



SENIORS SOCIAL ISOLATION PEAK SERVICES PROGRAM

Seniors Social Isolation Provider Community of Practice (SSIP-CoP)

Minutes of Meeting SSIP-COP No. 4 – September 2026

Date/Time	Wednesday 23 September 2026 (2.00pm –3.15pm)
Topic	Dementia and Mental Health Awareness
Location	Online via Zoom
Facilitator	Karen Wilson , Executive Officer, Seniors Social Isolation Peak Services Program, Council on the Ageing (COTA) Queensland
Guest Speakers	• Lyn Buchanan, Community Development Coordinator, Somerset Regional Council • Associate Professor Melissa (Mel) Taylor, Director, Southern Queensland Rural Health, University of Queensland and Adjunct Associate Professor, University of Southern Queensland • Lisa Hodgkinson, Project Lead, Reaching Older Men Earlier (ROME), Council on the Ageing (COTA) Queensland • Jocelyn Green, Project Lead, Suicide Prevention and Harm Reduction Resources for Seniors in Queensland, Council on the Ageing (COTA) Queensland
Recording	YouTube: tbc (no password required)
Attendees	Department of Families, Seniors, Disability Services and Child Safety • Angela C, Contract Officer, Dept Families, Seniors, Disability Services and Child Safety • Karen MacGillivray, Contract officer, Brisbane and Moreton Bay Region, Dept Families, Seniors, Disability Services and Child Safety • Sharlene Koopu, Contract Officer, Brisbane and Moreton Bay Region, Dept Families, Seniors, Disability Services and Child Safety Council on the Ageing (COTA) Queensland • Dr. Rebecca (Becky) Nevin (she/her), Project Support Officer, ROME (Reaching Older Men Earlier), Council on the Ageing (COTA) Queensland Other (External) • Jenny Reid, Community Development and Transition Coordinator, Communify Redcliffe Medicare Mental Health Centre. JenniferR@communify.org.au

SSI Providers (n = 9) As noted in the Zoom Chat

- **Deb Melvin**, South Burnett CTC Seniors Program, Nanango.
- **Deborah Gliddon (Debbie)**, Cannon Hill Community Centre, Brisbane
- **Jean Williams**, Program Coordinator, 60 & Better Barcaldine
- **Kenzo Sugawara**, Noosa Seniors Connect Program, Noosa Council
- **Ketaki Alate**, Seniors Connect Program, World Wellness Group
- **Lee Snep**, Older Persons Action Program (OPAP) Co-ordinator, East Creek Community Centre, Toowoomba.
- **Sue Evans-Atherton**, Seniors Social Isolation Project Officer, Proserpine Library, Whitsundays.
- **Wendy**, Cannon Hill Community Centre, Brisbane.

Noted! Possibly an addition 5 participants whose details were not included in the chat (tbc)

Discussion, Key Points and Actions

	Topic and Key Discussions Points	Actions
1	WELCOME AND ACKNOWLEDGEMENTS	
1.1	Acknowledgement of Country The facilitator acknowledged the Traditional Custodians and paid respects to Elders past, present and emerging, and to Aboriginal and Torres Strait Islander participants attending the meeting. All participants were welcomed.	
1.2	Housekeeping • Providers were asked to add their name, organisation, program and location to the chat for attendance recording. • Providers were advised the meeting would be recorded and the link shared on the SSIP Hub, with the option to turn cameras off.	Please confirm attendance if you are not listed above
1.3	Why are we here today? • To focus on two key topics important to our sector, Dementia and Mental Health Awareness	
1.4	Confirm Previous Minutes and Actions Lunch & Learn (16/7/26): Sharing Knowledge to Strengthen Community Outcomes (facilitated by Stephanie Power)	Download on the SSIP-Hub (pdf)
1.5	SSIP Peak Updates Karen provided a brief update on SSIP Peak activities, confirming she had returned from the UK earlier this week. She mentioned meeting with the <i>Centre for Ageing Better</i> and the <i>Greater Manchester Combined Authority</i> in August to discuss Age-Friendly initiatives. Insights and learnings from these meetings, along with visits to local initiatives during her time in the UK, have been shared in the SSIP newsletter.	See Articles published in August and October Newsletters.

	Topic and Key Discussions Points	Actions
2	GUEST SPEAKERS	
2.1	Associate Professor Melissa Taylor, Director, Southern Queensland Rural Health, University of Queensland and Adjunct Associate Professor, University of Southern Queensland - Mel provided a presentation focused on Intergenerational Strength – Empowering Rural Communities with Dementia Friendly Initiatives - Working alongside Lyn Buchanan, Somerset Regional Council and other initiatives in the Darling Downs and West Moreton Region - They are building greater resilience and understanding of Dementia across the Darling Downs and West Moreton region. - She shared statistics on dementia in rural communities and information beyond statistics, particularly related to regional and rural communities 446,500 Australians living with Dementia (projected for 2026) - Dementia is a very large community issue and shows up in local shops, schools, sporting clubs, and neighbourhood relationships - Governance framework for The West Moreton Care Collaborative - The Collaborative's Dementia Friendly Mission – Connect the dots, support volunteer initiatives, sustain the change Nonny Nu – the power of inclusion (intergenerational strength) – Lyn talks more about this in her presentation (see below) Three Pillars of Change – Connectedness, Access to Knowledge, Awareness and Reducing Stigma, guided by Dementia Australia's Dementia Friendly Communities framework Intergenerational Roles in a Dementia-Friendly Future: Intergenerational strength, co-design creates ownership, local leadership matters Contact Details The West Moreton Care Collaborative: Melissa Taylor, Deanne Geddes, Georgina Osbourne e. admin@westmoretoncareconnect.com.au	Recording starts 0:10:32 Mins Download PPT presentation from the SSIP Hub
2.2	Guest Presenter No. 2: Lyn Buchanan, Community Development Coordinator, Somerset Regional Council (Dementia Friendly Somerset) - Ageing population in Somerset (rural and regional communities) - Older people want to stay in their home and remain in their community 455 people in 2026 diagnosed with dementia in Somerset (albeit people or their families don't seek a diagnosis until it's obvious) - Social engagement helps slow progression of the disease - Many people don't know how to respond to people living with dementia and they become further isolated, along with their carer - People don't acknowledge they've been diagnosed - Need to change the narrative and bring Dementia to the fore	Recording starts 00:32:33 mins Download PPT presentation from the SSIP Hub

	Topic and Key Discussions Points	Actions
	• 2023 – Somerset Regional Council Social Plan with themes on Ageing in Place and Inclusion (with objective to make Somerset dementia-friendly) • Involvement with Dementia Australia to begin raising awareness • 2025 Age-Friendly Grant from Dept Families for 12-month project (children's story) • Consultation with Lowood Dementia Friends Group • Acknowledged challenges of working with high school students, so focus was on younger primary school students and getting children to think positively about ageing • Chose Lara's drawing of her rock star grandma • Creating the Story: You're Not a Nonny Nu Nana, We Love You • Launch Event in Esk – June 2026 • Dementia workshops, information sessions, training businesses, encouraging community groups to become dementia-friendly and providing resources Contact Details Lyn Buchanan Community Development Coordinator T. 07 5424 4000 E. mail@somerset.qld.gov.au	
2.3	Lisa Hodgkinson, Project Lead, Reaching Older Men Earlier (ROME) ROME Project Overview Council on the Ageing (COTA) Queensland provided an overview of the Reaching Older Men Earlier (ROME) project, funded through the Queensland Mental Health Commission's Suicide Prevention for Men and Boys grant 2025–26. ROME is working with older men with lived and living experience, the project's Lived and Living Experience group, and participating organisations to develop and test a practical toolkit to help community organisations reach, engage and support older men earlier. The project recognises that older men may become less connected following life changes or gradually disengage from activities and community. Consultations with older men and organisations will inform the toolkit, workshops and supporting resources. Why ROME Matters It was noted that older men experience comparatively high rates of suicide and that loneliness and social isolation can be associated with increased risk, while social connection and community participation can be protective. ROME focuses on helping organisations recognise possible changes in participation or connection earlier and respond appropriately by checking in, listening and, where required, linking men with further support.	Recording starts 0:53:59 mins Download PPT presentation from the SSIP Hub

	Topic and Key Discussions Points	Actions
	The project aims to build on the existing relationships, activities and community connections of participating organisations rather than create a new standalone service. Organisational Participation Participation is intended to be practical and light-touch. Participating organisations will be asked to: • nominate a primary ROME contact and relevant staff or volunteers; • select an area for improvement using the ROME practice areas: Notice, Reach, Invite, Welcome, Involve, Retain or Reconnect; • participate in workshops and learning activities, primarily during November–December; • trial at least one achievable improvement within existing activities or services January - March 2027; • participate in evaluation activities, including short surveys and feedback tools, noting that not all participants will complete every tool; • provide feedback on draft ROME resources; and • access practical training opportunities, including online modules and lunch-and-learn sessions. Interested organisations will have a follow-up discussion with the ROME team to identify how participation could best fit within their existing work. Contact Details Lisa Hodgkinson, Project Lead, Reaching Older Men Earlier (ROME) E: lisa.hodgkinson@cotaqlld.org.au P: 07 3316 2905	SSI Providers to contact Lisa H directly if interested in participating.
2.4	Jocelyn Green, Project Lead, Suicide Prevention and Harm Reduction Resources for Seniors in Queensland Jocelyn presented information about the SPHRR for Seniors in Queensland Resources from development to dissemination. Jocelyn shared the project aims and talked about collaboration and engagement Funded by Queensland Mental Health Commission (QMHC) Wellbeing Resources are called Informed.Connected.Supported See Appendix A for List of SPHRR for Seniors in Queensland. Contact Details Jocelyn Green, SPHRR Project Email: jocelyn.green@cotaqlld.org.au	Recording starts 1:02:51 mins Download PPT presentation from the SSIP Hub

	Topic and Key Discussions Points	Actions
3	Q&A SESSION	Recording starts x:xx:xx mins
3.1	Comments from the Group Chat • Deb Melvin: If at all possible I would love to purchase one of the books. My father suffers dementia and my 5yo grandson is asking questions about why my father (his great grandfather) can't remember his name or who he is. • Lee Snep: Pictures in a menu will also help Culturally and Linguistically Diverse to feel welcome as well. • Sue Evans-Atherton: Hi Lisa, I'm very interested in your project. Do you still have the same email address from when you were running the Energy4seniors project? • Lee Snep: Have you approached TOMNET? (Toowoomba Older Men's Network) 07 4638 9080. Karen confirmed that Anthony from TOMNET was online and acknowledged the comment. • Kenzo said Noosa Libraries will also be launching the Magic Table at .our Seniors Expo on 30 Oct	
4	CLOSE & DATE OF NEXT MEETING	
4.1	Karen thanked presenters for their contributions and advised providers that meeting minutes and the recording would be available on the SSIP Hub within the next fortnight. Date of Next Meeting: SSIP-COP5 Wed 28 October 2026 (2-3pm) Theme: Housing and Homelessness (<i>Older Women's Network, Footprints Community – HOWSS, and Sharing with Friends Innovative Cohousing Initiative</i>)	

Minutes by Karen Wilson, Executive Officer, Seniors Social Isolation Peak Services Program, Council on the Ageing Queensland at: karen.wilson@cotaqld.org.au

Informed.Connected.Supported

COTA Queensland Wellbeing Resources

Title	Population	Subject 1	Topic 2 (if applicable)	Pillar
Looking After Your Wellbeing	First Nations	Mental Wellbeing and Suicide Prevention		Informed
Alcohol, Drugs and Your Wellbeing	First Nations	Alcohol and Drug Harm Reduction		Informed
Gambling and Your Wellbeing	First Nations	Gambling Harm Reduction		Informed
Staying Strong as You Get Older	First Nations	Mental Wellbeing and Suicide Prevention		Connected
Life Changes and Your Wellbeing	First Nations	Mental Wellbeing and Suicide Prevention		Connected
Talking About What You Are Feeling	First Nations	Support Information & Tools		Supported
Checking In On Another Elder	First Nations	Support Information & Tools		Supported
First Nations Wellbeing Supports	First Nations	Support Information & Tools		Supported
Looking After Your Wellbeing	Multicultural Resources	Mental Wellbeing and Suicide Prevention		Informed
Staying Safe with Money and Games of Luck	Multicultural Resources	Gambling Harm Reduction		Informed
Supporting Healthy Choices and Wellbeing	Multicultural Resources	Alcohol and Drug Harm Reduction		Informed
Staying Connected and Having Purpose	Multicultural Resources	Mental Wellbeing and Suicide Prevention		Connected
Life Changes and Your Wellbeing	Multicultural Resources	Mental Wellbeing and Suicide Prevention		Connected
Talking About What You Are Feeling	Multicultural Resources	Support Information & Tools		Connected
Multicultural Wellbeing Supports	Multicultural Resources	Support Information & Tools		Supported
Alcohol and Safety As You Age	General	Alcohol and Drug Harm Reduction		Informed
Taking Benzos Safely	General	Alcohol and Drug Harm Reduction		Informed

Title	Population	Subject 1	Topic 2 (if applicable)	Pillar
Cannabis and Safety As You Age	General	Alcohol and Drug Harm Reduction		Informed
Taking Opioids Safely	General	Alcohol and Drug Harm Reduction		Informed
Overdose Awareness	General	Alcohol and Drug Harm Reduction		Informed
Taking Multiple Medicines Safely	General	Alcohol and Drug Harm Reduction		Informed
My Medicine Record (Tool)	General	Alcohol and Drug Harm Reduction	Support Information & Tools	Supported
Alcohol, Medicine and Drug Information and Supports	General	Alcohol and Drug Harm Reduction	Support Information & Tools	Supported
Is Gambling Harming You?	General	Gambling Harm Reduction		Informed
Is Gambling Actually What You Are Looking For?	General	Gambling Harm Reduction		Connected
Are You Experiencing Secondary Gambling Harm?	General	Gambling Harm Reduction		Informed
Gambling Harm Information and Supports	General	Gambling Harm Reduction	Support Information & Tools	Supported
Connection and Purpose As You Age	General	Mental Wellbeing and Suicide Prevention		Connected
Life Challenges As You Age	General	Mental Wellbeing and Suicide Prevention		Connected
Talking About Hard Things (Resource & Tool)	General	Support Information & Tools		Connected
Mental Wellbeing Supports	General	Mental Wellbeing and Suicide Prevention	Support Information & Tools	Supported
Connection and Purpose Building Supports	General	Mental Wellbeing and Suicide Prevention	Support Information & Tools	Supported
Feeling Flat is Not Just a Part of Ageing - A Depression Factsheet	General	Mental Wellbeing and Suicide Prevention		Informed
When Worrying Becomes Too Much - An Anxiety Factsheet	General	Mental Wellbeing and Suicide Prevention		Informed
Finding Hope Again - A Suicide Prevention Factsheet	General	Mental Wellbeing and Suicide Prevention		Informed

Title	Population	Subject 1	Topic 2 (if applicable)	Pillar
My Safety Plan - A Suicide Safety Planning Tool	General	Mental Wellbeing and Suicide Prevention	Support Information & Tools	Supported
What Happens When You Call A Helpline	General	Support Information & Tools		Supported
GP Visit Planner (Tool)	General	Support Information & Tools		Supported

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