

# BEING CURIOUS

## Outline of Presentations

### The Little Things

#### *Meaningful Ageing Australia*

Thursday 22<sup>nd</sup> October 2020

#### **Brief Description:**

The Little Things are a ready-to-use training resource that deliver evidence – based training to develop personal carers skills to relate as they provide care to older Australians in aged care settings. This is ideal for trainers, managers or senior staff working in aged care organisations who wish to train their personal care workforce to develop their ability to relate to older people as they attend to practical aspects of care.

Particularly relevant to organisations that train or employ a culturally and linguistically diverse workforce.

#### **Outcomes of session:**

- ✓ You will gain an understanding of who the training is for and what it is about
- ✓ Knowledge about how it was researched
- ✓ An overview of the Little Things training Kit
- ✓ Knowledge about the Little Things training approach
- ✓ Insight into the feedback from training trials

**Presenter:** Pip Mackey

This session will begin at 10am (ACDT). Grab a coffee and join us in Being Curious.

## The Wellbeing Lab

*Michelle McQuaid Ltd*

**Monday 2<sup>nd</sup> November 2020**

### **Brief Description: How to Embrace Struggle**

To struggle is human. If you are living a full life and have a pulse, it's almost impossible to avoid experiencing struggle. Add in a global pandemic and most of the planet is experiencing struggles daily. How we think about and react to the inevitable human struggles, challenges and discomfort we all face has a profound impact on the extent to which we are able to feel good and flourish in our lives.

The reality is there is no avoiding struggle, so in this session we'll help you to understand how to struggle better – by understanding the value of struggle, how to proactively spot signs of struggle, confidently step into your struggles and get better outcomes when you do.

### **Outcomes of session:**

- ✓ Discover how you can thrive in the midst of struggle
- ✓ Improve workforce wellbeing using the PERMAH Workplace Survey. It was created to help you set, measure and celebrate your wellbeing goals.
- ✓ Gain insight and access to interviews with the world's leading positive psychology researchers and practitioners plus free cheat sheets to make their insights easy to apply in workplaces.
- ✓ Investigate The Wellbeing Lab 2020 – State of Wellbeing in Australian Workplaces Report results and other useful resources

**Presenter:** Danielle Jacobs

This session will begin at 10am (ACDT). Grab a coffee and join us in Being Curious.

## **Carers Understanding the Gateway**

### **Carers SA National**

**Tuesday 18<sup>th</sup> November 2020**

#### **Brief Description:**

Carers SA provides support to unpaid carers across South Australia. From April 2020, under the Government's new carer support model, Carers SA has become the main provider of services for South Australia's 250,000 unpaid carers.

With 30 years of experience, Carers SA provides unpaid carers with a range of support services including carer support planning, emergency respite, peer support and coaching, in-person counselling and tailored financial packages. Carers are at the heart of everything we do.

We want carers contribution to be valued and their voice to be heard.

#### **Outcomes of session:**

- ✓ Understand the role of Carers SA and the work they do in Supporting Carers in Australia.
- ✓ Gain insight into the New Carer Support Model including the Gateway.
- ✓ Access to innovations and resources

**Presenters:** Sharon Tentye & Michael Cousins

This session will begin at **2pm** (ACDT). Grab a coffee and join us in Being Curious.

## Supporting Emotional Wellbeing in Aged Care

**RASA**

**Thursday 26<sup>th</sup> November 2020**

### **Brief Description:**

The Australian Institute of Health revealed almost half (49%) of the residents in residential aged care settings have a diagnosis of depression, and the majority (87%) are diagnosed with at least one mental health or behavioural condition. This indicates residents are in greater need of support around their mental health and wellbeing. Older people's attitudes and perceptions about mental health and societal attitudes and perceptions act as barriers to the person in care accessing mental health support. Because of these barriers, mental health issues amongst older people are often unrecognised and therefore left untreated.

The Supporting Emotional Wellness in Aged Care (SEW) Program, is funded by the Adelaide Primary Health Network (PHN) and provides free, onsite individual and group mental health services for residents experiencing, or at risk of developing, mild to moderate mental health conditions. The expected benefits of psychological services for residents are improvements in mood, adjustment and functioning and increased ability to cope with life changes. Emotional wellness is an important part of our general health. The Supporting Emotional Wellness service is here to support residents of aged care facilities within the Adelaide Metropolitan area.

### **Outcomes of session:**

- ✓ Greater understanding about the Mental Health in Residential Aged Care program known in SA as the Supporting Emotional Wellness in Aged Care (SEW) program.
- ✓ Identify protective factors, indicators of older people at risk and or living with mild to moderate mental health conditions and the importance of early identification
- ✓ Understand the significance to mental health in later life about approaches which give primacy to meaning and identity: life stories; the biographical approach; and reminiscence.

**Presenter:** Assuna Schultz

This session will begin at 10am (ACDT). Grab a coffee and join us in Being Curious.

## Research Report 6 : Assessing views and preferences for quality care

*Caring Future Institute*

**Friday 11<sup>th</sup> December 2020**

### **Brief Description:**

Caring Futures Institute are imagining a future where the highest standard of health and care is available for all who need it. Their investigations are seeking answers to some of the world's greatest upcoming health challenges including an ageing population, chronic illness and the rising cost of health care. Research is focused across four key themes – better lives, better communities, better care and better systems– underpinned by technology; knowledge translation; health economics; and methodological innovations. And a future where technology and the real world collide for health innovations and reduced social isolation.

This session will review what their landmark new research shows. Will Australians strongly support increased funding to ensure universal access to high-quality aged care services in the future? The research was conducted for the Royal Commission into Aged Care Quality and Safety and is based on a survey of 10,000 adults not currently using aged care services.

### **Outcomes of session:**

- ✓ Understanding the findings in the 2020 report  
[https://agedcare.royalcommission.gov.au/sites/default/files/2020-07/research\\_paper\\_6\\_-\\_australias\\_aged\\_care\\_system\\_-\\_assessing\\_the\\_views\\_an\\_.pdf](https://agedcare.royalcommission.gov.au/sites/default/files/2020-07/research_paper_6_-_australias_aged_care_system_-_assessing_the_views_an_.pdf)
- ✓ Engaging discussion about the impact the findings may have on the ageing population

**Presenter:** Professor Julie Ratcliffe

This session will begin at 10am (ACDT). Grab a coffee and join us in Being Curious.

## Movement & Music

### *The Daisy Chain*

**Thursday 17<sup>th</sup> December 2020**

#### **Brief Description:**

How and Why Should We Keep Moving?

Being confined does not mean that we should stop enjoying music and movement. Interestingly while these recent isolating months have presented challenges, it has also created a sense of security for people as they have been able to join in classes and activity from the comfort of place of home while being connected and engaged within their community.

The Daisy Chain was created with the purpose to inspire, entertain and bring joy through music and movement to the Aged Care and Disability sector. There are amazing benefits to music and movement, physically, mentally and emotionally for an older person. The aim is to build strength, confidence and connect people, be it the older person to their peers, staff, service providers and their families. There is a need for more fun active choices for the resident older person and The Daisy Chain offers a solution to the overwhelming task for staff in finding the right entertainers and instructors.

#### **Outcomes of session:**

- ✓ Gain inspirations from an energetic enterprise which can support the isolated older people you work with
- ✓ Develop insight into the benefits of an ordinary and typical community model in your organisational/residential setting
- ✓ Explore ways to strengthen a persons sense of fun and activity regardless of limitations

**Presenter:** Emma Watts

This session will begin at 10am (ACDT). Grab a coffee and join us in Being Curious.

For more information contact: Dana or Kay E: [training@acsa.asn.au](mailto:training@acsa.asn.au) T: 08 8338 7111

<https://www.agedservicesworkforce.com.au/events/list/>

These are FREE EVENTS for CHSP & Disability Workforce.