



NESST (New England Sector Support Team) Newsflash

Dear All,

In this edition of the NESST Newsflash we have the following highlights for your attention:

- Aged & Community Services News Update
- NDIS Monthly Wrap
- Community Care Review
- Community Care Review – Latest News
- Wellness and Reablement Report
- Australian Government Department of Health Report
- ASCA Weekly
- NDIS News Update
- Walkabout Barber
- LGBTI Aged Care Training
- NDS News Update
- My Kids & Me Centacare Course for parents who have out of home care of children.

New England **Sector Support Team**



Phone: 02 6772 3590

ACSA Member Update

ACSA supports national discussion about future of aged care

Dear Debra,

Today PM Morrison announced a Royal Commission into aged care. ACSA has expressed support for this decision as it provides an opportunity to engage in a much-needed, constructive national discussion about the future of aged care. This will include how, as a society, we will deliver the quality services our growing ageing population will need and how those services will be sustainably funded.

We acknowledge that in recent times there has been increasing community concern about the quality of aged care. The ABCs *Four Corners* will be showing shocking individual instances of poor care, and potentially abuse, tomorrow night. Right now we need to acknowledge that these examples are totally unacceptable to all of us – providers and the community.

Every day around the country, individuals working in aged care are responsible for the care of more than one million older Australians, and that number is growing. We take this responsibility seriously and believe the majority of care provided is of the highest quality. We want the Royal Commission to focus on the root cause and critical issues facing aged care. This will give us the foundation to deliver on public expectations in the future. Through this process we will be able to discuss and advocate on funding sustainability and regulation. We will participate fully and transparently in the Royal Commission.

The Terms of Reference will be determined in consultation with the community, including residents and their families and aged care providers. The Government expects they will cover:

- The quality of care provided to older Australians, and the extent of substandard care;
- The challenge of providing care to Australians with disabilities living in residential aged care, particularly younger people with disabilities;
- The challenge of supporting the increasing number of Australians suffering dementia and addressing their care needs as they age;
- The future challenges and opportunities for delivering aged care services in the context of changing demographics, including in remote, rural and regional Australia;
- Any other matters that the Royal Commission considers necessary.

ACSA provided some materials on Friday to assist members with the airing of the *Four Corners* episodes. This material has been updated to include the announcement of the Royal Commission.

- A letter to use with residents and their families ([here](#) - this is a MS Word document)
- A message for use with staff ([here](#) - this is a MS Word document)

Other support materials here:

- Media protocols – particularly for those who don't have internal media units ([here](#))
- ACSA positions on key issues ([here](#))
- ACSA Fact Sheets
 - The changing face of aged care ([here](#))
 - Aged care regulation ([here](#))
 - Staffing in aged care ([here](#))
 - Aged care facts ([here](#))

If you need support with a media inquiry please contact ACSA Media Manager Emily Parkinson: emily.parkinson@acsa.asn.au or call us on (03) 9108 0750.

In his announcement PM Morrison said: *“There are thousands of extraordinary operators, facilities, care providers, nursing and other clinical staff, volunteers, cleaners, cooks, therapists out there improving the lives of senior Australians every day. They do it for love and out of a deep professional commitment. But the best teams will always want to do better, and will always want to be honest about the performance of the sector as a whole. If you care about aged care, which those who work in the sector do, you will want it to be at*

its very best.”

We will ensure ACSA members are informed, consulted and supported throughout this challenging time.

Regards,



Sara Blunt, ACSA Chair



Pat Sparrow, ACSA CEO

Click [here](#) if you are having trouble viewing this message.



1. Explored housing issues and showcased workforce innovation projects at the national Outside the Box conference.
2. Completed the NDIS Essential Briefing series with forums in Perth and Darwin.
3. Held [‘Make it Work’ community forums](#) in NSW, Qld and SA in partnership with Every Australian Counts to give those living and working under the NDIS the chance to urge their local MPs to deliver the best possible Scheme.
4. Hosted a meeting between the NDIA and providers of community access services to discuss concerns about the impact of new NDIS group prices.
5. Gave advice to the Productivity Commission about the future of the National Disability Agreement.
6. Facilitated meetings between NDS members and the NDIA to improve the transfer process for people with disability entering the NDIS in WA.
7. [Gained an exemption](#) for NDIS-funded services from the new Victorian Portable Long Service Scheme.

8. Told the Joint Parliamentary Standing Committee on the NDIS about the problems of the NDIS ICT system; and about the need to streamline Assistive Technology approvals.
9. Met with the NDIA and McKinsey & Company about developing higher prices for supporting NDIS participants with complex needs.
10. Convened a disability data roundtable, with agreement to form a continuing group based at the University of Melbourne.
11. Distributed the [Annual Market Survey](#), the results of which will inform NDS' State of the Disability Sector Report 2018.
12. Met with the Australian Bureau of Statistics about a proposed Health Care and Social Assistance Industry Survey to collect workforce, financial and service-use data.
13. Entered into a [BuyAbility partnership](#) with global facilities management company BGIS to generate jobs for people with disability.
14. Engaged in discussions with government about a viable funding model for supported employment, and [advised members about the Fair Work Commission's decision](#) to seek further submissions on wage-setting.
15. Released a new episode of the [NDS Sector Development Podcast](#), which has attracted more than 2,400 downloads since its launch in July.
16. Received significant funding from the Victorian Government for the NDS Workforce Connectors project.
17. [Made a submission](#) to the NSW Parliamentary Inquiry into the implementation of the NDIS and the provision of disability services in NSW.
18. Met with the NDIS Quality and Safeguarding Commission Registrar to discuss issues with provider registration in NSW and SA.
19. Introduced a [NDIS & Sole Traders Online Hub](#) on the NDP website to help those working as sole traders to find information and resources to support their work.
20. Farewelled Richard Nelson and welcomed Ian Montague as NDS Queensland State Manager.
21. Welcomed Chris Tanti as the new CEO of NDS.



Trouble reading this? [View Online](#) | [Contact Us](#)

COMMUNITY Care REVIEW

Australia's magazine on home and community-based care and support



Accessibility solutions to bring life back into focus

Vision Australia is a leading national provider of blindness and low vision products and services across Australia specialising in supporting the latest in assistive technologies to support independence with more than 1000 accessible technology and living aids available.

[Read more](#)



Availcare Stylish Grab Rails & Shower Seats

Availcare have created stylish rails and shower seats to complement leading bathroom styles.

[Read more](#)



Tailored solutions keeping clients safe

INS Group's tailored solutions for community care organisations, village operators and aged and high-care facilities.

[Read more](#)



[Opinion: preparing for the Royal Commission](#)

After intense scrutiny, several government inquiries and reviews and major legislative change, the aged care sector is now the subject of a Royal Commission. The scrutiny will increase exponentially in the build up to, and during, the Royal Commission and providers must prepare accordingly, write Nick Albrow and Peter Wilkinson.



[Daily aspirin offers no benefits for over-70s](#)

[CDC and baby boomers a potent mix for future of home care](#)

Front line home care workers are concerned about the incoming generation of savvy, self-aware and demanding baby boomer clients and what this will mean for them under consumer directed care, research shows.



[Redlands Coast Showcases Innovation in Aged Care Summit](#)

Sep 21 all-day

This full day event in Redlands Coast will bring together thought leaders in sustainable, client centered aged and community care of the future.



27TH NATIONAL CONFERENCE ON INCONTINENCE
THE LATEST IN INCONTINENCE RESEARCH AND PRACTICE
HOTEL GRAND CHANCELLOR
HOBART
ncoi.org.au

[27th National Conference on Incontinence](#)

Oct 24 – Oct 27 all-day

The 27th National Conference on Incontinence to be held in Hobart, Tasmania



[LASA National Congress 2018](#)

Oct 28 – Oct 30 all-day

LASA National Congress 2018 will be held at the Adelaide Convention Centre from 28-30 October. Be a part of the largest age services event in the southern hemisphere.



[Hospitality & Lifestyle Aged Care Awards 2018](#)

Nov 2 all-day

It's Your Time! Congratulations to State finalists and all our amazing nominees for the Hospitality & Lifestyle Aged Care Awards. Book your tickets now.



["Advancing Not Retiring: Active Players, A Fair Future" 2018 AAG Conference](#)

Nov 21 – Nov 23 all-day

The 2018 AAG Conference "Advancing Not Retiring: Active Players, A Fair Future"



[COTA Building a Quality Aged Care Workforce Conference](#)

Nov 21 – Nov 22 all-day

Strategies to drive workforce growth in aged care, examining key insights from the Aged Care Workforce Strategy Taskforce.



[COTA Financial Sustainability in Aged Care conference](#)

Nov 21 – Nov 22 all-day

Develop strategies to respond to reform & drive innovation with insights from Minister Wyatt & ACFA's Michael Callaghan.



[ITAC 2018](#)

Nov 21 – Nov 22 all-day

ITAC 2018 Co-Designing our Digital Future

to be held in Melbourne from 21st to 23rd November 2018 is the place to hear from leading experts in the field of ageing. This year's program will include presentations and discussions led by respected researchers, academics, policy makers and practitioners.



[Akolade's Aged Care Series](#)

Nov 27 – Nov 29 all-day

Akolade's Aged Care Series returns to Sydney on 27th-29th November, providing

**Australian Government Department of Health
Commonwealth Home Support Programme**

WELLNESS AND REABLEMENT REPORT

UPDATE

Wellness and reablement report

Under the current CHSP grant agreements (that took effect 1 July 2018), service providers are required to submit a wellness and reablement report annually.

Victorian providers that transitioned their Home and Community Care (HACC) services to the CHSP on 1 July 2016 will not be required to submit a report until 2019.

Report purpose

The 2018 report is designed to give the Department of Health a ‘snapshot’ of how providers are implementing wellness and reablement approaches in their service delivery — what they are already doing well and any challenges/difficulties they face.

Online survey format

The report will take the form of an online survey. A web link will be made available to service providers, along with instructions on how to fill out the survey. Any organisations without internet access or that encounter difficulties completing the online survey can be provided with an electronic or printed version of the report by their grant agreement manager.

The survey will contain a majority of multiple-choice questions and some free-text fields. It should not be onerous. There are no ‘right’ or ‘wrong’ answers.

Type of information sought from providers

The department acknowledges that service providers are at different stages of implementing a wellness approach in their service delivery practices.

The wellness and reablement report will not ask providers to enter individual client-level data. The report will ask for general information at the organisational level, such as:

- the size and structure of the organisation and the demographics of the client base
- current service delivery practices — what’s working well and what the challenges are
- provider understanding of wellness and reablement and their progress towards fully embedding it into service delivery
- any additional support providers may need to fully embed a wellness approach.

Due 31 October 2018

CHSP service providers will be expected to complete and return the online survey to the Department of Health by Wednesday 31 October 2018.

When will the online survey (report) be made available to providers?

The department is currently finalising consultations with stakeholders about the design of the report.

In the next few weeks a web link will be emailed to all CHSP providers, along with instructions on how to fill out the survey.



Shape your committee structures

Since becoming a national organisation, ACSA has been working towards having networking and consulting structures that support members to meet, and work, together. These structures are also designed to support ACSA with quality advice for its policy & advocacy work.

The following is now proposed:

- State committees, in particular Residential, Retirement Living and Home Care, will be revitalised or created (if there is sufficient interest from members), through an expression of interest from members, commencing October 2018.
- State Committees will meet up to 6 times per year and will provide information, advice, and recommendations to ACSA in relation to service provision, policy and legislation.
- Each state committee will nominate a Chair for a two-year term
- National Advisory Committees will commence early 2019 with membership drawn from relevant Committees & ACSA Management.
- The opportunity to convene a range of topic specific National Advisory Committees will also be explored.

ACSA will continue to work with our members on this and further information will be provided in October. I encourage you to get involved with this, either through feedback or nominating, to ensure your peak body best reflects your organisation's needs.

Regards,



Pat Sparrow, CEO



What's new for the 2018 ACSA National Summit



4 weeks to go

Something for everyone at the not-to-be-missed Aged Care Conference of 2018.

Can only attend one major conference this year? Make sure it's the **ACSA National Summit** This year's [program](#) has something for everyone:

1. Learn how to balance customer needs and profitability with expert [Anouche Newman](#), CEO, Customer Service Institute of Australia.
 2. Will Retirement Living be irrelevant in 5 years? [Grant Corderoy](#), Senior Partner, Stewart Brown will look at the future of retirement villages and its effects.
 3. How to survive as the purse-strings get tighter - [James Saunders](#), Senior Consultant Operations, Pride Living will look at increasing revenue streams.
 4. With rising competition in the Home Care market - learn how you can get ahead with [Nicki Doyle](#) and [Camila Hynes](#).
 5. For those working in rural Australia, [Alan Wilson](#), [Brett Cowling](#) and [Graham Aitken](#) will look what providers can do to address delivering services remotely and the workforce
- [Register now](#) - *group discounts are available.*
-

This week in politics

This week, ACSA is making final preparations for its second Aged Care Q&A in Parliament House Canberra, on 14 August, involving about 30 ACSA Board members, Divisional Councillors, Executive Leadership team, CEO Pat Sparrow and members. They will be

discussing aged care issues and helping over 50 MPs, Senators and their staff with their constituent's questions about aged care. [Read full article here](#)

Simpler aged care means testing forms

ACSA attended the first Department of Human Services Aged Care Forms Taskforce meeting in Canberra on Tuesday 31 July 2018.

[Better Access to Care - simpler forms](#) is a 2018-19 Budget Measure 'to create a simpler short form for means testing consumers with straightforward financial affairs. This new form will be implemented by May 2019. Read [full article here](#)



caring@home - supporting carers to manage breakthrough symptoms safely

caring@home aims to improve the quality of palliative care service delivery across Australia by developing resources that support people to be cared for, and to die at home, if that is their choice. ACSA is one of the nine consortium organisations involved in the project. Read [full article here](#)

Primary Health Care and Older Australians – Reform required for improvement

Primary health care in Australia is the frontline of the nation's health care system so why are so many older Australians still falling through the gaps? Access to care and services delivered by primary health care is essential for maintaining independence and establishing healthy communities. [Read the article here](#)

Barriers to accessing quality palliative care for under-served populations and people with complex needs

Service providers are invited to a consultation workshop to discuss the Barriers to accessing quality palliative care for under-served populations and people with complex needs. [Click here](#) for more information and upcoming workshops

[Click to view full 2018 ACSA Education Program](#)

Don't miss out our next ACSA Events...

14 August [Regional Workforce Forums - Penrith](#) (NSW)

15 August [Webinar: Government Compliance and Online Claiming](#)

15 August [Regional Workforce Forums - Maitland](#) (NSW)

22 August [Retirement Village Management - One Day Intensive](#) (NSW)

3-5 Sept [2018 ACSA National Summit, Sydney](#) (National)



Government Compliance and Online Claiming

Supporting aged care providers to navigate the constantly changing and evolving compliance requirement landscape.

**Wednesday, 15 August 2018
from 11am to 12pm (AEST)**

This webinar is proudly sponsored by Epicor.

[Register now](#) for the **Government Compliance and Online Claiming Webinar**

Gary McDonald and Uday Shah from Aged Care software provider Epicor give an overview of some of the challenges faced by providers and how current software solutions and cloud platforms can be used by organisations to support and meet these compliance requirements. [Find out more.](#)



Click here for the news in your state



Missed an ACSA Weekly?

CATCH UP HERE

Other Events

Hospitality & Lifestyle Aged Care Awards 2018, 2 November 2018, Melbourne



The Hospitality & Lifestyle Aged Care Awards (HLACA) recognises and rewards outstanding team members, initiatives and facilities for providing quality and superior catering, cleaning, laundry and lifestyle services within aged care facilities. [Read more here](#)

ITAC 2018 conference - *Co-Designing our Digital Future*, 21-22 November 2018, Adelaide



The ITAC 2018 organising committee invites you to participate at the ITAC 2018

conference to be held 21st & 22nd November 2018 at the Adelaide Convention Centre. The theme of the conference – Co-Designing our Digital Future emphasises the importance of assistive technology supporting service quality and independence.

[Find more info here](#)

Publications, reports, grants and resources

Department of Health

\$2 Million in Extra Support to Tackle Elder Abuse

The Turnbull Government has extended its commitment to tackling elder abuse, with a \$2 million boost to the Older Persons Advocacy Network (OPAN) as new figures reinforce the importance of the national service. Read [media release here](#)

Home care providers – Know your rights and obligations

If you provide goods and services to a consumer, in particular those with a Home Care Package, you need to make sure you are complying with the Competition and Consumer Act 2010, which includes the Australian Consumer Law. Read full update [here](#)

Information for Aged Care Providers - [Click here](#) for full update

In this issue:

- [2018-19 Aged Care Approvals Round closes soon](#)
- [My Health Record – take control of your health information](#)
- [My Aged Care fridge magnets now available](#)
- [Free health information and advice from healthdirect](#)

Have your say - Medical Research Future Fund Consultation

The Australian Medical Research Advisory Board (AMRAB), supported by the Department's Office of Health and Medical Research (OHMR), is conducting a national consultation process to inform the development of the Australian Medical Research and Innovation Priorities 2018-2020. These Priorities will be used by Government to inform future investments under the Medical Research Future Fund (MRFF).

Interested parties should read the [consultation discussion paper](#) and provide feedback on the provided template. Online submissions are open **until 31 August 2018**.

AMRAB will also be hosting a series of public forums and invited roundtables. To check dates and locations, please [click here](#)

Political Alerts

Home care reforms and older people - well-intentioned, but not well informed - Read media release [here](#)

\$20 million Volunteer Grants round open - Read media release [here](#)

Other Resources

Carers Respite Awareness Campaign - [watch video here](#)

caring@home – website launch

The [caring@home website](#) aims to improve the quality of palliative care service delivery across Australia by developing resources that support people to be cared for, and to die at home, if that is their choice. The [caring@home website](#) was launched in July 2018 to assist health care professionals caring for palliative care patients in the community and it's a national project, led by the Brisbane South Palliative Care Collaborative, and funded by the Australian Government. ACSA is one of the nine consortium organisations involved in the project.

Infographic on reducing inappropriate use of antipsychotics

This useful infographic is available on the cognitive care government website [here](#)

NACA Aged Care Reform Monthly Update July 2018 - Click [here](#)

Organise an activity during Anti-poverty Week this year 14-20 October 2018

The aim of Anti-Poverty Week is to:

- Strengthen public understanding of the causes and consequences of poverty and hardship around the world and in Australia; and
- Encourage research, discussion and action to address these problems, including action by individuals, communities, organisations and governments.

Everyone is encouraged to help reduce poverty and hardship [by organizing an activity](#) during the Week. Please [tell us about your activity](#) so we can demonstrate how many people in Australia care about this issue. Visit the [Anti-Poverty Week website](#) for more information on how to get started!

The Society of Hospital Pharmacists of Australia (SHPA) - Essential updates for all Australian pharmacists and nurses as Don't Rush to Crush 3 released - Read [media release here](#)

Volunteer Grants expected to open in August

Volunteer Involving Organisations will soon be able to apply for \$20 million in grants to support the efforts of their volunteers. Grants of between \$1,000 and \$5,000 can be used towards the cost of essential items that help make the work of volunteers easier, safer, and more enjoyable, such as equipment, training, transport and background screening. The Volunteer Grants round is expected to open in August.

For more information, visit the Department of Social Services' [Community Grants Hub](#) website to subscribe to updates on the application process.

SAGE Tours 2019 Executive Program

A new program for 2019 - Registration is now open. Access all the information [here](#)

ACSA eLearning Portal

Australasian Journal on Ageing on the Go

Experience an entirely new browsing and reading experience:

- Convenient access to AJA articles anytime, anywhere
- Quick navigation to any section of the app
- Immediate access to new content
- Select keywords for tailored content alerts
- Download issues to read offline, or share important articles
- Enhanced search across all downloaded content

Scan the QR code to download the AJA IOS App

Available on the App Store

WILEY

The advertisement features a blue background with a yellow header. It includes a list of app features, a QR code, and a small image of a tablet displaying the journal's cover. The Wiley logo is at the bottom right.

Click [here](#) if you are having trouble viewing this message.

NEWS UPDATE

NDS National Disability Services

The banner has a green background on the left with the text 'NEWS UPDATE' in white. On the right, the NDS logo is displayed in blue and green, followed by the text 'National Disability Services' in blue. A dotted line separates the two sections.



[Parliamentary report captures concerns about NDIS market](#)

A major new report from a Federal Parliamentary inquiry calls for the immediate development of an NDIS market stewardship strategy, establishment of a disability sector assistance fund and the transfer of responsibility for NDIS price-setting to an agency independent of the NDIA.

[Read more](#)

[View this email in your browser](#)



Australian Government

Department of Health

The
Department
of Health

Open Letter from the Minister: Royal Commission into Aged Care Quality and Safety

The Minister for Senior Australians and Aged Care, the Hon Ken Wyatt AM, MP has written a letter to the aged care workforce about the Royal Commission into Aged Care Quality and Safety.

On 16 September 2018, Prime Minister Scott Morrison [announced](#) the Government's decision to establish a Royal Commission into the aged care sector.

The Government is [seeking your feedback](#) to develop the detailed Terms of Reference of the Royal Commission. Comments are open to members of the community, including residents and their families, aged care providers and aged care workers. Consultation is open until Tuesday **25 September 2018**.

Please see the [Minister's letter](#)  (104 KB) for your consideration and distribution to your staff and colleagues.

Further information about the Royal Commission, including how to subscribe to receive updates, is available on the [department's website](#).

Department of Health

TRAUMA & RECOVERY ROADSHOW

WALKABOUT



BARBER



WE CUT HAIR ANYWHERE!



COMING SOON



OCTOBER 2018



OPEN 9AM—CLOSE 4:30PM

MONDAY 8TH—ARMAJUN TENTERFIELD

TUESDAY 9TH—ARMAJUN GLEN INNES

WEDNESDAY 10TH—ASHFORD L.A.L.C

THURSDAY 11TH—TINGHA SPORT & REC

FRIDAY 12TH—INVERELL GOLF CLUB

SATURDAY 13TH—ARMAJUN ARMIDALE

Walkabout Barber is the first of its kind, and is a mobile Barber & Trauma and Recovery service designed to provide a space for cuts, connections and real conversations to do with healing, hope and happiness. This experience will allow you and other Men the opportunity to sit in a chair, receive a fresh cut, connect with their Barber to open up conversation.

For more information please contact Armajun Health Service (02) 6721 9777

A National Initiative for
the Aged Care Sector

LGBTI AGED CARE TRAINING

SILVER RAINBOW

INCLUSIVE PRACTICE FOR THE AGED CARE
AND REHABILITATION SERVICES

This essential, and relevant one-day training for all workers in the aged care sector will help promote a better understanding of the needs of the LGBTI people and provide staff with more confidence to deliver an inclusive, best practice service.

This national initiative is being presented at a venue near you.

INVESTMENT: Funding for this training makes the cost **\$10** for participants

DURATION: 9:30AM to 4:30 PM, including a morning, lunch and afternoon breaks.

DATES AND LOCATION:

Tamworth Friday, 28 September 2018
[Uniting McKay House Tamworth - Admin building - Cnr Manilla Rd & Tribe St Tamworth 2340 NSW](#)

Newcastle Monday, 15 October 2018
[Uniting Garden Suburb - 7 Myall Rd, Garden Suburb NSW 2289](#)

Parkes Thursday, 25 October 2018
[Coventry Room & Cultural Centre - 25 Bogan St, Parkes NSW 2870](#)

MORE INFORMATION: Visit PrideTraining.org.au to know more about this training and to register for a session.

QUESTIONS? Please contact ACON's Training team at PrideTraining@acon.org.au



[View this email in your browser](#)



Australian Government
Department of Health



Australian Government
Department of Social Services

Webinar – Carer Gateway regional delivery partners information

The Department of Social Services (DSS) will be hosting a webinar on the new network of Carer Gateway regional delivery partners. This new network forms part of the [Integrated Carer Support Service \(ICSS\)](#) model.

From September 2019, the Carer Gateway regional delivery partners will start to deliver, or coordinate access to, new and improved local carer services.

Participants will be able to submit questions throughout the presentation.

Webinar Title	Introduction to Carer Gateway regional delivery partners	
Date and Time	Friday 28 September 2018	
	State and Territory	Start - Finish
	ACT, NSW, VIC, QLD and TAS	2pm – 4pm (AEST)
	SA and NT	1.30pm – 3.30pm (ACST)
	WA	12pm – 2pm (AWST)
Registration Link	http://livestream.education.gov.au/dss/28september2018/	

The webinar will be recorded and made available on demand via the DSS website in the weeks following.

DSS will be providing regular updates, resources and information on the implementation of the ICSS as it progresses via the [DSS Supporting Carers webpage](#).

The webpage includes an option to [subscribe](#) to updates. Those who opt-in for the subscription service will receive an email notification when new information and content related to the ICSS Implementation Program is added to the webpage.

Department of Health

Click [here](#) if you are having trouble viewing this message.

NEWS
UPDATE

NDS National
Disability
Services



[National Redress Scheme is open](#)

A National Redress Scheme - a recommendation of the Royal Commission into Institutional Responses to Child Sexual Abuse - has been established to support people who have experienced institutional child sexual abuse.

[Read more](#)

My Kids & Me

A group for parents with children in Out of Home Care

FREE CALL 1800 372 826 to register

Armidale

Time: Wednesdays - 12pm to 2:30pm

When: October 10th, 17th, 24th, 31st & November 7th, 14th, 21st 2018

Fees apply for the above course.

\$140 per person or \$90 per person with current concession/pension or healthcare card holders.

Participants receive a pen and workbooks, resources to promote the learning experience and a professionally trained and accredited facilitator. Tea, coffee and biscuits provided.

Dates and times are subject to change. Courses may be cancelled prior to start date due to insufficient registrations.

Introduction & course background

My Kids & Me has been specifically written for the parents of children in out of home care. Restoration may or may not be part of the case plan.

The course isn't designed to give participants practical parenting help, rather it aims to give participants an opportunity to reflect on their experiences, and provide an opportunity for change.

My Kids & Me is influenced by the research work of John Gottman, Daniel Siegel, Milton Erickson and the Circle of Security team.

The program is based on Attachment Theory and written by a team of psychologists, social workers, parent educators and out of home care workers.

The course has been produced in partnership with CatholicCare Sydney and CatholicCare Wollongong.

My Kids & Me is supported by NSW Family and Community Services and the federal Department of Social Services.

My Kids & Me was designed to be facilitated by non-government services in order to minimise the risk of conflict of interest between the Statutory Body and the participants.

The Program

This program takes place in a secure and safe environment for 7 weekly sessions of 2½ hours per week and assists participants to identify their parenting skills, strengths and resources to develop more of these skills.

The aim of the program is to challenge the myths of parents who have children removed from their care.

The Participants

This course has been developed for parents whose children are in statutory care.

This may be long term, short term with restoration planned or a kinship placement.

Pre-group interviews in person should be completed for each participant to ensure that they are group ready or that this course is the most appropriate for them.

My Kids & Me is an accredited course run over 7 weeks for 2½ hours per week.

Building healthy relationships by exploring:

- grief and loss – understand the impact of grief and loss on their lives and their children's lives
 - understanding emotions
 - child development
 - how to communicate effectively
 - conflict resolution
 - understanding discipline
 - understanding your parenting style
 - boundaries

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- conflict resolution
- understanding discipline
- understanding your parenting style
- boundaries

My Kids & Me Dates for 2018

Tamworth

When:

Time:

Armidale

When: October 10th, 17th, 24th, 31st
& November 7th, 14th, 21st

Time: Wednesdays - 12pm to 2:30pm

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Participants receive a pen and workbooks, resources to promote the learning experience and a professionally trained and accredited facilitator. Tea, coffee and biscuits provided.

Dates and times are subject to change.

Courses may be cancelled prior to start date due to insufficient registrations.

Contact Details

Tamworth

V Guy Kable Building
201 Marius Street, Tamworth
Phone: 02 6762 9200

Email: tamworth@centacarenenw.com.au



Armidale

150 Rusden Street, Armidale
Phone: 02 6738 7200

Email: armidale@centacarenenw.com.au



Centacare NENW provides Family Relationship Centre outreach services across the New England and North West through our offices. Please contact us for more information.

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