



SASMA

South Australian
Self Management Alliance

Empowering Consumers Through Collaboration

SASMA Planning and Priorities Workshop

4th December 2014

Introduction

Following the successful *Living Well in a Complex Life* symposium held on 17 September 2014, it was decided that the impetus of the symposium outcomes could be used to regenerate the South Australian Self Management Alliance (SASMA) by delivering a planning and priorities workshop on Thursday 4th December 2014.

The workshop was jointly facilitated by the project coordinators of the Southern and Eastern collaborative projects.

An adapted form of Results Based Accountability named Actionable Deviant Design developed by the SSRG and ECP over the past 2 years that achieves an action and results based planning outcomes within a limited timeframe was used for the session

A speed dating version of consultation that results in outcomes being achieved in less than ½ the time of usual planning processes achieves excellent results from a priorities perspective.

We wanted to see if the 4 pillars that are currently within the SASMA strategic directions continued to have value for SASMA moving forward.

Priority Areas, Outcomes and Actions

PRIORITY AREA 1 Collaboration

OUTCOMES

- Centre of Collaboration
- A united network and community of practice
- Holistic – Mind/Body /Spirit/Place

ACTIONS

- Quarterly themed network meetings
- Annual Symposium
- Identify and implement a range of opportunities to work in partnerships

PRIORITY AREA 2 Promotion

OUTCOMES

- Be visionary
- Be Visible

ACTIONS

- Develop an exciting, creative annual goal
- Promote empowering events
- Develop a mixture of audience directed events

PRIORITY AREA 3 Relationships

OUTCOMES

- Build and maintain our community of practice
- Engage and interact with our community of practice
- Support citizenship within our community

ACTIONS

- Always be approachable, accessible, credible and incredible
- Be intergenerational and inclusive in all actions
- Support the community of practice

PRIORITY AREA 4 Education

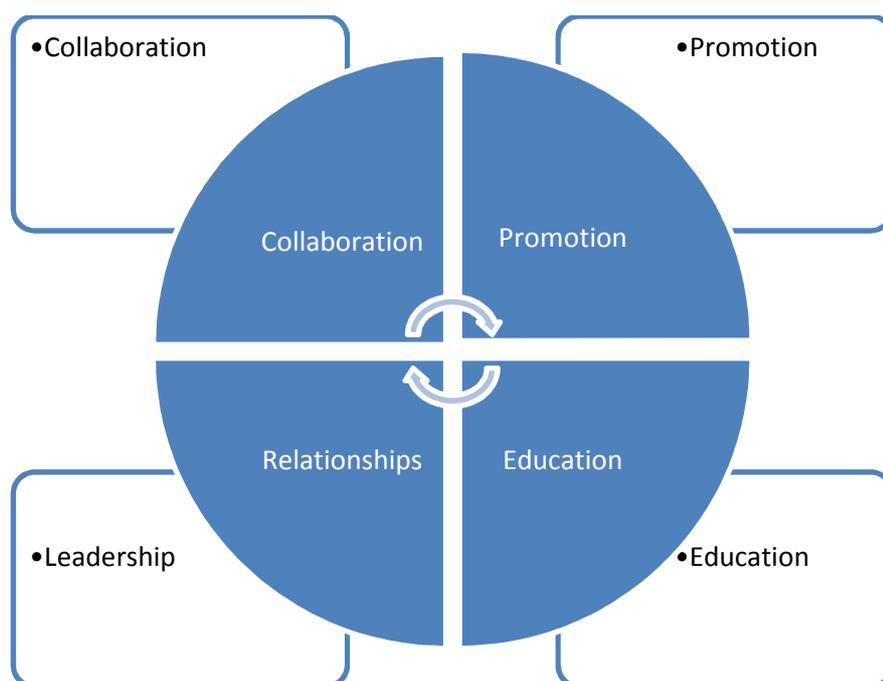
OUTCOMES

- Inform
- Educate
- Transform

ACTIONS

- Deliver workshops that are experiential
- Focus on wellness for all and be the foundation for self responsibility and self education
- Provide information and tools

LINKS WITH SASMA STRATEGIC AIMS 2011-2014



It appears that 3 of the 4 continue to have currency. One of SASMA's original aims was to establish itself as an incorporated body complete with constitution and organisational structure.

With changes in policy direction and frameworks with potential funding sources, the incorporation of SASMA as an independent organisation appears not to be an achievable goal at this stage.

SASMA continues to have significant relevance as a community of practice around self- management and empowerment and the highly successful symposia of 2014 offers the opportunity to continue in this direction.

LINKS WITH SA HEALTH PLAN

HEALTH POLICY FOR OLDER PEOPLE 2010 -2016

This Policy is based on the following important principles:

- *Independence*: Health services will encourage and give support for older people to manage their own lives and make their own decisions.
- *Choice*: Preferences for care and support to be respected even when frailty and disability develops.
- *Healthy Ageing*: Services to optimise capacity and good health.
- *Participation*: As people age, family, friends and carers become more important and it is important their role is recognised and supported.
- *Accessibility*: The planning and the delivery of services need to be based on viable long term partnerships within and across the whole community and link people with appropriate services in a timely way.
- *Customer focused*: Services that are flexible, consider the holistic needs of the person and give real choice of service.
- *Responsiveness*: Health services will respond appropriately to the particular needs of Aboriginal people, people from multicultural backgrounds and people who live in the country who have specific needs.
- *Quality of life and death*: Enhance choice, provide access to information and involvement in decision making on the treatment of their illness and/or the manner of their death.

The SASMA priority areas support these principles within the SA Health Policy for Older people

LINKS WITH SA AGEING PLAN

The new ageing vision for South Australia has been launched – Prosperity Through Longevity is presented in two parts: a vision and an action plan for the next five years. The action plan features new, innovative activities, initiatives and projects to support the vision priorities.

Vision

The state government's vision is to bring the community together to create an all-ages-friendly state. To ensure South Australians have a fulfilling, active and enjoyable life at every stage, gaining the maximum benefit from longevity linking personal wellbeing with social and economic productivity.

The new ageing vision aims to change the way South Australians think about growing older. It celebrates our state's unique demographics and acknowledges the triumph of multiple generations now having the opportunity to grow older together and enrich each other's lives through intergenerational learning.

Priorities

Priorities of the vision:

- health, wellbeing and security
- social and economic productivity
- all-ages-friendly communities

The SASMA priorities fit well within those identified in the SA Ageing plan with the priority of **change management** driving the vision of the state.

Planning Session Attendees

Lui DiVenuto

Sally Warnes

Kate Dobie

Jenny Bennett

Vivienne Tomlinson

Brenda Oakey

Meredith McLeod

Carol Anderson

Laura Koch

Nereeda McInnes

Frances Rennell