

Grampians HACC Training Calendar



July to November, 2010

- **FEES** for HACC staff are charged to cover catering costs only. All fees stated include GST.
- Non-HACC staff are welcome to attend at applicable fee if places available.
- **Payment will only be refunded if 3 days notice is given of cancellation.**
Your agency will still be liable for payment if you don't attend without giving notice.
Transfers to other staff accepted at any time.
A full refund or transfer to another session will be made if the session is changed or cancelled due to administrative reasons or insufficient enrolments.
- **Please register EARLY to help us avoid cancellations.** Registration forms can be found on the website www.bdnh.com.au or on the back of flyers for individual sessions distributed separately.

All enquiries to Michelle Graffeo HACC Training Coordinator, Ballarat District Nursing & Healthcare - Ph 5334 1500 or hacc@dnh.com.au

DATE	TIME	TOPIC	Location	COST
Jul 15	9.30 – 4.30	Intro to First Aid for Mental Health	Ballarat	\$33
Jul 20	9.00 – 4.30	The Professional Supervisor – Day 1	Horsham	\$33
Jul 22	Postponed to Nov	Intro to First Aid for Mental Health	Horsham	\$33
Jul	9.30 – 12.30	Back Care	Navarre	\$11
Aug 3&4	9.30 – 4.30	Goal Setting & Care Planning – 2 Days	Ararat	\$55
Aug 10	1.00 – 4.00	Back Care	Ballarat	\$11
Aug 17	9.00 – 4.30	The Professional Supervisor – Day 2	Horsham	\$33
Aug 31	9.00 – 4.30	The Professional Supervisor – Day 1	Ballarat	\$33
Sept 7	9.30 – 12.30	ASM: Why Active Service is a Good Idea	Horsham	\$11
Sept 7	1.00 – 4.00	ASM: Why Active Service is a Good Idea	Horsham	\$11
Sept 8	9.30 – 12.30	Supervising Implementation of ASM	Nhill	\$11
Sept 8	1.30 – 4.30	ASM: Why Active Service is a Good Idea	Nhill	\$11
Sept 9	9.00 – 12.00	ASM: Why Active Service is a Good Idea	Warracknabeal	\$11
Sept 8	9.30 – 12.30	Natural Relaxation Techniques	Ballarat	\$11
Sept 14	1.00 – 4.00	Dementia Education for Direct Care Workers	Ararat	\$11
Sept 15	9.30 – 12.30	Meaningful Activities for Men	Ararat	\$11
Oct 12	9.00 – 4.30	The Professional Supervisor – Day 2	Ballarat	\$33
Oct 21	9.00 – 12.00	Understanding Elder Abuse	Ararat	\$11
Oct 21	1.00 – 4.00	Older Adults & Depression	Ararat	\$11
Nov 2	9.00 – 12.00	Professional Boundaries	Horsham	\$11
Nov 2	1.00 – 4.00	Working with the Sensory-Impaired	Horsham	\$11
Nov 3	9.00 – 12.00	Professional Boundaries	Ballarat	\$11
Nov 3	1.00 – 4.00	Working with the Sensory-Impaired	Ballarat	\$11
Nov 3	9.00 – 12.30	Referring to Allied Health Services	Ballarat	\$11
Nov 4	9.00 – 12.30	Referring to Allied Health Services	Horsham	\$11
Nov 11	9.30 – 12.30	Natural Relaxation Techniques	Horsham	\$11
Nov 16	9.30 – 4.30	Intro to First Aid for Mental Health	Horsham	\$33

Intro to First Aid for Mental Health

Presented by Paula Duffy, MentalHealthWorks Consultancy

Ballarat – Thursday July 15, 9.30am – 4.30pm

Venue: Sebastopol Bowling Club – Balcony Room, 213-219 Albert St, Sebastopol (upstairs, enter via Yarrowee St)

Horsham – Tuesday Nov 16, 9.30am – 4.30pm

Venue: Wimmera Hub – Conference Room, 39 Urquhart St, Horsham

Key content:

This program will cover the symptoms, risks and management strategies for Depression, Anxiety, Psychosis, and Personality Disorders, in order to provide an understanding of behavioural indicators towards mental health issues that may confront HACC workers.

Target: Suitable for all HACC workers including Volunteers

Fee: HACC staff \$33.00 (Inc GST)
Full catering provided

The Professional Supervisor

Presented by Carol O'Meara, Diverse People Solutions

This program is designed to provide those in a supervisory role with the knowledge and skills needed for effective team and task management. Goals will be set on each training day, to be analysed and developed at the following workshop. Days 1 and 2 will be offered in 2010; Day 3 will be offered in Semester 1, 2011.

Day 1: Horsham – Tuesday July 20, 9.00am – 4.30pm

Venue: Wimmera Hub – Conference Room, 39 Urquhart St, Horsham

Ballarat – Tuesday Aug 31, 9.00am – 4.30pm

Venue: Sebastopol Bowling Club – Balcony Room, 213-219 Albert St, Sebastopol (upstairs, enter via Yarrowee St)

Key content: Responsibilities, planning, leadership, teams, goal-setting.

Day 2: Horsham – Tuesday Aug 17, 9.00am – 4.30pm

Venue: Wimmera Hub – Conference Room, 39 Urquhart St, Horsham

Ballarat – Tuesday Oct 12, 9.00am – 4.30pm

Venue: Sebastopol Bowling Club – Balcony Room, 213-219 Albert St, Sebastopol (upstairs, enter via Yarrowee St)

Key content: Goals review, motivation, managing conflict, more goal-setting.

Target: Suitable for Team Leaders and Supervisors

Fee: HACC staff \$33.00 per day (\$66.00 for 2-day program) (Inc GST)
Full catering provided

Back Care

Navarre – Date, Time TBA

Presented by (TBA)

Venue: Navarre Recreation Reserve (Football Club)

Ballarat – Aug 10, 1.00 – 4.00 pm

Presented by Juliette Choong, Ballarat Community Health Centre

Venue: Cooinda Centre, Learmonth Rd, Wendouree

Key content: No Lift Policy, Getting in & out of the car safely, Bending, Stretching, Simple Back-care Exercises

Target: Suitable for all HACC staff

Fee: HACC staff \$11.00 (Inc GST)
Light refreshments provided

Referring to Allied Health Services

Presented by (TBA)

Horsham – Nov 2, 9.00am-12.30pm

Venue:

Ballarat – Nov 3, 9.00am-12.30pm

Venue: Ballarat Learning Exchange, 36 Camp St, Ballarat

Key content:

This program is designed to clarify the roles of occupational therapy, physiotherapy, dietician, speech pathology, podiatrist and counselling. Allied Health Professionals will explain who their key targets are, how they prioritise urgency and how HACC staff can best refer clients to them.

Target: Suitable for HACC Assessors and Team Leaders

Fee: HACC staff ONLY \$11.00 (Inc GST)

Light refreshments provided

Professional Boundaries

Presented by Kim Repcak, Sensory Education & Advocacy Services.

Horsham – Oct 27, 9.00am – 12.00pm

Venue: Wimmera Hub – Conference Room, 39 Urquhart St, Horsham

Ballarat – Nov 4, 9.00am – 12.00pm

Venue: Sebastopol Bowling Club – Balcony Room, 213-219 Albert St, Sebastopol (upstairs, enter via Yarrowee St)

Through case scenarios workers will have the opportunity to workshop how to maintain professional boundaries with HACC clients and their families. Workers are encouraged to bring their own 'boundary dilemmas' to actively problem solve during the training.

Key content:

- What are professional practice boundaries?
- Organisational policies and procedures that guide HACC
- The helping domain – balancing caring & independence
- Knowing your limitations – when to say 'no'
- Tools to maintain effective practice boundaries

Target: Suitable for all HACC workers including Volunteers

Fee: \$11.00 (Inc GST). Light refreshments provided

Working with the Sensory-Impaired

Presented by Kim Repcak, Sensory Education & Advocacy Services.

Horsham – Oct 27, 1.00pm – 4.00pm

Venue: Wimmera Hub – Conference Room, 39 Urquhart St, Horsham

Ballarat – Nov 4, 1.00 – 4.00pm

Venue: Sebastopol Bowling Club – Balcony Room, 213-219 Albert St, Sebastopol (upstairs, enter via Yarrowee St)

The aim of this program is to provide home care staff with information and experiential learning activities to assist them in supporting people with sensory loss

Key content:

1. Awareness of the 4 main age related eye conditions
2. Understanding of the impact each condition has on a person's daily living
3. Utilising rehabilitation strategies to assist and support people with daily tasks
4. Communication techniques when supporting a person with sensory loss
5. Awareness of the sighted guide technique used to support & guide a person with sensory loss

Target: Suitable for all HACC workers including Volunteers

Fee: \$11.00 (Inc GST). Light refreshments provided

Natural Relaxation Techniques

Presented by Meredith Brain, registered Massage Therapist

Ballarat – Sept 8, 9.30am – 12.30pm

Venue: Sebastopol Bowling Club – Balcony Room, 213-219 Albert St, Sebastopol (upstairs, enter via Yarrowee St)

This program is designed to assist with de-stressing and relaxation.

Key content: Breathing techniques, Aromatherapy, Massage and Chi Gong for personal health.

Target: Suitable for all HACC staff, including volunteers

Fee: HACC staff \$11.00 (Inc GST)

(Due to limited numbers, HACC staff ONLY). Full catering provided

Programs related to Active Service Model:

Goal Setting & Care Planning – Full two (2) day training program

Presented by Dr Jean Tinney, Claudia Meyer, Jenny Schwarz & Janet Cobden under the auspices of the National Ageing Research Institute

Ararat – August 3 and 4, 9.30am – 4.30pm

Venue: Ararat RSL, Red Poppy Function Room, 74-76 High St, Ararat

The aim of this program is to equip participants with the skills to use consistent, strategic and reflective approaches to goal setting and care planning

Key content:

This program is designed to meet the professional development needs of community based aged and disability assessment staff and case managers working both within the HACC program and other programs catering for the needs of older people or people with disabilities. The program incorporates the principles of person-centred care which supports independence, as reflected in the HACC Active Service Model. Key areas include assessment of decision-making capacity; goal-setting, development and implementation of care plans; and communication skills for understanding individual needs and building effective care partnerships.

Target: Suitable for HACC staff conducting assessments with clients in home or in day centres (Prior experience in conducting assessments for HACC services is required to gain full benefit from this session).

Fee: HACC staff \$55.00 (Inc GST)

(Due to limited numbers, HACC staff ONLY). Full catering provided

Dementia Programs

Alzheimer's Australia Vic

Dementia Education for Direct Care Workers

Presented by Andrew Italia, Alzheimers Australia - Vic

Ararat – Tuesday Sept 14, 1.00 – 4.00pm

Venue: Ararat RSL, Red Poppy Function Room, 74-76 High St, Ararat

Target: Suitable for Community Care Workers, planned activity groups and lifestyle staff

Fee: HACC staff \$11.00 (Inc GST) Light refreshments provided.

Meaningful Activities for Men

Presented by Andrew Italia, Alzheimers Australia - Vic

Ararat – Sept 15, 9.30am – 12.30pm

Venue: Ararat RSL, Red Poppy Function Room, 74-76 High St, Ararat

The aim of the session is to provide support and inspiration for ideas and activities which encourage communication and new ways of engaging men living with dementia. Case studies and examples will be used.

Target: Suitable for Diversional Therapists, planned activity groups and lifestyle staff

Fee: HACC staff \$11.00 (Inc GST) Light refreshments provided.

Elder Abuse Series...

Selina Nivelles & Lynne Barrat, Disability & Aged Care Education and Training (DACET)

Understanding Elder Abuse

Ararat – Oct 21, 9.30-12.30

Venue: Ararat RSL, Red Poppy Function Room, 74-76 High St, Ararat

This workshop is designed to give workers an understanding of what is elder abuse and the skills to deal with these situations

Covers:

1. Indicators
2. Responding to disclosure
3. Reporting disclosures or suspicion of abuse

Target: All HACC staff, including volunteers

Fee: HACC staff \$11.00 (Inc GST). Light refreshments provided

Older Adults and Depression

Ararat – Oct 21, 1.00-4.00pm

Venue: Ararat RSL, Red Poppy Function Room, 74-76 High St, Ararat

This session aims to improve recognition of late life depression

It examines:

1. Why older people are at more risk of depression
2. What makes diagnosis more difficult

Participants will also gain an understanding of the effects of disease on those who present with depression

Target: All HACC staff, including volunteers

Fee: HACC staff \$11.00 (Inc GST). Light refreshments provided

In House Training – Available upon request

Finding it difficult to travel to training workshops?

Have you considered the option of getting trainers onsite to deliver directly to your staff?

Call Michelle Graffeo on 5334 1500 or email: hacc@dnh.com.au to discuss.