



# The Open Circle



**ANNUAL REPORT**

**2019-2020**

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## Vision:

A good quality of life in a homely environment

## Mission:

To provide a safe, nurturing, and therapeutic home that limits and manages challenging behavior and sees residents achieve their full potential.

## Our goals:

*The Open Circle continues to manage a 30 bed Residential Home with the following aims:*

- To create a medium-high support living environment for adults with ID and challenging behavior.
- To promote physical, emotional, and social health and well-being
- Prevention and risk management of challenging behavior through proactive and reactive strategies.
- To detect timeously and manage effectively acute physical and psychiatric episodes
- To ensure community reintegration through partnering with families, volunteers, Government departments and other NPO's and community integration activities

## From our chairperson:

At the very end of this reporting period, on the 26th March 2020, South Africa went into level 5 lockdown due to COVID 19. Our thanks to Helita Mankahla, Facility Manager, her colleagues and staff for managing these uncertain times so efficiently.

Helita has prepared this Annual Report which gives an overview of the past year.

Reflecting on our 6th year of operation we continue learning about the world of intellectual disability, particularly the challenging aspects.

The model of care initiated by Helita, the individual programmes set out by our occupational therapist Roxanne Langdon-Swartz and the implementation by the staff, have all contributed to a positive response from the residents – it is heart-warming to see the personal growth in so many.

On behalf of the Management Committee I would like to thank Helita for leading this project with professionalism, insight and a deep caring for residents, staff and families.

To members of the Management Committee, Ellen Corrigan our Project Manager and Frank Bold, thank you for your valuable input and time afforded to The Open Circle.

Our thanks to the Departments of Health, Social Development and Public Works for having confidence in us over the past 6 years and for your continuing support.

Fundraising remains a priority. We need to subsidise residents whose families are unable to pay the fees, maintain the status quo and develop new and enhance existing projects.

We are extremely grateful to our donors who have so generously supported us and volunteers who bring much joy to the residents. Thank You

Cheryl Barratt

Chairperson

## Highlights from 2019-2020!

### Clinical Services:

#### General Health Management:

- The Open Circle once again went to great lengths to ensure that residents were well cared for and remained in good health. We received 6 formal compliments and no complaints regarding our services.
- Adverse incidents and challenging behavior remained stable and continued to be managed pro-actively, through medical management and the low-arousal approach.



- Monthly and weekly monitoring of weight and vital signs were done by our staff-nurses and problems were reported to ensure appropriate management before problems arose.

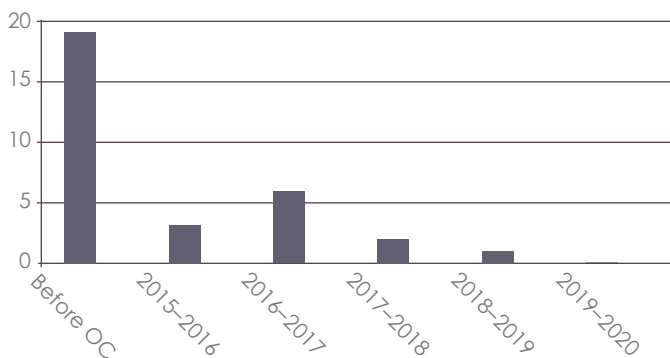


During 2019/2020 we also used other therapies sourced outside of OC to ensure a comprehensive service to our residents. The table below refers.

Weekly Outpatient sessions with Psychologists	<b>5 Residents</b>
Attendance of supported employment in the community	<b>2 Residents</b>
Music Therapy at OC weekly	<b>75% of residents</b>

### Our Programme:

- Through these proactive strategies, we managed 4 emergency referrals to Somerset Hospital for physical conditions with no admissions required during 2019-2020.
- No acute hospitalisations were required during 2019/2020 through early detection and referral to Psychiatric outpatient services. The graph below indicates the number of residents requiring hospital admissions for challenging behaviour. A significant decrease in the need for institutionalisation after joining The Open Circle is evident.



- Supervised by the Professional Nurse, our well-trained caregivers accompanied residents to various health-related visits.
- The table below provides some statistics for 2019-2020.

Alexandra Hospital OPD	<b>98 visits</b>
Maitland Day hospital	<b>48 visits</b>
Total visits of residents to health facilities supervised by staff	<b>231 visits</b>

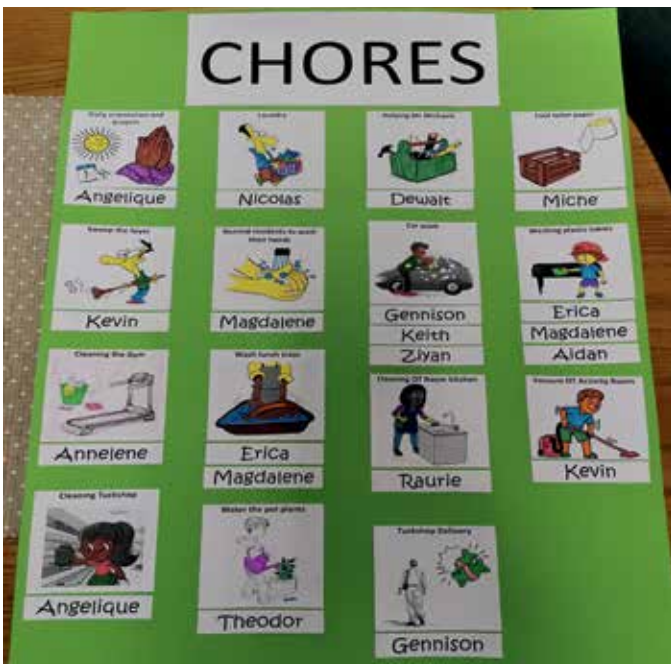


- All residents were **reassessed functionally** this year and their developmental goals and plans were revised. In addition, the Occupational Therapist and caregivers ran about **650 individual sessions, 450 group sessions** and facilitated **580 opportunities for structured leisure**.
- This year residents were involved in an average of **22 jobs in and around the Home**. They do these jobs to enhance their work skills and earn a monthly wage, which they then use to purchase items for themselves like toiletries or clothing.



Helping with Maintenance

- At The Open Circle, every resident is an individual and their **birthdays** are celebrated as an occasion. We partied 30 times in 2019-2020!



Residents are assigned little jobs in line with their abilities and developmental goals and receive remuneration for their work. This facilitates independence in self-management.



Laundry skills



- **Exercise and Leisure** opportunities were again prioritised during 2019-2020. Residents enjoyed daily walks, gym sessions, dance sessions and being outside at the pool in summer. Residents were encouraged to do leisure activities of their choice in their free time.



Friends swimming together



We enjoy walking every day!

- Quarterly **Outings and Events** did not disappoint this year. All events and outings were a great success and we were proud of the good behaviour of our residents.
- We had an Easter egg hunt with eggs donated by Gordon's Bay primary in April 2019 and visited Iziko Museum in May 2019 and Giraffe House in September 2019. Zama Dance school came to The Open Circle for a show in December 2019.

Below you will find some pictures of more special events this past year.



An outing to Canal Walk to spend our wages.



We are grateful to the Spur in Canal Walk for providing staff and residents with a free meal.



The Open Circle also gave back this year for Mandela Day and served soup to some of our friends on the Alexandra estate.



We had a great picnic at Maiden's Cove in October 2019.



In January 2020 some of our residents joined the holiday programme at Alexandra Hospital for horse riding and a Pool Party hosted by The Open Circle.



Our Family Day on 16 December 2019 was once again well-attended by 70 family members and it was a wonderful day. OC believes that the family is a part of our Team and we value their input and support.



Valentine's day was special. We had an outside Karaoke/Braai and swimming afternoon.



Not all residents could be with family for Christmas 2019, so we made sure the day was memorable with their OC family.



This year we made sure residents and staff had a braai once a month over a weekend.

## Human resources:

### Our staff:

- The Open Circle remains grateful to our 34 staff members for their commitment to the care of our residents. This year we welcomed new staff members: Roxanne Landon-Swartz (Occupational Therapist), Christopher Kayser (Enrolled Nurse), Aina Nakale (Caregiver) and Thanduxolo Mngqawa (Kitchen-assistant) to our team.
- We believe that happy staff equals happy residents and this year we hosted **quarterly appreciation events** to boost morale including an Annual Planning session involving all staff, Easter Hampers, Nurses Day Oath and lunch event, Woman’s Day hampers, Heritage Day Fashion show and staff year end function at Kogelbay.
- The Open Circle continues to ensure that all our **staff are given the chance of training and development**. Below are the courses attended by staff and number of attendees in 2019-2020.

Drumming Facilitator's Course	1
Kwela Training Camp for persons with ID	1
Fire safety refresher training	22
Discipline and Behavior management	5
WCFID Biennial Conference	3
Red Cross Autism Symposium	1
Screening of persons with ID	3
Studio 3 Challenging behavior management	2
Dual Diagnosis	18
Low arousal approaches	10
FASD Conference	2
Basic Life Support	5
Managing grief and loss in ID	2
Introduction to ID	10



Our OT attended Drumming Facilitator’s training and drumming is now a part of our programme. It is a wonderful technique which allows residents of all functional levels to participate.

### Students and Volunteers:

- Once again third year UCT Occupational Therapy students came to OC for their Practice Learning, all supervised by our own OT.
- A new initiative during 2019/2020 was the start of Music Therapy students attending The Open Circle and exposing our residents to this valuable therapeutic tool. Three students from Music Worx attended in the beginning of 2020. We are hoping this relationship will grow stronger in the future.



Here is an OT student working with one of our residents.

- The Open Circle received a volunteer from America for 6 weeks and Mr Charlie Thompson continues to visit our Home to sing with the residents once every 6 weeks. We remain hopeful that we can establish a reliable volunteer base in the future.
- I would like to make special mention of Ms. Janice Behr, one of our family members who volunteered her efforts and time to write and sell a Vegan Cookbook and assisted with Fundraising for our Home. The book is still available - please do contact us should you be interested in a copy.



## Physical resources:

- Mr Michaels, our caretaker, undertook various quality improvement projects this year including finding an alternate solution for residents pulling down curtains, painting of key-areas, replacing the fence around the swimming-pool and heightening it, placing safety catches on windows, installing a veranda at the pool area to create a social space and installing a basin at the dining room to facilitate handwashing.
- Our rooms received an overhaul with brand new bedding and curtains donated by the Claremont Rotary. They further donated 3 rainwater tanks, a projector, a desktop computer, and Occupational Therapy Art supplies. Thank you so much!
- Two highlights this year were the procurement of two containers to enhance service delivery by creating an additional therapeutic space and store room, as well as the procurement

of our first vehicle for The Open Circle, a Volkswagen Caddy.



## The Open Circle wishes to thank:

### The management committee for their commitment and service:

*Cheryl Barratt-Chairperson • Tim Forshaw-Treasurer  
• Miranda Forshaw-Member • Les Nel-Member •  
Ekin Kench-Member • Dr. Judy Bentley-Member •  
Frank Bold • Ellen Corrigan*

### The individuals, organisations and businesses who contributed to our vision in 2019/2020! We look forward to your continued partnership and support in 2020/2021:

#### Business & Organisations

Syringa Trust • WCFID: Vera Grover Trust • Woolworths My School • Frank Robb Charitable Trust • Robin Hamilton Trust • Claremont Volkswagen • The Claremont Rotary • The Inner wheel • Virgin Active • Copia • Sun International Table Bay Hotel

#### Volunteers

VaCorps • Charlie Thompson • Janice Behr

#### Community

Gordons Bay Primary School • Gordons Bay NG Church • Jolanda De Jager (Zest Dance connection) • The Hiking Ladies • Zama Dance School • Iziko Museum

#### Individuals

Amy Armstrong • B. Collison • Pam Knipe • Tim and Miranda Forshaw • Les Nel • Cheryl Barratt • Cornelia Newton • Natasha Dormeyer • J Oscroft • Mr. and Mrs Baily • Ellen Corrigan • Patricia Algra • Ms. Murray • Schrader family • Benita from Rentokil/Canon • Mr. and Mrs. Langdon • Noreen Watson • Simon van Gend