

# Practitioners' Network Information Update December 2016

## Seasons Greetings

**Thank you for your continued support of the practitioners' network in 2016 and best wishes for the holiday season to you and your families!**

I hope to see you at our first meeting in 2017:

**Monday 20 February 2017, 9.30-11.30am**

Horticultural Centre, 82 Jolimont Road, Forest Hill

For Information contact Sharon Porteous:

[Sharon.porteous@iepcp.org.au](mailto:Sharon.porteous@iepcp.org.au)

For up to date news about the Network please go to our website:

<http://iepcp.org.au/key-project/practitioners-network/>

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## EVENTS, TRAINING, FORUMS

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## Active Ageing

### Population Ageing and Australia's Future

<https://press.anu.edu.au/publications/population-ageing-and-australias-future>

This volume provides evidence from many of Australia's leading scholars from a range of social science disciplines to support policies that address challenges presented by Australia's ageing population. It builds on presentations made to the 2014 Symposium of the Academy of the Social Sciences in Australia.

The material is in four parts:

- Perspectives on Ageing
- Population Ageing: Global, regional and Australian perspectives
- Improving Health and Wellbeing
- Responses by Government and Families/Individuals

## Aged Care Reforms

### Increasing Choice in Home Care 27 Feb 2017 Reforms Information

Department advice about the changes coming in February:

<https://agedcare.health.gov.au/increasing-choice-in-home-care>

### Letter to clients with a home care approval

From 14 November to mid-December the department is sending tailored letters, in stages, to clients with an existing approval for home care.

The letters are about what the changes to home care packages will mean to individual clients and their situation.

Clients may take action depending on whether they are:

- receiving care at their approved level (no action required)
- receiving care at an interim level
- approved but not yet receiving care.

Clients might ask you questions after receiving their letter. To support you we have developed a fact sheet. [View or download Supporting Client Discussions fact sheet](#)

### MAC Provider Portal Information

It's vital that service providers have most comprehensive and up to date information on My Aged Care. The Department offers a range of advice about this:

<https://agedcare.health.gov.au/our-responsibilities/ageing-and-aged-care/programs-services/my-aged-care/information-for-service-providers>

### Free Workforce Training for Direct Care Workers

Home Care Today have developed two E-Learning modules specifically focused on direct care workers and students of Certificate 3 in personal support.

The two training modules can be downloaded from our website for FREE.

PART 1 [An introduction to CDC](#) and the Aged Care Reforms.

PART 2 [Understanding the changing work role for Direct Care Workers.](#)

You can also have a version that can be added to your learning management system for \$120.

Contact us on 03 9909 7910 or email

[homecaretoday@cota.org.au](mailto:homecaretoday@cota.org.au)

## Aged Care and older people

### EMR Alliance Meeting

Tuesday 13 December 2016, 9am  
Contact: [lisa.dean@each.com.au](mailto:lisa.dean@each.com.au)

### Population Ageing and Australia's Future

A new publication which has just been released edited by Hal Kendig, Peter McDonald and John Piggott. The book can be downloaded for free from the following site.

<https://press.anu.edu.au/publications/population-ageing-and-australias-future>

### Age & Consumer Fraud

My colleague from IEPCP, Sophie Allen, has provided some points from an article by Penny Jorna for the Australian Institute of Criminology: "The relationship between age and consumer fraud victimisation"

- Advances in technology and the daily use of the internet may bring people into more frequent contact with motivated fraud offenders. This risk is exacerbated by the absence of effective guardianship in the online world which might prevent fraud from occurring.
- Previous research has identified two potential age-related risk factors for fraud victimisation: younger people may be at more risk of consumer fraud because they use a wide range of technologies (Titus, Heinzlmann & Boyle 1995), while some older people may be at greater risk because they are seen as attractive targets with potential access to life savings (Cohen 2006) who may suffer impaired decision-making due to ageing (Scheibe et al. 2014).
- Economic studies of financial literacy have found sound financial decisions are less common among both younger and older people, meaning these groups may be more

vulnerable to consumer fraud victimisation (Ross, Grossmann & Schryer 2014).

- This paper presents findings from the 2011 and 2012 Australasian Consumer Fraud Taskforce (ACFT) surveys.
- For this study, a victim was defined as an individual who provided personal details and/or suffered a financial loss as a result of replying to an invitation (Jorna & Hutchings 2013). No significant relationship was found between age and responses to fraud victimisation by sending personal details or money. With regard to specific types of fraud, no significant relationship was found between age and victimisation by lottery fraud, advance fee fraud, inheritance fraud, phishing, financial advice fraud or other fraudulent invitations.
- Overall, email was the most common method of delivering fraudulent invitations; however, those aged 65 and over, were least likely to receive invitations via email. This may be due, in part, to how this age group uses technology and computers. For example, those aged 65 and over may use the internet for other reasons such as online banking, paying bills or accessing government services (ABS 2014) which may not necessarily involve the use of email.
- Respondents aged 65 and over were significantly more likely to send money in response to a fraudulent invitation than those of other age groups, although there was no significant relationship between the amount of money sent and age.
- Age-targeted education campaigns could be useful in reducing victimisation arising from fraudulent invitations not received online. The current study found respondents aged 65 and older were more likely to be the victim of a **computer support fraud** than those of other age groups. Although the majority of such frauds are received by telephone, they exploit a lack of understanding of computers and associated technology. Education campaigns, like those run by OnGuardOnline.gov, that

explain how computer protection (eg antivirus) software works could reduce misunderstanding around illegitimate virus protection and security scans. (**Computer support fraud**: fraud involving contact by fraudsters who claim to be representatives of legitimate businesses, who can fix problems with the recipients' computer. Fraudsters may ask for money, personal details or passwords, or seek to sell worthless products to fix computers. )

- Another factor associated with the risk of victimisation was income. The ACCC (2014) noted that at some stage of their life, everyone would be vulnerable to fraud. They noted that when people experience financial difficulties they may be less able to recognise and avoid fraudulent invitations.

Thanks Sophie!

## New research grants awarded to advance aged and disability sectors

(November 2, 2016 in [Community Care Review](#))

The effect of acquiring a disability in adulthood and an investigation into improving job and care quality in aged care are among the new research projects awarded funding this week from the Australian Research Council.

In the area of disability research, University of Melbourne researchers have been awarded a \$403,500 grant to analyse the effect of acquiring a disability on a person's socio-economic circumstances and wellbeing.

The researchers from epidemiology, econometrics and statistics will use longitudinal data to model the patterns of disability and subsequent socio-economic and health circumstances over time.

Also in the area of disability, Curtin University secured \$187,000 to study how people with a disability use smartphones to navigate urban spaces and improve their social participation.

Other grant winners include Griffith University researchers from the School of Human Services and Social Work who will examine the scope and quality of Australian social work research in child protection, disability services, and aged care and its effect on generating innovation in the sector.

The study aims to reform social work research to improve the quality and effectiveness of human services. The project received funding of \$261,500 from the ARC and is being undertaken in collaboration with La Trobe University, Southern Cross University and the UK's University of Bedfordshire.

In the area of aged care, RMIT has been awarded a \$354,500 grant to further its research investigating how the quality of aged care jobs affects the viability and quality of care in residential and community-based aged care.

Visit the [ARC website](#) for the full list of successful research projects.

## Setting a new standard in home modifications

(November 2, 2016 in [Community Care Review](#))

Home modifications produce improved outcomes when they are embedded in a reablement approach and focus on early intervention.

There is worldwide evidence supporting the physical, social and cost saving benefits of home modifications.

The WA Home and Community Care (HACC) program recognised that due to a range of funding sources and criteria, there were multiple pathways to accessing home modifications and assistive technology services in the state, and approaches to service provision were inconsistent.

A review was undertaken during September 2014 to January 2015. The report, released earlier this year, analysed areas such as the purpose and types of home modifications, their impact, components of best practice and the range of

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**inner east**  
**pcp** primary care  
partnership

environmental factors impacting on service delivery.

Intended outcomes of a proposed service delivery model include enabling consumers and their carers to be better informed about home modifications and assistive technology options and to have greater control over decision-making, aligning with trends of reablement, consumer choice and control in sector reforms.

To read the full report and for further details about the HACC Home Modifications and Assistive Technology project [click here](#).

## Free shingles vaccine for people aged 70–79

From 1 November 2016, a free vaccine for shingles will be funded under the National Immunisation Program for all people aged 70, with a five year catch-up program for people aged 71–79 until 31 October 2021.

How can you assist?

Raise awareness of the program by ordering or downloading resources including posters, brochures and fact sheets. More information is available under the [Order Resource tab](#).

Talk to your vaccination provider about giving the vaccine to your clients.

Encourage your vaccination provider to report vaccinations to the Australian Immunisation Register.

## Carers

### Information to Support Carers

The Department of Health and Human Services has released a new information kit explaining the services and resources carers can draw on to help them in their caring role. The information kit, *Supporting people in care relationships*, is made up of a number of fact sheets, which detail the services available and explain how the *Carers*

*Recognition Act 2012* recognises carers and protects their rights.

Read more and download the fact sheets on the [DHHS website](#).

## Online program encourages carers to ReThink Respite

<http://media.uow.edu.au/releases/UOW225389.html>

A new free, online program to support carers of people living with dementia has been launched at the University of Wollongong (UOW).

The program builds on the face-to-face Rethink Respite program, which was launched earlier this year in the Illawarra and Shoalhaven region and provides carers of people living with dementia with tailored support and a wealth of educational resources.

The new program includes educational support tools for carers, including a series of online goal setting and motivation building activities to help carers overcome personal and system barriers to using respite.

Anyone who is a current carer of a person with dementia is eligible to participate (except those living in WA and VIC). Basic internet experience and access to the internet is required to access the online program.

For more information about the program visit: <http://rethinkrespite.dementiaillawarra.com/online/>

The research was supported through a grant from the Alzheimer's Australia Dementia Research Foundation.

## Codesign

### VCSS report on co-design with vulnerable communities

[http://vcoss.org.au/documents/2015/08/Codesign-paper-Jul15\\_Final.pdf](http://vcoss.org.au/documents/2015/08/Codesign-paper-Jul15_Final.pdf)

## Death and Dying

### We need to talk about caring: dealing with difficult conversations

As people age, talking to family about what might happen in the future is often fraught with difficulty. Asking questions about where to live and how to be cared for forces families to confront complex emotions. Often, discussions on the matter are avoided altogether.

This report summarises new research from Independent Age, looking into how and why families avoid talking about challenges they may face in older age.

[We need to talk about caring: dealing with difficult conversations](#) (freely accessible 0.99MB pdf)

## Dementia

### Consumer-friendly version of clinical practice guidelines on dementia released

(November 9, 2016 in [Community Care Review, Education & Training](#))

A consumer-accessible version of Australia's first clinical guidelines on dementia has been launched.

The resource, [Diagnosis, treatment and care for people with dementia: A consumer companion guide](#), complements the clinical practice guidelines for health professionals that were released by the Minister for Health and Aged Care Susan Ley in March.

The consumer resource uses accessible language to provide practical guidance about the important aspects of the clinical practice guidelines and supports people with dementia and their carers to be informed when receiving care and treatment.

The consumer guide was developed by people living with dementia, carers, researchers and

clinicians from the Cognitive Decline Partnership Centre and aims to be accessible to all consumers, regardless of their level of health literacy.

The resource covers topics such as timely diagnosis, advance care planning, managing symptoms and end-of-life care. It also includes information on the ten principles of dignity of care which underpin the guidelines. They are:

- Zero tolerance of all forms of abuse
- Support people with the respect you would want for yourself or a family member
- Treat each person as an individual by offering a personalised service
- Enable people to maintain the maximum possible level of independence, choice and control
- Listen and support people to express their needs and wants
- Respect people's privacy
- Ensure people feel able to complain without fear of retribution
- Engage with family members and carers as care partners
- Assist people to maintain confidence and positive self-esteem
- Act to alleviate people's loneliness and isolation.

Access the Consumer Companion Guide [here](#).

### Study explores how to cope with wandering behaviour

(November 17, 2016 in [Community Care Review](#))

Cheryl Alexander is a project officer with Southern Cross Care WA and Geoff Jones is a clinical psychologist.

Engaging people with dementia in meaningful activities and increasing family education and support can make a difference when addressing risky wandering. The Wayfinding Project focuses on people with dementia living at home who wander, have become lost or who are frequently

restless or 'busy'. The team at Southern Cross Care WA in Perth investigated whether non-drug interventions could improve the quality of life for this group and their family members.

This is important, as risky walking by people living at home can lead to serious injury or the person becoming lost. Family members may respond with ongoing anxiety and try to provide 24-hour supervision. To date, most reported work has been within residential facilities.

The team worked with 12 people living with dementia and their family members. The main outcome measures were very brief, frequently-rated happiness, quality of life and carer burden scales. They used questionnaires to measure quality of life, personal wellbeing and wandering behaviour and interviews before and after intervention to support any changes observed on the main outcome measures.

Interventions were negotiated with the person living with dementia, where possible, and the family member. The interventions were guided by the strategies the particular participant had tried in the past or were currently using; any identified risks to the person living with dementia and their family members, and what they thought would be helpful in their circumstances. Interventions lasted for 11 weeks for each participant.

Participants living with dementia frequently did not identify their activity as concerning and viewed interventions aimed at reducing the risk of getting lost as unnecessary. This meant that in practice they worked mainly with family members and less with directly modifying the wandering than anticipated. The interventions focused mostly on supporting the family members to better cope with the wandering.

Some interviews with family members suggested a clear improvement in how they coped and a reduction in their worry. While the before and after questionnaires supported the positive changes noted in the interviews, these improvements were not picked up by the brief,

frequently-rated wellbeing scales used. Overall, the project's results suggest that it is possible to achieve change in the quality of life of the family members and the person living with dementia.

The Wayfinding Project was funded through WA HACC.

## Education resource supports families to make sense of dementia diagnosis

(November 24, 2016 in [Community Care Review, Education & Training](#))

A new DVD has been launched to help increase carers' understanding of dementia and the impact on the brain.

The resource, which community care service providers can share with clients and carers, discusses dementia and how it progresses, some of its most common forms, how the brain works and how dementia changes the brain.

The first print DVD copies will be given free to clients of Alzheimer's Australia, used in training and counselling sessions and provided to Memory Clinics around Victoria and health professionals to give to their patients.

Copies can be ordered by calling 03 9816 5709 or emailing [vic.resources@alzheimers.org.au](mailto:vic.resources@alzheimers.org.au)

## The Dementia Guide

*The Dementia Guide*, a comprehensive, free handbook and online guide released today by Alzheimer's Australia Vic will offer invaluable information and support options for anyone who has been impacted by dementia.

<https://vic.fightdementia.org.au/vic/about-dementia-and-memory-loss/resources/the-dementia-guide>

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## New family information and support sessions for younger onset dementia

Alzheimers Australia Vic are offering family carer education and support sessions, to include a range of topics specific to younger onset dementia.

Email: [brighid.brodie@alzheimers.org.au](mailto:brighid.brodie@alzheimers.org.au)

## Diabetes

### Community Pharmacies to Help Detect Diabetes (13 Nov 2016)

Community pharmacies will play a larger role in the early detection of type 2 diabetes.

Minister for Health and Aged Care Sussan Ley announced details of the *Pharmacy Diabetes Screening Trial* under the Australian Government's \$50 million Pharmacy Trial Program.

"Extending the role of community pharmacists in primary health care will help more Australians to be tested for type 2 diabetes," Minister Ley said.

"We see pharmacists playing a critical role with one in two Australians having a chronic health condition and one in five managing two or more.

As one of our most prominent chronic diseases, type 2 diabetes affects an estimated 1 million Australians and places a significant cost on the nation's health and finances at nearly \$1 billion per year.

## Disability/NDIS

### International Day for People with a Disability on 3 December

<http://www.idpwd.com.au/>

## NDIS ILC Commissioning Framework has been released

The NDIS has released a document called 'Information, Linkages and Capacity Building (ILC) – Commissioning Framework'. This talks about how the NDIS can help people with disability and their families, even if they are not NDIS participants. This is about making life better for all people with disability and their families, in lots of different ways. People used to call ILC 'Tier 2'.

[Read more here.](#)

Find out more about ILC:

[FAQ - What does ILC mean for people with disability, families and carers?](#)

[FAQ - What does ILC mean for organisations?](#)

[Information sessions \(ACT\)](#)

[ILC Commissioning Framework](#)

[ILC Policy Framework](#)

[ILC section of the NDIS website](#)

## Psychosocial disability & the NDIS

This [new fact sheet](#) has been developed alongside carers and consumers and talks about how the NDIS supports participants with psychosocial disability.

## NDIS information in Languages other than English

Now available is a podcast of an NDIS information session in Arabic. The podcast answers lots of common NDIS questions and is available to listen to and [download here](#). We have other resources on our [website](#) in languages other than English and will continue to produce more over time.

## Disability inclusion planning: A guide for local government

This Guide is a valuable resource for councils across Australia, by not only assisting them to respond to the requirements of state, territory

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and Commonwealth legislation and policy, but also to proactively address the cultural change in relation to disability issues, encouraged by the National Disability Strategy 2010-2020 (NDS) and the introduction of the National Disability Insurance Scheme.

The Guide is available for download in PDF and Word formats.

<http://alga.asn.au/?ID=14814>

## Victoria to introduce licensing of disability workers, Premier announces

(Linda Bernardi, December 1, 2016 in *Community Care Review*)

The Victorian Government will introduce an independent registration and accreditation scheme for disability workers, becoming the first jurisdiction in the country to commit to the regulatory regime.

Labor Premier Daniel Andrews said the scheme would protect people with a disability from harm and would ensure workers had “the right skills, experience and qualifications.”

A spokesperson for the Premier confirmed to *Community Care Review* that an advisory group of experts, people with disability and sector and workforce representatives was being set up to help steer the scheme’s design.

Base level registration should require all disability workers to pass a police check, a Working with Vulnerable People Check and reference check and accredited workers would be searchable on a public register, the union said.

## Elder Abuse

### Eastern Elder Abuse Network Meeting

Thursday 8 December, 9.30 am

Contact: [kazm@eclc.org.au](mailto:kazm@eclc.org.au)

## Energy & Water Ombudsman

### The Energy and Water Ombudsman (Victoria) wants to visit seniors

From October 2016, EWOV staff will be visiting metropolitan, regional and rural community groups to have brief and informal discussions about the services we provide to energy and water customers, to answer your questions energy and water complaints, and to discuss how we can help. They can also arrange appointments with your clients who have energy or water complaints.

To book a visit, please call or email:

- [Belinda Sandilands](#) - or 03 8672 4282  
[steph.booth@ewov.com.au](mailto:steph.booth@ewov.com.au)
- [Steph Booth](#) - or 03 8672 4357

## Health

### Newly added translated health resources...Centre for Culture, Ethnicity and Health

Many new resources have been linked to the Translations Health Directory:

- [Getting medical help after hours - Centre for Culture, Ethnicity & Health](#)
- [Mental health resources - Beyond Blue](#)
- [Oral health resources - Dental Health Service Victoria](#)
- [Raising Children Network](#)
- [Ages and Stages Fact sheets - Kidsafe Victoria](#)
- [Understanding health and health services - Enliven](#)
- [Parkinson's Victoria](#)

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- [Asthma - The Asthma Foundation of Victoria](#)
- [Alzheimer's Victoria](#)
- [Domestic violence](#)

All translated resources have been checked for accuracy, and have been tested with community members to ensure they are culturally appropriate.

## Latest ADMA newsletter

[http://adma.org.au/images/newsletters/November\\_2016\\_Newsletter.pdf](http://adma.org.au/images/newsletters/November_2016_Newsletter.pdf)

## Australia's Health Tracker launched

<http://www.atlasesaustralia.com.au/ahpc/>

Australia's Health Tracker by Area is an interactive website that provides the latest Australian data on chronic diseases, conditions and their risk factors.

Data are presented in maps and reported on by Population Health Area, Local Government Area, Primary Health Network, and at the State and Territory level. The website will be updated as new data become available.

## Seeking participants – removing unwanted medicines

Removing unwanted medicines from our homes can help prevent accidental poisonings, overdose and possible suicide attempts, inappropriate sharing of medicines, damage to the environment.

Chronic Illness Alliance is consulting with people with chronic illness and interested others to develop a very simple process for people to follow. A Coles Myer Gift card will be provided to participants.

Venue: Diabetes Victoria, 570 Elizabeth Street Melbourne (just north of Victoria Street)

Date: 8 December 2016

Time: 2.00-3.30 pm

RSVP: C Walker [cwalker@chronicillness.org.au](mailto:cwalker@chronicillness.org.au) or 0402416868 by Monday 5 December 2016. Places are limited.

## Health Care Homes Information Booklet

The Commonwealth Government has released its new *Health Care Homes Information Booklet* which provides guidelines on the operation of Health Care Homes and eligibility guidelines.

Applications to become a Health Care Home close on 15 December 2016. Factsheets and tender application details can be found [here](#).

To access webinar:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-care-homes-webinar>

Information booklet, factsheets and e-Newsletters are also available on Health Care System: Health Care Homes:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-care-homes>

## Victorian Refugee Health Network: NEW Reports

The Victorian Refugee Health Network have released two reports to help health professionals engage with patients with refugee backgrounds.

### 1. [Engaging And Supporting General Practice In Refugee Health](#)

This report describes two years of work developing and trialling an approach to facilitate a change in the way general practices work with people from refugee backgrounds.

A suite of resources to assist general practices in refugee health were co-created and trialled and the report documents this process and the key findings.

### 2. [Talking About Health And Experiences Of Using Health Services With People From Refugee Backgrounds](#)

This report documents the findings from consultations with 115 individuals and groups across Victoria.

### Men's health: let's check – ABS stats

<http://www.abs.gov.au/ausstats/abs@.nsf/mediareleasesbyCatalogue/6026BDDA430646FCCA25806000144238?OpenDocument>

With men's health in the spotlight last month, data from the Australian Bureau of Statistics (ABS) reminds all Australians that lifestyle choices, including smoking, alcohol, diet and exercise can influence how long a man lives.

Latest ABS figures show that a boy born in Australia today can expect to live 80.4 years, up from 75.0 years in 1995.

However, not all the data is positive; the most recent figures show that 71 per cent of men aged 18 years and over are overweight or obese, an increase from 64 per cent in 1995.

Further information can be found in [National Health Survey: First Results \(cat. no. 4364.0.55.001\)](#), [Australian Health Survey: Consumption of added sugars, 2011-12 \(cat. no. 4364.0.55.011\)](#), [Life Tables, States, Territories and Australia, 2013-2015 \(cat. no. 3302.0.55.001\)](#), which are all available for free download from the [ABS website](#).

## Housing

### Victorian Government's new Victorian Housing Register

The Victorian Government's new Victorian Housing Register is now live. The Register consolidates all of the state's social housing applications into a single place, making it simpler for people to apply for social housing and streamlining the allocation process. [Online applications for social housing](#) are now being accepted.

The Victorian Government is [amending the Housing Act 1983](#) to allow for management of the register and information-sharing for the benefit of disadvantaged Victorians.

Read more about the changes on the [Department of Human Services website](#).

### Women's Property Initiatives

Women's Property Initiatives has received funding from The Lord Mayor's Charitable Foundation to pilot a shared equity program over the next two years. This innovative program will allow older women with a small amount of equity, but limited income, to invest with WPI to acquire a safe, good quality affordable home that they wouldn't otherwise be able to afford.

## Legal

### New Chinese Legal Fact sheets for older people

ECLC launched two new legal fact sheets for seniors at the Chinese Workers Network meeting on Wednesday 6 September.

The resources provide older members of the Chinese community with information about important legal issues that affect most people later in life: **Wills** and **Grandparents' Rights**.

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The Wills and Grandparents' Rights fact sheets build on ECLC's previous publication, *Older and Wiser* which can be found on the Centre's [resources page](#).

## Mental Health

### Finding a good app for mental health – The Conversation

[https://theconversation.com/how-to-find-a-good-app-for-mental-health-67787?utm\\_medium=email&utm\\_campaign=Latest%20from%20The%20Conversation%20for%20November%207%202016%20-%205973&utm\\_content=Latest%20from%20The%20Conversation%20for%20November%207%202016%20-%205973+CID\\_af4715387592ed2512e5a96fadbf3&utm\\_source=campaign\\_monitor&utm\\_term=How%20to%20find%20a%20good%20app%20for%20mental%20health](https://theconversation.com/how-to-find-a-good-app-for-mental-health-67787?utm_medium=email&utm_campaign=Latest%20from%20The%20Conversation%20for%20November%207%202016%20-%205973&utm_content=Latest%20from%20The%20Conversation%20for%20November%207%202016%20-%205973+CID_af4715387592ed2512e5a96fadbf3&utm_source=campaign_monitor&utm_term=How%20to%20find%20a%20good%20app%20for%20mental%20health)

Mental health apps don't promise to be a replacement for professional help, but can be useful tools in the treatment of subclinical problems (such as everyday anxious feelings and low moods) and the prevention of clinical problems (such as depression and anxiety disorders). Some psychologists or mental health clinicians use apps in addition to the work they do with clients and patients.

Some of the best apps include [MoodMission](#), [Pacifica](#), [Smiling Mind](#), and [MoodKit](#).

Apps to avoid include any that make bold claims (like "curing" depression), any that mention hypnosis (which has very limited evidence), and any purely testing apps that merely provide screening tools for clinical disorders.

## Volunteering

### Volunteer Grants 2016

Close 20 December 2016, 2pm

Enquiries: 1 800 555 677

The Community Grants Hub, on behalf of the Department of Social Services (DSS), is inviting organisations and individuals/authorised signatories representing volunteer based community groups to apply for Volunteer Grants 2016 funding.

These grants aim to support the efforts of Australia's volunteers. They provide small amounts of money that organisations and community groups can use to help their volunteers. They are part of the Government's work to support the volunteers who help disadvantaged Australian communities and encourage inclusion of vulnerable people in community life.

The funding will help volunteers to do their important work, and the grants of between \$1,000 and \$5,000 each will allow organisations to buy much needed equipment, such as computers, or help with training volunteers, fuel costs or undertaking background security checks

More information about Volunteer Grants 2016, as well as requirements for Applicants, can be found in the following documents that form the Application Pack:

[Volunteer Grants 2016 Application Form](#)

## Events, Training, Forums & Conferences

Date/Time	Location	Event	Information	Contact/Registration
Tuesday 6 December 2016, 9.30am-4pm	Classroom 3 Alfred Medical Research & Education Precinct (AMREP) The Alfred hospital Commercial Road Prahran Melbourne	<b>Ask Better Questions</b>	ADMA workshop Presented by Lindsay Tighe Ask Better Questions is a one-day workshop covering highly effective communication strategies and practical tips that will enable you to enhance your communication skills and professional practice. With these strategies, you will be able to empower patients/clients in managing their own health and wellbeing.	Cost \$220 (includes GST) Registration deadline 29 November 2016 <a href="http://www.adma.org.au/images/Better_questions_flyer_6_12_2016.pdf">http://www.adma.org.au/images/Better_questions_flyer_6_12_2016.pdf</a>
Tuesday 6 December 2016, 9 am – 1.30pm	Queen Victoria Women's Centre Trust (The Victoria Room) 210 Lonsdale Street Melbourne,	<b>Forum exploring co-design theory and practice</b>	Presented by Chris Vanstone & Sarah Pollock The forum will cover: - The transformative power of co-design and co-production with service users - What is co-design and what does it take to do it well? - Putting co-design into practice	The event is free for VCOSS members and \$95 for non-members (inclusive of GST). A tax invoice will be emailed to non-members following purchase. Morning tea and a light lunch is included. Dietary requirements can be noted during the registration process.
Thursday 8 Dec 2016, 2-3.30pm	Diabetes Victoria 570 Elizabeth Street Melbourne	<b>Focus Group</b>	The Chronic Illness Alliance is hosting a focus group on the National Return of Unwanted Medicines project. This project aims to prevent accidental poisonings, overdose, inappropriate sharing of medication and environmental damage through appropriate removal of medication from our homes.	If you are interested in attending then please RSVP to Christine Walker via <a href="#">email</a> or call 0402 416 868 by <b>Monday, 5 December 2016</b> . To thank you for your time and input, you will receive a Coles-Myer Gift card – perfect just before Christmas!

## Events, Training, Forums & Conferences

			<i>Can you help The National Return and Disposal of Unwanted Medicines Project develop a simple protocol for everyone to use?</i>	
Commences 1 March 2017, 1 day per month for nine months	Hawthorn	<b>Certificate IV in Dementia Practice</b>	<p>Alzheimer's Australia is offering an accredited Certificate IV qualification dedicated for staff supporting people with dementia both in a residential and community setting. The Certificate IV in Dementia Practice will provide participants with the ability to integrate current knowledge and apply enhanced skills for effective dementia care. The course comprises interactive workshops across a wide range of dementia topics including guest speakers from industry. You will learn to transfer this knowledge into practice and improve dementia support within your organisation.</p> <p>This course is offered <b>ONLY</b> in Victoria by Alzheimer's Australia Vic and <b>places are limited</b>.</p> <p><b>Suitable for:</b> Health professionals and aged care workers</p>	<p><b>Registrations now open</b></p> <p><b>Cost: \$3350</b> (paid in 3 instalments) –</p> <p><b>Scholarships available!</b></p> <p>Alzheimer's Australia Vic offering half-scholarships for individuals to complete the Certificate IV in Dementia Practice course in 2017. Alzheimer's Australia Vic will award two scholarships per course for Hawthorn, each worth <b>\$1675</b>.</p> <p>To apply for a scholarship, please <a href="#">click to download and read this form</a> to ensure you are eligible before submitting your application.</p>