

Access for all Abilities



Benetas



Community Axis



Dunmunkle Health Services



Edenhope & District Memorial Hospital



Goolum Goolum Aboriginal Co-op



Grampians Community Health



Harrow Bush Nursing Centre



Hindmarsh Shire Council



Hopetoun & District Neighbourhood House



Horsham Rural City Council



Horsham Regional Arts Association



Murtoa & District Neighbourhood House (SLAAM)



Rural Northwest Health



Salvation Army Family Services



University of Ballarat



West Vic Division of General Practice



West Wimmera Health Service



West Wimmera Shire Council



Wimmera Health Care Group



Wimmera Hearing Society



Wimmera HUB



Wimmera Regional Sports Assembly



Wimmera Regional Library Corp.



Wimmera Southern Mallee LLEN



Wimmera Uniting Care



Wimmera Volunteers



Women's Health Grampians



Woomelang District Bush Nursing Centre



Yarriambiack Shire Council



YMCA, Horsham Aquatic Centre



# NEWSLETTER

Issue 38 (2010) - 4th October

## E-Referral DCA - Connectingcare Roadshow

October 11th from 1.30pm to 3.30pm

Pyrenees House - East Grampians Health Service, Girdlestone Street Ararat

The purpose of the session is to provide all health and community service providers in the Grampians Region an opportunity to better understand the change of ownership of the statewide web based electronic referral system and service directory ConnectingCare.com to Data Base Consultants Australia (DCA).

This session will assist organisations to better understand:

- ◆ Arrangements around the transfer of ownership of Connectingcare to DCA
- ◆ Financial implications of transfer towards a user pay system
- ◆ Technical Support provision (help desk) by DCA
- ◆ ConnectingCare training now and in the future
- ◆ DCA plans for future integration e.g. to Victorian Government Human Services Directory (HSD), GP Messaging platforms including Argus and others, integration with client information management systems - and other enhancements.

Who should attend: Health and Community Service Providers, CEO's, Managers, PCP members involved in information technology and service coordination, e.g. hospitals, community health, divisions of general practice, NGO's and other primary care organisations looking at e-health solutions to improve communication. Agencies are welcome to send more than one representatives and afternoon tea is provided.

RSVP to Sharna Kelly by **Wednesday 6th October** at [support@chpcp.org](mailto:support@chpcp.org)

## Grampians Oral Health Strategy & Action Plan - Final Report

Since April 2009, Flynn Health Consulting have been working with the Grampians Regional Oral Health Strategic Plan Consultancy Committee and oral health services to develop strategies and action for the delivery and planning of public oral health services for the region. Last week the final report was presented to the committee. There are six key areas identified in the plan:

- ◆ Leadership - to progress leadership, service development, planning and coordination.
- ◆ Access - working on achieving an acceptable wait time of 24 months for general and prosthetic care within 2 years.
- ◆ Efficiency and effectiveness - creating capacity and increasing productivity across the regions providers.
- ◆ Development a Models of Care across the region.
- ◆ Workforce - the new Oral Health Network establishes a collaborative regional approach to recruitment, retention and workforce planning.
- ◆ Oral Health Promotion and early identification of oral health disease.

A new regional Oral Health Network will be established to progress the recommendations and actions in the plan. Funds have been provided through Dental Health Services Victoria to employ a Project Manager to assist with the implementation. An interim working party has been set up to drive the establishment of the network and recruitment.

If you would like a copy of the Grampians Oral Health Strategy and Action Plan - Final Report August 2010 or information about the Oral Health network please contact Mandi Stewart on [mandi.s@grampianscommunityhealth.org.au](mailto:mandi.s@grampianscommunityhealth.org.au) or phone 5362 1223.

## PCP Vignettes

The Department of Health PCP video vignettes are now accessible through the PCP website: [www.health.vic.gov.au/pcps/](http://www.health.vic.gov.au/pcps/). The vignettes cover the following topics: Healthy people, healthy communities; Partnerships and working together; Supporting continuous care.

## Common Risk Assessment Framework Training

October 21st - Ararat Colonial Lodge

This training is relevant to anyone who has contact with victims of Family Violence and is highly recommended.

To express your interest in attending this training or for more information contact Veronica Pascall on 5358 7400.

## Grampians Texture

26 February to 3 March 2011 - Halls Gap

15 Fantastic tutors are offering a range of 2 and 4 day workshops, covering topics of felting, soft sculpture, jewellery, printing, stitching by hand and machine, book making, knitting, fabric and fibre.

Treat yourself to a great experience!

For more information visit [www.grampianstexture.com.au](http://www.grampianstexture.com.au) or phone 1800 065 599.

## Volunteer Coordinators Network Meeting

Thursday 14th October 2010 - Wimmera Volunteers Horsham - 11am to 12pm

The Network's objectives are:

- ◆ Provide managers and coordinators of volunteers with peer support.
- ◆ Develop professional skills in volunteer management.
- ◆ Share knowledge and experience on all aspects of volunteerism.
- ◆ Support our capacity to attract and keep effective volunteers within our group.

RSVP by 12th October to Michelle Pitman on [vmp@wimmvol.com.au](mailto:vmp@wimmvol.com.au) or phone 5382 5607.

## Youth Mentoring Events

Following the success of the recent Ballarat Morning Tea, some Youth Mentoring events will be run in the Grampians Region. These events are a social event for you to get to know the people involved with youth mentoring in your region. If you run a program, have a desire to learn more about youth mentoring program in the region or want to know what the Victorian Youth Mentoring Alliance is doing to support Youth Mentoring, then come along.

Everyone is welcome and feel free to attend an event outside your area if you happen to be in that town:

Ballarat - 2nd December

Horsham - 7th December

Stawell & Ararat dates to be confirmed.

For more information contact Vicki Coltman on 0409 023 373 or email [vickic@leadon.com.au](mailto:vickic@leadon.com.au)

## Wimmera Hospice Care

The Day Centre Building, O'Brien Lane off Robinson Street, Horsham

Phone: 5381 9363 - email [hospice@whcg.org.au](mailto:hospice@whcg.org.au)

Wimmera Hospice Care is a palliative care service that supports people living with life limiting illnesses and their families and carers. The team supports patients at home, in aged care facilities and while in hospital.

What they do: nursing care; medical care; equipment; education; bereavement/counseling support.

Phone or email for further information.

**Girl - Life - Love - Fun**  
It's A Girl Thing...



**Stay tuned to the Wimmera  
Mail-Times for the release of this  
exciting magazine.....**

**More information coming soon!**

**Girl - Life - Love - Fun**  
It's A Girl Thing...



## HACC Training

### Understanding Elder Abuse

Ararat - October 21st from 9.30am to 12.30pm

Venue: Ararat RSL - Red Poppy Function Room, High Street

This workshop is designed to give workers an understanding of what is elder abuse and the skills to deal with these situations. Covers: indicators; responding to disclosure; reporting disclosures or suspicion of abuse.

Cost: \$11 for HACC staff.

### Older Adults and Depression

Ararat - October 21st from 1pm to 4pm

Venue: Ararat RSL - Red Poppy Function Room, High Street

This session aims to improve recognition of late life depression. It examines: why older people are at more risk of depression; what makes diagnosis more difficult. Participants will also gain an understanding of the effects of disease on those who present with depression.

Cost \$11 for HACC staff.

These sessions are being presented by Selina Nivelles of Disability and Aged Care Education and Training. Selina teaches at the School of Social Work, University of Melbourne. Prior to that, she was the Professional Education Officer with Seniors Rights Victoria and has also worked as a Case Manager in Aged Care.

RSVP to [hacc@dnh.com.au](mailto:hacc@dnh.com.au)

## Family Violence and Disability Forum

**Tuesday October 26th - Ballarat Town Hall - from 10am to 3pm**

Planned activities include:

- ♦ Training provided around disability-specific use of the Common Risk Assessment Framework
- ♦ Snakes and ladders: game of inclusion and exclusion
- ♦ A showcase of the 'Respectful Relationships' program

Lunch will be provided. RSVP to Kate Duggan on 5333 6717 or email [suzannah.burton@dhs.vic.gov.au](mailto:suzannah.burton@dhs.vic.gov.au)

## Hayman Collection Volume One



Stephen BUSH, Ragwort, 2009, oil and enamel paint on canvas, 200x310cm.

**HRAG Jubilee Hall - 21 Roberts Avenue  
Saturday 9th October at 2pm**

It would be great to have everyone come and warm the Horsham Art Gallery's new home, and see leading Australian and New Zealand contemporary artists including five national representatives from the Venice Biennale.

Horsham Regional Art Gallery will present the inaugural public presentation of the Hayman Collection in their new temporary home on Roberts Avenue. The exhibition and the publication Hayman Collection Volume One, this important private collection will be chronicled, motivations and relationships investigated, and what is a private pursuit, shared.

## Providing Support to the Suicide Bereaved: An Effective Suicide Prevention Strategy

**Thursday 28th October - Ballarat**

Research indicates that people bereaved through suicide are at greater risk of suicide themselves. In contrast to this many people bereaved through suicide become the greatest advocates for suicide prevention strategies in our community. The issue of suicide continues to raise feelings of fear, doubt and confusion (amongst other feelings) in our society. Suicide has a long history of being a taboo topic and although this is slowly changing, some community support and health workers can still find it challenging to feel competent in support the suicide bereaved.

For more information email [info@grief.org.au](mailto:info@grief.org.au) or visit [www.grief.org.au](http://www.grief.org.au)

## Supporting the Healthcare Workforce: Innovations in OH&S

18 - 19 November 2010 - Rydges on Swanston, Melbourne

Seminar aims:

- ◆ Highlight strategies, systems, structures and redesigns that have resulted in the adoption of or improved a culture of safety in any health and aged care facility.
- ◆ Share the results of innovative approaches to safety education and training
- ◆ Showcase innovations projects that have: prevented or reduced occupational violence and aggression; improved safety as it relates to manual handling.

For more information visit [www.changechampions.com.au](http://www.changechampions.com.au)

## Best Care, Best Place: Designing and Improving Patient Flow

11 - 12 November 2010 - Hilton Hotel, Victoria Square Adelaide

Seminar aims:

- ◆ To showcase innovative acute and community based models of care that have been successfully implemented to:
  - ◆ Improve the patient journey
  - ◆ Ensure that patient care is delivered in the most appropriate setting
  - ◆ Avoid and/or reduce growth in demand for acute care
  - ◆ Manage demand flows into and out of the acute sector.

To share ideas, build networks and inspire delegates to think creatively about the best way to deliver patient centered care in the most appropriate setting for their care needs.

For more information visit [www.changechampions.com.au](http://www.changechampions.com.au)

## Granny Flat Arrangements...Look Before You Leap

Are you, or an older person you know, thinking about selling up and moving in with a family member or into a granny flat? There are a few things you need to know about the legal implications, and some important things to think about first...

### What can go wrong...

Sometimes you need to get back the money you have invested but are not able to. Or because your name hasn't been placed on the title of the property, you can't show that you have any ownership in it. Then, if the relationship or the care arrangement breaks down, or someone wants to end it, or your circumstances change, you can find yourself needing alternative accommodation and care but with no money to pay for those. The transfer of funds or property can also affect your pension entitlement and has implications for aged care entry costs: Centrelink has rules about how it will treat your interest in a 'granny flat'. (For more information, call Seniors Information Victoria on 1300 135 090 or Centrelink's Financial Information Service on 13 2300.)

One reason these arrangements can fail is that family members haven't sat down first and discussed what their expectations are and agreed on how things will work. Things you need to think about first might include: Who does what for whom, and who pays for what? How much privacy will you have within the family home? How much independence will you have to lead your own life versus how tied down will be you be by the family's timetable? How much time do you want to spend with grandchildren, and do you want to be involved in childcare? What happens if your health deteriorates and your care needs change.

Another thing families are often reluctant to do is to formalize the arrangement in a document, but having a written agreement is really important if the arrangement breaks down. In extreme cases, you can end up in dispute with other family members in court. It's much easier for a court to sort out such a dispute if there is a written agreement in place.

If you are thinking about making a 'granny flat' style arrangement with your family, seek legal advice first.

For more information visit [www.seniorsrights.org.au/index.php?option=com\\_content&view=article&id=63:granny-flats&catid=14:e-newsletter-rebuilding-confidence&Itemid=48](http://www.seniorsrights.org.au/index.php?option=com_content&view=article&id=63:granny-flats&catid=14:e-newsletter-rebuilding-confidence&Itemid=48)

## Applied Suicide Intervention Skills Training (ASIST) Version X

3 - November from 9am to 5pm - Seminar Room 2, QE Centre, Ascot Street South Ballarat  
Cost \$220

Are you ready, willing and able to intervene in a suicide? Do you need to learn suicide first aid? A two day intensive participatory course is being held which is designed to help participants recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety.

For more information or to register for this course please phone Anne Watson on 5320 3030 or email [anew@bhs.org.au](mailto:anew@bhs.org.au)

## Australian Health Survey 2011-2012

In 2011-12, a representative sample of 50,000 Australians will be asked to complete the Australian Health Survey - the most comprehensive collection of health data ever undertaken. Participants will be asked about any diagnosed health problems they have, the medications and medical services that they use, and new questions about lifestyle factors such as diet and physical activity.

For the first time, Australian Health Survey respondents will also be asked to provide voluntary blood and urine samples to allow testing for nutritional status and for early indicators of lifestyle-related disease, such as high cholesterol levels, and high or low blood glucose levels.

More information on this major event is available at [www.abs.gov.au/australianhealthsurvey](http://www.abs.gov.au/australianhealthsurvey)

To get on the mailing list about the survey email [aushealthsurvey@health.gov.au](mailto:aushealthsurvey@health.gov.au) with your name, email address and organisation

## EARS - Emergency After-Hours Response Service

Extra telephone support for non-medical emergencies that can't wait until the following day.

Your urgent needs are assessed professionally and expertly to help you connect to a network of relevant professional services.

How EARS has helped others:

- ◆ A caller rings who is concerned about illness and is referred to nurse-on-call or their local GP.
- ◆ A daughter calls distressed about her mothers ability to cope living alone. The After-Hours Response Officer provides telephone support. A referral is made to the local assessment agency to discuss support options to allow the mother to continue living independently.
- ◆ A carer calls distressed about his ability to look after his wife who has dementia. The After-Hours Response Officer provides telephone support. A referral is made to a carer respite centre which can discuss respite options.

EARS is available:

- ◆ Between 5pm and 9am on weekdays
- ◆ 24 hours a day on weekends
- ◆ Public holidays
- ◆ Every day of the year
- ◆ To assist eligible older people, people with a disability, or their families and carers
- ◆ Across all LGA's in the Grampians Region

Contact:

- ◆ Toll free 1300 487 017
- ◆ Multi Lingual Infoline - (03) 9209 0118
- ◆ TTY - 1800 555 677 and request 1800 72 72 80
- ◆ After hours service (03) 9687 7066

## Medication Safety for Older People

1 - 2 March 2011 - Adelaide, SA

Advance Notification - Call for Abstracts

Seminar Aims:

- ◆ To highlight strategic directions and health reform initiatives that focus on improving medication safety for older people wherever they receive healthcare
- ◆ To showcase models of service delivery and/or care, and other innovations projects that have demonstrated improved medication safety for older people

Topics may include, but are not limited to:

- ◆ Systems and strategies for improving Quality and Safety and Managing Risk
- ◆ Safe Prescribing, Dispensing and Recording
- ◆ Prescribing Practice, Monitoring, Quality use of Medicines
- ◆ Models of Service Delivery/Models of Care
- ◆ Education and Training

Audience: Aged care facility manager, allied health and community care professionals, clinical governance and risk management professionals, discharge and transition planners, geriatricians, general practitioners, health service/hospital executives and clinical managers, home care providers and carers, IT and information management, patient safety and quality professionals, pharmacists.

For further information visit [www.changechampions.com.au](http://www.changechampions.com.au) - email [changechampions@bigpond.com](mailto:changechampions@bigpond.com) or phone (02) 9692 0533

## Drink Beer and Lose Weight?

Is there such a thing as a healthy beer? It's the holy grail to beer drinkers around the world, a guilt-free cold one (or four) after a long day at work.

Several attempts have been made by advertisers to capture the market looking for a 'healthy beer'. Way back in the 80's we had the 'light ale' phase, which didn't take off too well once people got past the hype and tasted it. Now, we have all sorts of low-carbohydrate beers that promise the full taste and alcohol content of regular beer while negating the effects of the dreaded carbohydrate. So, is it really possible to have a low-carb beer? As it turns out - yes!

A quick analysis of a leading low-carb beer reveals it has about 3.4 grams of carbohydrate per 375 ml, while a full-strength beer has 7.5 grams of carbohydrate per 375ml. Does this mean that we should all flock out and start buying low-carb beer? You may want to think again! The astute among you may have realised that, while pointing to a good result for low-carb beers comparatively, the figures for both drinks are quite low.

Chief Executive of VicHealth Todd Harper told the ABC earlier this year that while low-carb beers do contain fewer carbohydrates than their counterparts, alcoholic drinks in general contain a low amount of carbohydrates. There are more carbs in soft drinks than in normal beer - what actually adds kilojoules in beer is not the carbs, it's the alcohol. Backed by the Dietician's Association of Australia, although these beers are lower in carbs, the alcohol and kilojoules content is very similar to other types of beer and wine.

There is a perception that low carb beer is the healthier option - and that's been part of the success of the advertising campaign and although carb levels are important, its less important to your overall health than the calorie and alcohol levels present in a particular beer.

To read more visit [www.superliving.com.au/StoryView.asp?storyID=1538573&sectionsouce=Wellness+-+Your+Health](http://www.superliving.com.au/StoryView.asp?storyID=1538573&sectionsouce=Wellness+-+Your+Health)

**Upcoming events in Horsham City, Hindmarsh, West Wimmera and Yarriambiack Shires.** To access any of these events click on the name to be taken to the event information on the Wimmera PCP Website.

5/10	CAMHS & Schools: Working Effectively Together	Horsham	16/10	Jardwa Kids Market	Horsham
6/10	BeyondBlue Workshop & Dinner	Hopetoun	20/10	Women's Health Grampians AGM	Ballarat
6/10	Understanding Mental Health & Wellbeing	Horsham	20/10	Carers & Former Carers Writing Group	Horsham
6/10	Circus Trick Tease	Horsham	21/10	Common Risk Assessment Framework Training	Ararat
8/10	Scared Weird Little Guys	Horsham	21/10	Understanding Elder Abuse	Ararat
8/10	WHCG Day Centre Open Day	Horsham	21/10	Older Adults and Depression	Ararat
8/10	Locust Meeting	Ararat	26/10	BeyondBlue Workshop & Dinner	Jeparit
8-10/10	Wimmera Art Show and Sale	Horsham	27/10	Working with Sensory Impaired	Horsham
9/10	Hayman Collection Volume 1	Horsham	27/10	Professional Boundaries	Horsham
11/10	E-Referral DCA - Connecting Care Roadshop	Ararat	28/10	Writing IEPs for Koorie Students	Horsham
11/10	E-Referral DCA - Connectingcare Roadshow	Ararat	2/11	Referring to Allied Health Services	Horsham
11/13/10	Opening the Gates on Farmer Health Conference	Hamilton	5 ,6/11	Wimmera Mallee Future Living Expo	Horsham
12/10	Bullying and Methods of Intervention	Stawell	9/11	BeyondBlue Workshop & Dinner	Horsham
13/10	Ride to Work Day	National	13/11	Northfest	Horsham
14/10	Volunteer Coordinators Network Meeting	Horsham	29/30 11	Bridges Out Of Poverty	Ararat
15/10	Mental Health Week FREE Golf Day	Drung	26/2	Grampians Texture	Grampians
15/10	Girls Night In	Horsham	29/3	BeyondBlue Workshop & Dinner	Birchip

The Wimmera Primary Care Partnership newsletter is compiled from information from organisations and partner agencies who provide details of upcoming events. Information is received and published in good faith and although every effort is made to only publish current information, we cannot however control cancellations or change of workshop dates, or accuracy of information provided to us. If you need further details about any of the information included in this newsletter, please contact the people individually listed in that information.

If you would like to input and feedback on this newsletter; have suggestions for future editions; or you would like to subscribe or unsubscribe please contact Kellie on 5362 1222 or email [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au)

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