

Practitioners' Network Information Update March 2017

Meetings 2017

Practitioners Network Meetings

- Thursday 4 May 2017
- Monday 17 July 2017
- Thursday 14 September 2017
- Monday 20 November 2017

9.30-11.30am, Horticultural Centre, 82 Jolimont Road, Forest Hill

For Information contact Sharon Porteous:
Sharon.porteous@iepcp.org.au

For up to date news about the Network, including all meeting dates, please go to our website:

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

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Active Ageing

Health & Wellbeing Needs of Older People living in the Eastern Region of Melbourne Report Released

What do older people in the east need to maintain health, wellbeing, independence and safety? We are very pleased to announce that the final report of this research completed by the Inner East PCP is now available on our website, along with a summary of findings, grey literature review and other key Active Ageing resources.

Local area snapshots and a data dashboard are also available

<http://iepcp.org.au/key-project/older-people-health-wellbeing/>

Making the case for redefining middle

age (February 9, 2017 in [Community Care Review, Education & Training](#))

Researchers and policy analysts Patricia and Don Edgar have written a new book showcasing the active and valuable contributions made by older Australians and calling for a rethink on how society understands ageing.

Peak: Reinventing Middle Age focuses on Australians in the 50 to 75 age bracket and argues the case for the reinvention of the middle years of life as the peak years.

The book includes ten short biographies of Australians who have embraced growing old in a variety of interesting and inspirational ways, defying limits and societal expectations.

Peak: Reinventing Middle Age is published by Text Publishing and available from 27 February (RRP \$32.99).

Challenging ageism globally

'Take a Stand Against Ageism' was the 2016 theme of International Day of Older Persons (1 October). Following its global [Age Demands Action campaign](#), HelpAge International has put out a short [video](#) of older people around the world talking about how ageism affects them.

New Zealand Healthy Ageing Strategy

The Strategy sets a framework whereby policies, funding, planning and service delivery: Prioritise healthy ageing and resilience into and throughout people's older years; Enable high quality acute and restorative care, for effective rehabilitation, recovery and restoration after acute events; Ensure people can live well with long-term conditions; Better support people with high and complex needs; Provide respectful end-of-life care that caters to physical, cultural and spiritual needs.

<http://www.health.govt.nz/publication/healthy-ageingstrategy>

Call for papers open: be part of this year's Active Ageing event

([Australian Ageing Agenda](#) on February 10, 2017 in [Industry](#))

The Active Ageing Conference is taking place on 30 August in Melbourne. Presentations are now sought from community services, aged care providers, councils, researchers, allied health and other relevant professionals.

[Active Ageing Conference 2017](#)

The call for presentations closes 31 March. Topics of interest include:

- Wellness
- Reablement programs
- Restorative care
- Collaborating with other providers/services to deliver programs
- Active ageing in rural and remote environments

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- Pastoral and spiritual care
- Social connection
- Active ageing for CALD and special needs groups
- Organisational leadership and staff development
- Use of assistive technology and other aids in active ageing
- Co-production: developing programs with clients

NARI funding for Melbourne Ageing Research Collaboration extended

NARI has been awarded \$3.18million by the Wicking Trust to continue the Melbourne Ageing Research Collaboration (MARC) initiative over the next five years. The program brings together a cross-sector consortium to work on projects that improve the lives of older people. [Read more:](#)

Aged Care Reforms

Next phase of reforms begins (From COTA newsletter 15 Feb)

From 27 February, older people with home care packages will gain more control over their package funding and which approved providers deliver their services. The aim of the policy change is to create competition, giving consumers more choice and better services at a lower cost to government. Existing providers will be keen to hold on to the customers they have. It's a good idea to start talking to your provider now, and ask for the best deal they can offer you.

MAC information and support about changes

To assist [assessors](#) and [service providers](#) a [Summary of My Aged Care System Changes](#) is now available.

The system release includes the introduction of the Increasing Choice in Home Care reforms and

other general system improvements. Resources to assist home care providers to update their information on the system are available on the [department's website](#). Should you encounter any difficulties, [support processes](#) have also been put in place.

New My Aged Care brochure

The new 'How to get started with My Aged Care' brochure is aimed at older people, their carers and families before they have contacted My Aged Care for the first time.

It provides an overview of aged care services and how to access them through My Aged Care and can be shared by service providers, assessors, GPs, hospitals and community organisations.

[Case study videos](#) promoting My Aged Care are also available for you to share with consumers through your communication channels.

[View or order the New My Aged Care brochure](#)

Provider readiness for landmark home care change in focus – report

(By Linda Belardi on January 25, 2017 in Community Care Review)

The Department of Health has released the findings of key research into the readiness of providers for the landmark reforms.

[The report](#), was completed by research agency Taylor Nelson Sofres in September and was based on in-depth interviews with 52 home care providers, representing approximately 10 per cent of the industry.

The interviews, undertaken between June and August last year, showed enthusiasm for the reforms was highest among larger and for-profit providers, while rural organisations and small not-for-profits were the least prepared for the change.

Despite some concerns, overall around 70 per cent of providers expressed high levels of

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confidence their organisation would be ready to compete in the new marketplace by February.

In recognition of the issues facing rural and remote providers, the department said it had held group forums and “one-on-one education targeted at remote and very remote services” and provided assistance to providers through the [Service Development Assistance Panel](#).

Consumer interviews: Few consumers say they are likely to change providers

The report also raised questions about the extent to which consumers would exercise their power to switch providers in a competitive marketplace.

In the study, which was based on 62 interviews with consumers and carers, only one in five consumers said they would be likely to change providers once they had the choice. The perceived stress of changing providers, customer loyalty and a dislike of change were some of the key reasons identified.

The research found that the reform is likely to have the greatest resonance with carers of high needs consumers, while clients with low needs and older clients appeared the least likely to exercise their power to move elsewhere.

Many consumers placed a high value on consistency of care and care relationships, in some cases, over and above service quality, the report said, which is also a [finding of international models of CDC](#).

The report said older people may need support to change providers through face-to-face advice and guidance, particularly for those with high level needs and limited informal support networks.

Western Australian HACC to join Commonwealth Home Support Program from July 2018 (By [Linda Belardi](#) on February 16, 2017 in [Community Care Review](#))

Western Australia's Home and Community Care (HACC) program will transfer to the Federal Government on 1 July 2018, completing the

Commonwealth's takeover of entry-level aged care services for people over 65.

The WA and Commonwealth governments finalised an [agreement](#) on 31 January outlining the transition process, which will end the jointly funded, state-managed program.

WA is the last state to relinquish responsibility for HACC services for older clients.

As part of the next stage of community care reform, the Coalition Government has previously [announced its plans](#) to integrate the CHSP and home care packages program to create a single care at home program from 1 July 2018.

Aged Care and older people

Home Care Today New Resources

Making objective decisions

This new resource supports older people and service providers to make good decisions about how to use package funds. [Making objective decisions](#) has been used widely and now has been further refined.

Consumer Articles: Aged Care – Common myths and concerns. Home Care Today has compiled articles, including a case study, discussing common concerns and myths among consumers and people supporting them to help them understand and navigate the system. The first three articles cover:

- [Getting an assessment – a positive path to accessing aged care services](#)
- [When you are on a package and you have a concern](#)
- [Choosing a home care package provider](#)

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Diversity Framework (Source: AAG newsletter Feb 2017)

In November 2016 the Minister for Aged Care & Indigenous Health, Ken Wyatt, gave his support for the development and implementation of a *Diversity Framework* that will address the high level principles and common issues that affect diverse groups, with the creation of specialist action plans for each of culturally and linguistically diverse (CALD), Aboriginal and Torres Strait Islander (ATSI) and Lesbian Gay Bisexual Transgender and Intersex (LGBTI) communities. The development of a Diversity Framework has received multi-party political support. The Minister will meet with representatives quarterly to progress the framework. It is hoped that the framework will be ready for implementation by late-2017.

The Lantern Project – Help improve food in aged care by sharing your stories

<http://thelanternproject.com.au/>

National framework sets professional benchmarks for community workers

(February 22, 2017 in [Community Care Review, Education & Training](#))

A new code of ethics and set of practice guidelines have been released by the Australian Community Workers Association to support best practice in the sector.

The standards cover community workers employed in a diverse range of areas including aged care, disability services, mental health and housing and have been developed in consultation with practitioners, industry and education providers.

The eight guidelines cover areas such as confidentiality in the workplace, working with diverse communities, working in a home environment and professional development.

The Association of community Workers Australia has produced [a self-assessment tool](#) for community workers to support the translation of the guidelines into practice.

ACWA's code of ethics can be [downloaded here](#) and the Australian Community Practice guidelines are [available here](#).

Senior Care Resources

Home Instead Senior Care have a range of resources that may be of interest to you or your clients [Click here](#)

National guidelines for home delivered meals launched (Linda Belardi on February 16, 2017 in [Community Care Review](#))

For the first time, nationally consistent guidelines that replace existing state-based guidelines, have been introduced for the home delivered and centre-based meals sector under the Commonwealth Home Support Program.

Service providers are encouraged to use the new guidelines as a central point of reference for menu planning and review, tender specifications and the consideration of new products and recipes.

As part of the consultations, 337 clients were surveyed about their experience and preferences around home delivered and centre based meals and 289 service providers, caterers and health professionals were surveyed online.

Nutrition, taste and portion size were rated as highly important.

Key topics covered in the guidelines:

- key food and nutrition issues such as weight loss and splitting meals
- meeting the nutritional needs of older Australians
- the role of food and mealtimes
- meal and menu planning
- enriched meals and using snacks
- presentation and meal enjoyment

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- dietary and meal considerations such as texture modification, diabetes and dementia.

Download the National Meal Guidelines from the [Australian Meals on Wheels Association](#).

Draft National Aged Care Advocacy Framework

In late 2016, the Australian Government held consultations on the draft National Aged Care Advocacy Framework (the Framework) from September to October 2016. The department received 33 submissions from a range of stakeholders and used that feedback to inform the updated [draft Framework](#).

Information regarding a National Aged Care Advocacy Program open funding round is available on the [Government's GrantConnect webpage](#).

Carers

CALD Carers Forum Held

The EMPHN held a forum in February on how to best support CALD carers in their catchment. Devika Kumar will be writing up the forum notes and looking at options for solutions in the next few weeks with a plan to commission some work in this area.

If you would like to know more contact devika.kumar@emphn.org.au

Cultural Diversity

Cue Cards – Health Translations Directory

For resources in other languages go to the Health Translations Directory. You can also add your own resources to share. For example, these Cue Cards developed by Eastern Health a few years ago:

http://www.healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Cue_Cards

CALD Resources

The Ethnic Communities' Council of Victoria and COTA Australia have worked collaboratively on a joint edition of Golden Years which focusses on culturally inclusive home care. It includes some great case studies of providers who are utilising innovative ways to overcome barriers and working together in positive ways to ensure their services are responsive to older people's customs, unique circumstances, and cultural backgrounds.

[Gold Years Issue Number 127](#)

Home Care Today CALD Fact sheets

[Fact Sheet for Providers working with people from CALD Background](#) (599 KB)

[Fact Sheet - Recruiting and Developing Staff to meet the needs of CALD consumers](#) (504 KB)

DHHS Language Services Policy

The Department of Health and Human Services has released its new Language Services Policy to support the health and wellbeing of Victorians from culturally diverse backgrounds. The department's Language services policy supports the department and its funded services in responding to the needs of linguistically diverse people, including migrants, refugees and asylum seekers and those that use a form of sign language.

The Language services policy identifies when language services should be offered to clients based on legislative requirements and best practice service delivery. Department-funded organisations and services are encouraged to develop local language services policies and procedures consistent with this policy.

[View policy on DHHS website](#)

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Death and Dying

Vic Government response

The Government has committed to undertaking further work on developing an assisted dying legislative framework, which will be supported by expert legal advice and a Ministerial Advisory Panel that will provide advice on the practical and clinical implications of new legislation.

Key stakeholders will be consulted about the development and implementation of an assisted dying framework.

To see the official response, visit [the Parliament of Victoria website](#).

For more info see:

<https://www2.health.vic.gov.au/about/health-strategies/government-response-to-inquiry-into-end-of-life-choices-final-report>

New guide for initiating end-of-life conversations with multi-faith communities

(February 9, 2017 in [Community Care Review, Education & Training](#))

A new website ACPTalk was developed in partnership with national and state religious and cultural organisations to build the knowledge and skills of health and aged care professionals working with diverse communities to have sensitive conversations.

ACPTalk includes features such as:

- a search function to find information about a specific religion or faith
- conversation starter help and example scripts
- information on advance care planning law
- language and communication tips to support advance care planning
- external links to ACP resources, videos, and religious and cultural resources.

Access the [website here](#) or for more information email acpproject@cabrini.com.au

Dementia

Homelessness & Dementia

There are significant numbers of people in the homeless population with cognitive impairment, including dementia. Yet little is known about this population or their needs.

This resource aims to begin to address these knowledge gaps, and provides information which could help improve services and outcomes for people with dementia who are homeless.

<https://www.fightdementia.org.au/national/about-dementia-and-memory-loss/resources/homelessness-and-dementia>

Study shows benefits of community exercise programs for people with dementia

(Linda Belardi on February 16, 2017 in [Community Care Review](#))

Regular exercise for people with dementia improves balance and functional independence with everyday activities such as bathing and dressing, a new study has found.

A systematic review pooled the data from seven randomised controlled trials of long-term exercise programs which ran for more than three months in the home or community.

The results provide evidence to support exercise training in the home as a low-cost, non-invasive intervention for people with dementia, which has the potential to reduce hospitalisation and the progression of functional decline in this group, the review said.

To realise these positive benefits, current health service models may need to be restructured to ensure the availability of trained support workers or physiotherapists, as well as extending post-acute care transitional programs beyond three months, the authors said.

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The data also showed that more demanding activities such as shopping and cleaning were also improved from participation in a longer-term exercise program.

The authors called for further research into the effects of long-term home and community-based exercise programs for older people with cognitive impairment.

Read the systematic review in [full here](#).

New Report on economic cost of dementia in Australia

<https://www.fightdementia.org.au/files/NATIONAL/documents/The-economic-cost-of-dementia-in-Australia-2016-to-2056.pdf>

Exercise may help older adults improve memory, brain function (ADMA newsletter)

A study published in the journal Cortex found older adults who had high scores on cardiorespiratory fitness tests had increased brain activity and memory performance, compared with those who had low fitness levels. Researchers said cardiorespiratory fitness can be increased through regular moderate to vigorous activities such as walking, jogging or swimming.

http://www.business-standard.com/article/newsians/exercise-may-boost-brain-activity-memory-in-elderly-117011500389_1.html

Mental activities may protect against mild cognitive impairment (ADMA newsletter)

Researchers have found that engaging in mentally stimulating activities, even late in life, may protect against new-onset mild cognitive impairment, which is the intermediate stage between normal cognitive aging and dementia. The study found that cognitively normal people ≥ 70 years who engaged in computer use, craft activities, social

activities and playing games had a decreased risk of developing mild cognitive impairment.

<https://www.sciencedaily.com/releases/2017/01/170130133315.htm>

Diabetes

2017 Australian Diabetes Educators Association-VIC Branch Conference

The ADEA-VIC Branch Conference will be held on Saturday 17 June 2016 at the [Melbourne Convention and Exhibition Centre](#), 2 Clarendon Street, South Wharf, Victoria.

Call for Abstracts Now Open with submissions due by **5:00pm, Friday 7 April 2017**. For details on how to submit an abstract click [here](#).

Disability/NDIS

Cate Blanchett Voices 'Game Changing' NDIS Avatar

Cate Blanchett has become the voice of Nadia, an online virtual assistant, who can speak, write and chat online while answering questions about the NDIS in a "natural way".

The avatar has been developed to provide people with disability with information about the NDIS "when and how they want it".

To read more and view the video of Nadia, [Click here](#)

Nadia has been co-designed by people with disability with the NDIS's Digital Innovation Reference Group taking the lead. We have also engaged with people with a wide range of different disabilities to ensure Nadia is a useful tool for everyone.

Nadia will be accessible 24/7 through the myplace portal. She can speak, write and chat online and has been designed to meet international accessibility guidelines. She can already

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understand thousands of questions put to her, and will answer with clear and simple responses. The more interactions she has with people, the more her knowledge bank will grow.

It will take 12 months and a great deal of interactions with NDIS stakeholders for Nadia to become fully operational. The Agency will hold information sessions to inform people how they can engage with and use Nadia over the next couple of months. Watch this short video that tells the Nadia story:

[THE MAKING OF NADIA](#)

News from Disability Services Commissioner

To mark International Day of People with Disability 2016, DSC ran a digital awareness campaign on social media, sharing personal stories from a number of Victorians living with disability.

The aim of the campaign was to showcase the different lived experiences of people with disability. There were some consistent themes in the stories, including a call for social change, a call for economic change, the importance of support from others, a recognition of the abilities of people with disability and the importance of advocacy. [Click here to read all stories in full.](#)

What are Human Rights video (Source: DARU 6 Feb 2017)

This short video is part of the 'Human rights and you' training program designed for frontline staff and supervisors to help understand what human rights are and why they are important for people with disability.

<http://www.daru.org.au/resource/what-are-human-rights> OR

<https://vimeo.com/199265721>

Elder Abuse

NARI continues with elder abuse research

Through funding from the State Trustees Australia Foundation Elder Abuse Prevention and Response grants program NARI will engage community health workers, carers and other health professionals to determine the most effective existing elder abuse screening tool and also produce guidelines on the use of the tool, including direction for what to do next and where to seek help and support.

Workshops will be held with representatives from advocacy, legal, research, local government, aged and health care service providers come together to develop the action plan. The workshops are aimed at engaging key stakeholders; discussing and gaining endorsement of the findings and recommendations from the draft plan; and co-designing realistic and achievable steps to realise the recommendations.

New Ambassador for Elder Abuse Prevention

As part of the state government's 'Victoria against Violence' campaign, the **Commissioner for Senior Victorians**, Gerard Mansour, has been **appointed Ambassador for Elder Abuse Prevention**. Commissioner Mansour says he will work to 'increase the awareness of older Victorians to elder abuse and the help that is available, but also to educate the wider community so they can identify abuse and take action'.

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Health

Call for Nominations for the Manningham Healthy City Advisory Committee 2017 - 2021

Manningham City Council has a leading role in population health planning to enable people to achieve optimal health and wellbeing and are seeking 12 representatives from organisations and the community for their Healthy City Advisory Committee.

Meetings will be held quarterly. Representatives should live, work, study in or have a connection to Manningham through professional, technical or industry alliances.

Nominations are open from Wednesday 1 March and close 5.00 pm on Friday 24 March 2017. Successful applicants will be advised in writing. Apply online at <http://www.manningham.vic.gov.au/healthy-city-advisory-committee>

For more information please call Jan Loughman, Coordinator Social Planning and Community Development on 9840 9333 or email jan.loughman@manningham.vic.gov.au.

Exercise early is good for Parkinsons Disease (The Age, 25 Jan 2017)

'The earlier people begin exercising after a Parkinson's diagnosis, and the higher the intensity of exercise they achieve, the better they are', Marilyn Moffat, a physical therapist on the faculty of New York University, says.

<http://www.theage.com.au/lifestyle/health-and-wellbeing/fitness/exercise-can-be-a-boon-to-people-with-parkinsons-disease-20170123-gtxcjl.html>

Join the Chronic Illness Alliance

If you would like to join the Chronic Illness Alliance mailing list please contact Christine Walker –

cwalker@chronicillness.org.au. They hold regular forums and meetings relevant to people living with or supporting others who have a chronic illness. For more information visit <http://www.chronicillness.org.au/>

COPD resources (ADMA newsletter Feb 2017)

A selection of resources is available for patients with chronic obstructive pulmonary disease (COPD) to help build knowledge of the condition as well as the COPD assessment test (CAT).

<http://copdchoices.gsk.com/en-gb/free-copd-resources/>

Type 2 diabetes treatment website

(ADMA newsletter Feb 2017)

The Australian Diabetes Society (ADS) has launched a new interactive website aimed at improving the lives of people living with type 2 diabetes. The blood glucose management algorithm for type 2 diabetes outlines the risks, benefits and costs of available therapies and provides an approach for how to incorporate older and newer agents.

<http://t2d.diabetessociety.com.au/>

Patient-reported outcome measures (PROM) (ADMA Newsletter Feb 2017)

The Australian Commission on Safety and Quality in Health Care has recently published two documents related to patient-reported outcome measurement. The evidence collected for these two documents will form the basis of a new Commission project to support the appropriate, consistent and routine use of PROMs in Australia

<https://www.safetyandquality.gov.au/our-work/informationstrategy/indicators/patient-reported-outcome-measures/>

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The Best Workout for Women (ADMA newsletter Feb 2017)

Using data from the Women's Health Study, researchers followed nearly 36,000 older women who ranged in age from 47-98. The women filled out questionnaires yearly about their health and exercise levels, and to estimate how much weight lifting/strength training they'd done per week in the past year. The researchers tracked which of the women got cardiovascular disease—including events like heart attack and stroke—and type-2 diabetes. Those who said they did any amount of strength training had a type-2 diabetes risk 30% lower and a cardiovascular disease risk 17% lower than those who did none, even after the researchers controlled for other variables like age, vegetable and fruit intake and physical activity. <http://time.com/4618826/strength-training-fitness-workout/>

Caring for Quality in Health: Lessons learnt from 15 reviews of health care quality (ADMA Newsletter Feb 2017)

This report synthesises 15 in-depth reviews of Health Care Systems and discusses the 12 lessons learnt.

The overarching conclusion is that health systems need transparency, as health systems and providers need to be "open about the effectiveness, safety and patient centredness of care they provide. More measures of patient outcomes are needed (especially those reported by patients themselves), and these should underpin standards, guidelines, incentives and innovations in service delivery.

In practical terms, greater transparency and better performance can be supported by making changes in where and how care is delivered; by modifying the roles of patients and professionals, and by more effectively employing tools such as data and incentives." <https://www.oecd.org/health/health-care-qualityreviews.htm>

New Health Complaints Commissioner in Victoria

Karen Cusack has been appointed as the inaugural Health Complaints Commissioner in Victoria. The new health complaints office has greater powers to warn and protect patients and crack down on unregistered health service providers and practitioners.

LGBTI

Val's Café become Val's LGBTI Ageing & Aged Care

Val's Café is now Val's LGBTI Ageing & Aged Care.

Over the next few months they will begin to change the website, and associated program information. They have a new logo and new website: www.valslgbti.org.au and the new Val's email is valslgbti@latrobe.edu.au



Resources

Recently GLHV launched the new and comprehensive Rainbow Tick guide to LGBTI Inclusive practice and the new audit tool (second edition). Please download these resources to assist you on your journey to become LGBTI inclusive. [LGBTI RAINBOW TICK GUIDE](#)

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Mental Health

Psychological Strategies (formerly known as ATAPS)

EMPHN Access to Allied Psychological Services Program (ATAPS) has been rebranded and is now called **Psychological Strategies**. This rebranding has been undertaken as a part of the refinement of the EMPHN stepped care approach to mental health, with a focus on client centred care in the services that we commission. It is for:

- people who are from low income/disadvantaged backgrounds;
- people presenting with mild to moderate mental health issues; and
- is free of charge for your patient with a Mental Health Treatment Plan and an [EMPHN Mental Health Services Referral Form](#).

Currently, there are over 150 mental health clinicians working from a large number of locations in the outer eastern, inner eastern and north eastern regions of Melbourne. These clinicians have a broad range of skills and collectively speak 24 languages other than English. If patients require an interpreter, the Psychological Strategies Program will also pay for one.

How to Refer

A Mental Health Treatment Plan and EMPHN Referral Form are required for referral. The processes for referral to the Psychological Strategies Program can be found at <https://www.emphn.org.au/what-we-do/mental-health/psychological-strategies>.

Please call the EMPHN intake line on (03) 9800 1071, if you have any questions.

Information about Services

Australian Communications and Media Authority – Emergency Call Service

<http://www.acma.gov.au/theACMA/emergency-call-service-faq-i-acma>

A Caller No Response (CNR) initiative for the Triple Zero (000) Emergency Call Service is in place to help genuine callers receive emergency response even if they are unable to speak. All calls where the caller does not respond to the operator's question 'Emergency. Police? Fire? Ambulance?' are directed to an interactive voice response (IVR) unit. Callers directed to the IVR unit are asked to press '55' if they require emergency assistance. If a caller does not press '55' after three requests from the IVR the call is disconnected. Callers who press '55' are connected to the police in the appropriate state by the operator.

Dads Social Group – Interchange Outer East

The Interchange Outer East Dads Social Group offers monthly social activities for dads and male carers of a child or young adult with a disability:

- **Sunday 26 March:** AFL North Melbourne v West Coast plus dinner - 1.10pm
- **Thursday 20 April:** Mini golf or nine holes of golf plus dinner - 6.30pm
- **19 to 21 May:** Weekend away - details and cost TBC
- **Tuesday 20 June:** Pub trivia and dinner - Micawber Tavern, Belgrave

Cost: Co-contribution of \$50 which includes lunch or dinner (drinks will be purchased at own expense).

Contact: For more information or to register please contact Mark on 9758 5522 or familysupport@ioe.org.au or register online at <http://bit.ly/Dads2017>

Events, Training, Forums & Conferences

Date/Time	Event	Information	Location	Contact/Registration
Wednesday 8th March, 7-9pm	NDIS Information Forum KNOX	<p>Yooralla is delivering information forums on the National Disability Insurance Scheme (NDIS) across Victoria. This FREE forum in Knox is open to anyone in the community who is interested in learning more about the NDIS:</p> <ul style="list-style-type: none"> • understand how the NDIS works • learn more about planning and preparation for transition to the NDIS • ask questions about how the NDIS will impact you and your family • meet local service providers. 	Knox Civic Centre, 511 Burwood Highway, Wantirna South	<p>Cost: Free</p> <p>RSVP: Please RSVP to Michelle Penney by Friday 10th February 2017 by email at Michelle.Penney@knox.vic.gov.au or phone on 9298 8343 (please advise which session you are attending). Morning tea provided</p>
Various Dates	Enabling EDIE	<p>Better understand dementia from the perspective of the consumer through an Educational Dementia Immersive Experience, EDIE. You will use this experience to enhance your knowledge of dementia and to develop a support plan that enables Eddie and his wife to live more confidently with dementia.</p>	Various	<p>For more information see: https://vic.fightdementia.org.au/vic/education-and-consulting/for-health-professionals/level-two-support#EDIE</p>
7th of March at 2-3pm	<u>Consumer direction and dementia</u>	<p>In this webinar we will explore the importance of effective partnerships between consumers and service providers in supporting the choices and well-being of people with dementia in their everyday life at home.</p>	Webinar	<p><u>Register online.</u></p> <p>https://homecaretoday.org.au/events/list</p>

Events, Training, Forums & Conferences

		The webinar will be presented by Trudy Neal who has 25 years experience in a range of senior dementia-related roles.		
Thursday 9 March & Thursday 16 March, 9.30am-4pm	Building respectful family relationships (elder abuse focus)	This practical and free 2 day training will prepare participants to deliver talks and facilitate discussions on elder abuse awareness to groups of older people and their families from Vietnamese, Indian, Turkish, Russian and Jewish communities.	Leading Age Services Australia Ltd Level 11 600 St Kilda rd. Melbourne	For bicultural, bilingual community workers from Vietnamese, Indian, Turkish & Russian Jewish communities Contact Liz Alexander, ECCV Project Officer, 9354 9555
From Thu 9th Mar, 2017	Peer Program for women with disabilities	Exciting new peer program for women with disabilities is coming to Eastern-Metro Melbourne. This program is open to women with disability and offers opportunities to explore respectful relationships, experiences of being a woman, and women's disability rights. The program will run over four weeks Provider/Organiser:WDV		For more information please see the above fliers, or contact Bianca Evans on 9286 7809 or bianca.evans@wdv.org.au More information
Mon 20th Mar, 2017: 9:30 - 4:00pm	Support Coordination Workshop	This workshop will explore the detail behind the Coordination support types and what it takes to deliver and market a standout service. Drawing on the experience of some of the sector's leading Coordinators, we will outline and explore the emerging best practice. Organised by: Disability Services Consultants (DSC)		Cost: \$280 for small orgs http://www.disabilityservicesconsulting.com.au/register-melb-small

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23 March 2017, 8.45am-4.30pm	Assessment, Care planning & CDC	This interactive workshop provides aged care professionals with practical information about comprehensive assessment, goal setting and care planning for older people in a community setting within the consumer directed care context.		Cost \$410 – early bird discount available http://www.nari.net.au/education/2017-workshops/march-workshop-2017
24 March 2017	Prevention of Chronic Diseases and Healthy Ageing	ADMA day seminar including a Tai Chi for Diabetes Demonstration; Health 2040; Primary Health Networks and Chronic Disease Prevention; Getting Australia's Health on Track; Prevention of cardio metabolic diseases; Healthy Ageing; Oral health; Musculoskeletal conditions; Respiratory Disease; Mental health; Alcohol and Drugs; Obesity Prevention; and Is sleep important in chronic disease management?	Alfred Hospital	Cost \$200 For registration: http://adma.org.au/images/previous_seminars/March_2017_Prevention_Seminar/Prevention_of_Chronic_Diseases_Flyer_Registration.pdf
March 27, 2017 @ 9.30am- 3.30pm	Volunteer Essentials: The 3 Rs- Recruitment, Retention and Recognition	Volunteering Victoria training This interactive workshop provides participants with strategies they can implement into their program. Applying the National Standards for Volunteer Involvement, participants will learn how to develop or improve an existing volunteer program so that they successfully recruit, retain and recognize the vital contribution volunteers make; leading to increased retention rates and a healthy workplace culture.	The Multicultural Hub 506 Elizabeth Street, Melbourne 3000	Members: \$225.00, Non Members: \$280.00 Shelley Falzon T 83278500 E s.falzon@volunteeringvictoria.org.au http://volunteeringvictoria.org.au/professional_develop/volunteer-essentials-3rs-recruitment-retention-recognition/

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27-28 March, 2017	NDS State Conference	<p>Exploring the realities, risks and opportunities of delivering change and creating great outcomes for both participants and provider organisations in disability.</p> <p>Keynote speakers, professional development workshops and exhibitors, covering innovative and practical strategies to: enhance opportunities for NDIS participants in their daily lives, strengthen disability culture and develop your organisation in a market environment.</p>	Melbourne Park Function Centre	<p>To register or for more info:</p> <p>https://www.nds.org.au/events-and-training/conferences/nds-victoria-conference-2017</p>
29 – 30 March 2017, 9am to 4.30pm	Towards a Better Life	<p>For participants to reflect on the value of obtaining a ‘good life’ and consider how we may support people who may have been marginalised or disadvantaged to have better lives and greater involvement in their communities.</p> <p>For people with a disability, their families, students, support workers, planners, LACs, NDIS personnel, professionals, managers, CEOs, policy makers, people in leadership positions and other concerned citizens.</p> <p>Presented by John Armstrong, Belonging Matters Inc.</p>	Burwood District Bowls Club, Warrigal Rd, Burwood.	<p>Cost : Concession \$140.00 Standard \$300.00</p> <p>Bursaries available on application. Other rates may apply</p> <p>Registration: Closes 24th March 2017.</p> <p>To book and pay: www.belongingmatters.org or Further info: info@belongingmatters.org or phone 03 9739 8333</p>
30th & 31st March, 2017	Portability in Home Care Packages - Listening to the consumer's voice?	<p><u>Home Care Today</u> is bringing together a panel of consumers and carers alongside industry leaders and researchers and special guest speaker Rae Lamb, the Aged Care Complaints Commissioner to explore</p>	Melbourne	<p>TWO DAY CONFERENCE</p> <p>REGISTER HERE</p>

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		<p>issues of attracting and retaining clients with home care packages becoming portable in February.</p> <p>For small and medium-sized home care provider staff, including case managers, senior managers, quality managers and CEOs.</p>		
Tues 4 April 2017	Family Violence Forum (VHA)	Provided by VHA	NAB The Village, 700 Bourke Street, Docklands	TBC
21 April	NDIS: An advocate's guide	<p>The aim of this forum is to explore current issues relating to advocacy and participation in the NDIS in particular, issues of access and participation aimed at ensuring that all persons eligible for the NDIS receive all their entitlements . Expert speakers across a diverse range of organisations will provide individual perspectives about the implementation of the NDIS to date and the challenges it faces in the future.</p> <p>The conference is aimed at advocates, both legal and non-legal, case workers, lawyers and anybody involved in providing effective advocacy and support within this arena.</p>	NAB The Hall Level 3, 700 Bourke Street Docklands	<p>Cost is Free. Contact:</p> <p>Rosalinda Casamento (03) 9269 0418</p> <p>rosalinda.casamento@vla.vic.gov.au</p>
Saturday 29 April 2017	The Ageing in Australia Expo 2017	The Expo provides an opportunity for people to find out about the range of support services available to them as they age, and ask questions of aged care	Melbourne Town Hall	<p>Tickets are essential but entry is Free.</p> <p>Details here. For all event enquiries, please contact the <i>Centre for Cultural Diversity in</i></p>

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		services, government departments, peak organisations and ethnic community organisations relating to their care and wellbeing.		Ageing on 03 8823 7979 or info@culturaldiversity.com.au
11 May, 9.30 am to 12.30 pm	Health Literacy for clinical and non-clinical staff	<p>Health Issues Centre is offering a half-day workshop on health literacy for health and community services, condition-specific organisations, local government and clinical and non-clinical staff.</p> <p>Who is the workshop for: team leaders, executive and middle managers, project managers, clinical and non-clinical staff.</p> <p>What is covered: definitions of health literacy, the dimensions of a health literate organisation, cross-sector collaboration techniques, how to work with consumers as partners to address low level health literacy, how to monitor and evaluate your health literacy work.</p>	Health Issues Centre, Level 1 255 Bourke Street, Melbourne Australia 3000	<p>Fee: \$200-350</p> <p>To register: http://www.healthissuescentre.org.au/training-events/health-literacy-for-clinical-and-non-clinical-staff</p>
Thursday 11th May 2017, 1.00pm - 5.00pm	Falls and Cognitive Impairment Workshop	<p>At this half day evidence-based workshop you will learn how cognitive impairment impacts on falls and falls risk:</p> <ul style="list-style-type: none"> • the evidence on what works to prevent falls in people with cognitive impairment • how adherence impacts on the effectiveness of falls prevention interventions • how to apply the evidence in real settings 	National Ageing Research Institute Building 9 Seminar Room Gate 4, 34-54 Poplar Road, Parkville, VIC	<p>Cost: \$240 (incl GST) <i>(10% discount for early bird registrations before 21st April, 2017)</i></p> <p>https://www.trybooking.com/Booking/BookingEventSummary.aspx?eid=254583</p> <p>For further information: Contact: Marcia Fearn, Education Coordinator. Phone: (03) 8387 2305 Email: education@nari.unimelb.edu.au</p>

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		<ul style="list-style-type: none"> how others deal with the challenging combination of falls and cognitive impairment for older people, carers and healthcare providers. <p>Presenters/Facilitators: Dr Frances Batchelor (NARI) & Ms Sue Williams (NARI)</p> <p>Who should attend: Healthcare providers; Allied health, nursing, clinical and medical staff; Researchers and academics</p>		
<p>Thu 18th May, 2017: 11:00am - 4:00pm, Melbourne</p> <p>Tue 21st Nov, 2017: 11:00am - 4:00pm, Melbourne</p>	<p>Advocacy Sector Conversations Forum dates</p>	<p>This forum series provides a space for advocates to gain practical information and share knowledge by participating in topical, interactive sessions. It's more imperative than ever to keep abreast with the ever changing disability services and supports landscape with the introduction of the NDIS and to understand the impact this will have on the practice of disability advocacy.</p>	<p>Melbourne</p>	<p>http://www.daru.org.au/event/advocacy-sector-conversations-forum-2</p>
<p>15 June, 930 am to 12.30pm</p>	<p>Elder Abuse Law Reform Symposium</p>	<p>Seniors Rights Victoria and the Office of the Public Advocate (OPA) are hosting this event. A keynote speaker will be the Hon. Dr Kay Patterson (left), Federal Age Discrimination Commissioner. Other key speakers invited are Gerard Mansour, Victorian Ambassador for Elder Abuse Prevention; and Professor Rosalind Croucher, President of the Australia Law Reform Commission.</p>	<p>Melbourne Town Hall</p>	<p>https://elderabuseawarenessday.org.au/</p>

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Various dates 2017	MOVE muscle, bone & joint health - various topics	<p>2017 Education and Training Program for health professionals and service providers:</p> <p>'Musculoskeletal Health' webinar series</p> <p>Group exercise leader training (warm water exercise, chair-based exercise, Tai Chi for Arthritis, Nordic Walking)</p> <p>Group exercise leader update training (warm water exercise, chair-based exercise, Tai Chi for Arthritis, Nordic Walking)</p> <p>Consultancy training service</p>	Various venues and webinars	Go to MOVE website or links provided
30 August	Active Ageing Conference	To be advised	Bayview Eden Melbourne	To be advised
Thursday 5th & Friday 6th October 2017	3rd National LGBTI Ageing and Aged Care Conference – 2017. It's About Time: Rethinking LGBTI Ageing in Australia	<p>Organised by Val's @ GLHV.</p> <p>Held across two days, this conference explores the changing lives and rich histories of older LGBTI people, presenting new opportunities to share personal stories, discuss policy and practice in the aged care sector, and reflect the challenges and celebrations of this diverse community. Older LGBTI people, aged care experts and service providers can come together to share experiences and ideas, and work together to promote healthy ageing for older LGBTI people.</p>	Novotel Melbourne on Collins - 270 Collins St, Melbourne VIC 3000	To be confirmed