

## NESST Newsflash

Hi Everyone,

Welcome to the NESST Newsflash. If you wish to unsubscribe to this Newsletter, please reply to this email and NESST will remove you from our mailing list. ☺

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## **NESST Regional Zoom**

Our next Regional Zoom will be held on **24 September at 2pm**. If you have agenda items or ideas, please let us know.

## **NESST Free On-line Training Portal**

The portal gives access to free, basic induction modules for frontline staff. Current modules:

### **An introduction to the Commonwealth Home Support Programme**

#### **Community Basics**

#### **Food Safety for Seniors**

A certificate is emailed on completion. Please share with your staff and volunteers within the New England area:

<https://www.inductforwork.com.au/portals/new-england-sector-support-team-online-induction-nesst-basic-training>

### **NEW MODULE: DEMENTIA BASICS**

If you are having trouble getting the modules to load for some people, please give us a call and we will resend the invitation to the individual.

**If you would prefer to host a paper-based group session we are happy to help. We can provide resources and send out certificates after completion.**

## **CHSP Orientation Training for Coordination Staff**

NESST will be conducting on-line Orientation for Coordination staff on-line on 15 September 2020. This will be a live, interactive session.

Register in advance for this training:

<https://us02web.zoom.us/meeting/register/tZwkf-Ctpj8rGNGEFm4cmerPACyoCM-buT0J>

After registering, you will receive a confirmation email containing information about joining the training.

## **New Position! Inverell Home Support Program Services Manager**

<https://www.seek.com.au/job/50450670?type=standard#searchRequestToken=b3fed884-63a4-4749-8d4b-c60392b64145>

## Position Vacant: Home Support Assessor (Regional Assessment Service) - Tamworth Region

<https://www.aspire4life.com.au/careers/7932818>

### Royal Commission focus on care in the home

The staff of the Royal Commission into Aged care quality and Safety have developed 10 propositions to improve in home services for older people

Proposition HC1. More care at home to meet the preferences of older people wanting to age in place (transition proposition)

Proposition HC2. More funding for care at home to meet assessed needs

Proposition HC3. Changes to consumer directed care

Proposition HC4. Pricing that accounts for the administration activities of home care providers

Proposition HC5. Responsibility for co-ordination of care in the new program

Proposition HC6. Transition to the new program

Proposition HC7. Duty on home care providers to provide high quality and safe care

Proposition HC8. Carers Leave

Proposition HC9. Minimum staff contact time for home care

Proposition HC10. An enablement approach to care in the home and community

<https://tinyurl.com/y3evdwlu>

Submissions on the propositions are **due next Friday 11 September**.

### Carers Resources

- Link to upcoming Carers NSW training sessions – <http://www.carersnsw.org.au/how-we-help/education/calendar/>
- Link to latest COVID-19 information for carers – <http://www.carersnsw.org.au/news-events/news>

Link to latest COVID-19 publications for carers – <http://www.carersnsw.org.au/policy/changing-systems#sections>

### Emergency Preparedness Resources from Resilience NSW

These resources by Resilience NSW will help you prepare for and reduce the impact of emergencies on your clients, your employees and your organisation. What plans does your organisation have in place to ensure they still get the care they need during an emergency?

[Read More](#)

## 2020 Commonwealth Bank Not-for-Profit Treasurers' Award

Every community organisation understands how much they owe to the person who keeps track of the finances. But they don't often tell them so. Our Community and the Commonwealth Bank and their Not-for-Profit Sector Banking team believe Australia's treasurers deserve some recognition.

This year, you can take part in the 2020 Not-for-Profit Treasurers' Awards in one of two ways: you can nominate your treasurer - all nominated treasurers receiving an official Certificate of Appreciation), or you can enter as a not-for-profit treasurer - share your insights for your chance to win one of four \$5,000 cash donations for your not-for-profit.

**Nominations close:** 6 October 2020.

[More information and nomination forms](#)

## Supplementary Volunteer Grants 2020 - Now Open

Grants of between \$1,000 – \$5,000 are available to enable volunteer involving organisations to strengthen community functioning by increasing participation in volunteering. A total pool of \$748,000 will be available within New South Wales.

**Applications close** 11.59PM AEST 20 September 2020

<https://www.volunteering.com.au/supplementary-volunteer-grants/>

## Does Board Work Have to Be Relational?

Nonprofit organisations are established to fulfil a specific mission within the community. It is the board's primary responsibility to ensure that the mission of the organisation is being achieved. It is not surprising that many boards invest much of their time considering strategic planning, roles and responsibilities (especially delineating board from staff), setting policies, recruitment and meeting processes. Focusing exclusively on these board activities often leads to recruiting people with particular technical and organisational expertise as the highest priority.

Because board work and decision-making are a collective activity, achieving credible outcomes involves not only attention to technical details but the ability to come to a group decision in a complex environment. This type of decision-making involves 'extended discussions, in depth analysis and a considerable knowledge of the organisation's context' (Chait et al. 1996). This type of decision-making requires that the board has, in its collective competencies, social and emotional intelligence.

[Read full article from the Australian Centre for Philanthropy and Nonprofit Studies \(ACPNS\)](#)

## **Beyond the Standards:17 September**

ACSA are offering an informative and engaging workshop will take participants' through a range of activities and small group discussions to explore the New Aged Care Quality Standards 1-8 in relation to an older person's life. Ideally suited for anyone who is developing their everyday practice and language to focus on wellness outcomes for the older person.

<https://tinyurl.com/yy4kuk5w>

## **How Volunteering Benefits Mental Health**

In a time where we are all hearing the dreadful statistics on increased mental health issues and suicide rates from COVID-19 led anxiety, a new study confirms what many suspected... that volunteering not only helps the community, but also the volunteer's mental health.

<https://www.theimpactsuite.com/blog/how-volunteering-benefits-mental-health>

## **Nominations are now open for the 2021 NSW Women of the Year Awards**

Click [HERE](#) to go to start your nomination. Nominations will close at 11:59 pm on Friday 11 September 2020

If you have any questions or require more information please email

[womenoftheyear@facns.nsw.gov.au](mailto:womenoftheyear@facns.nsw.gov.au)

## **Care in the age of outrage – International Dementia Conference**

September 21-22 Streamed live and On Demand

**Hear and interact with international sector-leading speakers, as they share the latest insights, research, and evidence-based best practice solutions. Streamed live & on-demand.** • Discover pragmatic, evidence-based solutions to use in your practice & operations • Hear the invaluable opinions from people living with dementia and their carers • Participate in interactive discussions with speakers & delegates across the world

**Virtual Registration – AUD \$299.00** <https://www.dementiaconference.com/#>

## **New Fair Work Information Statement**

On 13 August, the High Court handed down a decision regarding the method of accruing and taking paid personal/carer's leave under the National Employment Standards. The High Court found that the entitlement of 10 days of personal/carer's leave is calculated based on an employee's hours of work, not days. 10 days of personal leave can be calculated as 1/26 of an employee's ordinary hours of work in a year. The High Court's decision overturned a decision made by the Full Federal Court in August 2019.

<https://www.fairwork.gov.au/employee-entitlements/national-employment-standards/fair-work-information-statement>

## **The Senior Pen Pal Club**

Australia Post has announced a new Senior Pen Pal club to help older Australians across Australia connect and discover the joy of having a pen pal. By fostering connections between seniors' organisations and assisting older Australians to find a new friend to write to, the Senior Pen Pal club will help to relieve the issue of social isolation facing up to one in five Australians over the age of 75.

<https://auspost.com.au/about-us/corporate-responsibility/our-community/senior-pen-pal-club>

## **Quality care for people living with dementia – Dementia Australia**

A useful resource giving guidance on meeting the aged care quality standards when working with people with dementia. <https://www.dementia.org.au/sites/default/files/documents/DA-Consumer-Summit-Communique.pdf>

## **On the frontline: how you can support yourself and others**

The coronavirus pandemic is a challenge unlike anything Australia has seen before. As a healthcare worker, you may be feeling anxious, overwhelmed, or unsure what lies ahead. Just because you're trained, doesn't mean you're immune to the mental health impacts of this pandemic. Feeling stressed is not a sign of weakness. Looking after your health and wellbeing is more important than ever. Support services are available and it's vital that you use them when you need to.

<https://coronavirus.beyondblue.org.au/impacts-on-my-work/essential-services/how-healthcare-workers-can-support-themselves-and-each-other.html>

## **AAG Position Paper: Wellness and Reablement for all Australians Receiving Home, Community and Residential Aged Care Services**

The aim of this Position Paper is to provide clear direction to the Australian Government, policymakers and service providers on the core principles of wellness and reablement in aged care that must be upheld in order to meet the needs, strengths and preferences of Australians as they age. <https://www.aag.asn.au/documents/item/3692>

## **Online Grant Writing Training – 10 September**

This fun, practical grant writing training session will help to set up a framework from which your organisation can be ready to apply for any grant, efficiently and effectively. It will give you the confidence and tools, to apply strategies which will give you the best chance of writing a successful application to a variety of sources

<https://nonprofittraining.com.au/grant-writing-for-non-profit-organisations/>

## **Information on CHSP support available for residents moving out of a RACF during COVID-19**

There are two tiers of support available under the Commonwealth Home Support Programme (CHSP) to support residential aged care clients who choose to temporarily move out of residential care due to COVID-19.

### **Tier 1 Clinical support for clients who relocate from a facility that is significantly impacted by COVID-19**

Temporary clinical support (Nursing and Personal Care) is available to clients who have had to relocate from a significantly impacted residential aged care facility. This support is the equivalent to a Level 4 Home Care Package.

The client or their family can call OPAN on 1800 700 600 to discuss their care needs. OPAN will provide information on the services available, the process for transition to community care and can arrange for a referral to a suitable local provider to deliver clinical services in the home for up to eight weeks.

### **Tier 2 Entry level services for clients who voluntarily decide to return to the community**

Clients of residential aged care facilities that are not eligible for the complex clinical support above, but still choose to return to the community, may contact My Aged Care on 1800 200 422. My Aged Care will provide information on the services available, the process for transition to the community. They can arrange for a referral to access some entry-level home support services (including Meals, Transport, Unaccompanied Shopping, Social Support Individual, Nursing, Personal Care and Allied Health and Therapy Services) for up to eight weeks through the CHSP.

More information can be found in the

[COVID-19 & the CHSP- Information for clients, families and carers fact sheet.](#)

## **Budget Direct Sponsorships 2020-2021**

Striving to make a difference in your local community but need a financial leg-up? If your organisation is eligible, you can apply for a Budget Direct sponsorship of \$1,000, \$2,500, or \$5,000. This one-off cash donation can be spent as your organisation sees fit. Budget Direct support organisations who:

- provide local or statewide community services
- run community awareness and education programs
- promote health and wellbeing (e.g. sports clubs)
- advocate for road safety
- provide emergency services
- support in need or at-risk Australians
- help build strong, vibrant communities

**Round closing dates:** 30 September 2020; 31 December 2020; 31 March 2021; 30 June 2021. [More information and application](#)

**Contact:** [sponsorship.support@budgetdirect.com.au](mailto:sponsorship.support@budgetdirect.com.au)



## **Registration Open: Excellence in Home & Community Care Online Symposium**

September 15-17 2020

Hear the latest insights and innovations from sector experts and leaders, plus shared experiences from other home and community care organisations. Topics include home care pricing, risk management in the home and community care environment, the sector's response to COVID-19, and leveraging new technologies. Sessions are spread across each day, with breaks in-between.

<https://events.acsa.asn.au/event/excellence-in-home-care-online-symposium/>

## **COVID-19: Infection prevention and control risk management**

The risks associated with COVID-19 in Australia are ongoing. Health service organisations are required to prepare and implement an organisation-wide Risk Management Plan to manage and reduce the risks related to the transmission of COVID-19.

The Australian Commission on Safety and Quality in Health Care (the Commission) has developed advice to support health service organisations to undertake a COVID-19 risk assessment and develop a comprehensive Risk Management Plan.

[The fact sheet COVID-19: Infection prevention and control risk management is now available.](#)

For further information, visit the [COVID-19](#) page on the Commission's website or email [HAI@safetyandquality.gov.au](mailto:HAI@safetyandquality.gov.au).

## **Easing of restrictions – COVID -19 Update**

<https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules>