



# OLD COLONISTS'

ASSOCIATION OF VICTORIA

*Living Communities*



Annual Report  
2017



**OUR  
VISION**

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



**OUR  
VALUES**

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



**OUR  
MISSION**

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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**

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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 living and aged care) and Rushall Park (independent and assisted living).

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The Old Colonists' Association of Victoria has always been ahead of its time.

From its foundation, almost 150 years ago, OCAV has been meeting the needs of older Victorians, from 'decaying actors', to 'aged persons and deserving poor'<sup>1</sup> through to today's older Victorians whose needs may be a lack of affordable housing, insufficient savings or superannuation, physical health or social isolation.

Our commitment remains as strong today as it was then. Over the last year, the OCAV Council has signed off on a plan to make all villages dementia-friendly, without becoming gated communities. This commitment was made knowing that the number of Victorians who will live with dementia will rise significantly over the next decade, and it is important that we are prepared for this increased prevalence.

Becoming a dementia-friendly community will be no mean feat. While OCAV has a dementia unit at its Leith Park aged care facility, Liscombe House, ensuring all its retirement villages are 'dementia friendly' involves education for staff and volunteers, new buildings being designed appropriately, and all existing buildings and external living environments being upgraded.

There has been much debate in the media over the past year about the lack of affordable housing, and the growing incidence of homelessness. About half of our 450 residents were living in potentially insecure, inadequate or inappropriate housing such as private rental, public housing, or with family or friends before coming to OCAV. Just less than 80% of our residents are single, older women, the fastest growing group of people at risk of homelessness in Australia.

It is these figures that have spurred us on to look at how best we use space in our existing villages. Last year we received planning permission which allows us to renew and add more units at our Leith Park and Rushall Park villages. However, our waiting list remains high and we continue to look for other options to house our ageing community.

As part of our scoping, it has become more evident that our approach to retirement and aged care is aligned with the policy and fiscal aims of the State and Federal Governments. Through our independent and assisted living villages across Victoria, and our approach to continuum of care, OCAV is enabling older Victorians not only to age-in-place but, in many instances, is helping to either delay or avoid entry into aged care, and government-funded assistance.

I would like to take this opportunity to thank all the Council members who contribute many hours to ensuring good governance of this extraordinary Association. Council also thanks OCAV staff and volunteers for their care to residents.

**Kevin Neville**  
President



“

The number of Victorians who will live with dementia will soar over the next decade, and it is important that we are prepared for this epidemic.

”

<sup>1</sup> Cited in 'A Place of our Their Own' by Frances O'Neill.

## FROM THE CHIEF EXECUTIVE OFFICER

Ageism is everywhere. Recent analysis carried out by the World Health Organisation, using World Value Survey data of around 83,000 adults from 57 countries, revealed that 60% of participants stated that older adults are not well respected.



At OCAV, as part of Vision 2020, the last year has been spent working to change public perception about older people. Rather than dwell on the easy depictions that older people are burdens, we have used every opportunity from writing submissions to marking occasions such as Anzac Day to highlight their value and showcase their contributions, whether it is social or economic.

This past year has seen many initiatives started as we progress Vision 2020: industry leadership, assisting more Victorians, and creating a happy and vibrant place to live and work.

One of the most critical steps has been the commissioning of Think Impact to conduct a Social Return on Investment evaluation of OCAV's work in caring for older Victorians. The report will be launched in late 2017 but the impacts of our extraordinary business model on the lives of older Victorians in need are clear. What we know is that our residents deeply value the safe, secure and affordable housing that we provide, together with the continuum of care we offer. Preliminary reports suggest that for every \$1 invested in OCAV, \$7.41 of value is created.

The evaluation has also revealed that almost 150 years since being founded, OCAV continues to deliver on its mission, and plays a significant role in addressing housing affordability, solving homelessness along with other flow-on economic benefits.

One of OCAV's key points of difference to other retirement village/aged care providers is its continuum of care, and this was most evident this year when we became the first aged care facility in Victoria to care for a person requiring peritoneal dialysis. The late Peter Stock was a much-loved resident at Leith Park, and when his condition deteriorated rapidly, the obvious choice was for him to remain in hospital. Following careful consideration, and with the training and 24-hour on-call support of Austin Hospital, OCAV cared for Peter from October 2016 through to his death in February 2017 allowing him to remain within his community of friends and near his family. We are now exploring options to extend this service and to share our knowledge with other agencies.

There are many other initiatives that are outlined here, and none could have been achieved without the dedication of our staff, volunteers and residents, all of whom contribute to the vibrancy and success of OCAV.

**Phillip Wohlers**  
Chief Executive Officer

**PRESIDENT**

Kevin Neville

**VICE PRESIDENT**

Leslie Wood

**TREASURER**

Carl Maissan

**THE COUNCIL**

Kevin Neville

Leslie Wood

Carl Maissan

Martin Bede

Ray Harvey

Professor Robert Helme

Nicole Pelchen

Judy Sharp

Carl Wood

**NUMBER OF MEETINGS**

6 of 6

6 of 6

5 of 6

3 of 6

6 of 6

4 of 6

4 of 6

5 of 6

6 of 6

**AUDIT AND RISK COMMITTEE**

Carl Maissan

Martin Bede

Ray Harvey

Kevin Neville

**NUMBER OF MEETINGS**

4 of 4

3 of 4

4 of 4

4 of 4

**CARE COMMITTEE**

Professor Rob Helme

Judy Sharp

Leslie Wood

Carl Wood

**NUMBER OF MEETINGS**

2 of 2

2 of 2

1 of 1

1 of 1

**GOVERNANCE COMMITTEE**

Leslie Wood

Martin Bede

Carl Wood

Kevin Neville

**NUMBER OF MEETINGS**

4 of 4

2 of 4

4 of 4

4 of 4

**DEVELOPMENT AND  
INNOVATION COMMITTEE**

Ray Harvey

Nicole Pelchen

Judy Sharp

Kevin Neville

**NUMBER OF MEETINGS**

3 of 3

2 of 3

2 of 3

3 of 3

**SENIOR STAFF**

Phillip Wohlers, *Chief Executive Officer*

Tim Scott, *Chief Operating Officer*

Shaaron Robilliard, *Director of Nursing*

Dennis Ly, *Financial Controller*

Kim D'Angelis, *Volunteer Coordinator*

Karen Ernest, *Residents' Coordinator, Leith Park and Currie Park*

Roz Johnson, *Residents' Coordinator, Rushall Park and Braeside Park*

Damian Pennington, *Property Manager*

Shelley Calopa, *Fundraising Manager*

# HIGHLIGHTS OF THE YEAR

OCAV has achieved much over the past year through the efforts of residents, volunteers, and staff.

## OUR RESIDENTS

A major hallmark of OCAV is our residents, and their tireless contribution to life both within our four villages and the broader community.

Each village's residents' committee met regularly throughout the year to ensure effective communication with OCAV management. Each village activities' committee played a crucial role in enabling residents to remain socially connected which ultimately lowers the risk of loneliness and depression.

There were many highlights during the year including Liscombe House resident Anne Partridge, aged 80, who held her first exhibition of her experimental free form crochet at Eltham Library while residents from Currie Park created an extraordinary artwork featuring 100 poppies to mark ANZAC Day.

Over \$2,000 was raised during the year for charities focusing on research into dementia, Motor Neurone Disease, and Syrian refugees. OCAV residents volunteer their time for groups including Probus, Meals on Wheels, Rotary and local churches.

## PREPARING FOR THE 150<sup>TH</sup> ANNIVERSARY

Residents and volunteers with an interest in OCAV's history met regularly over the year to plan events to mark the Association's 150th anniversary in 2019. Proposed events include garden parties in each village, a major exhibition of artwork created by residents, formal events for residents, OCAV supporters, and dignitaries, and a travelling history roadshow.

Extraordinary gains have been made into finding out more about OCAV's rich history. A special effort has been made to learn more about the lesser known founders and their families, philanthropists, and past and current residents of each village.

## OCCUPANCY AND WAIT LISTS

Our occupancy rate currently stands at 97%, a clear indicator of the success of our person-centred care, the commitment of our professional staff, the quality of our villages and our unique financial model.

OCAV's wait list remains at around 1,000 older Victorians, with the waiting period to enter independent living standing at six years. This is only expected to grow as our population ages.



**424**  
residents



**97%**  
occupancy rate



**72.5**  
years old - average age  
of a person entering  
our villages



**82**  
years old - average  
resident age in our  
villages



**8**  
years - average length  
of stay in our villages



**61**  
residents in their  
nineties



**79.6%**  
of residents are women



**20.4%**  
of residents are men



**313**  
independent living  
homes



**37**  
assisted living homes



**81**  
aged care rooms

**DEMENTIA FRIENDLY VILLAGES**

Research indicates that the number of people living with dementia is set to increase. Currently an estimated 340,000 Australians are living with dementia and, without a significant medical breakthrough that figure is expected to soar to almost 900,000 by 2050. It is already the second leading cause of death in Australia.

While OCAV has a dementia unit at our Liscombe House aged care facility, during 2017 OCAV Council signed off on a commitment to ensure all its retirement villages are ‘dementia friendly’. This includes education for staff and volunteers, all new buildings to be designed appropriately, and all existing buildings and surrounding pathways to be upgraded.

Considerable work has already happened including engagement with residents’ families or powers of attorney to ensure there is awareness and understanding when their older relative begins to show signs of dementia. All agreements are also being reviewed to make sure that residents are clear about what the Association does and does not provide in independent and assisted living homes. Workshops on memory and understanding dementia have been held for Rushall Park and Braeside Park residents.

**STAFF**

OCAV enjoys strong loyalty from its 142-strong staff, with the average tenure being seven years. They continue to develop new initiatives, such as introducing a palliative care committee and extending wellbeing activities for Liscombe House aged care residents.

A highlight of the past year was recognition of the work of Pauline Walters, the Apartments Supervisor at Currie Park in Euroa, at the Regional Achievement & Community Awards last October. She was one of three people who made it through to the grand final of the Community Service in Aged Care Award category.

Over 2,500 training hours were delivered throughout the year, which is above the national benchmark.

OCAV has initiated a partnership with La Trobe College of Science Health and Engineering for students doing their placements for the Introduction to Nursing Assessment, Nursing Assessment and Management and the Transition to the Bachelor of Nursing over the next 12 months. The first three groups of students totalling 24 have now finished their placements with us.

A further highlight included the rolling out of a new computer program for medication management in the Leecare P5 medication system, with all staff being trained to use the system.

**WAIT LIST FIGURES**

<b>Braeside Park</b>	
<b>87</b>	Independent living
<b>15</b>	Assisted living
<hr/>	
<b>Currie Park</b>	
<b>5</b>	Independent living
<b>0</b>	Assisted living
<hr/>	
<b>Leith Park</b>	
<b>252</b>	Independent living
<b>N/A</b>	Assisted living
<hr/>	
<b>Rushall Park</b>	
<b>589</b>	Independent living
<b>12</b>	Assisted living



## **PALLIATIVE CARE**

In the past year 12 residents were palliated at Liscombe House and only two went to a hospital where they died, a fact that defies the national trend.

During the year, OCAV initiated a palliative care committee to review palliative care procedures and equipment.

Five members of the clinical staff team attended PEPA training sessions. Four staff took part in external placements including home care palliative care with the Banksia Palliative Care Service. Two nurses spent time working at the Olivia Newton John Cancer Centre at the Austin Hospital.

## **BUILDING WORKS**

Planning permission was granted by Banyule City Council to extend Leith Park. The \$14.9 million investment by OCAV will see an additional 46 state of the art independent living units built.

Plans for a \$11.4 million development at the heritage-listed Rushall Park village were approved at the Victorian Civil and Administrative Tribunal (VCAT) during the year and will comprise 35 new independent living units.

Works have now commenced at Leith Park and Rushall Park is expected to start early in 2018.

## **PHILANTHROPY**

OCAV has steadily built its philanthropic program throughout the year. Funding for projects has been provided by the John T Reid Charitable Trusts, The Aged Persons Welfare Foundation, Foundation for Rural and Regional Renewal and Ian Rollo Currie Estate Foundation, the Freemasons Public Charitable Foundation and the Mazda Foundation.

Our sincere thanks to these philanthropic trusts for their support.

## **VOLUNTEERS**

OCAV has grown its volunteer base by 13% over the past year. Today its 185 volunteers support residents across all villages in different ways from working in the libraries, teaching IT, helping with programs such as carpet bowls, sketch club, happy hour, pet therapy, art therapy, board games, and offering social support.

Last year our volunteers contributed 6,514 hours alone at Liscombe House, the equivalent of \$197,000, based on 2010 Volunteer Australia figures.

A highlight during the year was Mary McClure, a volunteer at Leith Park, being awarded Volunteer of the Year by the City of Banyule. Mary was among 30 nominees and has volunteered with OCAV for almost 14 years.

New volunteer activities have started over the past year including cooking classes in the dementia wing at Liscombe House and meditation and dance classes at Rushall Park.

OCAV marked National Volunteer Week in May with a special function to thank all volunteers.

## **ADVOCACY**

OCAV's CEO was one of 17 Australian influencers in the affordable housing sector who was asked to reflect on current challenges and consider new, big ideas for a research program prepared by Australian Futures Project for NAB.

Throughout the year, OCAV has advocated on a range of issues affecting older Victorians including putting in submissions to the Australian Law Reform Commission on elder abuse, to Infrastructure Victoria on the need for more social, affordable housing and better planning for Victoria, and to the Productivity Commission about improving end of life care.

It was pleasing to see that many of the recommendations that we made, including a national prevalence survey, the need for more research into perpetrators' behaviour, education for health professionals and carers, have been adopted in the recent report. We will continue to share our voice in national and state debates on issues affecting older people.



Residents are the heart of OCAV, contributing fully to Vision 2020 and our aim of creating a vibrant place to live and work.

Each village's Residents' and Activities' Committees met regularly throughout the year to plan and put on events as varied as book groups, art classes, men's barbeques at Leith Park and Rushall Park, and walking groups.

Making sure all our villages are hazard-free has been a focus of the past year, as part of OCAV's commitment to being both dementia-friendly and age-friendly communities. OCAV's property team has worked closely with residents and resident coordinators to fast track renovations in readiness for the major building works at Rushall Park and Leith Park.

**Braeside Park** - Two cottages were partially upgraded and two apartments were refurbished during the year. Trip hazards are being removed and fire safety testing has been carried out throughout the village. A plan to upgrade the gardens has been developed.

**Currie Park** - Five cottages were upgraded including kitchens and bathrooms thanks to funding from the FRRR and Ian Currie Rollo Foundation. Two cottages received partial upgrade. An edible garden was planned and installed through a grant from the John T Reid Charitable Foundation.

**Leith Park** - Twelve cottages were renovated including new kitchens and bathrooms, trip hazards were removed, and lighting and security was upgraded. Fire safety testing has been carried out throughout the village.

**Rushall Park** - Eight cottages were renovated and involved installing new kitchens and bathrooms, removing trip hazards and upgrading lighting and security. Fire safety testing was carried out in all cottages. Roads throughout the village have had speed humps installed to improve safety for drivers and pedestrians. All maintenance staff have received occupational health and safety training.



## INDEPENDENT LIVING



The past year has been active for our independent living residents across all four villages.

Residents raised \$2,000 for community charities and programs within OCAV.

Braeside Park residents have benefited from the opening of the \$130,000 upgrade to the community centre. The facility, opened by Councillor Louise Berkelmans from the City of Casey in August 2016, includes an expanded kitchen, computer workstations and extended outside living. Local architects Drake Design and builders Rococo Homes were engaged to design and construct the community room.

Currie Park residents have been involved with the design and planting out an edible garden which is providing fresh vegetables available to residents. OCAV staff have run nutrition workshops.

Leith Park residents took part in an interactive presentation by Alzheimer's Australia to dispel fears they may have around dementia.

Rushall Park residents have had access to different talks on the National Broadband Network, health and wellbeing, Advanced Care Planning, fire safety, healthy ageing and staying connected. Several residents also took part in an intergenerational project with students from Fitzroy High School.



**308**  
residents



**245**  
are women



**63**  
are men



**Braeside Park**  
30 women, 3 men

**Currie Park**  
10 women, 9 men

**Leith Park**  
84 women, 23 men

**Rushall Park**  
121 women, 28 men



## ASSISTED LIVING



Services to ensure our assisted living residents remain well continue to be organised, including visits from podiatrists, eye care and hearing specialists to each village.

Assisted living residents have also benefited from the extensive maintenance program that is managed by OCAV's property division.



**35**  
residents



**28**  
are women



**7**  
are men



**Braeside Park**  
13 women, 1 man

**Currie Park**  
6 women, 1 man

**Rushall Park**  
9 women, 5 men

## AGED CARE



The past year has been busy for Liscombe House, our aged care facility. A highlight of the year was the launch of a model train set. Men's Group members, led by Lifestyle Assistant Adrian Onofrio, built scenery from papier mache and other equipment, to enhance the track and trains. Some of the men who helped on the project have dementia, or other conditions, with the experience triggering childhood memories.

Residents and staff marked World Elder Abuse Awareness Day, using the event to discuss elder abuse and assure residents that any complaints or concerns will be taken seriously.

Other events held included footy grand final celebrations, Pink Ribbon Day high teas, services for Anzac Day and Remembrance Sunday.

Students from Glen Katherine Primary School at Eltham North visited weekly as part of their leadership program.



**81**  
residents



**59**  
are women



**21**  
are men



**1**  
in respite



## INDUSTRY LEADERSHIP

For almost 150 years OCAV has been a quiet achiever and champion for older Victorians in need. We have learned many lessons which we have used to improve our services for our residents, whether they are in independent, assisted living, or aged care.

As part of our Vision 2020, OCAV has developed an industry leadership platform which will see us sharing these lessons with our colleagues, policy makers, and influencers in the aged care, retirement and affordable housing sectors.

The past year has seen great strides being made on industry leadership. OCAV has made seven submissions to the Australian Law Reform Commission, Productivity Commission, Victorian Government, and Infrastructure Victoria on elder abuse, affordable housing, budgets and older Victorians, and planning. Each submission drew extensively on OCAV's track record and knowledge of what older Victorians in need require.

OCAV's approach to providing affordable housing and the need to assist at risk, or homeless, women framed part of the publication *Stakeholder Perspectives on Australia's Housing Systems* that was commissioned by NAB and prepared by Australian Futures Projects.

OCAV, along with around 100 other delegates mostly from local government, came together last year to learn more about what is happening across the State to make life for older Victorian men and women more age friendly. The roundtable underlined how well advanced OCAV is in its approach to ensuring older Victorians live active and healthy lives with appropriate support available when needed.

Key points from OCAV advocacy through the year:

- Infrastructure Victoria's recommendation for an additional 30,000 new affordable properties for low income earners should be viewed as a minimum. OCAV recommends an increase to 60,000.
- OCAV urges the Victorian Government to develop a separate housing strategy for older women, who are a particularly at-risk group and should be singled out for special treatment in the strategy.
- Plans by the Victorian Government to replace or improve current public housing is not a preferred option for single, older women as it is unsafe for them and for care workers.
- A comprehensive strategy for older Victorians, which builds on the Ageing is Everyone's Business report, is essential. OCAV made the call in its submission to the Victorian Budget, urging the government to take the lead in bringing together different portfolios to accommodate an ageing society and enable people to lead happy, productive and dignified lives as they age.

## THE GROWING RISK OF HOMELESSNESS AMONG OLDER WOMEN

Today around half of OCAV's current residents once lived in insecure, inadequate or inappropriate housing such as private rental, public housing, or with family or friends before moving into an OCAV village.

Homelessness is increasing among older women, and one of the main reasons for it is family violence. Patricia Benedict, one of our residents, has lived it.

Patricia left an abusive relationship eight years ago and ended up at OCAV's Currie Park village in Euroa. It was the start of her new life. She reckons it saved her life. After 48 years of abuse, including financial abuse, she had no purse, no money and no identification cards of any kind.

"I didn't have the courage to leave and I thought that was my life. I was afraid of what I would do if I did leave. I knew about rooming houses and I was afraid to go to one of them and refuges are only for a short time. I had no money; no money at all so leaving never seemed possible. I was cowed by years of abuse and couldn't even make a decision," Patricia said.

"Then one day I ran for my life."

Friends from Patricia's local Anglican Church in Melbourne had told her about OCAV a couple of years earlier, but she never imagined such places were for women without any money. It was those same friends who helped her relocate to Currie Park in Euroa when she finally left her home.

"I started my life over again when I moved here. I had finally got away and friends helped me get here. The OCAV people made it easy and it happened very quickly. I left with nothing," Patricia said.



**39%**

of female residents owned their **own home**



**45%**

of female residents were in **private rentals**

Patricia threw herself into life at Currie Park once she had settled in. She has made close friends, participated in activities, started a few things and got to know people beyond the village. She was overwhelmed by the friendliness of Euroa folk and still loves going to the shops and encountering so many familiar faces.

She volunteers regularly at the community second-hand book shop. Within the village she runs an armchair exercise class each week and along with fellow resident and friend Ellen Doyle-Roberts she runs DVD afternoons and takes Currie Park residents to hospital visits, doctors' appointments, shopping trips or out for afternoon tea.

"I love it and the life here is wonderful. I have a lot of life to catch up on and I am enjoying each day as it comes along," Patricia said.

"Now I am the happiest I have been in 77 years."

## ACROSS THE GENERATIONS

Thanks to advances in science and medicine, people are living longer than ever. But while the ability to enjoy fulfilment and independence after retirement is wonderful, it also poses a challenge: How do we keep our youngest and oldest generations connected?

Over the past year OCAV has engaged in different ways with younger people, and the benefits are clear to see. Most of the young people come as students, primary through to university or because of a school-based project.

One of the most exciting projects this year has been a partnership with Fitzroy High School, which was initiated by Rushall Park resident Sue Course.

Fitzroy High School's Year 12 students have been interviewing some Rushall Park residents as part of their Senior VCAL Work Related Skills Unit. Students have been matched with residents at Rushall Park for a series of interviews that are being exhibited as posters at Rushall Park in September.

Sue was matched with Abdi Nur and the pair has since become friends. Abdi said: "I have so much information about Sue, but I wanted people to walk away (from

seeing his work) knowing that she is a saver. A long time ago she ran in front of a tram to save her brother. Then she saved the Darebin Parklands. She wanted to save it and she got her friends, her people and she did it," Abdi said.

Sue has loved being part of the project, which has brought many young people and their stories into the village. Sue, 83, has developed great admiration and respect for Somali-born Abdi who came to Australia from a Kenyan refugee camp eight years ago with his mother, sister and brother.

"I came to Australia when I was four and education was always available to me. But Abdi came here when he was 10 and knew no English. He had to fight for his education. Look at what he has been able to achieve in such a short time - it is extraordinary. He has learned to live in a new country, study and work four afternoons a week at a supermarket to help his family," Sue said.





OCAV's volunteer coordinator Kim D'Angelis said young people of all ages come to the villages, including babies. Every week Craig Mawdsley brings baby Theodore into Rushall Park for an informal playgroup with residents. Kim has talked to many of the young people who volunteer at OCAV, not just to ensure they are suitable, but to make sure they also benefit from the experience.

"There are lots of reasons that young people come to us to do work experience, for their placements, or to volunteer. Some people start because of a project and then keep coming because they love the atmosphere of acceptance and warmth they receive from our residents," Kim said.

"As soon as you walk into a room when we have students, you can pick up a different atmosphere. Young people bring a wonderful energy and they have chosen to come and work in aged care so they want to be with us and the residents sense that."

During the past year, several La Trobe University students have been on nursing placements or carried out community service at Liscombe House, OCAV's aged care facility. One student is Kyrstie Pagunsan, who is studying a Bachelor of Education (Secondary) at La Trobe University and is running some basic 'cooking classes' for Liscombe House residents who have dementia. The La Trobe students are required to complete a 15-hour community-based project volunteering with an organisation. Kyrstie, who has previously volunteered in an aged care facility, wanted to do her project at Liscombe House. She may end up doing more than the requisite 15 hours because of the warm and friendly nature of the aged care facility.

"One of the important things about volunteering in aged care is realising that we can all learn from each other, no matter what age we are or what capacities we have," Kyrstie said.

Another intergenerational project that began was a leadership program at Liscombe House by the Glen Katherine Primary School. In term two about 12 Year 6 students from the Eltham North school visited as part of a community leadership program. The service was a 'cultural exchange' where the students, all emerging leaders, and the residents, shared skills, information and experiences.

The weekly Tuesday exchange meant the young students spent time with older people from their community and residents were able to enjoy the energy of children. For some, the company of children is a rare experience.

Mandy Williamson, Lifestyle Coordinator and Diversional Therapist at Liscombe House, said the project was a success enabling her to step back and watch in 'amazement' as the students unpacked equipment, greeted the residents and settled in for an afternoon of companionship.

Some residents taught students to knit and do long stitch, while students showed residents how to use an iPad to pursue interests such as football and to check the weekly ladder. For others, the exchange was social through playing scrabble and conquering jigsaw puzzles.

Julie Collins, the Extension Coordinator at Glen Katherine Primary School echoed Kyrstie's views and said the 'exchange' was important because it helped everyone involved see that "learning is an ongoing endeavour and that the process is reciprocal - we can learn a lot from each other - regardless of age," Julie said.

"It is critical that our students learn to respect all people, regardless of their age, and understand that the elderly have lived through incredible experiences which we too can learn from."



## PHILANTHROPY

Philanthropy has always played a role in the establishment and running of OCAV.

Our four villages were founded on generous gifts of land. In 1869, the then Government gifted 4.5 acres to set up the Rushall Park village. Years later, the estate of Mr H Liscombe gifted land to establish Liscombe House; the estate of Ian Currie gifted land to establish Currie Park; and Mr and Mrs C A Morris and Mrs A J Ripoll, descendants of the Richardson family, who first settled in Berwick in 1860, gifted the land for Braeside Park.

Over the past year, OCAV has reached out again to philanthropic trusts and foundations to support the introduction of new wellbeing programs, to purchase vital equipment, and to fund vital maintenance work.

Partner	Amount	Project
Foundation for Rural & Regional Renewal and Ian Rollo Currie Estate Foundation	\$40,000	FRRR and the Ian Rollo Currie Estate Foundation supported the upgrade of five units at Currie Park, as part of the Evergreening Euroa project. The kitchens of these units received new cookers and flooring, while the bathrooms were converted into wet rooms. Delighted residents, especially those with limited mobility, report feeling safer, more confident and more comfortable in their surroundings.
The Freemasons Public Charitable Foundation	\$5,000	The Freemasons funded OCAV to purchase two defibrillators for its Rushall Park and Leith Park villages. These vital pieces of equipment can be critical in the moments between a cardiac arrest occurring and the arrival of an ambulance.
Aged Person's Welfare Foundation	\$17,100	APWF's grant enabled the purchase of five electric beds for residents at Liscombe House. With the capacity to lower to the floor, these beds reduce the likelihood of residents falling out of bed and sustaining serious injuries. Other adjustable features also mean they provide an enhanced degree of comfort for people with chronic pain conditions and severely limited mobility.
Mazda Foundation	\$13,610	Mazda Foundation's grant has funded the cost of running a pet therapy program for 12 months. Pet therapy is a well-evidenced therapeutic technique involving contact with and care for animals. Residents with dementia, and those at risk of social isolation, have the opportunity to engage with animals from Delta Dogs, a Mobile Animal Farm, an egg-hatching program, bush babies, baby animals and reptiles.
John T Reid Charitable Trusts	\$10,000	The John T Reid Charitable Trust's generous grant enabled the construction of an edible garden for residents at Currie Park, Euroa. A series of raised beds under a purpose-built shade cloth provides the perfect outdoor setting for residents to engage in physical activity, socialise and grow nutritious produce for use in their own kitchens.



## PHILANTHROPY PREVENTING FALLS

### BEDS MAKE ALL THE DIFFERENCE

One in three older Australians falls each year, often with serious consequences including disability and even death. The rate of falls for older people living in aged care facilities - who are less physically able than those living in the community - is even higher. In the past year for example, the Old Colonists' Association of Victoria had 274 falls among the 81 residents (the average age is 80) living in the high and low aged care facilities at Liscombe House.

Thanks to a grant from the Aged Person's Welfare Foundation, five new beds that lower to the floor have been purchased. Each bed has many different safety features, and are also wider than the average bed, providing greater comfort for residents, many of whom experience chronic pain.

One new bed occupant, Glenda Clift can vouch for the comfort of the new beds. Glenda, who suffers a great deal from post-polio pain, said the bed is wonderful. "I love the bed and am so glad I got it," she said. Glenda said she is also sleeping better in her new bed.

Shaaron Robilliard, OCAV's Director of Nursing & Quality Manager, has said the grant has already made a major difference to reducing the likelihood of falls among older and more frail residents.

### RENOVATING HOMES BRINGS NEW LEASE OF LIFE

Each year one in three older Australians in the community falls, with even higher rates for older people. A single fall can cost the health system up to \$5,688, while the psychosocial consequences of learning to live with a permanent disability are great.

Thanks to \$40,000 funding from the Foundation for Rural & Regional Renewal (FRRR) and the Ian Currie Rollo Foundation, OCAV has been able to upgrade bathrooms and kitchens in five of the units at Currie Park. OCAV has funded two other upgrades using its own funds.

The bathrooms in particular posed the greatest threat and have been remodelled. Bathrooms have now become wet rooms without shower doors, with more space and trip hazards removed. The new-look bathrooms have already assisted residents with mobility issues and mean people can sit comfortably on a chair while showering, as well as move around using a walker.



**274**

falls among the  
**81 residents**



**5**

new beds that  
lower to the floor



**\$5,688**

potential cost of single  
fall to health system



**\$40,000**

funding for upgrades



Our donors are pivotal to our work. We value our donors because without them, our mission would not be realised. We also thank our volunteers for their infectious energy, enthusiasm and expertise.

#### **PHILANTHROPY**

John T Reid Charitable Trusts  
Aged Persons Welfare Foundation  
FRRR CARA Grant  
Freemasons Foundation Victoria Ltd  
MAZDA Foundation

#### **BEQUESTS**

Anonymous  
Estate of Harold Bayne  
Equity Trustees - Walter Leitch Estate  
Equity Trustees - Francis Thomas & Jeannette Warren Trust  
Equity Trustees - Arthur Lyndhurst Blannin Estate  
Equity Trustees - William Hall  
Russell Trust Fund  
Equity Trustees - Ephraim Yoffa Charitable Trust  
Thomas B Payne Trust  
Equity Trustees - Henty Louisa Trust  
Equity Trustees - Joseph Kronheimer Charitable Fund

#### **COMMUNITY**

National Seniors Greensborough

#### **OCAV FUNDRAISING COMMITTEES**

OCAV Arts & Craft Group  
Rushall Park Residents Committee  
Rushall Park Craft Group

#### **DONATIONS - GENERAL**

Alison Hunt  
Alva Wyatt  
Ann Pennington  
Anonymous - various  
B W Shehan  
Barbara Moran

Barbara Phillips  
Brian Kavanagh  
Caroline Storm  
Catherine Reid  
Christine Honig  
Christine Webber  
Claire Toyne  
Cleo MacMillan  
Colin Thomson  
Colleen Stewart  
Damian Pennington  
David Littlewood  
Debra Anne Vallely  
Didi Ahmad  
EE O'Callaghan  
Elaine Whitworth  
Elizabeth Cox  
Elizabeth Seach  
Erika Mohoric  
Eunice O'Callaghan  
Evelyn Jones  
F J Hambridge  
Florence Tattersall  
Frank Hambridge  
Gerald Ely  
Giovanna Dorset  
Gloria Davies  
Howard Goldenberg  
J L Dresden  
J Weatherhead  
James Mitchell  
Janny Ryan  
Jean Lee  
Jean Stewart  
Joan Wehrens  
Joshua Wheeler  
Joy Learmonth  
Joyce Newman  
Katharine Kozlowski  
Kaye MacKenzie  
Kevin Tierney

Leone Carberry  
Loraine Chessells  
LT & S Sloan  
Lynda McDonnell  
Lynette Malone  
Margaret Lumb  
Margaret Sims  
Michael Carter  
Nancy Charman  
Natalia Timms  
Neville & Pamela Wight  
Nora E Drake  
Norma Keats  
P&S Kronberger  
Pamela Wrigley  
Patricia Ferguson  
Patricia Foster  
Patricia L Coue  
Patricia Taylor  
Penny Underwood  
Peter & Marion Huggett  
Peter Hemingway  
R & G Michaelson  
R E Gough  
Raymond Hicks  
Richard & Suzanne Williams  
Robert & Margaret Turner  
Robyn Munns  
Rosemary Guest  
Roz Edmond  
Ruth Shiel  
Suzanne Neal  
Timothy Byrne  
Tom Pratt  
Trevor McAllister  
Trude Radler  
V & MA Krishnapillai  
Val Reilly  
W G Thorsen  
Wilhelmina Gogerly

# STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2017

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Income	2017 \$000	2016 \$000
Government Subsidies	4,393	3,476
Residential Care Fees & Charges	1,613	1,809
Independent Living Fees & Charges	1,904	1,916
Ingoing Donations	1,124	1,371
Interest & Investment Income	936	842
Assisted Living Fees & Charges	572	559
Donations & Bequests	191	463
Accommodation Bond Retention	24	26
Profit from Sale/Disposal of Property, Plant & Equipment	2	14
Miscellaneous Income	211	80
<b>Total Income</b>	<b>10,970</b>	<b>10,556</b>
<b>Expenses</b>		
Employee Expenses	(7,246)	(6,710)
Depreciation & Impairment Losses	(1,535)	(1,412)
Food Expenses	(336)	(334)
Repairs & Maintenance Expenses	(281)	(254)
Rates & Services Expenses	(254)	(280)
Professional Services Expenses	(240)	(181)
Utilities Expense	(180)	(195)
Services & Contract Expenses	(149)	(157)
Insurance Expenses	(80)	(75)
Medical Expenses	(70)	(85)
Cleaning & Laundry Expenses	(63)	(61)
Audit & Other Services	(49)	(49)
Printing, Stationery & Postage	(48)	(61)
Finance Expenses	(1)	(12)
Other Expenses	(385)	(361)
<b>Total Expenses</b>	<b>(10,917)</b>	<b>(10,227)</b>
<b>Surplus Before Tax</b>	<b>53</b>	<b>329</b>
Income Tax Expense	-	-
<b>Surplus for the Year</b>	<b>53</b>	<b>329</b>
<b>Other Comprehensive Income</b>		
<i>Items that may not subsequently be reclassified to profit or loss:</i>		
Changes to fair value of financial assets	341	(376)
<b>Total Other Comprehensive Income/(Loss)</b>	<b>341</b>	<b>(376)</b>
<b>Total Comprehensive Income/(Loss)</b>	<b>394</b>	<b>(47)</b>

# STATEMENT OF FINANCIAL POSITION

## AS AT 30 JUNE 2017

	2017	2016
	\$000	\$000
<b>Assets</b>		
<b>Current</b>		
Cash & Cash Equivalents	2,150	1,877
Trade & Other Receivables	337	319
Inventories	1	21
Financial Assets	8,452	8,760
Prepayments	45	65
<b>Total Current Assets</b>	<b>10,985</b>	<b>11,042</b>
<b>Non-Current</b>		
Financial Assets	11,208	10,532
Property, Plant & Equipment	30,682	30,476
<b>Total Non-Current Assets</b>	<b>41,890</b>	<b>41,008</b>
<b>Total Assets</b>	<b>52,875</b>	<b>52,050</b>
<b>Liabilities</b>		
<b>Current</b>		
Trade & Other Payables	4,240	3,931
Employee Provisions	1,590	1,567
<b>Total Current Liabilities</b>	<b>5,830</b>	<b>5,498</b>
<b>Non-Current</b>		
Employee Provisions	284	185
<b>Total Non-Current Liabilities</b>	<b>284</b>	<b>185</b>
<b>Total Liabilities</b>	<b>6,114</b>	<b>5,683</b>
<b>Net Assets</b>	<b>46,761</b>	<b>46,367</b>
<b>Equity</b>		
Accumulation Account	46,276	46,219
Fair Value Reserve	339	2
Permanent Fund	146	146
<b>Total Equity</b>	<b>46,761</b>	<b>46,367</b>

# STATEMENT OF CASH FLOWS

## FOR THE YEAR ENDED 30 JUNE 2017

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	2017	2016
	\$000	\$000
<b>Cash Flows from Operating Activities</b>		
Receipts from Government Subsidies	4,393	3,476
Receipts from Residential Care, Assisted Living & Independent Living Services	4,284	4,310
Receipts from Interest & Investment Income	909	842
Receipts from Donations & Bequests	191	463
Payments to Suppliers & Employees	(9,222)	(8,838)
Interest Paid	(1)	(12)
<b>Net Cash Generated by Operating Activities</b>	<b>554</b>	<b>241</b>
<b>Cash Flows from Investing Activities</b>		
Proceeds from Sale of Plant & Equipment	13	50
Payments for Property, Plant & Equipment	(1,753)	(778)
Payment for Investments	-	(1,584)
<b>Net Cash Used in Investing Activities</b>	<b>(1,740)</b>	<b>(2,312)</b>
<b>Cash Flows from Financing Activities</b>		
Receipts from Ingoing Donations	1,124	1,371
Receipts from Accommodation Bonds & Refundable Accommodation Deposits	335	653
Payments of Accommodation Bonds & Refundable Accommodation Deposits	-	(738)
<b>Net Cash Provided by Financing Activities</b>	<b>1,459</b>	<b>1,286</b>
Net Increase (Decrease) in Cash Held	273	(785)
Cash and Cash Equivalents at Beginning of Year	1,877	2,662
<b>Cash and Cash Equivalents at End of Year</b>	<b>2,150</b>	<b>1,877</b>

# STATEMENT OF CHANGES IN EQUITY

## FOR THE YEAR ENDED 30 JUNE 2017

	Accumulation Account \$000	Fair Value Reserve \$000	Permanent Fund \$000	Total \$000
<b>Balance at 30 June 2015</b>	<b>46,002</b>	<b>266</b>	<b>146</b>	<b>46,414</b>
Surplus for the Year	329	-	-	329
Other Comprehensive Income	-	(376)	-	(376)
Total Comprehensive Income for the Year	329	(376)	-	(47)
Transactions with Members As Members Transfer to Accumulation	(112)	112	-	-
<b>Balance at 30 June 2016</b>	<b>46,219</b>	<b>2</b>	<b>146</b>	<b>46,367</b>
Surplus for the Year				
Other Comprehensive Income	53	-	-	53
Total Comprehensive Income for the Year	53	341	-	394
Transactions with Members As Members Transfer to Accumulation	4	(4)	-	-
<b>Balance at 30 June 2017</b>	<b>46,276</b>	<b>339</b>	<b>146</b>	<b>46,761</b>

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 30 June 2017

#### 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 and all values are rounded to the nearest thousand dollars (\$000) unless otherwise stated.

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 reporting requirements.

A full description of the accounting policies adopted by the Association is provided in the 2017 financial statements. Notes to the accounts are available on the website. ([www.ocav.com.au](http://www.ocav.com.au))

The Old Colonists' Association of Victoria is a not-for-profit organisation providing village-style accommodation and support services for older Victorians. OCAV works to ensure its residents enjoy a positive experience of ageing, from independent living through to high-level 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. Donations may be made online at:

[www.ocav.com.au](http://www.ocav.com.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.com.au](mailto:admin@ocav.com.au)  
[www.ocav.com.au](http://www.ocav.com.au)



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## Old Colonists' Association of Victoria

T: 03 9481 9300

F: 03 9482 4215

E: [admin@ocav.com.au](mailto:admin@ocav.com.au)



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[www.ocav.com.au](http://www.ocav.com.au)

### **Rushall Park**

20 Rushall Crescent  
Fitzroy North VIC 3068  
T: 03 9481 9300

### **Braeside Park**

19 Clyde Road  
Berwick VIC 3806  
T: 03 9707 3700

### **Leith Park**

339 St Helena Road  
St Helena VIC 3088  
T: 03 9433 1100

### **Currie Park**

58 Weir Street  
Euroa VIC 3666  
T: 03 5795 1822