

[View this email in your browser](#)



## June Newsletter 2022

---

### Welcome to all NCAHA members

A season of change has now descended upon us - its winter. And the national political landscape has undergone a radical revamp as well with Labour to govern in its own right, but with the new independents and the Greens as forces to be reckoned with. The two-party hegemony may now be a thing of the past, and the issues of climate response and ethical governance have been thrust firmly into focus. These are important and exciting times.

So how will the changes in Canberra affect allied health services and our mission at NCAHA to improve access to quality allied health services for the communities of Northern NSW. Well, that's difficult to predict. Certainly, the LNP in government showed very little interest in the advancement of allied health in rural and regional Australia – its attitude seemed to be that allied health is a State's responsibility. This has kept us stuck in the perennial Commonwealth/States blame game. It has meant that many Australians without capacity to pay for allied health services simply miss out on our expertise. This in turn results in higher hospital admission rates and recourse to ED consults, as well as avoidable placement in aged care facilities and unnecessary suffering. The State systems are unable to meet all the needs, and the private and NGO providers cannot meet the shortfall under current funding arrangements. It is to be hoped that the new Government in Canberra can rise above the cynicism of the blame game and put the people first. The first tests will be the mooted improvements for aged care, mental health and the NDIS, where genuine improvements to collaborative multi-disciplinary healthcare must be realised.

As potentially exciting as these new politics are, our thoughts are still with the people of the Northern Rivers who

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

uncertainty continues and of our own Directors is still trying to get his practice facilities in Lismore up and operational again. We also know that the national media spotlight moves on and leaves people to their own devices, as if everything is okay again by now. We know this is not the case and that hardship, isolation and hurt will be continuing realities. In this regard I note an excellent resource from Phoenix Australia, '**Guide to Disaster Recovery Capitals**' which offers excellent thinking and strategies for recovery after events like the recent flooding. <https://www.phoenixaustralia.org/disaster-hub/resources/recovery-capitals/>

Finally, I refer you to a couple of developments that may be of particular interest to some. Firstly, from 1 July 2022, privately employed AHPs in the Coffs Harbour region will have access to the **Australian Government's Free Interpreting Services or FIS** (see 'Other Resources'). This is a great advance given that this free service was previously only available to GPs. Secondly, Healthy North Coast is commencing a Webinar series entitled '**The Integrated Team in RACF COVID Outbreaks**'

This series will explore Allied Health MBS codes for RACF residents and to discuss prevention and preparedness, outbreak response, and recovery measures to support residents and their partners. The series starts 8<sup>th</sup> June (see 'CPD Alert' section).

In the meantime, watch out for this on-going COVID thing, and don't get the flu – on all accounts, it's a shocker.

Go well

Rob Curry – NCAHA Executive Officer

## WHAT'S HAPPENING AT NCAHA

- **Zoom Webinar: Aboriginal & Torres Strait Islander Allied Health Academy**

The NCAHA Zoom event scheduled for Tuesday evening 28<sup>th</sup> June will be a presentation on the new Aboriginal Allied Health Academy under development via the Northern NSW TAFE and Southern Cross University. This forum is not one to be missed – the Academy is an important initiative for our region and will have great potential relevance for allied health professionals engaged in cross cultural care.

Any suggestions for other supports/services/information you need as an AHP would be gratefully received at [rob.curry1@outlook.com](mailto:rob.curry1@outlook.com) or [NCAHAExecutive@hotmail.com](mailto:NCAHAExecutive@hotmail.com)



Dianne grew up at Bowraville on the Mid North Coast. She trained in Sydney as an OT, graduating in 1990, and spent a couple of years getting grounding in her profession at Liverpool Hospital. By then she was ready to come back home and took a job at Macksville Hospital where she worked until 2019. She has worked with Vision Australia with 0-18 year olds, in residential and community aged care, and currently still provides services with the Mid North Coast Cancer Institute in Coffs Harbour. She is also engaged in the Leading Better Value Care project at Nambucca Heads (Osteoarthritis Chronic Care program) and has recently set herself up in private practice focusing on aged and community care.

*"I love the scope of work areas within OT as a profession. More importantly, I feel very humbled that we are able to make some difference in a person's daily life and occupation through setting goals with them. I love that we can work within amazing teams of health professionals and that each day is unique".*

Dianne reflects on her return to the Mid North Coast as a young health professional in a sole practitioner role:

*"..... trying to keep on top of the depth of knowledge required was anxiety-provoking as an early career OT. Looking back, it re-iterates to me the importance of peer mentoring (which was lacking in those days). I was pretty much 'thrown in the deep end' - any diagnosis could walk through the door and I'd have to deal with it. But our little team - physio, OT, speech, linked in with the nurses and community health staff - we all supported each other. Some of my happiest memories have been around working with a true multidisciplinary team like this."*

But for rural and isolated health professionals, she strongly asserts the importance of networking and the value of professional connection. *"To any rural AHPs out there, I encourage you to reach out and make your networks."*

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Even though starting out her career as a solo GP had its challenges, Dianne actually feels the last few years have been the most challenging of her professional life, at many different levels:

*"The term 'resilience' gets thrown around these days, but the drought, the fires and then the floods, and COVID on top of all that, have had a cumulative effect on the whole society, and the practical implications have been profound. Now more than ever I've experienced the importance of 'self-care'. Never do I remember so much change in the workplace. Change can be positive but the actual amount, and so quickly, has been challenging"*

Dianne believes there have been many improvements in service provision in her field over the years. Good progress has been made with: evidence-based interventions of various types; greater knowledge of Aboriginal & Torres Strait Islander communities and issues; multi-disciplinary team working in areas like pain management, Parkinson's care, oncology. But at the same time, she believes many areas still require improvement for AHPs, such as:-

- Lack of acknowledgement of Allied Health at the health executive level
- Relatively low remuneration for public sector AHPs and limited career structure
- Staffing shortages in rural areas and lack of locum relief

Dianne is looking forward to the day when allied health professionals are appropriately acknowledged and remunerated in line with the important roles they play in their communities.

Dianne, we commend you for your service and commitment to your community over all these years.

## SARRAH UPDATE

### [New Federal Government](#)

SARRAH meets this week in Canberra for its our annual planning meeting of the Board. Obviously, there will be much discussion of the election result, the new Labour government, and what needs to be done to engage this incoming Government on the needs of Australians for adequate and timely access to allied health services, particularly for those living outside the major cities. SARRAH CEO, Cath Maloney, summarises the situation as follows:

*"Allied Health didn't feature in the campaign to the extent we believe it should have. That said, the need and*

*to make sure investments in allied health are recognised for the multi-faceted benefits they bring - consistent with and reinforcing national health, social service, economic, workforce and productivity agendas"*

---

## CPD ALERT

---

- **[The Integrated Team in RACF COVID Outbreaks – 3 Part Webinar Series](#)**

Healthy North Coast invites you to a three-part webinar to explore Allied Health MBS codes for RACF residents and to discuss prevention and preparedness, outbreak response, and recovery measures that will support residents and their partners in care before, during and after a COVID-19 or dual outbreak. These webinars will be held on Wednesday 8 June, Thursday 16 June and Friday 24 June 2022.

**Webinar 1:** [Register here](#)

**PREVENTION PANEL DISCUSSION – the MBS codes and the integrated team’s preventative measures**

Wednesday 8 June 2022

1:00pm – 2:00pm

Content to be covered:

- Allied and Mental Health MBS funding available
- Resident preparation from the perspective of allied health professionals in the event of a COVID or dual outbreak
- Preventative measures that will support the mental health of residents and their partners in care during an outbreak
- Ways to build resilience in residents

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**RECOVERY PANEL DISCUSSION – the integrated team and outbreak response measures**

Thursday 16 June 2022

10:00am – 11:00am

Content to be covered:

- Allied health presentation of deconditioning factors
- Resident response from the perspective of allied health professionals in the event of a COVID or dual outbreak
- Response measures that will support the mental health of residents and their partners in care during an outbreak
- Ways to maintain resilience in residents

**Webinar 3:** [Register here](#)**RECOVERY PANEL DISCUSSION – the integrated team and outbreak recovery measures**

Friday 24 June 2022

1:00pm – 2:00pm

Content to be covered:

- Resident recovery from the perspective of allied health professionals in the event of a COVID or dual outbreak
- Recovery measures that will support the mental health of residents and their partners in care during an outbreak
- Ways to rebuild resilience in residents in the recovery stage

If you cannot make the live sessions but have an interest in this space, please register anyway and we will send you the video recordings. We hope to see you online and encourage you to share this invitation with your colleagues.

- **16<sup>th</sup> National Rural Health Conference**

Bridging Social Distance: Rural Health Innovating and Collaborating

When: 2 – 4<sup>th</sup> August

Where: Brisbane

[Registration – 16th National Rural Health Conference](#)

- **The First 2000 Days Webinar Series**

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

in the first 2000 days with part one of the webinar series.

The Mid North Coast Local Health District (MNCLHD) kicks off this series about the importance of the first 2000 days and actions that can be taken to promote better life-long health outcomes with session one: 'The importance of the first 2000 days'.

**Venue:** Webinar

**Date/Time:** Wed 08 Jun 2022, 10:00 am - 11:30 am AEST

**Event Organiser:** Mid North Coast Local Health District

**Presenter:** **Jody Clayton**, Child Protection and Child Wellbeing Coordinator, MNCLHD.

#### Learning objectives

- learn more about the importance of the first 2000 days in a child's life
- explore actions that can be taken to promote better health and development outcomes for children
- find out more about the rest of the webinar series.

[Download](#) the flyer to find out more about the series.

[Register](#) for session one.

## SARRAH Training & Resources

- **[Build Your Allied Health Assistant Workforce \(BRAHAW\)](#)**

The purpose of BRAHAW is to assist rural and remote AHPs working in private sector and with non-government organisations to build their allied health assistant workforce and develop roles and models of service delivery promoting viability and reach of their practices.

Are you interested! [click here for more information](#)

- **[The Allied Health Rural Generalist Education and Training Scheme \(TAHRGETS\)](#)**

The program supports rural and remote workforce development in private and non-government organisations that provide allied health services in MMM 3-7 areas.

For eligible organisations SARRAH will provide:

- **Education fees** assistance for early career AHPs wishing to commence on the allied health rural generalist pathway. These fees will cover the Rural Generalist Program (JCU) for new graduates commencing on the Level 1 AHRG Pathway, or the Graduate Diploma of Rural Generalist Practice (JCU) for early career professionals.
- **Workplace training grants** are paid directly to the organisation. These grants can be used to cover backfill/and or support the rural generalist trainee to complete education, supervision, and project

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Your organisation will provide you with:

- support for the trainee to complete the formal education
- structured supervision
- allocated development time
- a service development project and project support and guidance

### 30 workplace training grants are available and applications close 30<sup>th</sup> June

[More information can be found in the program guidelines](#)

- **Understanding self-harm**

This webinar will look at understanding the nature of self-harm and what recent research development tells us.

**Venue:** Webinar

**Date/Time:** Thu 09 Jun 2022, 11:00 am - 01:00 pm AEST

**Cost:** \$79.00 + GST pp

**Event Organiser:** The Grief Centre

**Contact:** Larissa Lovell

**Phone:** [+61 21 025 45866](tel:+612102545866)

**Email:** [Click here](#)

#### Key Learning Points

- Understanding the nature of Self-harm; Definitions
- Recent Research developments
- Misconceptions and what we can learn from the voices of those impacted by Self-harm
- Risk and protective factors associated with self-harm; Barriers to help-seeking
- Effective Interventions, strategies, support, and your 'coalface' views
- National and International Methods & Resources
- Support options available in NZ and Australia
- Wellbeing and Self-care in your professional role

The presenters are based in New Zealand and course times are converted to Australian time zones automatically.

If you are unsure of what time this course starts please visit the below website to convert timezones from

NZDT/NZST to AEDT/AEST depending on whether it is daylight savings in both countries.

<https://savvytime.com/converter/nzst-to-aedt-awst-acst>

**[RSVP Hereby Thu 09 June, 05:00 pm](#)**

## OTHER RESOURCES

- **[Australian Government's Free Interpreting Service \(Attention Coffs Harbour AHPs\)](#)**

From 1 July 2022, some privately employed allied health care providers will have access to the Australian Government's Free Interpreting Services (FIS). The FIS aims to provide equitable access to key services for people with limited or no English language proficiency, and is delivered by the Department of Home Affairs' Translating and Interpreting Service (TIS National). More information on FIS is available [here](#).

Initially, access to the FIS will be expanded to all eligible private sector AHPs providing services in a number of LGAs around the country based on areas of high migrant settlement. For Northern NSW the Coffs Harbour LGA has been selected.

Initial funding is for four years and includes an evaluation to support consideration of any further investment.

**Next steps:** Prior to the 1 July 2022 commencement, eligible AHPs will be able to apply for access to the FIS via the TIS National website. The Department of Home Affairs is developing a range of promotional and communication products to assist eligible allied health professionals during implementation of this important initiative, and the TIS National Free Interpreter Service team will also be on hand to offer ongoing account management support.

- **[Survey for health workers: Enhancing healthy and sustainable communities](#)**

Researchers at Charles Sturt University and RMIT are asking those in health services to participate in their research study about the natural environment and climate change. Their research seeks to gain an understanding of the insights, knowledge, and experiences of human service professionals for developing Environmental Practice, also called an EcoSocial Approach.

[View and complete the survey here](#), and share with your networks.

### MORE INFORMATION

If you want to know more about NCAHA

**Contact us at [rob.curry1@outlook.com](mailto:rob.curry1@outlook.com) or [NCAHAExecutive@hotmail.com](mailto:NCAHAExecutive@hotmail.com)**

[Like us on Facebook](#)

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

---

**NCAHA Executive Officer:** Rob Curry  
**Email:** [NCAHAExecutive@hotmail.com](mailto:NCAHAExecutive@hotmail.com)



---

This email was sent to [rob.curry1@outlook.com](mailto:rob.curry1@outlook.com)  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
North Coast Allied Health Association · 61 Uralba St · LISMORE, NSW 2480 · Australia

