



OLD COLONISTS'
ASSOCIATION OF VICTORIA
Living Communities



Annual Report
2018



OUR VISION

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



OUR VALUES

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



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

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Australia has an ageing population. According to the Australian Bureau of Statistics, Australia's population is expected to increase from 24 million in 2017, to over 35 million in 2056.

In 2015, there were around 3.5 million older Australians aged 65 and over, equating to 15% of the population, with this percentage steadily rising.

These data show why the Old Colonists' Association of Victoria and our contribution to enabling older people to age well and with dignity matters. We have been caring for senior Victorians for almost 150 years, and we remain committed to pursuing opportunities to improve and increase the housing and support that we provide.

This year we have pressed on with our aim of assisting more Victorians, ensuring OCAV is a happy and vibrant place to live and work, and to be viewed as an industry leader. While the Council focuses on these three platforms, there is a very real urgency for us to find ways to find land and fund additional villages to meet the growing demand from people wishing to move into one of our villages. We currently have a waiting list of over 1,000 people.

We have invested in, and are well underway with, construction at Leith Park and Rushall Park which will add 81 new independent living units for singles and couples. This clearly is not enough, which is why our drive for additional villages increased this year on many fronts.

We launched *Living Communities Age Well* at Parliament House, a milestone event attended by politicians, philanthropists, and industry. The social return on investment evaluation showed that every dollar invested in OCAV creates over \$7.41 of value for residents, the community and the Federal and State Governments. This independent report is a positive demonstration not only of our successes to date but the important role we can play into the future.

As part of this drive, we have also met with Federal and State politicians and local government councillors representing our villages and the aged care and housing portfolios to brief them about our work and vision.

OCAV was founded on the largesse and vision of the government and the state's founding families almost 150 years ago. It is time now for policy makers and funders to honour that legacy and support a model of affordable housing and continuum of care which has proven effective and sustainable over the years.

My sincere thanks to my fellow Councillors who give freely of their time and who share the vision for the care and wellbeing of senior Victorians. Thank you to the OCAV staff, under the stewardship of Phillip Wohlers, for their hard work and commitment to the goals of the OCAV, to our volunteers, and to the residents for their extraordinary contribution to the OCAV community.

Kevin Neville
President



“

We launched *Living Communities Age Well* at Parliament House, a milestone event attended by politicians, philanthropists, and industry.

”

THE COUNCIL

PRESIDENT

Kevin Neville

VICE PRESIDENT

Leslie Wood

TREASURER

Carl Maissan

THE COUNCIL

Kevin Neville	6 of 7
Leslie Wood	6 of 7
Carl Maissan	6 of 7
Ray Harvey	6 of 7
Judy Sharp	7 of 7
Nicole Pelchen	5 of 7
Carl Wood	3 of 7
Jenny Roche	1 of 1
Professor Robert Helme	4 of 4
Martin Bede	3 of 6

AUDIT AND RISK COMMITTEE

Carl Maissan	7 of 7
Kevin Neville	7 of 7
Ray Harvey	6 of 7
Martin Bede	1 of 6

CARE COMMITTEE

Judy Sharp	3 of 3
Carl Wood	3 of 3
Professor Rob Helme	2 of 2

GOVERNANCE COMMITTEE

Leslie Wood	1 of 1
Martin Bede	1 of 1
Carl Wood	1 of 1
Kevin Neville	1 of 1

DEVELOPMENT AND INNOVATION COMMITTEE

Ray Harvey	3 of 3
Judy Sharp	3 of 3
Kevin Neville	2 of 3
Nicole Pelchen	1 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*

This year we have made important strides in ensuring our Vision 2020 becomes a reality. Among our many initiatives have been Conversations for Change where we have led discussions about what age-friendly communities should look like in the future and the importance of valuing older people's contribution to the workforce and community.



Our contribution to industry leadership is gaining momentum. We have made submissions on aged care workforce, elder abuse, public housing, end of life care, and aged care funding. In each submission, we make recommendations based on our direct knowledge of working with and supporting senior Victorians.

In addition to submissions, OCAV is increasingly sought after to be part of campaigns whether it is calling for a bipartisan approach to ageing in Victoria, what makes a good old age, ensuring that everybody has a home, or contributing to NAB's Australian Futures Project. In each, we have brought our expertise to the table, offering our own ideas to surmount current and future challenges.

This expertise was showcased when we received a sought-after Aged Care Quality Agency best practice award for our establishment of a peritoneal dialysis treatment service for resident the late Peter Stock. OCAV worked collaboratively with the Austin Hospital, other health partners and his family to ensure he received the treatment he needed. Assisting people like Peter to receive the medical attention, nursing care and housing support as and when they need it, more than merely providing a service. It is part of our dedication to making sure that OCAV is a happy and vibrant place to live and work.

Within OCAV, we have worked with residents to prepare for our 150th anniversary next year and are delighted by the progress made to find history stories which had never seen the light before. Work is now underway to create celebratory events in each of our villages.

We have moved apace on our determination to be a dementia-friendly community by 2020 through training, maintenance and research. Our connections with younger people have cemented through the year in our Rushall Park and Currie Park villages and Liscombe House.

Our relationship with philanthropic trusts has grown through the year as well, with over \$120,000 grants being made available for arts and music therapy, electric beds for Liscombe House residents, and upgrading facilities in all villages to make them dementia-friendly. We thank all donors, trusts and foundations for their ongoing support.

This year has seen many important initiatives and plans put in place, and I thank our team for their ongoing care and support. 2019 will be an exciting and historic year for OCAV.

Phillip Wohlers
Chief Executive Officer

HIGHLIGHTS OF THE YEAR

Last year great strides were made to build on our Vision 2020 through the efforts of staff, volunteers and residents.

OUR RESIDENTS

One of OCAV's mantras is to promote older people as vital contributors to life in Victoria.

Residents continue to play a major volunteering role for OCAV; around half our residents volunteer either within their own village or in Liscombe House - highlighting another side to our successful continuum of care approach. Many also volunteer for Probus, Rotary, the Lions and church groups and raising funds for a range of charities from refugees through to cancer research.

GOVERNOR OF VICTORIA

During the year OCAV was honoured by the visit of our patron, the Governor of Victoria, the Honourable Linda Dessau AC and her husband, Mr Anthony Howard, to Liscombe House where they learned more about our work and talked with residents about life at OCAV. Among the residents they met with were Jean Lee, who volunteers in Liscombe House's library, Joan Chadzynski, who is on the Leith Park Activity Committee, and Wes Thomas, who is a member of the Men's Group.



416
residents



97.3%
occupancy rate



72.2
years old - average
age of a person
entering our villages



82
years old - average
resident age in our
villages



7.7
years - average length
of stay in our villages



72
residents in their
nineties



78.4%
of residents are women



21.6%
of residents are men

OCCUPANCY RATES

Our waiting lists continue to grow in Rushall Park, Leith Park and Braeside Park, clear demonstration that our continuum of care approach, together with accommodation and services, is highly sought after. Currently our occupancy rate stands at 97.3%.

STAFF

The relationship OCAV has with its staff is strong, reflected in the low turnover of staff and strong commitment to their work. They have led the way in involving residents at Liscombe House in a fact-finding research day into the role that virtual reality could play in the well-being of older people; extending our arts and music therapy programs; and assisting residents with signs of early dementia to stay independent.

TRAINING

Over 2,719 training hours were delivered through the year with all staff enrolled in Aged Care Solutions, an online program endorsed by the Australian Nursing and Midwifery Federation. The program includes mandatory topics from managing falls and balances through to elder abuse, fire security and other emergencies.

As part of our contribution to encouraging people into the aged care workforce, we once again welcomed students from La Trobe University of Science Health and Engineering doing their placements for the Introduction to Nursing Assessment, Nursing Assessment and Management and the Transition to the Bachelor of Nursing.

Over the past year 19 people have been palliated at Liscombe House. Part of this success is attributable to our training program: ten staff have completed external training in areas such as the palliative approach or looking at the terminal care pathway with Banksia and Northern Hospital; five staff have completed Advance Care Planning at the Austin Hospital; and one staff member has completed a train the trainer program in Advanced Care Planning.

FALLS

The number of falls has decreased significantly over the year (143 falls were recorded during the year) thanks to the purchase of electric beds through a grant from the Aged Persons Welfare Foundation.

Our Back Attack program for staff on manual handling was improved during the year with more precise individual training that enables staff to identify changes to movement patterns which could lead to falls.





VOLUNTEERS

Volunteering has become the work many people choose to do after leaving the workforce. OCAV has 185 volunteers ranging in age from 20 years to some in their 90s and all ages in between. Ninety three of the 185 volunteers are village residents.

Most external volunteers work in Liscombe House's diversional therapy program helping to run music afternoons, happy hours, discussion groups, the canteen, a men's group, social outings, craft activities and much more.

DEVELOPMENTS

Work has progressed on two multi-million dollar developments at heritage-listed Rushall Park and Leith Park. The two builds have been funded entirely by OCAV, and are expected to be completed in 2019.

Manresa Constructions are the builders for the dementia-friendly development at Rushall Park. It includes 35 new units for older Victorians in need. These include single and double units within a three-storey development. Car parking and landscaping is included. The new development has been designed by award-winning MGS Architects.

At Leith Park, work is well underway for Stage 1 where 46 new one-bedroom and two-bedroom units are being built over the next 18 months. The development will replace 24 one-bedroom units and is being constructed in two stages. The design is dementia-friendly with a six-star energy rating.

RESEARCH

Residents in Currie Park and Rushall Park took part in Winternet Café¹, a research program run by La Trobe University. The research, funded through the Australian Research Centre, is part of a collaboration with OCAV, La Trobe University's Associate Professor Raelene Wilding and University of Western Australia. It is aimed at improving online access and digital literacy for older Australians.

The Winternet Café was conceived after a recent report found that older Australians are only half as likely to use the Internet as younger Australians. Researchers are exploring why older Australians use the Internet less, and whether using the Internet might help older people to keep in touch with family and friends, access information more easily or otherwise improve their lives.

OCAV is partnering with researchers from La Trobe University to investigate the potential role virtual reality might play in the wellbeing of older Victorians. The partnership follows a successful trial with residents at Liscombe House who were treated to a virtual reality underwater experience.

The research will focus on three main questions: can we improve health and wellbeing using VR? Is VR useful as a stimulus for interaction? How does VR, if at all, reduce social isolation if carried out with family/friends?

¹ Ethics approval: UWA RA/4/1/8132.

150TH ANNIVERSARY PREPARATIONS

Preparations for the 150th anniversary in 2019 are well ahead with celebration events at every village, a travelling history exhibition, and a gala fundraising evening.

Highlights include an embroidery of the architectural history of Rushall Park created by ten resident artists, sewers and embroiderers. The embroidery will feature squares of 24 different cottages, including the first cottages built almost 150 years ago. The cottages were painted by Rushall Park artist Pat Medland, before being printed on fabric.

Restoration is underway to ensure historical photographs are preserved in time for the anniversary. Work is being done by conservation framer Tony Rich.

Social media has played a part in finding Victorians whose parents or friends have been associated with OCAV over the years. They include Karen Clarke, the grand-daughter of Alice Wane, who was a nursing Sister at Rushall Park for 14 years from 1955 to 1968. Karen came forward with boxes of old papers and photographs after hearing about the anniversary.

ADVOCACY

OCAV has had a busy year on the advocacy front. It has supported a bipartisan Agenda for Ageing in Victoria as part of the 2018 election campaign and joined Everybody's Home, a national campaign which plans to fix Australia's housing system.

It has made eight submissions over the year. These include the **Aged Care Workforce Inquiry**, where OCAV calls for a whole-of-government, industry and community effort, across the health, education and training, human services and employment portfolios, with a focus on the needs of the consumers of aged care; the **Victorian Government's Public Housing Redevelopment Program** where we raise the issue of older women's homelessness and **End of Life Care** which highlighted OCAV's successful approach to palliation.

FUNDRAISING

This year we conducted our first fundraising survey to find out more about our supporters' needs and interests. Residents, staff, volunteers and friends were invited to have their say through a short online survey.

We discovered that over half our residents will read this annual report, 63% of our donors support us because of our charity work, 35% would consider leaving a bequest and many people made positive comments about life in our villages.

In May-June 2018, we launched our second tax appeal featuring Leith Park resident, Bev Ward, who has been volunteering for 30 years, and the late Eve Allardice. We thank those who supported the appeal which generated over \$12,000, new monthly donors and nearly quadrupled our previous result.

MEDIA

OCAV was in the media throughout the year with highlights being ABC's *Gardening Australia* in March 2018 where Rushall Park's gardens, horticultural team and residents Helen Austin and Margaret Finlayson were filmed and interviewed. The feature focused on therapeutic gardening.

Other media included *Herald Sun* and the pet therapy program at Liscombe House, *Euroa Gazette*, trade and specialist media on the *Living Communities Age Well* publication.





AWARD WINNING AGED-CARE

OCAV won a national better practice award for its innovative kidney dialysis service run from Liscombe House during the year.

The Australian Aged Care Quality Agency (AACQA) awarded OCAV in recognition of its commitment to continuum of care and support for the late Peter Stock, a kidney dialysis patient, who had to move from independent living within OCAV due to a rapid deterioration of his condition.

Catherine Rosenbrock, AACQA Victorian Director, said the service that OCAV provided was exemplary and demonstrated how true to its mission it was in providing care to its residents. She said the service revealed the depth of OCAV's commitment to being person-centric, whatever stage of life they are at.

Mr Stock had been on home dialysis at OCAV's Leith Park village for three years as part of a pilot program involving the Royal District Nursing Service. Sadly, his condition deteriorated rapidly, and he was no longer able to live in his independent unit because he required peritoneal dialysis every night while he slept.

Following careful consideration and with the training and support of Austin Hospital, OCAV cared for Peter on dialysis at its Liscombe House aged care facility until he died in early 2017.

The decision to accept Peter into aged care was not made lightly, as caring for a person on dialysis requires a lot of staff training.

OCAV's nursing team worked with the multi-disciplinary and home-therapy teams at the Austin Hospital in the set-up of the dialysis service. The home therapy unit at Austin hospital offered their full support and 24-hour backup/call service, and provided relevant education and competency testing for staff. Home therapy organised for the peritoneal dialysis equipment and solutions to be provided through Baxter Health Care.

Until Peter's death, there were only three dialysis patients living in aged care facilities in Victoria. OCAV intends to extend the service for other older Victorians in need.

OCAV was one of 37 organisations Australia wide to receive a Better Practice Award.

“

Peter was one of our own. He had lived at Leith Park for 10 years and he needed to have a home to come to after hospital. We decided yes, we could do it.

”

- Philip Wohlers, CEO



CREATING VALUE, MAKING AN IMPACT

During the year, OCAV published *Living Communities Age Well*, a Social Return on Investment evaluation which revealed that every dollar invested in OCAV creates over \$7.41 of value for residents, the community and the Federal and State Governments.

Living Communities Age Well was commissioned by OCAV to learn more about the impact that the Association has on the lives of residents and their families, staff and volunteers, as well as the value it brings to governments. The evaluation was conducted by Think Impact who consulted with a broad group of stakeholders, including residents, volunteers, family members, and industry sector leaders.

Findings included that every year:

- An investment of \$14.7 million by OCAV to provide housing and care creates additional net value of \$109 million for residents, the community and governments.
- The Victorian Government experiences \$1.6 million of value through avoided public housing and health costs.
- The Australian Government experiences \$9 million of value each year due to reduced health care costs, avoided entry into government subsidised aged care and reduced age pension payments.
- OCAV residents experience almost \$60 million of value. Most of the value is created from peace of mind and dignity, as well as improved family relationships, relief that arrangements are in place for housing and future care.
- Family members experience over \$32 million of value, which is created through improved family relationships.

Living Communities Age Well was launched at Parliament House in June 2018 to an audience of politicians, philanthropists, industry leaders and residents.

Speakers included The Hon. Martin Foley, Victorian Minister for Housing, Disability and Ageing who congratulated OCAV for the role it has played for almost 150 years in ensuring older Victorians in need had safe housing and support to age well.

Other speakers included Ro Allen, Commissioner for Gender and Sexuality; Ross Wyatt, head of Think Impact; and Patricia Benedict, a Currie Park resident, who also launched the report.

The independent report is being used to support the OCAV campaign to build additional community-style villages for older Victorians in need.

“

There is nothing else like the OCAV model; it is successful and sustainable.

”

- The Hon Martin Foley, Victorian Minister for Housing, Disability and Ageing

LIVING COMMUNITIES AGE WELL: THE IMPACT OF OCAV ON OUR RESIDENTS

BRAESIDE PARK

Although Ali Gwyer lives with chronic osteo-arthritis, a heart condition and a complex range of other health issues, her health has improved enormously. She attributes her well-being to the care of staff, the nutritious meals provided, and the arrival of volunteer Meredith Pankhurst into her life.

Encouraged by her daughter, Meredith Pankhurst started volunteering as a companion to Ali at OCAV'S Braeside Park over two years ago. It did not take long for the arrangement to morph into a lovely friendship, based on a shared love of gardening and reading.

Each week, or fortnight, Meredith visits Ali at the Berwick village and the pair goes out for a coffee or to an appointment. Meredith regularly takes Ali to armchair yoga at nearby Cranbourne, followed by a coffee.

For Ali, Meredith has become an important lifeline while for Meredith, the opportunity to volunteer ensures she continues learning and making new friends.

CURRIE PARK

Life has turned around for Sandra Cumming. A few years ago, she was losing the capacity to walk and use her hands due to Dystonia, a neurological movement disorder that causes muscles in the body to contract or spasm involuntarily. Fast forward to November 2017 and Sandra picked up a first prize for her glass painting at the Euroa Show.

Sandra's unit has recently been renovated making it possible for her to live independently. She has a level 4 care package which provides her with regular housekeeping support and two hours with a carer who takes her shopping each week.

She now knits, paints, with mentoring from fellow resident and artist Gillian Coates, attends exercises at the Euroa hospital each week and has put in place services that mean she can live at OCAV's Currie Park village for longer. She no longer worries about her future.



83%

of volunteers said volunteering with OCAV offers relationships that **provide them with enjoyment** and fulfilment.



60%

of residents **worried about how they would take care of themselves** as they became older before coming to OCAV.



LEITH PARK

At 99 Don Simpson boasts a life of good health and much love. There was a hiccup in North Africa in 1943 that set him back after being hit by enemy fire in Alamein during the Western Desert campaign of the Second World War.

Don migrated to Australia with his parents from London when he was three. He and his wife Betty moved to Leith Park in 2002, and he has not regretted a day of his life in the village. He could visit Betty every day of the last two years of her life spent in care at Liscombe House, OCAV's aged care facility.

Don still lives independently but says the services provided to him make life manageable as he ages. Each morning someone comes to check on him, brings his mail and a few hours later a cooked lunch is delivered to his unit from the Leith Park kitchen. Someone comes once a fortnight to clean his unit and each week he gets the Leith Park bus to the shops to buy what he needs.

"It is absolutely wonderful what we have here and it makes my life very good," he said.



39%

of residents report a **reduction in symptoms of anxiety and depression** while living at OCAV.

RUSHALL PARK

Jean and Bernard Pidd do 'starting over' better than most. A couple of years after moving from the UK, they lost everything in the 1967 fires, including two treasured cats. Then on 7 February 2009 the Black Saturday fires destroyed the home they had built in Kinglake. Again, they lost two beloved cats in that fire. Their application to move into Rushall Park village was fast tracked in 2009 after they were left homeless by the fires. They came to the village to start over, and they did.

The Pidds, who have been married for 65 years, have 'built' a lovely home in Rushall Park with things given to them after the fire. Both have embraced many of the opportunities and friendships at Rushall Park. Bernard is an enthusiastic member of the Merri Singers who gather every Monday; plays carpet bowls regularly and enjoys the company at Friday's happy hour. Jean spends hours in the garden and has created a lovely area around their cottage.

"I remember when I walked into the carpet bowls and the people greeted me and made me feel I had been here all my life," Bernard said.



\$7m

OCAV residents experience almost **\$7 million of social value** every year from a sense of belonging to the OCAV community.



LIVING ACROSS OUR VILLAGES

INDEPENDENT LIVING



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

Every village's residents and activities committees have been involved in planning celebrations to mark the Association's 150th anniversary in 2019. They have also taken part in surveys for *Living Communities Age Well*, and other external surveys to determine resident satisfaction within retirement villages.

Anzac Day was marked at all villages. Cup Day fever, Christmas and other special days saw residents at all villages come together to celebrate. Over 300 activities were organised across all villages by the activities committees including chat 'n chew, armchair exercise, carpet bowls, book clubs, and happy hours.

Rushall Park and Currie Park residents have taken part in a National Health and Medical Research project investigating how older people use the internet. All villages have benefited from different talks on issues ranging from fire safety, healthy ageing, wills, and elder abuse. The intergenerational project with Fitzroy High School VCAL students continues with Rushall Park residents.

All villages have benefited from maintenance work undertaken by OCAV's maintenance team. These have included major renovations to cottages, the introduction of a computerised maintenance management system, and improvements to fire and safety.



282
independent living
homes



299
residents



235
are women



64
are men



Braeside Park
32 women, 4 men

Currie Park
10 women, 8 men

Leith Park
77 women, 23 men

Rushall Park
116 women, 29 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.

Of special note is the weekly visit of Sandy, the resident labrador at Euroa Secondary College, to Currie Park. Sandy is helping bridge the gap and improve understanding between the town’s young and elderly community, and particularly residents in assisted living.

 **37** assisted living homes

 **37** residents

 **30** are women

 **7** are men

 **Braeside Park**
12 women, 2 men

Currie Park
6 women, 2 men

Rushall Park
12 women, 3 men

AGED CARE



Last year saw our arts and pet therapy programs expand thanks to funding from the Danks Trust and Marion & EH Flack Trust.

OCAV has established a gallery at Liscombe House to show off the creative works of residents, including photography, collages, adult colouring, paintings and creative arts using different mediums. Twelve Glen Katherine Leaders program students worked with residents to create a sign for the gallery. A mural has also been created by residents, staff and volunteers in the Currie Wing dining/ sitting area. The arts therapy program is run by a volunteer, and is proving a boon to keeping our more vulnerable residents active and healthy.

The third annual Family Fun Afternoon created a carnival atmosphere at Liscombe House with residents and their families enjoying slushies, face painting, balloon animals, lucky dip, spinning wheel, and a sausage sizzle.

 **81** aged care rooms

 **81** residents

 **61** are women

 **19** are men

 **1** in respite



CREATING DEMENTIA FRIENDLY COMMUNITIES

Imagine living in a community where everyone, from banks and supermarkets to the local corner shop and hairdresser, share responsibility for ensuring that people with dementia feel understood, valued and able to contribute to their community?

That is the vision of OCAV which has drawn on the advice and expertise of Alzheimer's Australia (NSW) to develop a seven-point plan to create dementia-friendly villages.

The plan includes: engaging regularly with residents, families and powers of attorney to ensure there is awareness and understanding of how we work with a resident who is exhibiting signs of dementia; reviewing resident agreements and communications to ensure that existing and new residents are clear on what OCAV will and will not provide in independent and assisted living; educating staff and volunteers; ensuring all staff have appropriate information about local dementia services and that relevant information is available to residents / families at each village; monitoring residents with dementia with the aim of keeping them living independently for as long as possible; ensuring staff are trained to identify and manage 'at risk' dementia sufferers; and updating existing villages and ensuring new buildings incorporate dementia-friendly design principles.

Over the past year, we have held training programs for staff, volunteers, residents and families reaching up to 100 people. The courses, delivered by Dementia Australia, included Enabling Edie, Doorway to Dementia, Communication in a person-centered way, dementia information for volunteers, and Your Brain Matters. Plans are in place to increase the training programs next year.

EDIE STEADY GO

Staff undertook a three-hour immersive experience with EDIE, a 360-degree immersive experience that enables people to see first-hand the challenges faced by people with dementia.

Educational Dementia Immersive Experience, a virtual reality smartphone app aims to build empathy in the user for people living with dementia.

The experience proved transformational for Damian Pennington, Property Manager, who said wearing EDIE has helped direct OCAV's property plan. A range of initiatives have been introduced including special attention to colours, textures, contrasts between floors and benches, and cabinetry.

EDIE is the next generation in the use of serious games technology developed by Dementia Australia Vic. The organisation worked with the Deakin Software and Technology Innovation Laboratory (DSTIL) to develop this technology.



CONVERSATIONS FOR CHANGE

As part of our commitment to drive the ageing agenda in Australia, we established Conversations for Change to bring together others with an interest in shaping a future in which older people are actively engaged.

Two Conversations for Change were held during the year. The first *What should an age-friendly community look like in 2050* attracted around 30 leading researchers, industry champions, local government planners and councillors to a panel discussion.

Dr Helen Austin, OCAV resident and former palliative care physician, Dr Owen Donald, Chief Commissioner, Victorian Building Authority, Dr Sue Malta, Senior Researcher at the National Ageing Research Institute and The University of Melbourne and Rob McGauran, Founding Director, MGS Architects led the conversation from a variety of perspectives.

Affordable housing is key to age-friendly communities, according to the speakers, arguing that housing was essential to the health and well-being of older people. They stressed the importance of planning for a variety of housing which is safe and well-located with access to community and home-based services.

The publication, *What should an age-friendly community look like in 2050* was launched by the Hon Richard Wynne, Victoria's Minister for Planning and local member for Yarra, in early 2018.

An equal challenge is ensuring that government policy acknowledged that while the population was ageing, people were also healthier and wanted to work, volunteer, learn, and contribute to society.

LET'S RETIRE RETIREMENT

The second Conversations for Change was held in late June 2018, with Dr Kay Patterson, AO, Australia's Age Discrimination Commissioner discussing *Let's Retire Retirement*.

Her address coincided with OCAV Council's decision to allow residents to continue working while living in an OCAV village. The decision reflects the reality that the pension is not huge, and that working or volunteering contributes to good ageing.

This decision was applauded by Dr Kay Patterson, who said that as Australians live longer, healthier lives, there is an ever-increasing opportunity to harness the contributions of older people across all segments of our society.



Rob McGauran



Dr Owen Donald



Dr Sue Malta



Dr Helen Austin



Irene Renzenbrink



**POWERED BY
PHILANTHROPY**

The ongoing support of trusts and foundations helps fund valuable programs, upgrade equipment and maintain our facilities.

Partner	Amount	Project
Danks Trust	\$11,000	The Danks Trust funded an arts therapy program for residents with dementia.
The Andrews Foundation	\$5,000	The Andrew's Foundation enabled OCAV to renovate the front and back entrances of 16 independent living units at our Braeside Park retirement village.
Aged Persons Welfare Foundation	\$16,455	APWF's grant allowed us to purchase electric beds and mattresses for elderly people to reduce their risk of sustaining an injury from falling as they move in and out of bed.
The Marion & EH Flack Trust	\$10,000	The Marion & EH Flack Trust's grant funded a new person-centred, multi-discipline creative arts program. Our existing staff worked with external facilitators to support residents in music, dance and visual arts therapies.
The Jack Brockhoff Foundation	\$4,500	In consultation with residents and staff, we were able to design a more ergonomic kitchen with an emphasis on a safety and efficiency.
Perpetual - Estate of John William Fleming in conjunction with Lionel & Yvonne Spencer, Isobel Hill Brown Charitable Trust and Nancy Ewart & Grizelda Tennet Trust	\$25,000	Perpetual's Impact Grants funded our Home Safe program which will help improve resident security across all four sites.
Perpetual Irene Reid Trust in conjunction with Lionel & Yvonne Spencer, Isobel Hill Brown Charitable Trust and Ethel Herman Charitable Trust	\$50,000	Perpetual's Impact Grants also provided a generous grant which will help fund the new Active Ageing outdoor exercise park at Leith Park. Together with our research partner National Ageing Research Institute, our physio team will pilot a supervised, outdoor program for aged care residents focusing on balance, flexibility and coordination.

BEQUESTS A LIVING LEGACY

OCAV was honoured recently to receive a wonderful bequest from the Estate of Jean Margaret Stewart.

Jean's grandmother, Ethel Hooke, lived at Rushall Park many years ago and apparently, Jean never forgot the care and friendship Ethel enjoyed at the village.

Lifelong friend, Anthea Wynn, remembers Jean as a spirited woman who lived a life of service to her community.

"She was a medical radiographer in the late 1930s and spent most of her career caring for patients at the Repatriation Hospital in Heidelberg. At times her no-nonsense attitude might have seemed a bit brusque to the soldiers but it was her way of making sure she got the very best images so they could receive the best care possible."

Jean also studied photography at RMIT, becoming a well-loved photographer for a range of Victorian performing arts companies as well as a stage manager for Ballet Victoria. Her collection of images now rests with the Victorian State Library.

Having grown up in lean times, when many inner Melbourne streets were still dirt tracks, Jean quickly learned the value of money and appreciated her family's commitment to giving back.

She supported various charities during her lifetime but used her will to leave the greatest gift of all. She honoured her memories of visiting Rushall Park with a gift to help maintain the buildings that had been home to her grandmother in the 1950s.

Jean was 97 when she passed away. Whilst she may not be around to see her legacy in action, Jean's big-hearted generosity will have a positive impact on OCAV residents for generations to come.

Sadly, OCAV never had the chance to thank Jean personally for her amazing act of kindness. If you are considering leaving a gift, please consider informing us, so that we can ensure we honour your wishes and acknowledge your support in a way that best suits you.





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

Danks Trust
The Andrews Foundation
Aged Persons Welfare Foundation
(Wesley Nominees Ltd)
The Marion & EH Flack Trust
The Jack Brockhoff Foundation
Perpetual – Estate of John William
Fleming in conjunction with Lionel
& Yvonne Spencer, Isobel Hill Brown
Charitable Trust and Nancy Ewart
& Grizelda Tennet Trust
Perpetual Irene Reid Trust in
conjunction with Lionel & Yvonne
Spencer, Isobel Hill Brown
Charitable Trust and Ethel Herman
Charitable Trust

BEQUESTS

Francis Thomas & Jeannette
Warren Trust
Equity Trustees - Walter Leitch
Estate
Equity Trustees - Arthur Lyndhurst
Blannin Estate
Perpetual - W&M Levers and WM
Levers and Sons
Estate of Edward Davies
Equity Trustees - William Hall
Russell Trust Fund
Equity Trustees - Henty Louisa
Estate
Equity Trustees - Ephraim YOFFA
Charitable Trust
Equity Trustees - Joseph
Kronheimer Charitable Fund
Estate of Mrs Jean Stewart

COMMUNITY

National Seniors Greensborough
(B&M Goodyear)

OCAV FUNDRAISING COMMITTEES

Rushall Park Residents
- Dinner for Back Vac Pak
Rushall Park Residents
- Currie Night
Rushall Park Craft Group

DONATIONS - GENERAL

A B Hunt
A E Hughes
Ahmad Didi
Alan Howie
Alison Jobson
Audrey Bennett
Audrey Hill
Babs Cugliari
Barbara Ratcliffe
Beris Thytherleigh
Brenda Hunt
Brian Kavanagh
C M Andrews
Catherine Reid
Christine Webber
Claudia Hoefs
Cleo MacMillan
Colin Thomson
Colleen Stewart
David Hornsby
David Rooney
Debra McDougall

Debra Vallely
Dennis & G & K & A Ly
Diana Downard
Diane Harris
Don Simpson
Don Stephens
Donald Gaff
Doreen & Godfrey Walker
Dr Geoff Lacey
Dr Howard Goldenberg
Dulcie Sutton
Edwina Crawford
Eileen Rainsbury
Elizabeth Cox
Ellen B Allery
Elsa Clune
Elsie (Jane) Johnson
Enid Houston
Erica Mohoric
Eunice O'Callaghan
Faye Blainey
Florence Tattersall
Frank Hambridge
Fred & Ruth Strong
Gabrielle Engel
Gail Field
Gay Graham
Geoff Atkinson
Gerald Ely
Gertrude de Man
Gloria Davies
Graham Papworth
Heather Stock
Helen Austin



Ian Grigg
J (Tom) Thomas
Janece McPherson
Janet Creighton
Janet Sinclair
Janice McCredie
Janice Meldrum
Janna Dorset
Jean Chester
Jean-Marc & Marilyne Lopez
Jenny Martyn
Jill Dale
Jill Handley
Jim & Marita Cudmore
Jim Taylor
JL Dresdon
Joan MacDermid
Joanne Jackett
John & Jean Isaacs
John Harford
Josephine Farroll
Joyce Newman
Judith Hughes
Judy Ormandy
Judy Weatherhead
Julie More
Kate Nelson
Kathy Kalin
Kevin Coombe
Kevin Tierney
Laurel Ballantyne
Leonard James Smart
Lindesay Dresdon
Lorraine Chessels

Lorraine Lipson
Lorraine Wall
Lyn Malone
Lynda McDonnell
Margaret Evans
Margaret Finlayson & Helen Austin
Margaret Lumb
Margaret Sims
Marion MacLennan
Marita Cudmore
Mary (Mae) McKenzie
Mary Elizabeth Norris
Mary McGrail
McCrohan family
Michele Kett
Mr & Mrs L Guest
Mr Sayers
Mrs Georgina Papworth
Mrs Glenys Mullens
Mrs K J Kozlowski
Mrs M Lewis
Nancy Charman
Nita Maney
Nora Frake
Norma Beever
Norma Keats
Owen John Martin
P&S Kronberger
Pam Hjorth
Pamela Longmuir
Patricia Taylor
Peter & Joan Edwards
Peter Chester
Phillip Wohlers

RE&J Gwyther-Jones
Renee Ulloa
Richard & Suzanne Williams
Rick Hedger
Ritu Rani Paudel
Robyn Jewell
Roz Edmond
S&O Grasser
Sandra Cumming
Sheila Coll
Sheila Tolman
Shelley Calopa
Shirley Excell
Shirley Way
Siegmond & Olga Grasser
Sophia Alexandra
Stephen Coyne
Suzanne Neal
Therese Main
Tom Pratt
Trevor & Betty Rogers
Trude Radler
Ursula & Jeff Muller
Wilhelmina Gogerly
WJ & JE Russell
WR Coulson and HM Spence

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2018

	2018	2017
Income	\$000	\$000
Government subsidies	4,618	4,393
Independent living fees & charges	1,837	1,904
Residential care fees & charges	1,626	1,613
Donations & bequests	1,434	191
Ingoing donations	973	1,124
Interest & investment income	667	936
Assisted living fees & charges	567	572
Unrealised gains on changes in fair value of financial assets	77	-
Accommodation bond retention	19	24
Profit from sale/disposal of property, plant & equipment	4	2
Miscellaneous income	87	211
Total income	11,909	10,970
Expenses		
Employee expenses	(7,474)	(7,246)
Depreciation & impairment losses	(1,437)	(1,535)
Food expenses	(331)	(336)
Repairs & maintenance expenses	(263)	(281)
Rates & services expenses	(257)	(254)
Professional services expenses	(224)	(240)
Utilities expense	(193)	(180)
Services & contract expenses	(155)	(149)
Insurance expenses	(86)	(80)
Medical expenses	(77)	(70)
Cleaning & laundry expenses	(49)	(63)
Audit & other services	(49)	(49)
Printing, stationery & postage	(53)	(48)
Finance expenses	(14)	(1)
Other expenses	(414)	(385)
Total expenses	(11,076)	(10,917)
Surplus before tax	833	53
Income Tax Expense	-	-
Surplus for the year	833	53
Other comprehensive income		
<i>Items that may not subsequently be reclassified to profit or loss:</i>		
Changes to fair value of financial assets	182	341
Total other comprehensive income	182	341
Total comprehensive income	1,015	394

STATEMENT OF FINANCIAL POSITION

AS AT 30 JUNE 2018

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	2018	2017
	\$000	\$000
Assets		
Current		
Cash & cash equivalents	4,618	2,150
Trade & other receivables	542	337
Inventories	-	1
Financial assets	2,761	8,452
Prepayments	81	45
Total Current Assets	8,002	10,985
Non-Current		
Financial assets	9,819	11,208
Property, plant & equipment	36,495	30,682
Total non-current assets	46,314	41,890
Total assets	54,316	52,875
Liabilities		
Current		
Trade & other payables	4,534	4,240
Employee provisions	1,728	1,590
Total current liabilities	6,262	5,830
Non-current		
Employee provisions	278	284
Total non-current liabilities	278	284
Total liabilities	6,540	6,114
Net assets	47,776	46,761
Equity		
Accumulation account	47,117	46,276
Fair value reserve	513	339
Permanent fund	146	146
Total equity	47,776	46,761

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 30 JUNE 2018

	2018	2017
	\$000	\$000
Cash flows from operating activities		
Receipts from government subsidies	4,606	4,393
Receipts from residential care, assisted living & independent living services	3,906	4,284
Receipts from interest	667	909
Receipts from donations & bequests	1,434	191
Payments to suppliers & employees	(9,224)	(9,222)
Interest paid	(14)	(1)
Net cash generated by operating activities	1,375	554
Cash flows from investing activities		
Receipts from sale of plant & equipment	59	13
Payments for property, plant & equipment	(7,305)	(1,753)
Receipts from sale of investments	7,354	-
Net cash provided by/(used) in investing activities	108	(1,740)
Cash flows from financing activities		
Receipts from ingoing donations	973	1,124
Receipts from accommodation bonds & refundable accommodation deposits	1,117	335
Payments of accommodation bonds & refundable accommodation deposits	(1,105)	-
Net cash provided by financing activities	985	1,459
Net increase in cash held	2,468	273
Cash and cash equivalents at beginning of year	2,150	1,877
Cash and cash equivalents at end of year	4,618	2,150

STATEMENT OF CHANGES IN EQUITY

FOR THE YEAR ENDED 30 JUNE 2018

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	Accumulation Account \$000	Fair Value Reserve \$000	Permanent Fund \$000	Total \$000
Balance at 30 June 2016	46,219	2	146	46,367
Surplus for the year	53	-	-	53
Other comprehensive income	-	341	-	341
Total comprehensive income for the year	53	341	-	394
Transactions with members as members				
Transfer to accumulation	4	(4)	-	-
Balance at 30 June 2017	46,276	339	146	46,761
Surplus for the year	833	-	-	833
Other comprehensive income	-	182	-	182
Total comprehensive income for the year	833	182	-	1,015
Transactions with members as members				
Transfer to accumulation	8	(8)	-	-
Balance at 30 June 2018	47,117	513	146	47,776

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 30 June 2018

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 2018 financial statements. Notes to the accounts are available on the website. (www.ocav.com.au)

HOW YOU CAN HELP

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



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:

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Old Colonists' Association of Victoria

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St Helena VIC 3088
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Euroa VIC 3666
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