

It's just a change of address:

Linking community and residential through leisure

Allison Ferguson

Arcare's: Relational Approach

Focus – the quality of the relationships and interactions between community members: connection

Staff – 2-way relationships; staff bring their whole selves to work

Outcomes – the 'Senses'

Arcare's Values

Relationships

Uniqueness

Partnerships

Flexibility

Bringing our values to every single interaction

ROLES

Respect – imagine your person

Options – the chance to make a choice

Least – I can do – most I can do

Establish - identity – use their real name

Stories – listen, share remind

Our five star staff

Whatever position you take within Arcare, first and foremost you are there to connect with others through building relationships - your particular role and task is secondary to this.

Our five star approach

Arcare aims to foster and support relationships between community members that lead to heighten a sense of purpose and significance for residents, families and staff, by actively promoting continuity. Belonging, security and fulfilment.

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The aim of the Community Connect Program

Is to give the residents the opportunity to contribute, participate and have a sense of purpose with the local community and Foster Friendships.

With all major events outside the normal working hours, a dedicated team of staff and volunteers come together with their families to assist as 1-1 companions for the residents.

Sailability

This practical presentation will outline the introduction of sailing into the lives of the residents who live at Arcare Hope Island. Sailability is a community-based volunteer led group that facilitates sailing and boating activities for clients with physical and or intellectual disabilities. Usually their clients live in the community, but I met with the program leaders to advocate for the involvement of clients who live in a residential setting. It is important for leisure professionals who work in residential, to explore and advocate for their clients to be included in the many community-based leisure opportunities that are available to them.

Since February 2014, the residents at Arcare Hope Island have been enjoying participating in the Sailability program – this happens every Tuesday, weather permitting. The day begins by leaving the facility at 9.00am with thermoses full and morning tea packed. On arrival at the Yacht Club, it's time to register and fit the life jackets and slings if required. The residents have the option of going in the double skips (skipper and resident) or in a larger style yacht. It only took one day on the water for several of our residents to choose the double skips and all agree it's the

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“sense of freedom” out there for 45minutes – “it’s you and your skipper - what more could one ask for”.

On the larger style yacht, myself, an Arcare volunteer, 5 residents and 3 crew members sail along the Broadwater and take in scenery and “Aaahhh, the serenity” (sorry famous quote from The Castle). If we are lucky, we get to see dolphins frolicking next to us.

Residents can also choose not to sail and stay onshore with a staff member and take in what the day has to offer. Quite often, there are students learning to sail and they spend more time in the water than in their boats. The client-sailors often laugh at the students.

“It’s a great leveler – they are out of their restrictive world and they can be their own person – with the wind and the water on their side, they can do anything!” (Mr. Dinnis, President, Sailability Gold Coast).

When it’s time to come ashore, it’s a bee hive of activity for the Sailability volunteer staff to get wheelchairs ready and get everyone off the yachts, return life jackets and slings to the waiting area.

Once everyone is ready, we move across to the pavilion to have morning tea and reflect on our morning. “What better way to start your day” !!

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Arundel Park Riding for the Disabled

Person Centred Care through leisure

Before one of our residents came to Arcare he had a wife, a farm of 10 acres, two dogs and trained several horses, he led a very busy life. As the years passed, he sadly lost his wife through illness and aged crept up on him to the point he could no longer manage the farm. It was time to move into Arcare, although he knew he could no longer be on the farm, his heart longed for it. He would say to me, "I just like to be busy and be near my animals".

The plan: after discussion with management, I contacted the family and had a talk with our resident and it was decided we will approach the Arundel Park Riding for the Disabled, to see if he could become a volunteer for them. With all in agreeance, our resident set off each Tuesday with a personal carer, sugar cubes in hand and a wealth of knowledge to share. He finally had a purpose, meaningful and something to look forward to.

The Arundel Park RDA is a not-for-profit community organisation that provides equestrian activities for people with a disability. It is located on Brisbane Road, Coombabah on about 11 ha of beautiful bush land.

About 100 riders with a disability, ride each week and about 100 volunteers assist with the operation of their programs.

Enriching the lives of people of all abilities through relationships with horses.

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Poppies for Anzac Day

Activity: Knitting, Crochet and Craft group - ANZAC Commemorating 100 years

Our main aim in our activities is to have a purpose, so when our crafters knew we were making the Poppies for our ANZAC Day service - Commemorating 100 years, they got busy. Our ladies were Rita Petersons, Rita Rogers, Fran Waterman, Mary Bray and Kath Dixon. "Job well done ladies". By building relationships, this project just got bigger.

One of our Environmental staff, Pauline, had a discussion with Rita Rogers and explained to her that her daughter had won 2 tickets to Gallipoli and Pauline wanted to send a poppy for her daughter to wear on this occasion. Rita kindly offered her one and was delighted that the poppy would be going to Gallipoli.

As Lifestyle Co-ordinator I organised a handover ceremony, so each of our ladies could give one of their Poppies to Ian, (Pauline's husband), who will be making the journey to Gallipoli with his daughter. Ian will lay the Poppies on behalf of Arcare Hope Island.

Sadly, Rita Rogers passed away too soon to see her work fulfilled. Her family had written a message on her behalf dedicating it to Rita's father who had served in Gallipoli.

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The letter below outlines the conversation and how our staff use Arcare's Values in doing their job.

By Pauline Mackay: Environmental staff

In January 2015, I began working at Arcare Hope Island. On orientation day we were introduced to Allison and Michelle, the Lifestyle Staff. They were very enthusiastic about their work with the residents and we were encouraged to think of ways we may be able to contribute and be involved as well.

The first few weeks of working at Arcare my main focus was remembering my way around the facility and the tasks I had to complete, along with remembering faces, names etc.

I had noticed Rita crocheting poppies for the ANZAC Commemorations, so one day I asked if I might purchase one to send to our daughter in Scotland.

I explained to Rita, that our daughter Rachael, had moved to Scotland about 18 months ago and she had entered the Kiwi draw for 2 tickets to attend the 100th ANZAC Commemorations in Gallipoli and to our surprise and delight in the 2nd ballot she was successful. The obvious choice to go with her was her dad, Ian, he had spent 20 years in RNZAF and Rachael was one of his 4 favourite daughters!

I wanted to send a poppy for her to wear on this momentous occasion. Rita kindly offered me one and was delighted that the poppy would go to Gallipoli.

Further discussions, revealed Rita was one of four girls like Rachael and more importantly her father had been at Gallipoli, it was amazing!!! What made me be bold

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enough to ask Rita if I could purchase one of her handmade poppies?

As Rita replied, "Serendipity".

Allison spoke with me a little later and was very excited to learn from Rita that one of her poppies was going to Gallipoli and Rachael will wear it proudly.

A second poppy with details from Rita will be taken to Gallipoli, and placed there in memory of her father.

The journey starts at Arcare Hope Island

The journey starts at Arcare Hope Island on the Gold Coast where several residents have been crocheting/knitting poppies for Anzac Day 2015. All our ladies who have been making the poppies will have one of their poppies taken to Gallipoli by Ian. He leaves Brisbane on the 17th of April, to meet Rachael in London - Heathrow on Saturday 18 April 2015 The next day there was the trip from London Gatwick to Istanbul where all arrived safely and then embarked on a tour of Turkey, finishing at the 100th ANZAC Commemorations on April 25th, 2015.

The main purpose of the Poppy Trail was to place the crocheted poppies in places of significance around the Gallipoli Peninsula. Throughout the next four days, the poppies travelled to some ancient places around Turkey during the bus tour, then a short ferry ride across from the Dardanelles. From there the bus travelled to the Gallipoli Peninsula and eventually all the passengers would walk into Anzac Cove to prepare for the Dawn Service. But first the security checks and the controlled release of people was required. While awaiting our turn, we had to wait by the beach some 3 KM from Anzac Cove. On the walk into ANZAC COVE there is a Commonwealth War

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Graves Cemetery called Beach Cemetery, two poppies were placed against graves where there were no adornments. The walk to Lone Pine for the Australians and Chunk Bair for the New Zealanders, was long and hard. The walk to Chunk Bair was a further 3-4 KM on from Lone Pine. The last poppy was placed against the grave of Private G H True, who was only 19 years old at the time of his death, at Shell Green Cemetery.

Hope Island Community Association: Hope Island Community Day

On June the 1st 2014, Arcare residents were a part of a team who helped raise funds for a family from Hope Island, where their children Harry and Matthew, are afflicted with extremely bad eczema and had to go to Switzerland for treatment.

G20 Cultural Celebrations: from 24 October to 16 November 2014.

Our residents have joined the creative team of Juggernaut Inc. with Sally, the lead artist coordinator of Stitch the Streets of Brisbane, to help make the "crochet skin" for the dinosaurs in Queens Park. Queens Park has taken on a distinctly Jurassic tone during the G20 Cultural Celebrations, while a family of woolly dinosaurs take up residence, made from aluminium and covered in more than 2,500 granny squares. The Brisbane – first artwork has been designed, built and decorated entirely by the hands of local artists and community groups, including nursing home residents craft clubs, primary and high school students and members of the Country Women's Association. On the 25 of October, 2014, Arcare Residents were invited to the unveiling of the dinosaurs in Queens Park and wandered through the park to view

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more wool installations, as yarn bombers bring the statues and landmarks to life with mesmerising colours, shapes and patterns. Our residents also made flowers that were attached to the squares to decorate trees in the streets and what a lovely way it was to brighten up the city.

Wearable Art: February – December 2015

Where to from here: our next Linking community and residential through leisure project is underway. We are drawing on past work and life experiences of our residents by creating a 1930's wedding dress and entering it in, "The World Wearable Art Competition". With the help of myself and one of our valued volunteers, Lesley Forbes, who came up the idea, the residents will be crocheting flowers and making flowers from old doilies to create a master piece. "Something old – Something new".

Allison Ferguson:

Lifestyle/Community Co-ordinator: Arcare Hope Island