will open in December • CHAT LINK program participation will open in January • Seniors Festival in March to promote programs and activities open in January • Developing an Active Ageing Strategy 2027-2031 Consultation will commence early next year.
9.	<p>General Updates: 2:20pm to 2:39pm Info & Resource Share/Open Discussion/Questions/Observations etc.</p> <p>Kirsty Kuoppala (SWSLHD) provided the following update:</p> <p>1. Camden Hospital Enhancements Camden Hospital will undergo enhancements in 2026. Community consultation is expected to commence in the coming weeks. Anyone interested in being involved can contact Kirsty.Kuoppala@health.nsw.gov.au.</p> <p>2. Improving Awareness of the REACH Program South Western Sydney Local Health District (SWSLHD) is exploring ways to improve community understanding of the REACH program.</p>

What is REACH? REACH is a process that allows patients, families, and carers to get help quickly if they are concerned that their health, or the health of someone they care for, is deteriorating. It is designed for urgent health concerns while in hospital. Consultation will begin in the coming weeks. To participate, contact Kirsty.Kuoppala@health.nsw.gov.au.

3. ACAT Assessment Trial

SWSLHD have commenced in-person ACAT assessments to reduce waitlist times. This service will be available to anyone on the waitlist and is intended to enhance, not replace, existing in-person assessments. Clinics have commenced in Camden, with plans to expand to Fairfield and Bankstown in the coming weeks.



Festive Lucky Door Prize Raffle was Drawn. Congratulations to the Winners!

Grand Prize, Christmas Hamper - Rio Stevens (SWSLHD)

Runner Up Winner – Kylie Richardson (Myrtle Cottage Group)

Runner Up Winner - Debbie Ellicott (Local Guardians)

10. **Meeting Close: 2:45pm**

Next Meeting

Wednesday 4th February 2026
Campbelltown Arts Centre, Campbelltown

Register: <https://collections.humanitix.com/2026-ageing-forums>