

## 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 regular Regional CHSP Zooms will be held on **31 March 2021**, and **1 June 2021** at **2 pm**.

If anyone has agenda items for the forum or would like us to find information/speakers on specific issues please let us know asap.

**Please register:** [https://us02web.zoom.us/meeting/register/tZMsf-2qqTguHdXjB6ZEBWqM95xnDs\\_wxJNt](https://us02web.zoom.us/meeting/register/tZMsf-2qqTguHdXjB6ZEBWqM95xnDs_wxJNt)

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

Have a look at the new portal! We have now moved most content over to the new platform. A certificate is emailed on completion. The portal is now available to all New England Aged Care providers and all community transport projects in NSW. Please share with your staff and volunteers:

<https://nesstbasictraining.thinkific.com/>

On this site you will find:

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

**Food Safety for Seniors**

**Dementia Basics**

**Duty of Care**

**Professional Boundaries**

**Confidentiality**

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.

## **The Aged Care Royal Commission**

The Aged Care Royal Commission report was released to the public on 1<sup>st</sup> March. The report is contained in 8 volumes. Hard copy volumes can be ordered from the website or they are available on-line. Volume One is the summary and recommendations.

There are 144 recommendations the entire report can be found here

<https://agedcare.royalcommission.gov.au/publications/final-report>

the recommendations can be found here

<https://agedcare.royalcommission.gov.au/publications/final-report-list-recommendations>

## Updates to the CHSP Program Manual

The Department of Health (the department) has recently revised the CHSP Program Manual 2020-2022. A copy of the revised Manual is now available for download from the [Department's website](#).

## The Road Less Travelled – Rural CHSP Transport Conference

5<sup>th</sup> and 6<sup>th</sup> May 2021 in Mudgee

Register: [https://whova.com/portal/registration/roadl\\_202105/](https://whova.com/portal/registration/roadl_202105/)

## Air B&B Accommodation for flood evacuees

Airbnb.org connects people impacted by disasters with hosts who are offering a free place to stay. Since 2012, thousands of people have participated in the programme.

[https://www.airbnb.com.au/openhomes/disaster-relief/nswfloods21?af=196660319&c=partnerflyer\\_DRR\\_nswfloods21\\_2021Q1](https://www.airbnb.com.au/openhomes/disaster-relief/nswfloods21?af=196660319&c=partnerflyer_DRR_nswfloods21_2021Q1)

## CHSP service delivery during storms and floods

The Department of Health recognises many CHSP service providers in Queensland, New South Wales and the Australian Capital Territory are operating in communities currently experiencing severe wet weather and flooding events.

The Department expects all CHSP service providers to **continue the safe delivery** of home support services during this period and adhere to any advice or guidance provided by your local State/Territory Emergency Services. All CHSP service providers should have an emergency preparedness or risk management plan in place.

CHSP service providers are encouraged to remain in regular contact with their clients and must advise their Community Grants Hub Funding Arrangement Manager of any disruptions to normal service delivery at the earliest opportunity.

### What support is available to providers during this period?

Full flexibility remains in place until 30 June 2021. These program provisions will enable CHSP service providers to re-distribute funding to service types and regions to better meet local demand. CHSP service providers who have fully allocated their 2020-21 base funding, may apply for Ad Hoc Funding to help respond to unforeseen circumstances.

The Grant Opportunity Guidelines for this emergency funding opportunity are available to download from [GrantConnect](#). CHSP service providers who require urgent and immediate support are encouraged to complete an application form, available by emailing [CHSPprogram@health.gov.au](mailto:CHSPprogram@health.gov.au), outlining how you will use the additional funds to meet the objectives and intended outcomes of the grant round.

## **Micro-town gives people with cognitive impairment, dementia independence and social engagement**

A small community in Bellmere, just north of Brisbane, is turning the traditional aged care model on its head, providing a sense of independence, engagement and normalcy to its 120 residents, many of whom live with cognitive impairment such as dementia.

"Pretty much everything that the Royal Commission is suggesting we should be providing as aged care providers."

<https://www.abc.net.au/news/2021-03-20/the-micro-town-helping-people-with-dementia/13260090>

## **Mosquitoes are a Health Hazard Communicable Diseases Factsheet**

Much of the sector has been affected by the recent weather systems and expected flooding to occur in and about our communities. Just a reminder of the importance of health concerning Mosquitoes. Health NSW fact sheet link below

<https://www.health.nsw.gov.au/Infectious/factsheets/Factsheets/mosquitoes-health-hazard.pdf>

## **Aged Care Workforce - Caring for people who have experienced trauma**

Working in aged care can be rewarding but also difficult, particularly if the people in your care have experienced trauma. There are simple things you can do to help an older person affected by trauma feel safe and get the help that they need, while also supporting your well-being.

[https://www.phoenixaustralia.org/wp-content/uploads/2021/01/Aged-Care-Handout\\_Impact\\_of\\_Trauma\\_Staff.pdf](https://www.phoenixaustralia.org/wp-content/uploads/2021/01/Aged-Care-Handout_Impact_of_Trauma_Staff.pdf)

## **Dine & Discover NSW**

The NSW Government has launched Dine & Discover NSW to encourage the community to get out and about and support dining, arts and tourism businesses.

NSW residents aged 18 and over can apply for 4 x \$25 vouchers, worth \$100 in total.

- 2 x \$25 Dine NSW Vouchers to be used for dining in restaurants, cafés, bars, wineries, pubs or clubs.
- 2 x \$25 Discover NSW Vouchers to be used for entertainment and recreation, including cultural institutions, live music, and arts venues.

The vouchers:

- can be used 7 days a week
- can be used at [participating NSW businesses](#) that are registered as [COVID Safe](#)
- cannot be used on public holidays
- are valid to 30 June 2021.

<https://www.service.nsw.gov.au/campaign/dine-discover-nsw>

## **CHSP Digital Landing Page – reablement resources**

Following consultation with the aged care sector, we have designed a suite of products for Commonwealth Home Support Programme (CHSP) organisations to better understand, embed, and practically apply wellness and reablement into CHSP service delivery practices.

All CHSP organisations can access the reablement digital landing page on the department's website.

<https://www.health.gov.au/initiatives-and-programs/wellness-and-reablement-initiative>

## **Managing allergies - Anaphylaxis resources**

The following link takes you to a short video on how to position a child or adult in anaphylaxis

<https://nationalallergystrategy.org.au/resources/anaphylaxis>

## **CRANA - Bush Support**

Toll-free 24hr Telephone Counselling every day of the year - call 1800 805 391 - for ALL remote health workers/service providers and their families <https://crana.org.au/support>

Bush Support provide a range of programs and resources to assist remote workers and their families in managing the stress of living and working in a remote location. The program includes an anonymous, nationwide 24-hour telephone debriefing and support service staffed by psychologists with remote experience.

## **CHSP Ad-Hoc Emergency COVID-19 Funding – GO3877 – closes 30 June 2021**

The objective of this grant is to provide assistance through limited financial support to existing CHSP service providers to enable them to respond to unforeseen and exceptional circumstances that directly impact on existing service delivery arrangements that are beyond the control of the grant recipient.

<https://www.grants.gov.au/Go/Show?GoUuid=6c903322-0521-8405-245c-dd56c93b7960>

## **CHSP Ad Hoc Funding - GO4265 - closes 30 June 2022**

This is to enable services to respond to unforeseen and exceptional circumstances, address gaps in service delivery and trial and implement new and innovative service delivery models. You have until **30th June 2022 @ 2 pm** to apply for one-off and/or recurrent funding.

<https://www.grants.gov.au/Go/Show?GoUuid=64c68525-fdd8-bbb7-1826-7ff80a0f88ca>

## Meals on Wheels Dementia and Nutrition Video Resource

<https://www.youtube.com/watch?v=jfa3evA7Xpw>

### Wellness and reablement initiative

For your Commonwealth Home Support Programme (CHSP) service to remain eligible for government funding, you need to embed wellness and reablement services into your organisation. Join our community of practice and find resources to help you.

The Commonwealth Department of Health has developed a range of online resources to help the Commonwealth Home Support Programme (CHSP) service providers embed wellness and reablement approaches into their organisational practices and service delivery.

Join the [community of practice website](#) – you'll need to create an account to get access. Connect with other CHSP service providers, help and support each other, share ideas and stories, and seek feedback.

The online training modules will help CHSP support workers, allied health professionals and team leaders embed wellness and reablement into everyday service delivery approaches. Training includes:

- eLearning modules
- Foundations in wellness and reablement
- Wellness and reablement in practice
- Reablement planning and strategy development
- podcast series in wellness and reablement to supplement the eLearning modules
- Facilitator's Toolkit for CHSP providers with in-house training infrastructure.

The eLearning modules are available on the [My Aged Care Learning Environment \(MACLE\)](#).

There is also a collection of practical guides and tools for the Commonwealth Home Support Program (CHSP) providers that will help you embed wellness and reablement approaches into your service delivery. <https://www.health.gov.au/resources/collections/wellness-and-reablement-resources>

### Get ready for your COVID-19 vaccinations

What to do now

There are 3 steps you can take now to get ready:

1. create a myGov account and link Medicare
2. check your contact details for Medicare are up to date
3. View your immunisation history statement.

<https://www.servicesaustralia.gov.au/individuals/news/get-ready-your-covid-19-vaccinations>

## **ELDAC Legal Toolkit: Factsheet Advance Care Directive**

An Advance Care Directive can be a useful tool for people to communicate instructions about future health care decisions. This factsheet explains the key legal principles of Advance Care Directives.

[https://www.eldac.com.au/tabid/4968/Default.aspx?utm\\_source=Legal%20Toolkit&utm\\_medium=L  
egal%20Toolkit%20ACD%20Fact%20Sheet&utm\\_campaign=Legal%20Toolkit%20social%20media](https://www.eldac.com.au/tabid/4968/Default.aspx?utm_source=Legal%20Toolkit&utm_medium=Legal%20Toolkit%20ACD%20Fact%20Sheet&utm_campaign=Legal%20Toolkit%20social%20media)

## **Department of Health Updates**

Keep up to date – find all the updates here:

<https://www.health.gov.au/news/newsletters>