

Living Communities



Annual Report 2015



To be the benchmark provider of affordable, independent community living for elderly Victorians.



OUR **VALUES**

- Safety
- Dignity
- Openness
- Responsibility
- Continual improvement
- Affordability



OUR MISSION

The Old Colonists' Association of Victoria is a charity serving elderly Victorians needing affordable, safe and dignified independent community living, together with appropriate and practicable continuing care.



OUR **HISTORY**

The Association was founded in 1869 and has been providing accommodation and care to elderly Victorians ever since. Today we have four villages: Braeside Park (independent and assisted living), Currie Park (independent and assisted living), Leith Park (independent and aged care) and Rushall Park (independent and assisted living).

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FROM THE **PRESIDENT**

We are all aware of the challenge of caring for an ageing population. We must also recognise that with an ageing population comes a growing need to provide care and accommodation for the less fortunate elderly in our community.

The Old Colonists' Association of Victoria (OCAV) offers an attractive, successful alternative to the usual retirement village or residential aged care model. Our focus is on providing a continuum of care, with an emphasis on independent living, keeping people healthy and in their homes for as long as possible, while knowing that ongoing care is there when they need it.

OCAV was established almost 150 years ago to provide housing and care for elderly Victorians in need. To this day we care for the elderly in our community who are facing financial, social, security and physical needs. We provide around 500 elderly people in need with affordable accommodation in four villages across Victoria.

But we do more than just provide accommodation. As our tagline Living Communities highlights, we provide a supportive environment where our residents are able to engage and participate in a living community.

Over recent years, we have redeveloped our aged care facility at Leith Park, constructed 11 new independent living units, 15 assisted living units and new communal facilities at Rushall Park. The total cost of these projects has been in excess of \$18 million.

However, our wait lists are growing at a faster rate than ever before. We must do more.

Plans are in place for two further major developments that will see an additional 60 elderly Victorians accommodated in a safe community environment. Forty nine new units in a series of buildings will be provided at Leith Park and 35 new units will be added at Rushall Park. The \$26 million program will be completed by 2020.

OCAV has set a target to develop and implement an expansion strategy going beyond our current estates. There will be a range of challenges that will arise, not the least of which will be funding, as we develop this strategy.

Helping to drive this vision is a committed Council which governs and guides the Association. My thanks to all Councillors, past and present for their commitment to the care and wellbeing of our elderly Victorians.

Kevin Neville

President



"

But we do more than just provide accommodation. As our tagline Living Communities highlights, we provide a supportive environment where our residents are able to engage and participate in a living community.

"

FROM THE

CHIEF EXECUTIVE OFFICER

T here have been many highlights this year not least achieving full accreditation for our aged care services for a further three years. We have seen new service innovations introduced across our villages, with all staff undertaking best practice training.



We became involved with two research groups this year to help us develop ways we can further assist the elderly to maintain their independence.

Working with the National Ageing Research Institute, OCAV undertook a pilot project at Leith Park to examine ways to lift the participation rate in physical activity. We are all aware of the importance of physical activity in improving the health and quality of life for older people. Results of this pilot will be used as part of our resident wellbeing program.

OCAV understands the important role technology can play in resident wellbeing. Some years ago we decided to offer every resident, at no cost, access to a personal alarm. This technology was not only to help our residents feel safe but also used to monitor resident wellbeing.

In 2015 CSIRO introduced OCAV to a non-intrusive monitoring and wellbeing system that will assist our residents, particularly those with dementia, to remain independent and continue to live in their chosen community. Development is in early stages however we can already see benefits.

 $\ensuremath{\mathsf{OCAV}}$ continues to search partnership opportunities aimed at improving the lives of the elderly in our community.

We appreciate the support and advice of the peak bodies in our industry. OCAV has a strong relationship with Leading Aged Services Australia and Council of the Ageing in which we can draw on relevant industry knowledge and expertise and equally give back some of OCAV's expertise and experience.

OCAV would not be able to provide the services it does, or foster the culture we do, without the dedication of our committed volunteers. Last year 140 volunteers regularly provided companionship, assisted with transport, and organised activities for residents in both our independent living environment and our aged care facility.

Our staff are integral to the OCAV community. Their willingness to go that extra yard means our residents, 33 of whom are in their nineties, can continue to lead fulfilling and engaged lives both in and outside their villages. I thank them for their commitment and contribution.

Phillip Wohlers

Chief Executive Officer



PRES	IDENT
Kovin	Novilla

Kevin Neville

VICE PRESIDENT

Leslie Wood

TREASURER

Carl Maissan

THE COUNCIL	NUMBER OF MEETINGS
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Kevin Neville 7 of 7 Leslie Wood 7 of 7 Carl Maissan 1 of 2 Martin Bede 0 of 1 Ray Harvey 7 of 7 Professor Robert Helme 5 of 7 Jenny Roche 4 of 5 Nicole Pelchen 0 of 1 Judy Sharp 6 of 7 Carl Wood 7 of 7

DEVELOPMENT COMMITTEE NUMBER OF MEETINGS

Ray Harvey 3 of 3 Kevin Neville 3 of 3 Judy Sharp 3 of 3

AUDIT AND RISK COMMITTEE NUMBER OF MEETINGS

Carl Maissan 2 of 2
Kevin Neville 4 of 4
Ray Harvey 4 of 4
Jenny Roche 2 of 2

CARE COMMITTEE NUMBER OF MEETINGS

Professor Robert Helme 4 of 4 Leslie Wood 3 of 4 Judy Sharp 4 of 4

GOVERNANCE COMMITTEE NUMBER OF MEETINGS

Leslie Wood 3 of 3 Carl Wood 3 of 3 Jenny Roche 1 of 3

SENIOR STAFF

Phillip Wohlers, Chief Executive Officer Shaaron Robilliard, Director of Nursing Kim D'Angelis, Volunteer Coordinator

Karen Ernest, Residents' Coordinator, Leith Park and Currie Park Roz Johnson, Residents' Coordinator, Rushall Park and Braeside Park Dennis Ly, Financial Controller

HIGHLIGHTS OF THE YEAR

OUR RESIDENTS

Our 486 residents are living examples of why independent living within a village setting should be encouraged as much as living at home.

The past year's highlights include residents' tireless fundraising efforts that have generated over \$10,000 both for the benefit of their fellow residents and charities including Peter Mac, Motor Neurone Disease and the Syrian refugees.

Many residents also volunteer for many different groups, including running op shops, second hand book stores, church, Probus and Rotary, or knitting squares for rugs for disadvantaged children.

OUR OCCUPANCY RATES

Over the past year, our four villages have enjoyed a 97% occupancy rate. The waiting list continues to grow in all metropolitan villages, a clear indication that our accommodation, services and continuum of care approach is in high demand. This is a result of our person-centred philosophy, the commitment of our professional staff, the quality of our villages, and our unique financial model.





97% occupancy rate



486 residents



77

years old - average age of a person entering our villages



80

years old - average resident age in our villages



10

years - average length of stay in our villages



1

centenarian



79%

of residents are women



21%

of residents are men



150

OUR STAFF

A highlight of the year was achieving full accreditation for our aged care facilities at Leith Park.

Other initiatives have included the expansion of assisted living and extending activity options for our Rushall Park and Leith Park residents.

All nursing and allied health staff have taken part in online education run by Aged Care Learning Solutions, as well as attending specialized education sessions on palliative care, dementia, adjustment loss and grief, older people and sexuality, diabetes, Parkinson's Disease and pain management.

OUR VOLUNTEERS

Volunteers included students completing their Duke of Edinburgh Awards; people with computer skills who helped to teach residents how to use the internet, Skype and social media to keep connected with family and friends; and others who are involved in running healthy ageing programs like carpet bowls, armchair tai chi, and zumba gold.

A highlight of the year was the introduction of a Pet Therapy Program run by volunteers through the Lort Smith Animal Hospital. Bringing pets into our aged care homes has made a huge difference to the lives and wellbeing of our residents.

Recent Australian Bureau of Statistics data identified the contribution of a volunteer to be \$15.90 per hour. On that basis, our volunteers' contribution to OCAV is over \$116,000 each year.

ADVOCACY

OCAV continues to be a voice for older people who have chosen to live independently within a village setting. We are members of Council of The Ageing (Victoria) and Leading Age Services Australia.

RESEARCH COLLABORATION

Last year we commenced two research pilot programs with the National Ageing Research Institute (NARI) and CSIRO. Working with NARI, we examined ways to lift the participation rate in physical activity. Results of this pilot will be used as part of our resident wellbeing program. CSIRO introduced OCAV to a non-intrusive monitoring and wellbeing system that ultimately will assist our residents, particularly those with dementia, to remain independent and continue to live in their chosen community.

RESIDENT FOCUS

A focus across the whole association over the last year has been on further building customer service. We have held regular forums in all villages to improve the residential experience and to discuss the challenges of growing older. Working as partners allows staff and residents alike to take control of their own future, regardless of changing external factors.



"

Living well has been the mantra of residents with every village's activities committee offering an array of experiences, activities, and social gatherings to suit all tastes. The focus of each program is to provide a strong sense of community within each village, to bolster personal wellbeing, maintain health and to adopt a holistic approach to life.



LIVING ACROSS OUR SPECTRUM OF CARE

For almost 150 years, OCAV has delivered a continuum of care for older Victorians with particular needs. Our mix of accommodation ensures our residents can stay with us and move between our different services, as and when they need them. We provide specialised care and expertise in dementia, palliative care and culturally appropriate care for people from non-English speaking backgrounds.

INDEPENDENT LIVING



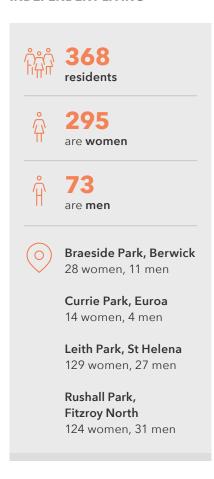
The last year has been active for our independent living residents across all four villages. Our residents are involved community members, as volunteers, carers for grandchildren, or playing a keen role in the various committees in the villages. Last year, our residents raised \$10,000 for charities including Motor Neurone Disease, as well as towards services and programs within our villages.

Each village's activities committee has been energetic in offering residents a wide range of pursuits. These have included Currie Park's always popular bus trip, Leith Park's regular men's barbeques, chat 'n'chew at Braeside Park, and Rushall Park's art show.

As part of our commitment to plan for the future needs of older Victorians, work has started on the redevelopment of 49 new one and two bedroom homes at Leith Park. When complete, the new development will offer state of the art independent living accommodation. The proposed development at Rushall Park will offer a further 35 one and two bedroom independent living units.

At Rushall Park, the new SEK Hulme Community Centre has been in continual use, with more activities on offer thanks to the energetic activities committee.

INDEPENDENT LIVING





66 There is a great energy and love of life and enjoyment here. **55**

- Robyn Graf

ASSISTED LIVING



With the introduction of 15 assisted living homes to Rushall Park in 2013, all villages now provide a form of care beyond independent living. The assisted living model, where support includes meals, laundry and cleaning services, enables residents to remain within their community of friends and to continue to participate in the activities on offer within their village.

Ageing well is one of OCAV's mantras with our staff and residents alike working hard to keep healthy and active. Assisted living residents are monitored daily, and encouraged to participate as best they can in activities inside and outside each village. Their participation is evident in the physical activity program especially armchair yoga, walking and ball games.

ASSISTED LIVING



AGED CARE



One of OCAV's main priorities has been to ensure our residents and staff live and work in a safe, productive and respectful environment. This year our Leith Park aged care home went through a rigorous re-accreditation process which included auditing documents, physical surroundings, resident records and talking to staff and residents about their satisfaction with the care and services provided. All standards were met and we were awarded the full three-year accreditation.

OCAV's specialist palliative care and dementia care teams have taken part in rigorous training throughout the year. Diversional therapy staff completed their Certificate IV in Leisure and Health.

Residents took part in many different programs including massage, music therapy, physiotherapy, touch therapy, and an art program which is run by a volunteer art therapist.

AGED CARE



COMMUNITY SPIRIT

THRIVING AT LEITH PARK

John and Carmel
McCrohan lost everything
on Saturday, February 7
2009. Their Strathewen
home, 12 of their close
friends and neighbours and
a rich community life were
lost as fires swept through
their town. Four days later,
the staff and community
at Leith Park in St Helena,
helped John and Carmel
begin their new life.

John, 79, and Carmel, 82, had been showing off Leith Park to their visiting Queensland son on Black Saturday. As they headed home to their Strathewen home, they saw smoke, but thought it a long way off. Within an hour their home was destroyed, along with much of Strathewen. The fires claimed 173 lives.

"We left with nothing but the clothes we had on. On that first night we stayed in safety in Kinglake. The next three nights we stayed with our daughter who had phoned the people at Leith Park and explained that we were now homeless," John said. The McCrohans were due to move into Leith Park in April 2009, but the fires changed everything.

On Wednesday after the fires they moved into their unit which had been recarpeted, furnished and equipped by donations from management and the residents. There was even tea and coffee and milk in the fridge.

"Each day people from the other units would bring us meals. We would find gifts at the door of soap and other essentials. It was the most extraordinarily kind way to be treated during such a difficult time," said Carmel, who is currently being treated for cancer.

Once settled, John and Carmel hosted a thank you afternoon tea at the Leith Park community centre to thank people for their hospitality and their friendship.

"I think that's what helped us get over the trauma of the fires. We talked to people about what had happened and they listened. We didn't bottle it up. And because people were so good to us, we immediately made friends," Carmel said.

Six years later John and Carmel are 'part of the furniture' at Leith Park and the local community where so many of their friendships have endured. John is part of the monthly 'men's barbecue' at Leith Park, and both were on the activities committee for four years before retiring in March.

66

Leith Park has been good for us, right from day one, it has been terrific.







By 2050, Australia will have six million people over the age of 65. Meeting their needs, through health and care services and accommodation, will be critically important.

Over the past year, OCAV's Council has prepared an ambitious master plan that sets out a vision for the future. It builds on the legacy left by our founders almost 150 years ago, who gifted land and donated money to build the homes in each of our four villages.

The ageing population presents both challenges and opportunities. There is clear evidence that as the population ages, there will be greater pressure on a range of taxpayer funded services, not the least of which will be affordable housing and care for the elderly.

Public housing and private rental accommodation are not the answer. Our elderly need a safe, secure and supportive communal environment. Without this environment older Victorians will suffer financial stress and adverse impact on their social and physical wellbeing.

The OCAV model provides an affordable solution that enables even those with no financial backing to live in a vibrant community, comfortable in the knowledge that our continuum of care will provide for their future needs. The master plan is focussed on ensuring that we are at the forefront of innovation, best practice design and service provision, and that technology is used as an adjunct to, not a replacement of, human relationships.

Planned capital works include a \$14.9 million redevelopment to provide 49 new independent living homes at Leith Park; a \$11.6 million redevelopment at Rushall Park to provide 35 new independent living homes; and smaller but vital upgrades to Braeside Park's communal facilities and Liscombe House's low care rooms.

Central to our vision is a \$26 million capital works investment to upgrade and extend our existing villages. We are exploring the potential to develop new villages in Melbourne and the outlying suburbs to meet the demand for our 'age in place' living communities approach to retirement and older age.

Funding these developments and preparing for the future is vital. The next three years, in the lead up to our sesquicentenary in 2019, will be focussed on increasing our profile, actively pursuing government and philanthropic funding, and engaging more actively with the community.



our donors are pivotal to our work. We value our donors because without them, our mission would not be realised. In 2014/15 year, we received over \$360,000 from corporate and individual donors, philanthropic organisations and bequests. We also thank all our volunteers for their infectious energy, enthusiasm and expertise.

PHILANTHROPY

Estate of Mervyn J Bassett
Joe White bequest
Estate of Margaret A Browne
Estate of Winsome Williams
Doreen Ellen O'Rourke Trust
Major Arthur Blannin Trust
Sir W Leitch Estate
W H Russell Estate
Louisa Henty Trust
FT and J Warren Trust
Thomas B Payne Fund
Estate of Edward Davies

Special thanks to ANZ Trustees, the Trust Company and Perpetual Limited for managing a number of the entities mentioned above.

COMMUNITY

Greensborough RSL Greensborough National Seniors

GROUPS/ FUNDRAISING COMMITTEES

Braeside Park Activities Committee Leith Park Activities Committee Rushall Park Activities Committee Rushall Park Art and Craft Group Rushall Park Kiosk Group

DONATIONS IN MEMORIAM

Grounds Family Marjorie Campbell Family

DONATIONS - GENERAL

Dr H Austin Bill Bailey IC and M Belzer **Ethel Bennett** Paul Berger Michael Carter Giovanna Dorset H and W Gorerly RW and GE Hicks Margaret Roobol Hill Mr and Mrs Hoenger Lynette Irvine Norma Keats WH and BF Kneebone Mr and Mrs P Kronsberger Mark and Joy Learmonth Mr and Mrs Littlewood Ross Loris Cleo Macmillan Elaine Mahoney Lyn Malone John Maxwell Barbara Moran Ian Morris Win Piper Tom Pratt Mr and Mrs A Roberts Jennifer Smith John Smith Bethia Stevenson Colleen Stewart Caroline Storm Colin Thompson Shirley Way

Lynette Ziya

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME

FOR THE YEAR ENDED 30 JUNE 2015

	2015	2014
Income	\$000	\$000
Government Subsidies	3,280	3,317
Residential Care Fees & Charges	1,549	1,517
Independent Living Fees & Charges	1,877	1,789
Assisted Living Fees & Charges	541	488
Ingoing Donations	600	2,516
Donations & Bequests	364	145
Interest & Investment Income	747	716
Realised Gains from Sale of Investments	39	-
Profit from Sale/Disposal of Property, Plant & Equipment	1	10
Accommodation Bond Retention	33	34
Miscellaneous Income	136	153
Total Income	9,167	10,685
Expenses		
Employee Expenses	(6,289)	(5,942)
Depreciation & Impairment Losses	(1,376)	(1,364)
Food Expenses	(339)	(308)
Repairs & Maintenance Expenses	(289)	(234)
Rates & Services	(244)	(243)
Services & Contracts	(228)	(139)
Utilities Expenses	(199)	(157)
Legal & Consultancy Costs	(84)	(60)
Cleaning & Laundry Expenses	(56)	(47)
Insurance Expenses	(78)	(73)
Printing, Stationery & Postage Expenses	(50)	(53)
Audit & Other Services	(49)	(49)
Medical Costs	(42)	(63)
Finance Costs	(8)	(7)
Other Expenses	(272)	(241)
Total Expenses	(9,603)	(8,980)
Surplus/(Deficit) before Tax	(436)	1,706
Income Tax Expense		-
Surplus/(Deficit) for the year	(436)	1,706
Other Comprehensive Income		
Items that may be reclassified to profit or loss: Changes to fair value of Available for Sale Assets	162	83
Total Other Comprehensive Income	162	83
Total Comprehensive Income	(274)	1,789

STATEMENT OF FINANCIAL POSITION

AS AT 30 JUNE 2015

Assets	2015 \$000	2014 \$000
Current		
Cash & Cash Equivalents	2,662	3,403
Trade & Other Receivables	265	681
Inventories	22	23
Financial Assets	7,528	14,294
Other Current Assets	62	44
Total Current Assets	10,539	18,445
Non-Current		
Financial Assets	10,556	1,133
Property, Plant & Equipment	31,146	31,139
Total Non-Current Assets	41,702	32,272
Total Assets	52,241	50,717
Liabilities		
Current		
Trade & Other Payables	4,303	2,503
Employee Provisions	1,360	1,384
Total Current Liabilities	5,663	3,887
Non-Current		
Employee Provisions	164	142
Total Non-Current Liabilities	164	142
Total Liabilities	5,827	4,029
Net Assets	46,414	46,688
Equity		
Accumulation Account	46,002	46,438
Fair Value Reserve	266	104
Permanent Fund	146	146
Total Equity	46,414	46,688

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 30 JUNE 2015

	2015	2014
Cash Flows from Operating Activities	\$000	\$000
Receipts from Residential Care, Assisted Living &		
Independent Living services	4,169	4,118
Receipts from Government Subsidies	3,280	3,317
Proceeds from Donations & Bequests	364	145
Payments to Suppliers & Employee	(8,059)	(7,667)
Interest & Investment Income received	746	716
Interest paid	(7)	(7)
Net Cash generated by Operating Activities	493	622
Cash Flows from Investing Activities		
Proceeds from Sale of Plant & Equipment	43	54
Payments for Property, Plant & Equipment	(1,425)	(2,034)
Payment for Investments	(2,455)	(120)
Net Cash used in Investing Activities	(3,837)	(2,100)
Cash Flows from Financing Activities		
Ingoing Donations received	600	2,516
Accommodation Bonds & Refundable Accommodation Deposits received Refund of Accommodation Bonds & Refundable	2,664	517
Accommodation Deposits paid	(661)	(360)
Net Cash provided by Financing Activities	2,603	2,673
Net increase/(decrease) in Cash held	(741)	1,195
Cash and Cash Equivalents at beginning of year	3,403	2,208
Cash and Cash Equivalents at end of year	2,662	3,403

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 30 June 2015

Note 1 Basis of Preparation

The concise financial statements, including the financial statements and specific disclosures included in the concise financial report, have been derived from the full financial report of the Old Colonists' Association of Victoria.

All amounts are presented in Australian dollars.

The full financial statements have been prepared in accordance with the Old Colonists' Association Act 1955 (as amended), Australian Accounting Standards- Reduced Disclosure Requirements (including Australian Accounting Interpretations) and the Australian Charities and Not-for-Profits Commissions Act 2012 in order to satisfy the entity's financial preparation requirements.

A full description of the accounting policies adopted by the Association is provided in the 2015 financial statements. Notes to the accounts are available on the website. www.ocav.asn.au



ELAINE MAKER

Laine Maker would happily recommend Leith Park to anyone and she knows the place inside and out. She visited her parents most days for 10 years, before her mother and then her father died, and she now volunteers there once a week, visiting people who are lonely or who need to be driven to medical or other appointments.



Every Thursday Elaine comes to Leith Park and has a regular round of people she visits, mostly people who have few other social contacts or visitors. Recently, one of the elderly women she visited, died. It was a difficult Thursday that week but Elaine continued with her visits making sure she added a bit of fun and companionship to the people who have come to rely on her. After visiting in the morning she joins a regular group of five or six residents for a Scrabble game. If someone is not in, she has time to do other jobs that might need doing in the office.

One of her current projects with residents is collating their family information and putting it into a small booklet for them. She has done eight and there's a long list of people waiting to serve her a cuppa, sit with her and share their stories.

"Some people don't have families to visit them and they love to sit and chat. I try and brighten up their day a bit. It makes them feel good and it does the same for me," Elaine said.

"The lady who died this week couldn't remember a lot of things about her past so I didn't do her family history. But she was lovely and it made her really happy when I took in a small gift for her birthday."

"Those moments make you realise how very easy it is to be kind to someone and to help make their life a bit happier."

Volunteering was 'bred' into Elaine, growing up in a family where the children were taught that it is a far better thing to give something to someone than to receive something. It's an idea she holds dear.

"Being kind takes nothing out of my day does it? Yet it can mean so much to someone."



The Old Colonists' Association of Victoria is a not-for-profit organisation providing villagestyle accommodation and support services for older Victorians. OCAV works to ensure its residents enjoy a positive experience of ageing, from independent living through to highlevel care.

Donations, gifts and bequests are all valuable sources of income that allow us to provide added services and amenities to enhance the quality of life for our residents.

We receive no government assistance for the construction, maintenance or upgrade of our independent and supported living homes, or to provide support to those living in our accommodation.

All donations over \$2 are tax deductible and all bequests are exempt from State and Commonwealth duties.



MAKE A DONATION

Your donation, no matter how large or small, will help us fund new programs and buildings, or upgrade our independent and assisted living homes.

www.ocav.asn.au



VOLUNTEER

Gain new skills and experience while giving back to the community.

Meet new people and discover a new passion. The benefits of volunteering are endless!



LEAVE A BEQUEST

Leaving a bequest to the Old Colonists' Association of Victoria is a special way of leaving a gift for generations to come. It also allows us to plan for the long-term future with a greater degree of certainty.



IN MEMORIAM GIFTS

An In Memoriam Gift to the Old Colonists' Association of Victoria is a thoughtful and practical way to remember a relative or friend. These gifts will help ensure that we are able to continue to provide support and accommodation for future older Victorians.



PARTNER WITH US

With villages, residents and staff in regional Victoria and metropolitan Melbourne, we can offer a diverse range of activities for business to engage with our work. This includes enhancing your profile by aligning with our brand, pro-bono work, helping to build staff motivation through volunteering and fundraising work, workplace giving and more.



MORE INFORMATION

For further information, please contact Old Colonists' Association of Victoria:

> T: 03 9481 9300 E: admin@ocav.asn.au www.ocav.asn.au





Old Colonists' Association of Victoria

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