

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 **1 June 2021** at **2 pm**.

Please register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZYoc-uprijvE9VLIK6MgPsmPrL_HTHKTxTw

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

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.

The Road Less Travelled Conference – Presentations

Presentations will be available from our web-page from Monday 31 May 2021. Follow the link:

<https://www.nesst.org.au/resources-and-links/> scroll down to Downloads.

Upcoming NESST Training

See our Calender of Events with dates and stickyticket links which includes:

- Aboriginal Cultural Awareness Training with Dave Widders
- Older Persons Mental Health with Sarah Green
- ACT Emergency Preparedness with Deb and Jen
- Orientation to CHSP Zoom sessions
- Dates to our Regional CHSP Forums

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”.

Evaluation of the Aged Care System Navigator Measure

In the 2018–19 budget, the Australian Government announced the Aged Care System Navigator Measure (‘the ACSN Measure’). The ACSN Measure is a program of 4 trials that aim to support people to:

Understand the aged care system, including what services are available to meet their needs and how to access them

Engage with and access the aged care system. This includes supporting older people to connect with My Aged Care and to use it to choose and access services.

Of the 4 trial programs, 3 programs – the Information hub, Community hub and Specialist Support Worker (SSW) trials – are being delivered by a consortium of 30 partner organisations led by COTA Australia. Originally intended to finish on 30 June 2020, these trials have been extended to 30 June 2021. The fourth trial program – the Financial Information Service (FIS) Officer trials – was delivered by the Department of Human Services (DHS) and concluded in October 2019.

The Australian Government Department of Health (the Department) engaged Australian Healthcare Associates (AHA) to evaluate the 4 trial programs, and to review other system navigator models, to inform future decision-making about aged care system navigation. AHA has used a mix-methods approach to the evaluation, supplementing quantitative and qualitative data collected through the trials with extensive stakeholder consultation and a literature review.

To read the evaluation report: <https://www.health.gov.au/resources/publications/evaluation-of-the-aged-care-system-navigator-measure-final-report>

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)

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/>

Building Resilience in the Face of Change - 17 Jun 2021, Online

Centre for Community Welfare Training (CCWT)

Building Resilience in the Face of Change 9.30am-4.30pm

\$290.

Are the constant changes of your workplace wearing you down? Learn how to manage these inevitable changes and move through these transition phases more effectively.

Grief reactions to change are normal and guide us through the adjustment process. Learn about the threefold process of transitioning and the change process of planned and unplanned change. Establish stability zones in your life and build support systems that cultivate healing and cultivate deep self-knowing.

Experience reflective practice activities that identify the difference between planned and unplanned changes and its implications. Determine the choices you have available and the things you can and can't change. Apply seven steps for managing change that build resilience and healing.

Navigating these ever-changing currents, tides and winds requires knowledge, self-awareness and processes that help us to a point of acceptance.

This course is for all staff who having to negotiate ongoing restructures, face the daily changes and stresses of their clients and want to build their resilience to these challenges and make healthier choices. [More information and registration.](#)

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>

Harnessing the power of older workers

Friday 11 June, 12:00pm to 1:00pm
Live Online Event

The webinar will be held on Zoom. Connection details will be emailed prior to the event.

Join the Age Discrimination Commissioner **Dr Kay Patterson**, Chair of the NSW Ministerial Advisory Council on Ageing **Kathryn Greiner**, and our expert panel to learn how organisations and businesses can harness the power of older workers and multigenerational teams.

The webinar will be opened by **the Hon Dr Geoff Lee MP**, NSW Minister for Skills and Tertiary Education, Sport, Multiculturalism, Seniors and Veterans.

For more information, please visit the event page: <https://events.humanitix.com/harnessing-the-power-of-older-workers>

This webinar is proudly supported by the NSW Department of Communities and Justice.

RSVP: Please register via Humanitix by 12pm on Thursday 10 June 2021

Increase in the minimum meal unit price

The Morrison Government will increase the minimum meals unit price to \$7.50 to help aged care providers deliver meals to older Australians receiving aged care at home.

Minister for Senior Australians and Aged Care Services Richard Colbeck said it was a significant step forward to reinforce the tremendous efforts of food providers which help meet the nutritional needs of an increasing number of older Australians.

“This vital measure puts the health and wellbeing of older Australians first, while strengthening the viability of meal providers across the country,” Minister Colbeck said.

The mechanism will see the minimum unit price of \$4.90 paid to providers lifted by \$2.60.

The changes are expected to be implemented over the course of 2021-22.

It amounts to a \$7 million funding injection under the Commonwealth Home Support Programme (CHSP).

<https://www.health.gov.au/ministers/senator-the-hon-richard-colbeck/media/nod-to-volunteers-as-meal-providers-receive-a-funding-boost>

Provider reaction has been not so positive – describing the increase as “a paltry sum”

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.](#)

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.](#)

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.](#)

Financial Reporting for Charities - 16 Jun 2021, Online

Australian Charities & Not-for-profits Commission (ACNC)

Financial Reporting for Charities

16 June 2021, 12.00pm-1.00pm

Online

Free.

This webinar will focus on the financial reporting requirements of Australia's charities. It will provide an overview of financial reporting requirements, as well as ACNC resources to help charities, information on common errors the ACNC sees and new accounting standards charities need to be aware of. [Register.](#)

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>