

## Activity Review

**Activity:** PLANNED ACTIVITY GROUPS OVERNIGHT TRIP  
Camperdown, Cobden, Port Campbell, Timboon & Warrnambool

**Date:** 28<sup>th</sup> – 30<sup>th</sup> April 2015

### **AIMS:**

The implementation of the overnight trip as an annual event for Planned Activity Group is designed to provide frail aged and disabled members of our community the opportunity to experience a holiday in a supported environment to

- Enhance independence through new opportunities and experiences
- Promote feelings of achievement and enjoyment
- Variety of interesting activities and empowerment to make their own choices
- Building friendships and personal capacity

### **DESIGN**

The project has 3 main components:

1. Engagement with members to determine where they would like to go, seeking their interests and requests.  
Staff investigates area/opportunities/accommodation/transport options by travelling to proposed area to plan and ensure all OH&S criteria are met. Costings and proposed itinery are submitted to WDHS management for approval.
2. Expressions of interest are distributed to all members with itinery, costings & choices, Personal assistance and alerts, medications and dietary requirements. Participants are capped at 30. Staff are given option to participate in trip, 5 staff and 3 volunteers assist - all expenses paid. Staff costs are evenly distributed between all participants. Bookings are made, equipment ordered and plans finalised.
3. Feedback is the bench mark of success and staff review is the quality improvement tool. Success of each Overnight trip is gauged by:
  1. Participants complete a survey in the form of a questionnaire.
  2. Staff complete a review and recommendations for improvement.
  3. Verbal feedback/comments from family and friends of participants.
  4. Visible buoyancy of participants for a long time after event.

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### **QUESTIONNAIRE, RESPONSES AND OUTCOMES FOR 2015 PAG OVERNIGHT TRIP**

#### **1. What makes coming on the trip important to you?**

##### ***Comments***

1. This is the only possible trip that I am able to participate in because of the support that is offered to me.
2. All the fun and entertainment, special when we go with friends and meeting new friends
3. This could be my last trip – growing old.
4. Bing with other people and everyone is happy.





8. Being looked after so well by the very caring staff and volunteers. Wonderful dress up night was such fun!
6. Helicopter flight.
7. Everything.
8. Very good
9. Camperdown around town. Trip to Port Campbell and different things to do plus dressing up night
10. The extra help as I needed it, able to travel in car when I needed to.
11. The helicopter
12. Helicopter ride, Stacey's Cartwheels, the wedding, the helpful staff and the support crew, and making new friends.
13. Train ride, Cheese tasting and coffee with Nicole.
14. Everything
15. Company and everything.
16. Relaxing and seeing everyone.
17. Every think was very special. The chance to do activities you wouldn't do on your own
18. Enjoyed being with everyone. Sharing experiences and making new friends.
19. Making new friends and seeing things.
20. Seeing and making friendships.
21. To see something different and the train ride and cheese tasting.
22. New territory and people.
23. We haven't been away together for years.
24. To share the camaraderie with all the other people. Many laughs it was well organised and a very
25. Time table.
26. Having all our accommodation, very well planned.
27. This is the best organised trip I have ever been part of – your attention and care to us is amazing.

### **YOUR SUGGESTIONS TO HELP US PLAN AND IMPROVE FUTURE TRIPS:**

- I am always happy with what the girls organise
- Leave it to the Staff.
- I think you already do a wonderful job.
- You do a wonderful job and I look forward to the trips where ever.
- You are doing a good job now, keep it up thank you.
- Perhaps a lighter lunch would be better otherwise we will all be fat lazy.
- Keep up the good work.
- The same as usual. As is.
- Can't think of anything
- Similar to this year.
- Same as
- Lovely scenery to enjoy. Extra time would be lovely. Quiz on bus was good.
- The girls and volunteers are the best.
- Similar to this year. And thanks to the great staff.
- I can't think of anything as well of better then you do, it has all been good.
- I think the powers to be do a great job.
- Organization was spot on.
- I thought the assistance given was fantastic.

- Just keep on doing it the way you have been doing it. The trip was well researched beforehand and it all worked well.
- Could we go for longer and could we make it twice a year! HA HA

#### **FURTHER COMMENTS**

- Keep up the trips
- Look forward to more trips.
- You're a great lot thank- you
- Thanks to Brenda, staff, helpers and bus driver
- You are all so lovely.
- Many many thanks

**OUTCOMES:**

1. Outcomes for members are immeasurable in terms of personal achievement in, companionship, opportunities, enjoyment, promoting independence and wellbeing
2. An opportunity for carers to participate in a special event with their partner in a supported environment.
3. Opportunity to fulfil a life dream (6 members chose to participate in a Helicopter ride over the 12 Apostles)
4. Visible buoyancy, happiness and renewed interest in life are evident in all participants for a long time after event.
5. The trip is the pinnacle of personal success for many as participants work with staff to overcome obstacles to make it happen.
6. Fleet car provided valuable transport space for luggage with increasing number of walking aides and equipment required, and to provide person centred choices and needs

**RECOMMENDATIONS:**

1. Continue to provide an annual holiday for PAG members
2. Consider members requests when planning the itinery
3. Give choices in itinery daily
4. Choice of smaller meals at lunch time
5. Continue to include a theme on second evening to create enjoyment and empower members
6. Continue to include rest time each day in itinery
7. Continue to source safe, suitable ground level accommodation with a restaurant providing breakfast and evening meals.
8. Order fleet car (wagon) to accompany trip

BRENDA UEBERGANG  
PAG MANAGER  
12/5/15