

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 **21 July 2021** at **10 am** and **9 September** at **2 pm**.

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

We have a face-to-face CHSP Forum planned for **24 November** in Nemingha.

NESST Free On-line Training Portal

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

An Introduction to Community Transport - new

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.

Cultural Awareness Training - Narrabri Community College Building

This workshop will be presented by Dave Widders and is for all CHSP staff to learn and have a better awareness of the issues and barriers facing Aboriginal people in the workforce and Community.

Date: 15 July 2021

Time – 9 am to 4 pm

Link to register - <https://www.stickytickets.com.au/XXZQ9>

NESST Annual Survey

Thank you to all that have completed our survey for 2021. We value your feedback. For those who have not yet – please follow the link: <https://www.surveymonkey.com/r/FHCQ96Q>

Save the Date – New England Dementia Forum

Please find attached the Save the Date for the New England Dementia Forum being held via Zoom on Tuesday 31 August 2021.

The Forum has 2 sessions (morning and afternoon) with a great line-up of presenters covering a wide range of subjects.

The invitation with registration links will be sent out in the next few weeks.

There will be limited spaces so I suggest you register asap to avoid disappointment as a zoom event people will be participating from other areas. Our committee hopes you can join us as we “Zoom in on Dementia”.

Aged Care Reform Webinar Series

The Department of Health is holding a series of webinars to share information about the aged care reforms announced in the 2021-22 Budget and in response to the Aged Care Royal Commission.

The first webinar on 21 June will cover the [five pillars](#) of aged care reform and how the Government will work with the aged care sector to ensure outcomes are improved for senior Australians who need and use aged care. Other webinars in June and July will cover:

- residential aged care
- home care
- Information and Communications Technology (ICT)
- Reforms improving access to culturally safe services and improving the accessibility of and outcomes for Aboriginal and Torres Strait People in aged care
- Reforms improving the accessibility of and outcomes for people receiving aged care services from Culturally and Linguistically Diverse (CALD) backgrounds
- Dementia

Through these webinars you’ll have the opportunity to tell the department how they can work together with the aged care sector and the community to implement the reforms.

Find out more and register [here](#)

Australia Post 2021 Community Grants Program

The Australia Post 2021 Community Grants Program provides grants of up to \$10,000 to eligible community-led, local projects that connect individuals and communities to improve mental health and wellbeing. Some projects that are unsuccessful for a grant of up to \$10,000 may be considered for a smaller grant of \$2,000.

Applications close: 4 July 2021.

[More information and application.](#)

Contact: grants@auspost.com.au or 1300 765 772.

Guidance for in-home and community aged care providers on reporting of COVID-19 vaccinations of the workforce

The Australian Government announced the introduction of a new reporting tool for all approved providers of residential, in-home and community aged care services to report on the COVID-19 vaccination status of their aged care workforce (including volunteers).

The reporting will become a formal requirement for in home and community aged care providers in the coming weeks. All providers are strongly encouraged to start reporting now.

To access the new reporting tool on the My Aged Care Provider Portal, providers are advised to refer to the updated [My Aged Care Provider Portal User Guide: Part 1 Administrative Functions](#) which are available on the health.gov.au website. Section 2.6 (page 84) provides the steps to report on workforce COVID-19 vaccination status.

For further information go to: <https://www.health.gov.au/resources/publications/covid-19-vaccination-guidance-for-in-home-and-community-aged-care-providers-on-reporting-of-covid-19-vaccinations-of-the-workforce>

The Understanding Traumatic Brain Injury MOOC

The Understanding Traumatic Brain Injury (TBI) MOOC is a new FREE, online Course. It aims to raise awareness and build knowledge to reduce risk and improved management and rehabilitation outcomes for people who have experienced a TBI. The free 5-week course is easily accessible and is suitable for anyone with a personal or professional interest in learning more about Traumatic Brain Injury. Enrolments are now open- follow the link below to find out more and enrol.

<https://mooc.utas.edu.au/course/4191>

Immunisation for seniors

Vaccination for seniors aged 65 years or over is just as important as it is for children.

The Australian Department of Health recommend the following vaccines for adults aged over 65 years old:

[Influenza](#)

[Shingles](#)

[Pneumococcal disease](#)

The following vaccinations need booster doses:

- Diphtheria, tetanus, whooping cough (pertussis)
- Tetanus
- Whooping cough (pertussis)

Healthy Ageing Survey

The National Ageing Research Institute is conducting an [Australia-wide survey](#) to validate a new version of the Healthy Ageing Quiz, updated to include the most recent research on healthy ageing.

We would like to invite **all Australian residents aged 50 years or older** to participate in this survey. The survey will take approximately 20 minutes to complete, and you can go in the running to win one of three \$40 Coles gift vouchers.

The Healthy Ageing Quiz is a user-friendly self-assessment tool that has been helping older Australians increase their awareness of healthy ageing and maximise their current and future health since its release in 2010. By contributing to the development of the updated Healthy Ageing Quiz, you can help older Australians take action to improve their health.

The survey will close on 31st July 2021.

First legislation in response to the Aged Care Royal Commission

The Australian Government has taken an important step to deliver its reforms to aged care by introducing the first legislation in response to the Royal Commission into Aged Care Quality and Safety.

The Aged Care and Other Legislation Amendment (Royal Commission Response No. 1) Bill 2021 has been introduced into Parliament today, and makes necessary changes to current aged care legislation, ahead of the new aged care act planned for 2023.

This Bill is the first step in the Government's five year, five pillar, aged care reform plan addressing home care, residential aged care services and sustainability, residential care quality and safety, workforce and governance. <https://www.health.gov.au/ministers/the-hon-greg-hunt-mp/media/first-legislation-in-response-to-the-aged-care-royal-commission>

Stress and dementia

Can bushfires and other stressful experiences increase our dementia risk? How can we turn challenging experiences into opportunities for growth?

If you are interested in these questions, join us for a webinar on **Monday 21 June at 12.30pm AEST**.

Dr Duncan Sinclair and Dr Penelope Jones from the ISLAND Resilience Initiative will discuss how bushfires and stress impact our brains as we get older and will explore ways you can begin to build your resilience. https://utas.zoom.us/webinar/register/WN_QORTYw70RMS0adPuEZUnCQ

Exercise for Older People Videos

The National Ageing Research Institute provide a set of 6 free on-line videos that can help older stay active at home. Australian guidelines recommend older people do 30 minutes of physical activity every day for strength, flexibility, fitness, and balance. It is also good for your mental health. The exercises were developed by allied health professionals with expertise in exercise for older people.

<https://www.nari.net.au/at-home-exercises-for-older-people>

KeepAble

A new online collaborative Wellness and Reablement knowledge hub for home care providers, people working in the aged care sector, clients, and communities across Australia. As an essential part of the launch, we hope you might consider publishing the attached media release that has been approved for immediate release by the Australian Government Department of Health.

Funded by the Australian Government Department of Health, Commonwealth Home Support Program (CHSP) through Indigo Australasia Incorporated, ILA developed KeepAble as a sector support and development initiative. <https://keepable.com.au/>

New Aged Care Act

The new Act is intended to commence from 1 July 2023, subject to parliamentary processes. Drafting of the Act has already commenced with the establishment of a taskforce and will be informed by consultation with senior Australians and other stakeholders, including members of the new Council of Elders and National Aged Care Advisory Council.

The new Act will establish provisions for eligibility for care, funding arrangements and regulatory powers and will support greater choice and control for senior Australians over the care and services that they receive. The new Act is also said to include grant programs that can be tailored to address identified needs in the sector, including research to drive innovation, and programs to address areas with limited services or low client numbers once the Act is developed.

The budget for development of the new Act is \$26.7 million. Refer to the Fact Sheet:

<https://www.health.gov.au/resources/publications/governance-pillar-5-of-the-royal-commission-response-a-new-aged-care-act>

Managing Challenging Behaviours - 14 Jul 2021, Sydney

Centre for Community Welfare Training (CCWT)

14 July 2021, 9.30am-4.30pm

Cost: \$270.

Increase your skills and confidence in managing difficult client behaviours. The underlying issues that often contribute to people behaving in ways that others find difficult will be identified, discussed and explored. Useful strategies for managing difficult behaviours in a collaborative and constructive way will also be covered.

Participants will also have the opportunity to identify their own personal triggers, discuss behaviours that they find particularly challenging and explore ways that they can respond to these more constructively. There will be regular opportunities to practice specific skills that will be built on as the day progresses. [More information and registration.](#)

SBS COVID-19 Vaccine Information Video in Over 60 Languages

SBS has released a video in more than 60 languages, including AUSLAN, informing communities about Australia's COVID-19 vaccination roll-out plan, how vaccines work, and how they are approved in Australia. The video explains the different phases of the Australian Government's COVID-19 Vaccine National Rollout Plan, specifically in what order different workers and age groups will receive the vaccine. It also highlights where it will be available, who will receive it free of charge, and points to additional resources for further information. [View videos.](#)

Nominations Open for 2021 NSW Volunteer of the Year Awards

People from across NSW are being urged to help shine a light on the invaluable contribution of the state's volunteers by taking part in one of the largest volunteer recognition programs across the country. Nominations for the 2021 NSW Volunteer of the Year Awards are now open across eight separate categories, culminating in the announcement of the NSW Volunteer of the Year at the end of the year.

The awards are an annual program run by The Centre for Volunteering to recognise the outstanding work of volunteers in every region across NSW. Last year more than 118,000 volunteers from more than 500 community-based organisations were recognised as part of the awards.

The Centre for Volunteering CEO Gemma Rygate said the awards were a way to thank, recognize and celebrate the efforts of the state's 2.4 million volunteers. "It's National Volunteer Week and so it's the best time to say thank you to people who volunteer their time in communities right across NSW," Ms Rygate said. "Volunteers are the life blood of our communities. We turn to them when we need support, and they are always there ready to help."

Nominations close: 9 July 2021.

[More information and nomination forms.](#)

Aged Care Provider Research Project

The Australian Government's response to the Aged Care Royal Commission will mean change for providers. The new support at home program aims to provide a seamless system of in-home aged care, to better support and match timely services to the needs of older Australians living at home and in the community, and their informal carers.

The Department of Health wants to understand providers' readiness to adapt to sector reforms and how to best support the transition to the new program. The department has launched a research project to understand the range of provider experiences and views.

The department has engaged Boston Consulting Group to undertake an analysis of all aged care providers Australia-wide to:

- understand your readiness for change
- understand the areas where you will need support to manage a transition to the new system
- hear concerns you may have about the impact of the incoming reforms on your business

The survey will be available in June.

Your response to the survey is critical in shaping the new program and the support the department can provide to you over the coming months and years in transition to the new system. The results will inform the strategy for change management and sector support.

Further involvement and information

If you would like to express interest in taking part in an interview or panel discussions to contribute to the survey, email provider.research@bcg.com. All data collected will only be used for this project.

More information about the aged care reforms is available on the [department's website](#).

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>