

# VAST Learning & Development Calendar - Ageing & Staying Well

## February to April 2019



Volunteer & Service Training

### FEBRUARY

#### WHS & Manual Handling \*

**Thursday 14 February, 9.30 am – 1 pm**  
**The Mill Hill Centre, Bondi Junction**

Facilitator: Alana Mihalascu

Develop skills in the practice of manual handling, hazard identification, risk assessment & control of risks in the workplace.

#### Safe Home Visiting \*

**Tuesday 19 February, 9.30 am – 1 pm**  
**St Helens Community Centre, Glebe**

Facilitator: Betty Stampoulis-Lyttle

Explore strategies to ensure the physical & emotional safety of staff & volunteers when working in an older person's home.

#### Provide CPR: HLTAID001

**Thursday 21 February, 9 am – 11 am**  
**Lionel Bowen Library, Maroubra**

Facilitator: Mary Blankevoort

Learn the vital skills of cardiopulmonary resuscitation (CPR) & using an automated external defibrillator (AED) to effectively care for someone experiencing a sudden cardiac arrest. Nationally accredited training. Ideal for beginners & renewals.

#### Provide First Aid – HLTAID003 \*

**Thursday 21 February, 9 am – 4.30 pm**  
**Lionel Bowen Library, Maroubra**

Facilitator: Mary Blankevoort

Learn the skills & knowledge to provide a first aid response, life support & appropriate casualty management. Nationally accredited training.

#### Boundaries & Duty of Care \*

**Wednesday 27 February, 1 pm – 4 pm**  
**Mill Hill Centre, Bondi Junction**

Facilitator: Danni Meredith

Setting & maintaining appropriate boundaries is vital in professional relationships with clients. This training develops key skills & strategies that can be applied in everyday practice.

#### The Balancing Act: Caring for Others & Yourself

**Wednesday 20 March, 9.30 am – 12.30 pm**  
**The JNC, Bondi Junction**

Facilitator: Danni Meredith

Are you running on empty while caring for others? Discover the importance of self-care & develop your own individualised action plan.

#### Safe Food Handling\*

**Wednesday 27 March, 1 pm – 4 pm**  
**The Mill Hill Centre, Bondi Junction**

Facilitator: Jill Lipman

Provides knowledge & skills on how to shop, prepare & store food safely to eliminate the incidence of food poisoning.

### APRIL

#### Older Person Mental Health First Aid

**Tuesday 2 & Tuesday 9 April, 9 am – 4 pm**  
**St Helen's Community Centre, Glebe**

Facilitator: Danni Meredith

Often mental health issues in older people are missed, or linked to the ageing process. In this 2-day course, learn how to recognise the signs & provide appropriate support using mental health first aid strategies. Ideal for all staff & volunteers.

#### Dementia EDIE

**Thursday 11 April, 9.30 am – 1 pm**  
**The Mill Hill Centre, Bondi Junction**

Facilitator: Dementia Australia

An immersive workshop utilising virtual reality technology to enhance knowledge of dementia & how to best provide support to clients living with dementia.

### MARCH

#### Volunteer Ready

**Tuesday 5 March, 9.30 am – 4 pm**  
**St Helens Community Centre, Glebe**

Facilitator: Danni Meredith

Explore the key interpersonal skills & the rights & responsibilities of volunteers. Ideal for new volunteers or as an update for experienced volunteers.

#### Elder Abuse & Neglect

**Thursday 14 March, 9.30 am – 12.30 pm**  
**The Mill Hill Centre, Bondi Junction**

Facilitator: Danni Meredith

Identify the types & signs of elder abuse & how to respond & report. Ideal for frontline staff & volunteers.

**\* Essential training for staff & volunteers to meet CHSP training requirements**

**Book your training online:**  
[jnc.eventbrite.com.au](http://jnc.eventbrite.com.au)

### Customised training

#### Bringing training to you

We offer in-house training programs to make your training convenient and flexible and maximise your budget. Options include face-to-face sessions or via the purchase of online logons.

VAST can assist with facilitators and the planning of your training to meet the specific needs of your team. You can select from a wide range of CHSP-related topics, including Aged Care Reform; Wellness, Reablement & Restorative Approaches; Older Person Mental Health First Aid; Tips for Managing Common Mental Health Issues & many more.

To find out more contact Danni on 9349 8200 or email: [vast.training@jnc.org.au](mailto:vast.training@jnc.org.au)

*If you are a CHSP-funded service located within the City of Sydney, Woollahra, Waverley, Randwick or Bayside LGAs, your organisation may be eligible for subsidised training.*

#### Southern Sydney Connection

We proudly partner with 3 Bridges & STARS. For additional training options contact:

- 3 Bridges – [www.3bridges.org.au](http://www.3bridges.org.au)
- STARS – [www.4cs.org.au](http://www.4cs.org.au)

#### CHSP Funded Services

Staff: ½ day training \$50, 1 day training \$100  
Prices GST inclusive. A small booking fee applies

Volunteers: Free (non-accredited training only)

VAST is funded under the Commonwealth Home Support Programme of the Department of Health



# VAST Learning & Development Calendar - Ageing & Staying Well

## May to June 2019



Volunteer & Service Training

Book your training online:  
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### MAY

#### WHS & Manual Handling \*

Thursday 9 May, 9.30 am – 1 pm  
The Mill Hill Centre, Bondi Junction

Facilitator: Alana Mihalascu

Develop skills in the practice of manual handling, hazard identification, risk assessment & the control of risks in the workplace.

#### Provide CPR – HLTAID001

Wednesday 15 May, 9am – 11am  
Lionel Bowen Library, Maroubra

Facilitator: Mary Blankevoort

Learn the vital skills of cardiopulmonary resuscitation (CPR) & using an automated external defibrillator (AED) to effectively care for someone experiencing a sudden cardiac arrest. Nationally accredited training. Ideal for beginners & renewals.

#### Provide First Aid – HLTAID003 \*

Wednesday 15 May, 9 am – 4.30 pm  
Lionel Bowen Library, Maroubra

Facilitator: Mary Blankevoort

Learn the skills & knowledge to provide a first aid response, life support, & casualty management. Nationally accredited training.

**Managers' Breakfast:** Measuring the outcomes of wellness & reablement programs: the use of the Australian Community Care Outcomes (ACCOM) Tool

Thursday 16 May, 9 am – 11 am  
Lionel Bowen Library, Maroubra

Facilitator: Dr Beatriz Cardona, A / Manager SWS, Aged Care SSDO

Learn about key issues when measuring the impact of programs in the home care sector. The ACCOM tool will be discussed including practical aspects of the administration & analysis of the instruments ACCOM uses to measure changes in functional ability & social care related quality of life outcomes.

#### Tips for Common Mental Health Issues

Wednesday 22 May, 1 pm – 4 pm  
The Mill Hill Centre, Bondi Junction

Facilitator: Danni Meredith

Learn about common mental health issues, how to de-escalate a mental health crisis & provide support & referral to appropriate professionals whilst maintaining your own safety & that of your client.

#### Volunteer Ready

Wednesday 29 May, 9.30 am – 4 pm  
Lionel Bowen Library, Maroubra

Facilitator: Danni Meredith

FREE interactive workshop exploring the key interpersonal skills & the rights & responsibilities of volunteers. Ideal for new volunteers or as an update for experienced volunteers.

#### Boundaries & Duty of Care \*

Thursday 13 June, 9.30 am – 12.30 pm  
The Mill Hill Centre, Bondi Junction

Facilitator: Danni Meredith

Setting & maintaining appropriate boundaries is vital in professional relationships with service users. This training develops key skills & strategies which can be applied in everyday practice.

#### Listening & Responding to Client Needs

Wednesday 26 June, 1 pm – 4 pm  
The Mill Hill Centre, Bondi Junction

Facilitator: Deb Helmrich

This workshop is designed to give participants who find themselves in the role of an accidental counsellor the strategies to enable them to effectively listen & respond to clients in a respectful, empathic manner while maintaining professional boundaries. Suitable for volunteers & staff.

### JUNE

#### Dementia Essentials: CHCAGE005 provide support to people living with dementia

Tuesdays 11, 18 & 25 June, 9 am – 3.30 pm  
The Mill Hill Centre, Bondi Junction

Facilitator: Dementia Australia

In this fully funded, nationally accredited 3 day course, gain an understanding of: the use of effective communication; the impacts of dementia; changing behaviours & how to effectively respond in a supportive manner; what services & resources are available. Attendees must be able to undertake a supervised workplace assessment as part of completing this competency.

#### COMING SOON Understanding the new Aged Care Quality Standards Free for CHSP Managers & Coordinators

VAST & ACSA will be partnering in May/June 2019 to bring you a full day workshop specifically tailored for CHSP services on understanding & using the new Aged Care Quality Standards.

More details to come on this workshop that will help your services transition to the new standards & prepare for your next Quality Review.

\* Essential training for staff & volunteers to meet CHSP training requirements

### Customised training

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We offer in-house training programs to make your training convenient and flexible and maximise your budget. Options include face-to-face sessions or via the purchase of online logons.

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