

NCAHA NEWS

Your monthly communication from the North Coast Allied Health Association



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Chair's Welcome

Thanks to all who attended the North Coast Allied Health Association Forum on 5 March in Coffs Harbour. We were delighted with the success of the event, with over 70 people attending from as far afield as Albury and Toowoomba, and more than half of the participants from the North and Mid North Coast.

Some of the forum highlights included the fantastic opportunities presented by the introduction of the NDIS. We have just over 12 months to prepare for the NDIS roll-out across the North Coast and Mid North Coast. This is a great opportunity for Allied Health professionals to get together to think about truly innovative ways to deliver high-quality services in our communities.

Professor Kathryn Refshauge inspired us with her message that this is the Decade of Allied Health, while Dr Teresa

Anderson provided a number of practical examples of health care integration that have relevance to Allied Health.

Clinical placements were highlighted as a challenge for clinicians and educators alike. Hopefully we can start a dialogue locally and nationally to try and improve the situation. Another take-home message was the need to truly listen to our patients/clients, and that listening is one of the most important aspects of the therapeutic interaction with our clients.

The Association's membership numbers have increased substantially since the forum, and we are always happy to receive new members. Remember, the Association represents you in your local region. And it only costs \$40 per year to join. You can become a member at <http://ncaha.org.au/membership/>.

After Easter, we will be circulating a brief survey to learn more about how the NCAHA can best meet your needs in terms of CPD and other opportunities.

Enjoy the Easter break!



**Professor Susan Nancarrow,
Chair, NCAHA Board**

NCAHA Forum - Presentations and Photos

The inaugural North Coast Allied Health Forum was held on 5 March 2016 at Opal Cove Resort in Coffs Harbour. It was a great opportunity for Allied Health professionals to expand their knowledge and network with others working in the sector. Delegates came from a range of Allied Health professions and other health care providers. NCAHA appreciates the support of our sponsors, North Coast Primary Health Network and the Northern NSW and Mid North Coast Local Health Districts.

Delegates told us that they liked:

- Discussing the 'big picture' issues, as well as the grassroots issues.
- The enthusiasm of those who presented in looking for ways to raise the awareness of the Allied Health professional on the NSW North Coast.

Things that delegates said they would like the Association to take forward:

- More integration with students, senior managers, nurses and doctors.
- Educate Allied Health professionals to look beyond the boundaries of their own professions.
- More events.
- Follow-up on motivational interviewing/Balint approach.
- More localised opportunities for networking and CPD.

Highlights of the forum included renowned experts discussing the future direction of Allied Health and health care integration, including Keynote Speaker Professor Kathryn Refshauge, Dr Teresa Anderson, Suzanne Punshon from the NDIS, and NCAHA Chair Professor Susan Nancarrow.

You can download presentations from the links below.

- **Meet the NCAHA**
- **Professor Kathryn Refshauge – Demonstrating the effectiveness of allied health**
- **Suzanne Punshon – NDIS lessons for the North Coast – moving forward into NDIA**
- **Dr Teresa Anderson – Optimising patient independence by keeping care closer to home**
- **Table Top Session: Case studies on integration**
- **Q&A Session: How can we improve patient-centred care regionally?**



Visit <http://ncaha.org.au/forum> to view more photos from the event.



Did you know that you can now follow the NCAHA on Facebook?

Visit <http://ow.ly/X5fis>.



Follow us on Twitter, too!

Visit <http://ow.ly/ZMTq5>.

NCAHA Annual General Meeting

The Annual General Meeting of the North Coast Allied Health Association was held on Saturday 5 March 2016 at Opal Cove Resort Coffs Harbour following the Forum.

Chair's report

The establishment and development of NCAHA has been supported by North Coast Primary Health Network (NCPHN) and has developed in a short time to consolidate the Company, recruit members and provide a number of benefits.

The Chair proudly listed achievements since establishment:

- Developed a Strategic Plan 2015-2017 and a Business Plan.
- Joined the membership of NCPHN.
- Applied/offered twice the services of its Directors to NCPHN to become a Director, though not successfully. NCAHA Directors will continue to pursue a position on the Board of NCPHN.
- Produced and distributed a monthly newsletter.
- Represented Allied Health on NCPHN's Northern Clinical Council and Mid North (Coffs Harbour) Coast Clinical Council and offered services of another Director to sit on the Hastings Macleay Clinical Council.
- Provided free access to online CPD in partnership with

NCPHN and TAFE.

- Held five localised Allied Health gatherings.
- Planned upcoming events for health professionals including speed networking, MSK, telehealth and Allied Health clinical placements.
- Been involved in Healthpathways research and consultation.

The Directors noted that changes to Services for Australian Rural and Remote Allied Health (SARRAH) will have implications on the support mechanisms offered to Allied Health professionals. NCAHA offers a new model and has been demonstrating a potential way to fill any gap due to these changes.

Amendment to the Constitution

The Company's Constitution called for the engagement of a registered company auditor, which imposed a higher standard than required by law. This is a substantial cost for a company classified as a small charity, and it is for this reason that the Company proposed to amend rule 19.2 to remove the requirement unless it is required by law. This motion was carried and the amended Constitution is available on NCAHA website.

Call to Action

Allied Health Professionals sought for Youth Careers Advice

A Careers Day will be held in Coffs Harbour on 26 May 2016.

Directions Plus (an arm of Youth Directions) are seeking willing Allied Health professionals to act as leaders for ten-minute career conversations in small groups of 8-10 students. Workshops are organised in two-hour blocks from 9:30am to 2:30pm.

Careers Day is all about informing young people of their vocational options and inspiring them to build a career path. Particular emphasis is placed on careers in the health sector as it is the most significant sector for projected growth in the regional workforce, and there is already evidence of a skills deficit in this region.

To volunteer, please contact Bob Prater on 0418 869 214 or email bprater@youthdirections.com.au.

Contact NCAHA

Suite 6, 85 Tamar Street, BALLINA NSW AUSTRALIA 2478

Postal: PO BOX 957, BALLINA NSW AUSTRALIA 2478

Phone: 02 6618 5400

Fax: 02 6618 5499

Email: rfitzroy@ncphn.org.au

SAVE THE DATE

Please note these upcoming events in your diary:

16 April 2016

Managing and Understanding Disc Pathologies with Dr Geoff Harding, Byron Bay (visit <http://ow.ly/ZMPgL> for more information)

17 May 2016

There will be an evening event in Lismore to follow up from the NCAHA Forum.