

## 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. ☺

### Contents

NESST Newsflash.....	1
NESST Regional Zoom .....	2
NESST Free On-line Training Portal.....	2
The Aged Care Royal Commission .....	2
Updates to the CHSP Program Manual.....	3
The Road Less Travelled – Rural CHSP Transport Conference.....	3
'Next steps for aged care' Grattan Institute responds to the Royal Commission.....	3
Australian Aged Care Collaboration Response to Royal Commission.....	3
New palliative care resources to support aged care .....	4
Palliative Care Resources for Aboriginal and Torres Strait Islander people .....	4
Kate Swaffer - Governor's Lecture 2021 .....	4
<a href="https://kateswaffer.com/2021/04/18/governors-lecture-2021/">https://kateswaffer.com/2021/04/18/governors-lecture-2021/</a> .....	4
Cultural diversity webinars .....	4
NSW Closing the GAP - COMMUNITY ENGAGEMENTS.....	5
Supporting the building of intergenerational programs within communities.....	5
Register now for Federal Budget information .....	5
Calls for Disability Royal Commission to be extended.....	6
Aged care interventions target veterans .....	6
Volunteer Grants Open.....	6
Good Governance in Regional and Rural Areas.....	6
The Centre for Diversity Training FREE - Diversity Training Series .....	7
Aged Care Workforce - Caring for people who have experienced trauma.....	7
HSP Digital Landing Page – reablement resources .....	7
CRANA - Bush Support .....	7
CHSP Ad-Hoc Emergency COVID-19 Funding – GO3877 – closes 30 June 2021.....	8
CHSP Ad Hoc Funding - GO4265 - closes 30 June 2022 .....	8
Department of Health Updates .....	8

## **NESST Regional Zoom**

Our regular Regional CHSP Zooms will be held on **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.

## **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/)

## **'Next steps for aged care' Grattan Institute responds to the Royal Commission**

This Grattan report seeks to provide clarity. It navigates through the differing views of the Commissioners to show how Australia can achieve a rights-based system that provides adequate care and support for all who need it. Many changes are needed, but four areas of reform are absolutely critical. To read more:

<https://grattan.edu.au/wp-content/uploads/2021/04/The-next-steps-for-aged-care-Grattan-report.pdf>

## **Australian Aged Care Collaboration Response to Royal Commission**

AUSTRALIA's aged care sector expects the Federal Government to immediately commit to implementing the major recommendations of the Royal Commission into Aged Care Quality and Safety, through the twin pillars of the upcoming Budget and a subsequent longer-term aged care plan.

With media speculation indicating that an additional \$2.5 billion a year for four years (\$10 billion) will be committed to aged care in the Budget, the Australian Aged Care Collaboration (AACC) is calling for a more comprehensive program that will ensure older Australians receive the care, respect and dignity they deserve.

<https://www.careaboutagedcare.org.au/about/>

[https://www.careaboutagedcare.org.au/wp-content/uploads/2021/04/AACC-response-to-Royal-Commission\\_press-release\\_12042021-1.pdf](https://www.careaboutagedcare.org.au/wp-content/uploads/2021/04/AACC-response-to-Royal-Commission_press-release_12042021-1.pdf)

## **New palliative care resources to support aged care**

ELDAC is developing [a suite of new resources](#) spanning five key areas that are integral to the provision of quality palliative care across the aged care sector.

These new resources will be released from early 2021 to mid-2023 and are designed to improve capacity at the individual, service and system levels. A [printable factsheet](#) has also been developed for download.

## **Palliative Care Resources for Aboriginal and Torres Strait Islander people**

Palliative Care Australia has launched '[Discussing Choices - Indigenous Advance Care Plans - A Learning Resource](#)', a new video for health professionals.

The video illustrates culturally safe advance care planning for Aboriginal and Torres Strait Islander communities.

## **Kate Swaffer - Governor's Lecture 2021**

A compelling presentation on the impacts of childhood trauma & the consequences of the failure to respond effectively - including incarceration.

It is very relevant to the incarceration of people with dementia in 'secure memory units', and also to 'failure to respond' via the lack of redress in the Australian Royal Commission into Aged Care.

<https://kateswaffer.com/2021/04/18/governors-lecture-2021/>

## **Cultural diversity webinars**

The [Centre for Cultural Diversity in Ageing](#) has launched new free webinars covering a range of topics of interest to staff and leaders in aged care services, including:

- Accessing culturally appropriate resources for your consumers
- Applying a diversity lens to dementia care
- Cross-cultural communication.

These free webinars will be facilitated by diversity experts from across Australia.

## **NSW Closing the GAP - COMMUNITY ENGAGEMENTS**

CAPO and the NSW Government are signatories to the Closing the Gap National Agreement and in NSW are working in partnership along with other agencies and organisations in developing an NSW Implementation Plan. We want to get your views about what the focus for the next 12 months should be to drive Closing the Gap implementation in NSW. Your views will help to shape the NSW Implementation Plan. The NSW Implementation Plan will identify the key actions to achieve the priority reforms, funding, timeframes and accountability mechanisms.

**TAMWORTH When: 28 April 2021 Where: Best Western All Settlers Motor Inn RSVP:**

<https://bit.ly/3g24l4h>

## **Supporting the building of intergenerational programs within communities**

Researchers at Neuroscience Research Australia (NeuRA) and University of New South Wales (UNSW) [DR GAIL KENNING](#), [ASSOCIATE PROFESSOR RUTH PETERS](#), [YING XU](#), [NICOLE EE](#) are working on an Intergeneration Integration project.

There is increasing evidence to show that intergenerational interaction is beneficial for older adults and children alike. Higher levels of social engagement in older adults have been associated with better physical and cognitive function and wellbeing. Time spent with older adults has been linked to enhanced social and personal skills in children. However, familial intergenerational interaction is falling despite rising numbers of community-based older adults. In Australia alone, approximately 15% of the total population are aged 65 and over, up from 5% in the 1920s and estimated to increase to 22% (8.8 million) in the next 30-40 years. Employment and economic factors drive greater geographical mobility of working-age adults, resulting in increased separation from older family members with 40% of Australians aged 75-84 and 51% of those 85 and over living alone. Recent television series in Australia and the United Kingdom, have raised awareness and enthusiasm for intergenerational activities as an opportunity that could be realised within communities. However, while intergenerational programs are gaining in popularity globally, evidence for best practice in this area remains scarce.

This project will build and pilot a novel, evidence-based, co-designed Intergenerational Program Development toolkit targeted for community use and tailored to an Australian environment.

## **Register now for Federal Budget information**

You can now register to receive information from the Department of Health about 2021-22 Federal Budget via our [subscription link](#). We encourage you to share this link with colleagues within your organisation who may find this information useful. Details of the department's information webinar and ePack will be shared through the mailing list in the coming weeks.

## **Calls for Disability Royal Commission to be extended**

Disability groups have renewed calls for a 17-month extension to the disability royal commission, warning there is not enough time left for the inquiry to conduct its investigations thoroughly given the delays caused by COVID-19. <https://tinyurl.com/7tkhzd4a>

## **Aged care interventions target veterans**

An aged care provider is offering a program where older people can create an e-book of their lives as part of a suite of interventions targeting ageing veterans.

<https://communitycarereview.com.au/2021/04/22/aged-care-interventions-target-veterans/>

## **Volunteer Grants Open**

The Australian Government is inviting organisations via a restricted non-competitive process to apply for a Volunteer Grant under the Families and Communities Program – Volunteer Grants Activity in 2021.

The 2021 Volunteer Grants round begins with a call for Expressions of Interest, with your local Member of Parliament (MP) using a community committee to develop a list of organisations to nominate. Following the Expression of Interest process, the MPs will nominate organisations from their lists. The nomination period is between 6 April 2021 and 2:00 PM AEST 29 April 2021.

Only organisations nominated by their MP will receive an invitation to apply for the 2021 Volunteer Grants. The application period is between 20 May 2021 and 9:00 PM AEST 9 June 2021.

<https://www.communitygrants.gov.au/grants/volunteer-grants-activity-2021-volunteer-grants>

## **Good Governance in Regional and Rural Areas**

Thu, Apr 29, 2021 1:00 PM - 2:00 PM AEST

Rural and regional community board members report that training programs too often are city-centric, and many of the lessons don't apply to them given their unique circumstances. That's why ourcommunity.com.au have teamed up with the Foundation for Rural and Regional Renewal (FRRR) for a special webinar focused on the issues important to rural and regional not-for-profit organisations. <https://tinyurl.com/3b4wdvby>

## **The Centre for Diversity Training FREE - Diversity Training Series**

The Centre for Cultural Diversity in Ageing has launched eight new webinars for 2021. The Diversity Training Series was designed in response to a diversity training provider survey conducted in 2020 by the Centre. The webinars cover a range of topics of interest to staff and leaders in aged care services. These free webinars will be facilitated by diversity experts from across Australia.

<http://www.culturaldiversity.com.au/news-and-events/latest-news/682-diversity-training-series>

## **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)

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

Following consultation with the aged care sector, Health has 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>

## **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 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>

### **Department of Health Updates**

Keep up to date – find all the updates here:

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