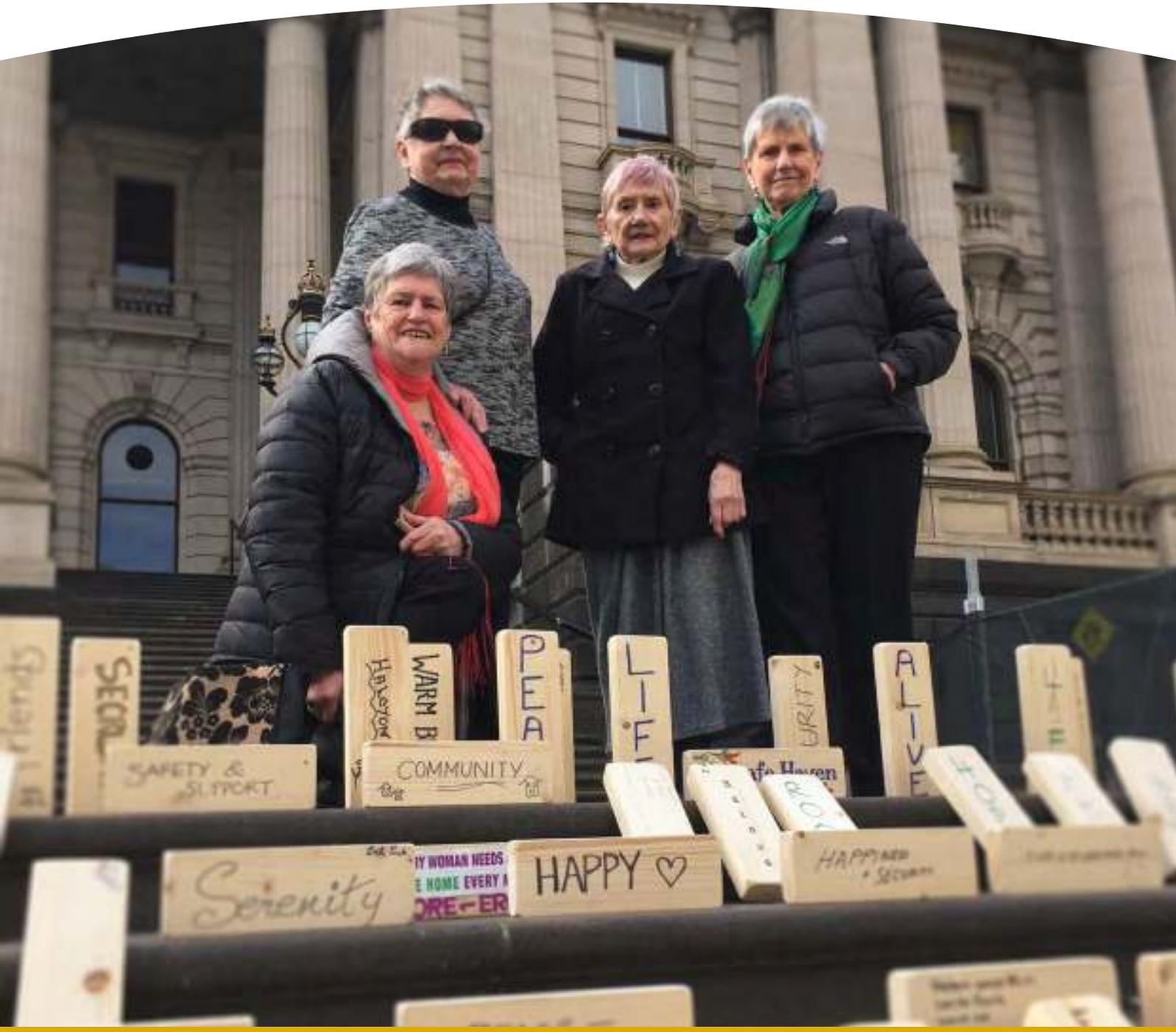


**OLD COLONISTS'**  
ASSOCIATION OF VICTORIA

15   
YEARS



 **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
- Inclusion

 **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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The past year has been one of two halves: our 150 year celebrations and dealing with the abrupt arrival of COVID-19.

How we have tackled both major events reflects on how we put into practice the values of the Old Colonists' Association of Victoria. These include safety, dignity, openness, responsibility, continual improvement, diversity and inclusion.

What gave me great pleasure and pride was directly supporting each 150<sup>th</sup> event in whatever capacity I was assigned, as well as meeting and working alongside other volunteers and residents and learning more about what OCAV means to them in every sense.

The anniversary also provided us with the opportunity to thank our supporters in Government, philanthropy, research, our volunteers and of course our staff. There is little doubt that the extraordinary support we receive from the community sets us up as a leader in the retirement and aged care sector.

Over the past year, and despite COVID-19, we have been able to upgrade our units at Currie Park, establish research into the effect of virtual reality on older people's social connections, develop an extensive Health and Wellbeing program at Liscombe House, and initiate a nutrition and gardening program at Leith Park. And of course, our wonderful new apartments at Leith Park and Rushall Park. All this delivers on our Vision of being an Industry leader, Assisting more Victorians and providing a Happy and Vibrant Place to live and work.

What also makes OCAV stand out is the contribution of our volunteers. In 2019, we drew heavily on volunteers to help with the smooth running of our village events. In the first half of 2020 we have not been able to enjoy the company of as many volunteers because of COVID-19 and stay at home restrictions. Some have still been involved in assisting at Liscombe House while others have signed up for a pen pal program especially instigated during the lockdown. Our sincere thanks to all of you. At the start of this year, we adopted a Diversity and Inclusion policy just ahead of International

Women's Day in March. The policy provides a framework around one of OCAV's strategic values, and builds on the existing culture of mutual respect. We can justly be proud of what we have achieved.

This year many of our plans have had to be postponed, including the setting of our Vision 2030. However, we have had the chance to look back at Vision 2020 to note our accomplishments which have included fostering partnerships that strengthen our capacity to advocate and influence policy, promoting a broader understanding of the contribution that older people make to society, building philanthropic and community support for our work, using technology to support our residents' welfare, building volunteers to 200 to support residents and staff across all villages, and ensuring effective governance to support OCAV's staff, volunteers and residents.

May I sincerely thank all my Councillors who give freely of their time, and who share a vision for the care and wellbeing of our residents. I extend our gratitude to our many supporters, donors, volunteers and residents, and finally our sincere thanks to the dedicated OCAV team whose commitment to each resident, particularly during the current pandemic, is truly appreciated.



**Kevin Neville**  
President

# THE COUNCIL

## **PRESIDENT**

Kevin Neville

## **VICE PRESIDENT**

Leslie Wood

## **TREASURER**

Carl Maissan

## **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*

Evon Ingleby,  
*Residents' Coordinator, Rushall Park  
and Braeside Park*

Damian Pennington,  
*Property Manager*

Louise Blagus,  
*HR Advisor*

## **THE COUNCIL**

Kevin Neville  
Leslie Wood  
Carl Maissan  
Jenny Roche  
Ray Harvey  
Judy Sharp  
Carl Wood  
Lyndsay Neilson  
Dominique Horne

## **FINANCE AND AUDIT COMMITTEE**

Carl Maissan  
Ray Harvey  
Lyndsay Neilson  
Kevin Neville

## **CARE COMMITTEE**

Judy Sharp  
Carl Wood  
Dominique Horne

## **GOVERNANCE COMMITTEE**

Leslie Wood  
Carl Wood  
Kevin Neville

## **DEVELOPMENT AND INNOVATION COMMITTEE**

Ray Harvey  
Kevin Neville  
Jenny Roche  
Lyndsay Neilson  
Judy Sharp

## **NUMBER OF MEETINGS**

6 of 7  
7 of 7  
7 of 7  
6 of 7  
6 of 7  
7 of 7  
7 of 7  
7 of 7  
2 of 2

## **NUMBER OF MEETINGS**

4 of 4  
4 of 4  
4 of 4  
3 of 4

## **NUMBER OF MEETINGS**

2 of 2  
2 of 2  
1 of 1

## **NUMBER OF MEETINGS**

3 of 3  
3 of 3  
3 of 3

## **NUMBER OF MEETINGS**

3 of 3  
3 of 3  
3 of 3  
3 of 3  
1 of 1

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**Image (L - R):** OCAV's CEO Phillip Wohlers, Council President Kevin Neville, Governor Linda Dessau AC, Anthony Howard QC, Council members Judy Sharp, Carl Wood and Vice President Leslie Wood.



What an extraordinary year we have had. From the highs of celebrating our 150<sup>th</sup> anniversary in 2019, we found ourselves managing a pandemic the likes of which has not been seen since the 'Spanish' flu in 1918.



In the meantime, however, the year has been peppered with triumphs. Starting with the 150<sup>th</sup> events, the success of each event is very much due to the planning and involvement of everyone in every village. Every celebration was unique to each village but common themes were apparent: the bunting made by residents in Rushall Park and Leith Park were a wonderful throwback to early OCAV days, the history exhibition *Beyond the Gates* provided a centrepiece of interest at each village, as did the house and garden tours, art and music. These elements reflect what OCAV is today and how it will evolve in the future.

Partnerships were certainly an important factor this year, too. From partnerships with philanthropic trusts and research institutes, we have continued to forge new links and deepen existing relationships.

We were delighted to receive sponsorship from the superfund HESTA for a one-year professional development program focusing on wellbeing and mental health for our staff. This support could not come at a better time. The training support package will be provided by the Black Dog Institute.

This past year we have welcomed 100 new residents into our multi-million dollar architecturally designed apartments at Leith Park and Rushall Park, a total of 81 new independent living apartments. We are looking forward to opening Leith Park stage 2 later in the year. We are proud to provide safe, secure and affordable housing for older Victorians at a time when limited funds are being invested into social housing.

Nevertheless, we are acutely aware of the ongoing need for age-friendly and dementia-friendly housing, and continue to call on the Federal and Victorian Governments to invest. This advocacy is an important component of our Industry Leadership platform. Over the past year, we have submitted to the two Royal Commissions - one into Aged Care Quality and Safety and the other, Mental Health - urging systemic changes to the way aged care is funded and for a national strategy for older people.

COVID-19 has affected all of us in so many ways. We are aware of the vulnerability of our residents across all our villages and of the trust put in us by the families of our Liscombe House residents. The entire OCAV team, staff and volunteers, has worked tirelessly to ensure that we safely deliver the best of services in these difficult times, and that we communicate as well as we can with all our stakeholders. I thank them all for their resilience and commitment.

May I take this opportunity to thank everyone for their contribution to making OCAV a happy and vibrant place to live and to work, for their outstanding efforts in making our 150<sup>th</sup> anniversary the success that it was, and all the other achievements we have accomplished together.

**Phillip Wohlers**  
Chief Executive Officer

# HIGHLIGHTS OF THE YEAR

The past, present and future were at the forefront of celebrations and achievements over the past year.

The past was marked through the many different events held for the sesquicentennial; the present was focused on managing COVID-19 and continuing essential operations across the villages; and the planning for Vision 2030 is currently being scoped and will build on the successes of the previous four years which had three platforms for action: industry leadership, assisting more Victorians, and ensuring OCAV is a happy, vibrant place to live and work.

## OUR RESIDENTS

Residents are essential to the smooth running of each village, and particularly over the past year with the focus on the 150<sup>th</sup> celebrations and welcoming many new residents to Rushall Park and Leith Park. They are a living example that older people have much contribute to the community.

COVID-19 notwithstanding, our residents were involved in many different public campaigns throughout the year including embracing climate change and calling for asylum seekers to be brought to Australia.

## OUR VOLUNTEERS

Our 200-plus volunteers are a major force within OCAV. They are involved in many different areas from technology through to writing life stories, from pet therapy through to being pen pals with residents and helping in the villages' gardens.

We celebrated their accomplishments with a special tribute during National Volunteers' Week in May. Each volunteer received a *Thank you for your gift of thyme* card which was drawn by Juliette Ward, a renowned botanical artist. They also received a sprig of thyme and certificate.

## HESTA

A one-year professional development program focusing on wellbeing and mental health is underway throughout OCAV, thanks to support from HESTA. The training support package is being provided by the Black Dog Institute. The partnership was announced by Nick Duffy, Team Leader - Client Partnerships Victoria and Tasmania, on Aged Care Employee Day 2019. He said that HESTA wanted to support bold organisations who demonstrate leadership in their field.



**477**  
residents



**75.6**  
years old - average  
age of a person  
entering our villages



**81.4**  
years old - average  
resident age in our  
villages



**9.06**  
years - average length  
of stay for Independent  
Living in our villages



**377**  
of our residents  
are women



**100**  
of our residents  
are men



OCAV is a leader when it comes to setting trends and looking after older people.



- Nick Duffy

## VIRTUAL REALITY RESEARCH FINDINGS

A Virtual Reality research project involving OCAV's Currie Park residents in Euroa and La Trobe University in Bundoora found that technology can improve well-being for older people, particularly those in isolated areas and retirement villages. The researchers found that contrary to assumptions that virtual reality technologies are an individualistic pursuit, they discovered that Virtual Reality enabled participants to form strong social connections, bonding over their experiences including sharing information and techniques for engaging with the technologies. The research was supported by a grant from Ian Currie Rollo Estate Foundation's Caring for Rural Australians program.

## EXERCISE PARK



Commissioner for Seniors Victoria, Gerard Mansour, opened the outside exercise park at Liscombe House in August 2019. He was joined by CEO Phillip Wohlers, Director of the National Ageing Research Institute Associate Professor Briony Dow, and OCAV volunteer Liliana Diaz Tornros. The new seniors' exercise park was installed in partnership with NARI with funding from Perpetual's 2018 IMPACT Philanthropy Program and Gandel Philanthropy. Lark Industries supplied the eight exercise stations tailored to older people, designed to improve strength, balance and mobility.

OCAV is involved in a two-year research trial with NARI to determine whether senior outdoor parks help to reduce feelings of loneliness and isolation, as well as improve physical health. The research, called ENJOY, was a finalist in the 2019 VicHealth awards.

## SOLAR ENERGY AT OCAV

Over 300 solar panels were installed at Liscombe House, with the aim of generating 139mwh a year and to reduce the aged care facility's energy usage, by around 70 per cent of grid power.



**170**  
staff



**134**  
staff are women



**36**  
staff are men



**200**  
volunteers



**146**  
volunteers are women



**41**  
volunteers are men



**24**  
volunteers are aged  
over 70 years' old



**5,022**  
hours contributed  
by volunteers

## TRAINING

Over 4,000 training hours were recorded during the year, double the number from the previous year. The training was delivered through Aged Care Solutions and covered all compulsory topics including CPR, wound management, continence, medication, fire and evacuation, bullying and harassment, malnutrition and dehydration, and food services. Staff continue to be trained around the new Aged Care Quality Standards which were introduced on 1 July 2019.

## DEMENTIA

Dementia education is a priority for Liscombe House given the number of residents living with dementia. Staff have completed the highly-regarded University of Tasmania's Wicking Dementia and Research program, and all staff have taken Dementia Australia's Essential Course. This is a crucial program because the Personal Care Attendant course, which aged care workers undertake, includes minimal training on dementia. The dementia education program run by OCAV is extensive and highlights the importance of our care practice which focuses on each individual's need.

## PALLIATIVE CARE

Over the past year, OCAV palliated 20 residents at Liscombe House. Residents choose to 'die at home' rather than in a hospital. Thanks to philanthropic funding from Marion and E H Flack Trust, we have been able to buy specialised beds and syringe pump treatment which alleviates pain. Staff have undergone training through Austin Hospital's Palliative Care including how to manage palliation during COVID-19.

## COVID-19

Repeated training in PPE, hand hygiene, wearing face masks, and infection control was run throughout the first half of 2020. The training was a mix of face-to-face training by OCAV's infection control consultant and Aspen Medical, as well as videos. All staff and volunteers at Liscombe House underwent training, and all village staff received PPE donning and doffing training.

## LISCOMBE HOUSE STAFFING

Liscombe House draws on a range of experts to deliver quality care which has been recognised through awards by the Australian Quality and Safety Commission. Our staff include nine Registered Nurses, twelve Enrolled Nurses, 29 Personal Care workers, three physiotherapists, a podiatrist, a dietician, a speech pathologist, two Diversional Therapists, and two Clinical Care coordinators. We have an Infection Control consultant, OH&S Consultant, a volunteer counsellor, and a team of geriatricians.

## FUNDRAISING

This year's End of Tax appeal focused on raising funds for specialised equipment for Liscombe House. The appeal raised over \$10,000, enabling OCAV to purchase best-practice monitoring systems, specialist chairs, wheelchairs, and palliative trolleys.



## CELEBRATING 150 YEARS AN OCCASION TO REMEMBER

Our sesquicentennial celebrations opened with an afternoon tea at Government House in July 2019 for 70 residents, volunteers and staff.

The occasion, hosted by OCAV Patron Linda Dessau AC, Governor of Victoria and Mr Anthony Howard QC, was a fitting start for the year which the Governor described as a 'hallmark' and 'something to be celebrated.'

The Governor said it was important to realise that in 1869, when OCAV was founded, that Government House had not been built although land had been set aside for the building; and the population then was around 100,000.

"It is against this backdrop that a group of men met to found an organisation to assist 'necessitous' old colonists with housing or loans. What a vision," she said, adding that the mission had not changed and nor had the need.

She said she was proud that, as Governor, she was patron and continued the tradition of Victoria's Governors being involved with the association.

The Governor and Mr Howard were thanked for their hospitality by Carl Wood, OCAV Councillor, whose mother had lived in Rushall Park and Liscombe House.

Mr Wood said that while trends come and go, a constant for OCAV is how history continues to play its part.

"For instance, many of our founders and first colonial settler families remain connected with us in one way or another, whether it is through bequests, trusts and foundations or reconnecting with families such as the Coppin family, the Sumner family, the Downies, the family of two of our first honorary medical officers," he said.

The afternoon ended with a hearty three cheers for the Old Colonists.





## BRAESIDE PARK SUNSHINE, SWING AND SCONES

Families across the City of Casey celebrated an afternoon of music, dancing and history as part of Braeside Park's 150<sup>th</sup> festivities.

Around 150 visitors basked in glorious sunshine on Saturday 13 October enjoying the sounds of six-piece jazz band The Astor Swing Band before being treated to a traditional afternoon tea of scones and jam. Home-made jams and marmalades made by Marie, one of Braeside Park's residents, quickly sold out.

House and garden tours through the village were also sold out with many visitors joining tours at the last minute to get a glimpse into retirement living. Children enjoyed playing board games with residents and exploring the fire truck brought in by the Berwick CFA. The exhibition *Beyond the Gate* was a huge success with people lining up to learn more about the association.

The former Mayor Amanda Stapledon formally launched the Celebration Afternoon, paying tribute to the organisation for its tireless work in housing and supporting older Victorians. She also acknowledged the historic links between Braeside Park and the City of Casey.

She noted that Lord Casey, after whom the City of Casey was named was patron of the project to build Braeside Park, and that the Casey connection was originally made through his wife, Lady Maie Casey who was elected Life Governor of the Association in 1926.



“

It was a treat to be a part of the celebrations and to see retirement living at its best.

”

- Daniel, a visitor





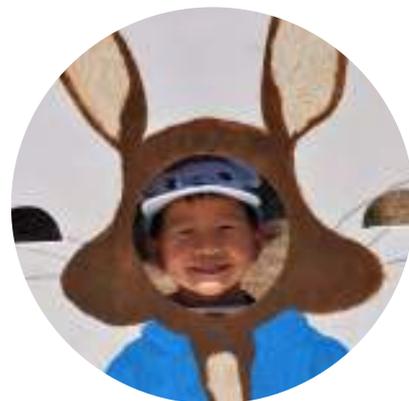
## CURRIE PARK A THRIVING COMMUNITY EFFORT

A showcase of a thriving, healthy and happy community was how Strathbogie Shire Council's Deputy Mayor John Mason described Currie Park at the 150<sup>th</sup> Festival opening on 23 November.

The Festival drew a 150-strong crowd who were entertained by the Euroa Citizens Band, Euroa Ukulele Group, entertainer Greg Dudley, the Euroa Little Theatre Group throughout the afternoon; afternoon tea and a sausage sizzle were provided by the local CWA and APEX, and the Euroa Urban Fire Brigade were on hand to show what was what in a fire truck.

Currie Park retirement village was built in 1978 with a generous donation from Ian Rollo Currie - an influential local grazier. His contribution to the establishment of the village was highlighted in *Beyond the Gate* history exhibition.

The afternoon included highly popular house tours; residents were out in force selling plants they had grown from garden cuttings; the trash and treasure stall drew bargain hunters, children were well catered for with colouring in and face painting; families took part in the old-fashioned game Aunt Sally - which had been painted by Currie Park's resident artist Gillian Coates.



“

The Festival put Currie Park on the map which is what we wanted.

”

- Ellen Doyle



## LEITH PARK A FESTIVAL OF FANFARE, FOOD AND FUN

Over 450 visitors turned up to take part in the Leith Park festivities on Sunday 20 October. The Hon Vicki Ward, MP for Eltham, formally opened the occasion by acknowledging that one of the hallmarks of a strong community is the involvement of people, and Leith Park and Liscombe House are living examples of that.

The local community was very much part of the day with school students from Loyola College, St Helena Secondary College, Eltham High School and Parade College providing musical entertainment from acapella through to jazz, flute and other instrumental interludes. Bundoora Rotary Club provided a sell-out sausage sizzle, while the Greensborough Historical Society was on-site to answer the many questions about local history and links with OCAV.

Liscombe House was a central point in the celebrations with visitors gaining an insight into the many programs that residents take part in. The model trains and stations created by the Liscombe House men's group were on show, visitors had a go at Virtual Reality and learned more about how technology is used to reduce social

isolation. Others joined in Stretch and Flex with Vera to learn more about the light exercise program designed to keep people's muscles moving. Outside Liscombe House, visitors enjoyed the chance to have a go on the outside exercise park especially designed for seniors.

There was plenty on offer too at Leith Park including tours through the original homes and newly built architecturally designed apartments, meanders through the communal gardens, demonstrations in the Men's Shed and afternoon tea in the community hall.





## RUSHALL PARK GARDEN PARTY GLORY



It was the Garden Party of the year, with an accent on gardening, history, art, music and song, and community. The Rushall Park celebration attracted over 1,000 visitors, all intrigued to find out more about what lay beyond the gate.

From the intimate morning formalities with residents, life governors, descendants, staff and volunteers through to the sold-out house tours, Art on the Verandah showcases, packed houses for the Margret RoadKnight concert and the Twenty Shillings in a Pound play written by resident John Grigg and performed by residents, there was literally something for everyone to enjoy, muse at, or take time to learn more.

Wurundjeri Woi-wurrung Elder Uncle Dave Wandin delivered a heartfelt Welcome to Country.

The Garden Party was formally opened by Minister for Planning, Housing and Multicultural Affairs the Hon Richard Wynne with Federal MP for Melbourne the Hon Adam Bandt in attendance. The formalities were emceed by John McCullough, partner of a descendant of OCAV founder - George Selth Coppin. Injected into the mix were pop up performances by Tess Hannah, the great-great-great granddaughter of George Coppin; Eloise Juno, a former resident brought back to life by resident actor Lois Collinder, and Billy Barlow, the main character in a folk song frequently played by George Coppin but this time by John McCullough.

A highlight for many visitors was taking the self-guided tour through the gardens, both communal and private, resplendent with roses, blossoming trees, and diverse flowers and plants.

Tours through residents' homes were also highly sought after, with those missing out being able to enjoy a self-guided tour of the village.

Other visitors enjoyed finding verandahs where art boxes had been placed before making their way to the SEK Hulme Community Centre to buy original art work by residents. Visitors enjoyed the showing of Twenty Shillings in the Pound, a play written by resident John Grigg and performed by Rushall Park residents, about George Coppin.

Visitors also had the chance to admire an embroidery created by The Stitchers, a group of women residents, who created the embroidered architectural history of the village. The embroidery was unveiled by Mrs Cathy McCullough, a descendant of OCAV founder George Coppin, and his daughter Lucy.





## DIVERSITY AND INCLUSION



Diversity is an important sign of a strong organisation not least because workplace diversity brings different perspectives about how to tackle challenges. Over the years, diversity in the workplace has become less a case of simply factoring in age, gender and race, and more about hiring a wider range of people to add value to businesses.

This last year the Council passed the Association's first Diversity and Inclusion policy. The policy, cemented in the lead up to International Women's Day, highlights the importance of diversity in experience, education, age, gender, race, national origin, physical abilities, religious belief, sexual orientation, gender identity, and other real and perceived differences.

The policy provides a framework around one of OCAV's strategic goals of diversity, and builds on the existing culture of mutual respect. It is framed around three objectives: an inclusive and representative workforce, visible leadership and commitment to foster a culture free from discrimination, sexual harassment, workplace bullying, harassment and victimisation, and recognising and supporting staff with differing needs.



### DIVERSITY AT WORK

OCAV currently employs:



**134**  
women



**36**  
men

Staff and volunteers come from many different culturally and linguistic backgrounds including Kenya, Malaysia, Singapore, India, and the Philippines.

**Vinh Vu** is a physiotherapist at Liscombe House. He was attracted to OCAV because of its multicultural workforce and his love of working with older people. The past year has seen Vinh and his physio colleagues approach their work differently because of the pandemic. The team has modified exercises so that residents can exercise in their own rooms as well as with the physiotherapists.

**Josephine Katite** draws on her Kenyan culture everyday she works as a clinical care manager at Liscombe House. As a child, she looked after her elderly

grandparents, and that experience has influenced how she works with the older residents. Josephine uses her knowledge and background to ensure that residents receive the best care that can be given to ensure the highest quality of life.

**Harry Singh** makes the most of his Indian heritage in the meals he produces at Rushall Park. There he draws up seasonal menus with a strong spice or herb influence to deliver meals made from fresh food with an emphasis on look, taste and nutrition. His meals cater for residents, many of whom have strict dietary requirements and changing taste buds.

## INDUSTRY LEADERSHIP



During the year, OCAV made its views clear on many issues affecting older Victorians. These have included dementia, ageing and aged care, lack of social housing, and need for the Federal and Victorian governments to develop and implement an older person's plan and strategy.

### URGENT NEED FOR HOUSING

The importance of a safe, affordable and secure home for older Victorians was no doubt at the start of Homelessness Week in August 2019 when 450 wooden blocks were placed on the steps of Parliament House to make the point. The blocks were made by the Men's Shed group at Leith Park.

Each block had a different word with haven, security, peace, garden, and love being the most popular, each a symbolic gesture to the Association's founders' vision of providing safe, social housing to older Victorians.

The effect was described by one passer as "an amazing living art work, a peaceful political statement which is creative and thoughtful."

OCAV's submission to the **Victorian Government Inquiry into Homelessness** highlighted the fact that nowhere in the terms of reference was there specific references to older people or elder abuse. This is despite the growing number of older people who find themselves homeless.

OCAV commended the **Federal Government** on its **draft Dementia, Ageing and Aged Care Mission Roadmap** as a way of prioritising dementia and aged care. However, OCAV recommended that the goals of Mission are strengthened to specify the main issues of ageism, including attitudes and beliefs, behavioural discrimination, and policies and practices, and that the goals for dementia research are refined to include understanding causes and risk factors of dementia as well as ways to prevent cognitive decline.

Our submission into the **Royal Commission into Aged Care Quality and Safety** reflected our growing concern about the aged care model in Australia, and how aged care is perceived in the community. The submission also pointed to a lack of clarity about responsibility, roles, and the need to end workforce casualization.

In its annual **Victorian State Budget** platform OCAV outlined six priorities for action, including the need for an older person's strategy. The priorities are: develop, implement and fund a Victorian older person's strategy; address the acute shortage of affordable



**73**

per cent of all older Australians own their home



**47**

per cent of OCAV residents owned their home before moving into an OCAV village



**53**

per cent of OCAV residents were either homeless or vulnerably housed



**1.25m**

Victorians aged 60+ - 20 per cent of the population

housing for older people in Victoria; address transport issues as they affect older people; address the digital divide; address and fund work and skills opportunities for older Victorians.



## COVID-19 PANDEMIC PLANNING FOCUSSES ON SAFETY AND WELLBEING



Planning to minimise the risk of coronavirus entering Liscombe House and all our villages has been a priority of 2020. Work began in early March with the establishment of a special taskforce to oversee OCAV's pandemic preparation.

### OVERALL PLANNING

The taskforce met virtually each week to oversee every aspect of planning across our four villages and Liscombe House, guided by directions from the Federal and Victorian Governments and Chief Health Officers. Meetings covered training and education for all staff, infection control, risk management, visitor management, communications, and supplies.

Administrative staff moved to working from home; senior staff were rostered to work in teams and at single sites only; maintenance and garden staff continued providing essential services.

Screening procedures for staff, contractors and visitors were put in place across all our sites, including temperature checking, signing COVID-19 declaration forms, and checks for current influenza vaccinations.

### LISCOMBE HOUSE

Liscombe House's design is pandemic friendly in that each wing has its own communal living and activities spaces, outside gardens enabled staff to isolate each

wing to prevent cross-contamination and reduce the risk of spread of the virus across the facility.

### LIFESTYLE PROGRAMS

Our lifestyle coordinators continued to offer up to 21 different activities a week, from Zumba through to bingo, trivia, craft, hallway bingo and current affairs. These activities were conducted in each wing, with the aim of maintaining social connections, reducing isolation and maintaining health and wellbeing activities. We kept these activities going with strong support from volunteers. Highlights included marking ANZAC Day in the corridors of each wing, a special Easter Rabbit visit, and Valentine's Day.

### VISITORS

To facilitate visits in line with Victorian Government guidance and the Voluntary Industry Code, we established a personal online service to book visitor appointments, skype calls, and phone calls where residents were unable to make or receive calls by themselves.

“

I want to pass on my great thanks and praise for the way you have handled this whole pandemic situation, not just for mum and dad but also how you have kept communication up and for the quick and flexible response to the changes in situations.

”

- David Bridie, family member





## COVID-19 BEATING THE PANDEMIC BLUES



Keeping connected, active and cheerful since March has certainly been central to the work of residents and staff across OCAV. Each village adopted its own approach, as did Liscombe House. New programs were introduced, and are set to continue.

### LISCOMBE HOUSE

A quiet revolution began at Liscombe House with the rollout of technology to meet, greet and learn. Residents have become more adept at connecting online with their families and friends, and are using skype and facetime regularly. Like most technologies being implemented in a new environment, there have been challenges. Using iPads in the creative arts therapy program has been problematic with residents living with dementia overwhelmed by what to do. Large screen computers have now been purchased to make it easier to participate in the beneficial program.

### RUSHALL PARK

There has been no excuse for slackening off on exercise during lockdown at Rushall Park. Former physical education teacher Maggie Roobol-Hill set up an informal outdoor exercise circuit in the village early in the first lockdown. The triangle of Grice, Henty and Fripp Avenues provided the perfect site for a seven-station activity circuit.

The activities include basic bench squats, weights, incline walks, calf raises, wall push ups, seated leg raises, and step ups to suit all needs and ages.

### BRAESIDE PARK

When COVID-19 closed the community, Elaine Mahoney immediately reached for her box of materials and sewing machine. She knew that people would want to have masks, and so I started researching how to make masks. Soon afterwards, she began to get orders for her homemade cloth masks from friends, family and residents in the village.

### CURRIE PARK

Resident artist Gillian Coates put her creative talent to full use to cheer up her Currie Park friends. Each day, she crafted a different drawing and message onto her front verandah blackboard in a bid to make the other residents laugh, crack jokes, and enjoy a bit of iso-fun.

### ACROSS THE VILLAGES

Through OCAV's Keeping In Touch program, volunteers were matched with residents in a pen pal program across all villages. Among the pen pals was Steph Deague-Hall, a 21-year-old who has been a familiar face around Liscombe House since 2016 when she started volunteering with her dog, Daisy. She has been matched with Isabel Martin, who lives at Leith Park. Through their letters they have discovered they have much in common: Steph works as a personal carer associate while 82-year-old Isabel is a former nurse and spent four years with the Royal Australian Army Nursing Corps. Today Isabel is full-time carer for her husband, and once the pandemic is over, hopes to return to volunteering in Liscombe House's chapel.





## THE IMPACT OF PHILANTHROPY

Six of Currie Park's units are underway with renovations thanks to the Annie Danks Trust and Ian Rollo Currie Perpetual.

The units were built in 1977 and were then considered to be model of affordable housing of the time. Today the units are outdated and need to be brought up to age-friendly and dementia-friendly standards.

The renovation includes updating kitchens, installing new bathrooms, removing trip hazards and installing light fittings, curtains and repainting throughout the units.

Thanks to a grant from the **Perpetual IMPACT Philanthropy** program, residents across Liscombe House have reaped the benefits of a creative arts therapy program which includes painting, craft work, and music. The program has been run by Anna Paddock and Michelle Morgan.

The year-long program has paid dividends not only for the residents but also for the volunteers who are being trained in arts therapy so that the program can be sustained.

One of the highlights of the philanthropic funding has been the opportunity to engage residents with one-on-one therapy. This is important for those living with dementia, each of whom has a different experience of the disease and their own life stories. Each art therapy session has its own way of engaging the imagination, opening memories, helping people forget their pain even for a few moments.

The pilot program has allowed OCAV's art therapists to work with a range of therapies. Art allows residents to extend their world with colour. Craft helps them to concentrate. Participation has resulted in significant improvements in mood and cognition, which last long after the sessions have finished.

When it comes to palliative care, the Old Colonists' Association of Victoria leads the way by supporting Liscombe House residents to stay in their 'home' rather than go to hospital. Last year 20 residents chose to stay at Liscombe House and to be supported by the aged care health team. Families, too, have appreciated being able to visit their loved ones in a friendly environment. The service has been enhanced thanks to a grant from the **Marion and E H Flack Trust** which has been spent on beds fitted with special sensors to prevent falls, as well as syringe pump systems that provide continuous pain relief. The equipment has already dramatically minimised and relieved the pain that many palliative care residents experience.

Worms are the latest residents to make Leith Park their home thanks to an environment grant from **City of Banyule**. They have taken up residence in worm farms which have been placed throughout the gardens, along with vegetable beds which have been planted out with seeds and seedlings by residents. The \$7,000 grant was also used to buy tools, seeds, soil and compost for the beds.



**POWERED BY  
PHILANTHROPY**



CAV has been able to initiate programs, maintain our facilities, and upgrade equipment thanks to the generosity of trusts and foundations.

Partner	Amount	Project
Marion and E H Flack Trust	\$20,000	Enhancing older Victorians' health and wellbeing A grant to enable us to buy electric beds that dramatically reduce the risk of falls and syringe pumps to continuously administer pain relief medication at Liscombe House.
City of Banyule Environment Grants	\$7,801	Leith Park Neighbours' Veggie Boxes have been created to promote healthy eating, social interaction and use land more productively.
Perpetual Trustees Impact Fund	\$67,952	Enhancing the Safety and Comfort of Ageing Regional Victorians A grant to renovate four units at Currie Park to address the current safety hazards and enhance the comfort of our ageing residents.
FRRR's Strengthening Rural Communities program	\$9,149	Positive Ageing Club A grant to fund an innovative Virtual Reality Project at Currie Park.
Annie Danks Trust	\$34,000	A grant to renovate two units in Currie Park.
City of Yarra Community Trust	\$1,078	Life Stories project for Rushall Park

“

People with dementia can flourish and show creativity in ways they, their caregivers and loved ones never thought possible.

”

- Mandy Williamson



## HOUSING MORE OLDER VICTORIANS



As part of our commitment to assisting more older Victorians, OCAV opened two major housing developments at Leith Park and Rushall Park during the year.

The multi-million dollar developments provide 62 new homes, with a further 19 due to open in late 2020 at Leith Park. The developments fill a crucial gap in the limited availability of safe, affordable and secure housing for older Victorians.

The apartments are already setting standards for affordable housing. Each apartment is built to dementia and age friendly guidelines - a commitment made by OCAV which is a Victorian Government Age Friendly Community and is working towards being accredited as a dementia-friendly community. They also follow the Liveable Housing Design Guidelines' gold standard design principles, and enjoy a six-star energy rating. The developments have been designed by award-winning MGS Architects.

The Rushall Park development has been singled out for praise. It is one of five Australian architectural projects to be shortlisted in the World Architecture News Awards, and the only one in the best affordable housing section.

The 35 one and two-bedroom independent living units showcase the innovation being applied to contemporary social and affordable housing while complementing the heritage village.

The new development - with three distinct buildings named after well-known benefactors Lucy Coppin (daughter of the founder George Coppin), Bryan Blythe (a Life Governor and former Councillor and President) and Jean Stewart (a generous donor) - does not have Dutch gables nor highly ornate chimneys of the original homes. This is intentional and follows the direction of Coppin who wanted the village to evolve in its own style and in the architecture of the day.

The 27 Leith Park apartments, also designed across three buildings - Acacia, Banksia and Correa - enjoy extraordinary views across the surrounding village and treetops.

“

We thought it was a good time to make the move, while we are both still fit. It's important to us to know that if one of us goes into the nursing home, the other one is still living in the village. So many couples are separated by a long distance when one has to go to a nursing home.

”

- Lyn and Keith Geer

THANK  
YOU



Our donors are vital to our work. Without them, our mission would not be realised. We also thank our volunteers for their infectious energy, enthusiasm, and expertise. The 150<sup>th</sup> Celebrations would not have been as successful without our volunteers who were involved in every way.

#### PHILANTHROPY

Marion and E H Flack Trust  
City of Banyule Environment Grants  
City of Yarra Community Grants  
Perpetual Trustees Impact Fund  
FRRR's Strengthening Rural Communities program,  
Annie Danks Trust

#### SPONSOR

HESTA Super Fund

#### BEQUESTS

WM Levers and Sons  
Francis Thomas & Jeanette Warren Trust  
Equity Trustees - Walter Leitch Estate of Edward Davies Trust  
Equity Trustees - Henty Louisa Estate  
William Russell Trust Fund  
Equity Trustees - Arthur Blannin Estate  
House of Gentle Bunyip  
Equity Trustees - Josephy Kronheimer Charitable Fund  
Equity Trustees - Ephraim YOFFA Charitable Trust - Annuity  
Teele Family Foundation  
Estate of Edward Davies Trust  
Thomas Payne Trust

#### COMMUNITY

Eltham Rotary Club  
National Seniors Greensborough

#### OCAV FUNDRAISING COMMITTEES

Rushall Park Craft Group

#### 150 CELEBRATION SUPPORTERS

Darren Jones  
Nelson Alexander  
Harcourts Berwick  
Harcourts Euroa

#### VOLUNTEERS SUPPORTERS

Bert's Bees  
Juliette Ward

#### MAJOR DONATION FOR OCAV

A major donation was received by OCAV during the year from an organisation with a 45-year-old history in looking after older people through day care and emergency accommodation.

The House of the Gentle Bunyip was founded by Dr Athol Gill, a Baptist theologian, in 1975. Based in Clifton Hill, the community's mission was to support older people through housing, art and music, and counselling. Dr Gill was internationally recognised both as a scholar and provocative advocate for the poor and social justice.

Sadly, the community began to disintegrate after the death of Dr Gill, which most recently has been supporting a handful of people who have now moved into aged care.

OCAV was chosen to receive the generous donation because of the many similarities between the two organisations, not least their advocacy for older Victorians in need and the founders' vision.

#### BEQUESTS AND OCAV

*All donations to OCAV over \$2 are tax deductible. Bequests to OCAV are welcomed.*

**If you have included Old Colonists' Association of Victoria in your Will or if you would like further information please contact: OCAV on 03 9481 9300.**

# STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2020

Income	2020 \$000	2019 \$000 Restated
Government subsidies	5,495	5,135
Independent living fees & charges	2,233	1,874
Ingoing donations	1,666	1,032
Residential care fees & charges	1,652	1,643
Donations & bequests	595	338
Assisted living fees & charges	593	621
Interest & investment income	222	481
Lease income	168	-
Other government grants	100	-
Gains on changes in fair value of financial assets	33	11
Miscellaneous income	122	88
<b>Total income</b>	<b>12,879</b>	<b>11,223</b>
<b>Expenses</b>		
Employee expenses	(8,032)	(7,791)
Depreciation & impairment losses	(1,969)	(1,436)
Food expenses	(368)	(348)
Repairs & maintenance expenses	(285)	(259)
Finance expenses	(261)	(31)
Rates & services expenses	(255)	(267)
Utilities expense	(254)	(223)
Services & contract expenses	(159)	(142)
Professional services expenses	(123)	(137)
Insurance expenses	(115)	(102)
Medical expenses	(103)	(79)
Cleaning & laundry expenses	(62)	(55)
Audit & other services	(49)	(57)
Printing, stationery & postage	(41)	(52)
Other expenses	(561)	(454)
<b>Total expenses</b>	<b>(12,637)</b>	<b>(11,433)</b>
<b>Surplus (deficit) before tax</b>	<b>242</b>	<b>(210)</b>
Income tax expense	-	-
<b>Surplus for the year</b>	<b>242</b>	<b>(210)</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	(85)	19
<b>Total other comprehensive income (loss)</b>	<b>(85)</b>	<b>19</b>
<b>Total comprehensive income (loss)</b>	<b>157</b>	<b>(191)</b>

# STATEMENT OF FINANCIAL POSITION

## AS AT 30 JUNE 2020

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Assets	2020 \$000	2019 \$000 Restated
<b>Current</b>		
Cash & cash equivalents	5,833	2,082
Trade & other receivables	466	746
Financial assets	152	150
Prepayments	69	82
<b>Total Current Assets</b>	<b>6,520</b>	<b>3,060</b>
<b>Non-Current</b>		
Financial assets	3,881	3,390
Property, plant & equipment	62,478	52,418
<b>Total non-current assets</b>	<b>66,359</b>	<b>55,808</b>
<b>Total assets</b>	<b>72,879</b>	<b>58,868</b>
<b>Liabilities</b>		
<b>Current</b>		
Trade & other payables	6,381	4,273
Borrowings	6,137	-
Employee provisions	2,009	1,767
Contact liabilities	2,110	1,666
<b>Total current liabilities</b>	<b>16,637</b>	<b>7,706</b>
<b>Non-current</b>		
Borrowings	-	4,402
Employee provisions	278	280
Contract liabilities	12,352	3,025
<b>Total non-current liabilities</b>	<b>12,630</b>	<b>7,707</b>
<b>Total liabilities</b>	<b>29,267</b>	<b>15,413</b>
<b>Net assets</b>	<b>43,612</b>	<b>43,455</b>
<b>Equity</b>		
Accumulation account	43,126	42,777
Fair value reserve	340	532
Permanent fund	146	146
<b>Total equity</b>	<b>43,612</b>	<b>43,455</b>

# STATEMENT OF CASH FLOWS

## FOR THE YEAR ENDED 30 JUNE 2020

	2020	2019
	\$000	\$000
<b>Cash flows from operating activities</b>		
Receipts from government subsidies	5,771	5,074
Receipts from residential care, assisted living & independent living services	4,650	4,218
Receipts from interest	247	522
Receipts from donations & bequests	595	338
Payments to suppliers & employees	(10,430)	(9,877)
Interest paid	(15)	(31)
<b>Net cash generated by operating activities</b>	<b>818</b>	<b>244</b>
<b>Cash flows from investing activities</b>		
Receipts from sale of plant & equipment	2	-
Payments for property, plant & equipment	(12,030)	(17,302)
Receipts from sale of investments	-	9,132
Payment for investments	(500)	-
<b>Net cash used in investing activities</b>	<b>(12,528)</b>	<b>(8,170)</b>
<b>Cash flows from financing activities</b>		
Receipts from bank loans	10,065	4,402
Repayment of bank loans	(8,330)	-
Receipts from ingoing donations	11,412	1,320
Receipts from refundable accommodation deposits	3,929	875
Payments of accommodation bonds & refundable accommodation deposits	(1,537)	(1,207)
Interest paid	(78)	-
<b>Net cash provided by financing activities</b>	<b>15,461</b>	<b>5,390</b>
Net increase/(decrease) in cash held	3,751	(2,536)
Cash and cash equivalents at beginning of year	2,082	4,618
<b>Cash and cash equivalents at end of year</b>	<b>5,833</b>	<b>2,082</b>

# STATEMENT OF CHANGES IN EQUITY

## FOR THE YEAR ENDED 30 JUNE 2020

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	Accumulation Account \$000	Fair Value Reserve \$000	Permanent Fund \$000	Total \$000
<b>Balance at 30 June 2018, as previously reported</b>	<b>47,117</b>	<b>513</b>	<b>146</b>	<b>47,776</b>
Adjustments as adoption of AASB 15	(4,130)	-	-	(4,130)
<b>Balance at 30 June 2018, as restated</b>	<b>42,987</b>	<b>513</b>	<b>146</b>	<b>43,646</b>
Surplus (deficit) for the year	(210)	-	-	(210)
Other comprehensive income	-	19	-	19
Total comprehensive income (loss) for the year	(210)	19	-	191
<b>Balance at 30 June 2019 as restated</b>	<b>42,777</b>	<b>532</b>	<b>146</b>	<b>43,455</b>
Surplus for the year	242	-	-	242
Other comprehensive income (loss)		(85)	-	(85)
Total comprehensive income (loss) for the year	242	(85)	-	157
Transfer to accumulation	107	(107)		-
<b>Balance at 30 June 2020</b>	<b>43,126</b>	<b>340</b>	<b>146</b>	<b>43,612</b>

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 30 June 2020

#### 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 2020 financial statements. Notes to the accounts are available on the website. ([www.ocav.com.au](http://www.ocav.com.au))

## A GIFT FROM THE PRESENT TO FUTURE RESIDENTS

Fifty years from 2019, future residents will be able to retrieve time capsules that were buried at each village during the 150<sup>th</sup> anniversary celebrations. Each capsule represents an overview of what OCAV is today, and represents a crossroads between the history of where the Association has been and its future.



### **BRAESIDE PARK**

Mona Burke-Kennedy and two of her grandchildren buried the capsule near the foundation stone in the car park. It contains a list of the first residents to go onto gas supply, gold coins, and a letter from today's residents to future residents.



### **RUSHALL PARK**

Margaret and George Young buried the time capsule with Minister for Planning, Housing and Multicultural Affairs the Hon Richard Wynne and Federal MP for Melbourne the Hon Adam Bandt. The capsule includes an 1869 penny, a list of current residents, the Garden Party program and the front page of The Age. The time capsule has been placed near the bust of George Coppin in Fripp Avenue.



### **LEITH PARK**

Lorraine Wall with help from the Hon Vicki Ward MP buried the capsule near the edible garden in front of the community centre. It includes laminated photos of village residents and life in the village, coins, a copy of the Festival Program, a mobile phone and vegemite jar.



### **CURRIE PARK**

Ellen Doyle buried the capsule with Esme Stringer, former Mayoress, and Deputy Mayor John Mason. The capsule includes the Festival program, a poem written by resident Ken Trimble, a letter to future residents written by resident Paul Taylor, a USB stick with photographs of past and current residents, coins, and other memorabilia.

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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[linkedin.com/company/old-colonists%27-association-of-victoria](https://linkedin.com/company/old-colonists%27-association-of-victoria)

[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