

Community Life

CANTERBURY AUTUMN 2019



Lucy at Birchfield

As the life expectancy of people with Down syndrome has increased dramatically with better health care, there are more middle-aged and older people with Down syndrome internationally and here at Hohepa Canterbury. The extra chromosome copy present in Down syndrome causes developmental and health issues, and as some of the genes for Alzheimer's dementia are located on this chromosome it also means that people with Down syndrome develop dementia more often at an earlier age. About a third of people with Down syndrome who are in their 50s have dementia.

Hohepa Canterbury has made a commitment to enabling people who develop a dementia to continue to live well in their familiar environment.

A key organisational strategy for Hohepa Canterbury is to develop a dementia friendly support environment.

The CDHB acknowledged the value of supporting Hohepa Canterbury to better support their ageing population who are developing dementia and is partnering with Hohepa to provide specialist education for staff. This includes:

- Running an introductory programme, Open Mind Open Doors
- Providing places on the Walking in Another's Shoes programme
- An enriched environment project for Rose Cottage where people with an intellectual disability and dementia live.

EDUCATION OPPORTUNITIES

Open minds, open doors

Hohepa contracted to have the two day Open Minds, Open Doors programme offered five times to staff across the facility to help them better understand dementia, a person-centred approach, and how to support a person with early stages of dementia. The course was enthusiastically received. Every participant agreed that they gained new skills (average rating 4.8 out of 5), understood more about recognising and responding to dementia (4.8), were able to do their job better (4.9), felt competent to support a person with dementia (4.6), understood more about their job (4.9), and were able to use what they have learnt in their job (4.8).

Caring Dementia care *continued*

Walking in another's shoes

Walking in Another Shoes is already well-established in Canterbury as the gold standard of person-centred dementia care education. The Walking in Another's Shoes programme is a small group experiential training program combining eight monthly workshop sessions with one-on-one workplace facilitation to promote a person-centred approach to dementia care. Three places are now being offered without charge to Hohepa Canterbury on each home-based course. The benefit of having on-job coaching dedicated to

their workplace experiences ensures the learning is embedded in practice in a meaningful way. Hohepa management have observed some great outcomes for individuals with intellectual disability and dementia being supported by these learners as they have been encouraged and empowered to take their learning and apply it – from improved support of personal routines to enhanced practice around individuals' challenges.

Feedback from staff

"Really opened my eyes to how we become task focused and not person-centred"

"Support residents to have as full a life as possible. Look at myself and how I interact with people"

"Learning a set of skills not previously taught. Fabulous presenters"

Rose Cottage

What is it like to be a person who has dementia in Rose Cottage?

How might they be better supported in each and every moment?

How might positive practices be embedded and sustained?



Roslyn, Dougie, and Hapi on an outing

Caring Dementia care *continued*

Since November a collaborative project between the CDHB and Hohepa Canterbury project has been underway to explore the impact of improved resources and education for enriched engagement, using a structured feedback process.

The feedback process is called PIE - The Person, Interactions and Environment ('PIE') programme. It has been designed to help teams start to make step-by-step changes towards a more person-centred way of working with people who have dementia. It includes an observation tool to capture elements of people's experience. Observations of support (while in the shared living area) explore the extent to which staff are considering what is known about the individual to personalise their care; the quality of interactions with staff, and the impact of the immediate modifiable physical environment.

The observers reflect on the findings and give feedback to staff and work together to generate action plans.

An extra fun component of the project is looking at the impact of activity resources along with the education. A bundle of resources from painting with water - to a basketball hoop were introduced in December. The staff also have resources to create simple "about me" books for each person, so they can look at favourite things and things that are important to them together with staff.

The project is still underway but we look forward to sharing more good news about the outcomes in the coming months. The project has been supported the Older Persons Mental Health Research Trust and the Graduate Women Canterbury Trust.



Roslyn, Milo the rabbit, and Tina

As part of the PIE process, the staff at Rose Cottage thought about what they wanted the experience of being at Rose Cottage to be like for residents. Here's what they came up with...



Onwards

As we celebrate the increasing number of people with Down syndrome living into middle and later life it is important that Hohepa Canterbury is on this journey to develop "dementia capable" housing and support. The aim is to maximise each person's opportunities to live as full and healthy a life as possible, including maintaining their interests, skills, and individuality.

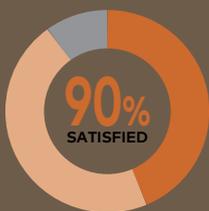
"Hohepa has been an amazing place for our family member for many, many years and I couldn't imagine him/her being anywhere else"

In 2012 and 2014, Hohepa contracted Research First to undertake research with the families and whānau who use Hohepa's services. We have repeated the survey in December 2018/ January 2019 to understand current satisfaction and perceived performance of Hohepa.

This time Research First recommended using an online survey for potential respondents, while having the option for families and whānau to be approached and the survey to be completed for them by one of the Hohepa staff. This method provided the families and whānau the opportunity to complete the survey at their own time and ability, especially since the survey was open over the holidays. 46 respondents completed the survey for a response rate of 41%.

HIGH OVERALL SATISFACTION

"Hohepa has been an amazing place for our family member for many, many years and I couldn't imagine our family member being anywhere else."



Overall, the satisfaction with Hohepa is high

- 7-8 RATING
- 9-10 RATING

- The family member is happy and progressing.
- Staff and management show respect to the family member and are friendly and approachable.
- The delivered services are seen to be of high standard, especially the housing.
- There is a wide awareness of the Hohepa model (anthroposophy aspect), and an appreciation of the focus on the individual.
- Satisfaction with various aspects are generally in line with the national average.

"We very much appreciate the love and care our [child] receives, he /she leads an interesting life with staff taking an active interest in his/her well-being. X is happy and is able to be a little independent."

HOHEPA CANTERBURY

General Manager

Two and a half years ago we took an opportunity to re-arrange the support we provided to enable us to offer a choice to people with intellectual disability and dementia to remain supported by Hohepa at their most vulnerable. Rose Cottage was re-imagined to provide this support, with additional staff training, specialist advice and a philosophy all of its own.

In that time we have been privileged to support two people at the end of their life. Both Dougie and Carol, along with their families, had been active members of the Hohepa community since attending the school as children. By offering this option we were able to meet our commitment to a 'home for life', part of the reason families chose Hohepa in the first place.

A further four people who have spent their lives supported by Hohepa are currently supported at Rose Cottage along with a gentleman whose first contact with us has been this service.

We have been humbled by the connections we have made into the wider health and older person's community. People have been more than willing to support us with specialist advice and education to ensure we are offering the best quality support we can. This has included working with researchers to add to the body of knowledge about this important and vulnerable group of people, those with Down's Syndrome are three to five times more likely to get Dementia than the overall population.



Arnah Trelease, General Manager & Craig Murphy, Regional Chair

Our whole ethos is to work with people in a way that makes them smile. Isn't that the least we can do for long-standing members of our community at a critical point in their life story?

HOHEPA CANTERBURY Chairman



Hohepa was founded on a model of intentional community and over the 54 years since we started here in Canterbury, community has remained at the heart of what we do. As you can imagine we have had to adapt and change how we carry this forward over such a period of time.

As we plan for the future we are sure that we will need to build on the momentum of the last few years and continue to strengthen our community links into our suburbs, city and province. We are fortunate to have some communities already connecting with us – Julius House from Christ's College have mucked in to improve our properties, Cashmere High students have raised funds and participated in our cultural festival and both the Lincoln and Riccarton Rotary clubs and The Riccarton Rotary Youth Trust continue to be ongoing supporters.

LEAP has been introduced in 2019 – providing options for learning, exploring and activating potential of the people we support. This is a great opportunity for individuals or communities to get involved with volunteering, sharing a talent or sponsoring an option ranging from petanque to golf, craft to art, and fun to learning new skills.

Many of the traditional demands of Hohepa have changed. People seeking support are looking for more independent support and options that are typical of anyone at the same age and stage.

We will continue to adapt and work with greater flexibility with what we offer, and that will mean thinking about many things differently. It will also mean examining how we interact with our communities, and how we can further our community connectedness for the benefit of the people we support.

As a great example of this, in this issue you have read about the dementia friendly service that we are offering. This involved prioritising the people we support, and making the funding and logistical arrangements meet their needs. Flexible and lateral thinking by our Board, management and staff, coupled with families willing to go on the journey with us, has resulted in an innovative service enabling the people we support to 'age in place', surrounded by the people they know and love. It took a community to make this happen.

We hope that as we grow and develop that many more people and communities will find common ground on which to link with us. ■

Since Hohepa Canterbury was founded in 1964, we have relied on community support to help us expand our services and enrich the lives of the people we support.

Volunteers help us by using their unique skills, talents and interests to get others involved. We know that our volunteers are busy people juggling their own commitments - we will work with you to find right fit!

We ensure that volunteering is enriching and meaningful for both the people we support and for the volunteers themselves. Some ideas about how you might contribute your time are:

Sharing your talent. Do you have a hidden – or not so hidden – talent that you would like to share? Working in a small group or one-to-one setting we will match you with a person we support who would love to learn about it! This could be an open or time limited commitment.

Do you love to chat? Many of the people we support would love to just have a chat over a cuppa. Out in a café, in their home or yours, 45 minutes of your time on a semiregular basis would make all the difference to their day.

Share your time and talents with us and help enrich the lives of the people we support – and your own! We'd love to hear your ideas - the possibilities are endless. Learn more about how you can volunteer by contacting Sophie Steentjes, on 03 332 3179 ex 230.

Thank you so much



Quentin Moss (Gary Cockram Ltd), Alan Dalton (Rotary Club of Riccarton), Hamish Wright and Arnah Trelease

We held our annual 'thank you so much' function late last year. Generous gifts of time, funds, and in-kind goods and services help us deliver extra programmes to the people we support. Hosted by GM,

Arnah Trelease and Board Chair, Craig Murphy, the library in the Birchfield homestead was turned into a breakfast room complete with the requisite coffee, croissants and mimosa! The Library has

a perfect view of the morning busyness that is Hohepa – through the bay window we saw people coming & going, vans & cars moving, plans being made & undone.

Huge and heartfelt thanks to Gary Cockram Hyundai, Christ's College, Canterbury, Ricoh New Zealand Ltd, Riccarton Rotary, Rotary Club of Lincoln, Riccarton Rotary Youth Trust, Four Seasons Treecare, Hazlett Rural, Hattrick Services as well as our fabulous friends who volunteer their time to mount art exhibitions, golf days, and gardening spring-cleans. These people are some of our best advocates and we thank them.



Michelle Lagan & Dr Mike Field, Christ's College



Kieran with the new Hyundai iMax

High Fives For Our Hyundais

Hohepa Canterbury provides such a huge range of activities, it's easy to see why our vehicles clock up so many k's! From exploring places outside Christchurch - such as Ashley Gorge, Orton Bradley Park and Hororata ... to trips to the museum, Buskers Festival, for beach clean-ups, and to record Hohepa's Plains FM radio programme, the list goes on.

With a large number of events, activities and appointments to travel to, and having two campuses in Christchurch, last year Hohepa was excited to gradually add six Hyundai vehicles to our fleet. Previously, on average our vehicles were 17 years old, so we are all very impressed with our brand-new SUV, cars and iMax vans.

Shaylene, Nathan and Kieran - three of the many people Hohepa supports, say the new vehicles are very comfortable - making the longer trips especially, more enjoyable. "I find the new ones quite roomy - I can stretch out," says Kieran. "And they have air conditioning."



A walk at Castle Hill, Sarah, Murray and flatmates

Hohepa's new vehicles are also safer (the iMax vans have full seat belts, air bags and a reversing camera). They're much more fuel efficient - vastly improving the long-term sustainability of the Hohepa fleet.

Our Tucson SUV, two Accent hatch cars and three, 8-seater iMax vans are all from Gary Cockram Limited, the purchase of which was made possible by donations.

One of the vans was fully donated by the Riccarton Rotary Youth Trust in October last year – Hohepa is very grateful for their generous donation. The Trust provides loans, grants and scholarships to help children and young people in New Zealand reach their full potential. Murray Compton - Chairman of the Trustees says "We decided that helping Hohepa was a good way to use our funds, as it is also very much involved with youth."

Huge thanks also to Gary Cockram Limited for negotiating an extra discount with Hyundai New Zealand, which made it possible for the Riccarton Rotary Youth Trust to

donate the iMax van. Gary Cockram Limited also service our vehicles and go the extra mile by providing loan cars during servicing.

"When Hohepa told us what they do, we thought it's good for the community, so it's good for us to be involved. It's a way to show that we do our best to be supportive of local charities," says Kieran Crowley - Sales Manager at Gary Cockram Limited. "We feel like we're giving back, because we're community-based - our business relies on support from the local community. I look forward to continuing our relationship with Hohepa."

The generosity of the Riccarton Rotary Youth Trust, and Gary Cockram Limited is making a significant difference: supporting people to live good lives, with as much independence as possible.

"It's a two-way thing: we get a lot of pleasure out of doing it, and seeing the gift being used - we find that immensely satisfying," says Murray Compton.

So, high fives all round, for Hohepa's new Hyundais!



William, Mark and Barry sunning it up at New Brighton before a library visit.