



EMR HACC Alliance e-Bulletin

*Eastern Metropolitan Region (EMR) Home and Community Care (HACC) e-bulletin - a resource to help all EMR HACC funded services implement an ASM and diversity planning approach
Issue 16 - October 2014*

Diversity Special

Welcome to this special diversity edition of the EMR HACC Alliance e-Bulletin.

This edition is entirely dedicated to diversity related themes and topics, providing resources, stories and links that will assist you in embedding good diversity and inclusion principles within your daily practice.

State wide Review - Diversity Planning, HACC Diversity Advisor and Access and Support

The Department of Health has engaged HDG Consulting to undertake a review of Diversity Planning, the HACC Diversity Advisor role and the Access and Support program across Victoria. The review will not be conducted as an evaluation, but will provide regional departments and HACC funded organisations the opportunity to detail the journey, successes and challenges faced.

HDG will hold consultations with each region and one through the Victoria Ethnic Communities Council for ethno-specific organisations. The EMR will host its consultation on the 30 October from 9am—12pm.

The review will assist in the HACC transition to the Commonwealth and allow the EMR to follow up on your comments and recommendations from the consultation.

Places are limited and booking is essential. To book please email dale.park@health.vic.gov.au

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Surviving or Thriving? Older people at risk of homelessness Forum 17th November 9:30 - 12:30pm

The Department of Health is partnering with HAAG as part of our commitment to building the capacity of the HACC sector to respond to the needs of older clients who are in financial disadvantage or at risk of homelessness. Financial disadvantage and homelessness is a priority area under diversity planning which many organisations have highlighted a need for more information and support. All HACC organisation would benefit from increasing their knowledge on this topic and will be provided with referral sources and points of contact.

This 3 hour forum will run from 9:30am and will:

- highlight the risks and issues for homelessness in older age;
- provide a service user perspective;
- explore how housing, health and aged care sectors can work together to improve housing outcomes for older people and;
- allow delegates to think strategically and plan for future action

To register please email dale.park@health.vic.gov.au



Aboriginal and Torres Strait Islanders

Koolin Balit

The EMR continues to develop its work in delivering the Koolin Balit strategy with projects being delivered by Mullum Mullum Gathering Place and Healesville Indigenous Community Services Association. Les Chessels and Anne Jennings have been appointed as Koolin Balit Aboriginal Health Coordinators and will be leading work across the region. Further information and updates will be provided through the Alliance meetings and the e-Bulletin.

Indigenous Health and Cultural Competency

The Indigenous Health and Cultural Competency (IH&CC) project funded by the Australian Department of Health is an education tool with to enhance culturally competent communication and overall care for Aboriginal, Torres Strait Islander and other culturally and linguistically diverse patients. Whilst there is a focus on Aboriginal and Torres Strait Islanders the education tools also address CALD and GLBTI issues. [https://www.acem.org.au/Education-Training/Educational-resources/Indigenous-Health-Cultural-Competency-\(IH-CC\).aspx](https://www.acem.org.au/Education-Training/Educational-resources/Indigenous-Health-Cultural-Competency-(IH-CC).aspx)

Cultural and Linguistic Diversity

Cultural Diversity in Ageing Conference

The dynamic and highly successful Cultural Diversity in Ageing 2014 Conference: Shaping Inclusive Services was held at the Melbourne Convention Centre on 12-13 June 2014, with delegates from every state and territory of Australia in attendance. The conference also highlighted and rewarded excellence in practice with organisations awarded for innovative and person centred activities. The EMR was well represented with Villa Maria winning the excellence award in the not-for-profit sector for their "Out and About" program. See page 3 for an overview of the program. <http://www.culturaldiversity.com.au/speaker-presentations>

Workplace Cultural Toolkit

The Australian Equal Opportunity and Human Rights Commission, The Diversity Council of Australia and VicHealth have created a tool to help organisations benefit from workplace diversity. Based on international best practice, this tool is a 'how to' guide to workplace cultural diversity, designed to help employers make the most of a culturally diverse workforce. <http://culturaldiversity.humanrights.gov.au/>

The Impact of Dementia on CALD Communities

People from CALD communities who develop dementia face additional struggles as many lose their English and revert back to their mother tongue. Senator Concetta Fierravanti-Wells shares her personal story with SBS and her commitment to finding a cure. <http://www.sbs.com.au/news/article/2014/09/27/fathers-battle-dementia-spurs-senator-fight-cure>

Dementia

Dementia Enabling Environment Project

Alzheimer's Australia Victoria have a Virtual Information Centre the provides practical tips, guides and resources to help make the places in which we live more dementia enabling; from simple modifications that anybody can make to their home, to landscaping suggestions and architectural design for dementia care environments. <http://www.enablingenvironments.com.au/default.aspx>

Elder Abuse

Report on sexual assault and older women

La Trobe researchers have published a ground breaking study on sexual assault against older women. The report found that sexual assault can occur in a range of environments; home, health and aged care settings. <http://www.latrobe.edu.au/news/articles/2014/release/report-on-sexual-assault-and-older-women>

Eastern Elderly Abuse Network (EEAN)

EEAN was established to provide a network and support to people working in the aged care sector and to safeguard the rights of older Victorians. EEAN have developed a toolkit to help people working with older at-risk people. <http://eclc.org.au/community-development/partnerships-and-projects/seniors-rights-victoria/elder-abuse-case-conferencing-site>

Elder Abuse in CALD communities

The Ethnic Communities Council of Victoria (ECCV) have developed a film called *within my walls*. This film is a community education tool, designed to generate discussion about the topic of elder abuse and is available in seven languages. Copies can be obtained from EECV. <http://eccv.org.au/projects/elder-abuse-prevention-in-ethnic-communities/>

Lesbian, Gay, Bisexual, Transgender & Intersex

Understanding and meeting the needs of older trans men

Val's Café at the Australian Research Centre in Sex, Health & Society, La Trobe University in partnership with Transgender Victoria and The Gender Centre are conducting confidential interviews to document the needs of older trans people. The information will be used to develop educational resources for health and aged care service providers to improve services. For more information contact Dr Catherine Barrett 9479 8702 or email: c.barrett@latrobe.edu.au

The National LGBTI Ageing and Aged Care Conference 2014 is taking place on the 28th and 29th October and aims to ensure that the needs of older LGBTI people are understood, respected and addressed in Australia's aged care policies, programs and services. <http://www.valsafe.org.au/index.php/education/conference>



White Road Out and About Group — Villa Maria



Villa Maria won the “Excellence award” at the Centre for Cultural Diversity in Ageing Conference for their White Road Out and about Group.

The White Road Out and About Group was specifically tailored to the needs of Chinese people aged over 65 with dementia, disability, mental illness or frailty, to ensure they are not left at home alone but instead are connected to each other and to the wider community.

Unlike most day programs for Chinese elders which are centre-based with infrequent outings, the White Road Out and About group enables active community participation on a weekly basis for Chinese people living in the Local Government Areas of Knox, Monash, Manningham, Maroondah, Whitehorse and Yarra Ranges.

White Road’s person-centred approach and engaging Out & About group has given individuals the confidence to participate; some 30 Chinese-speaking participants are registered, with an average weekly attendance of 15 people supported by staff who speak Mandarin, Cantonese and regional dialects such as Shanghainese. It’s the little things that have made a difference.

Lunch includes dumplings, noodles and yumcha and outings are based on the group’s cultural interests identified in clients care plans such as speciality shopping at the honey farm, nut factory and visits to places of interest like the Eureka Tower and Lavender Farm.

Barriers to participation such as lack of transport are eliminated, with participants being picked up and dropped off at their home if required and all information is provided in both Mandarin and Cantonese. To ensure it is as inclusive as possible the activities are affordable as no one is excluded based on ability to pay. Most importantly, a safe and welcoming environment has been created where participants get to regularly share their stories, language, culture and experiences and connect with each other.

For further information contact Angela Ng or Paul Warwick on 9800 7210.

Younger Onset Dementia - An insiders perspectives

The following is a profile of Christine Bryden, taken from her own website talking about her experience of living with Younger Onset Dementia.



Christine Bryden was only 46 when she was diagnosed with dementia after experiencing symptoms of what she thought were stress related. The prognosis was horrific, and she was told she had only a few years left before needing to go into a nursing home, and that she would die a few years later. Rather than accepting the passive role of Alzheimer’s patient or dementia sufferer, Christine wanted to become a survivor, and did not want to be called “demented”, as that implied that she was no longer a unique person.

Christine has written two books and is continuing to write. The title of her first book, *Who will I be when I die* expresses the fear she had about this disease that is supposed to rob you of your identity and personality.

Christine is passionate about overcoming stigma, and creating a dementia-friendly society, in which people with dementia are given hope and encouragement, and are supported and included. She wants to see an end to the discrimination against people with dementia, to see compassionate care of people with dementia at all stages, and to see real efforts being made to find cures for the more than one hundred diseases that cause dementia.

Christine is a survivor of dementia, and offers us a unique perspective of the struggle to cope with ongoing brain loss, with no hope of a cure. Read more about Christine <http://www.christinebryden.com/> and watch her discuss her experiences <http://www.youtube.com/watch?v=tf1u1BktrQ>



The Centre for Cultural Diversity in Ageing is a Victorian based organisation that primarily supports the aged care sector address the needs of elderly people from culturally and linguistically diverse backgrounds. They have a range of tools and resources and offer training and consultancy. <http://www.culturaldiversity.com.au/>



Val's Café was established in 2009, as a project seeking to improve the health and wellbeing of older lesbian, gay, bisexual, trans and intersex (LGBTI) people. Central to this aim is creating safe and inclusive services that recognise and value older LGBTI clients. The name Val's Café is inspired by the pioneering work of Val Eastwood who ran Val's coffee lounge, a meeting place for the 'camp' community in early 1950s Melbourne. <http://www.valscafe.org.au/>



This resource is supported by funding from the Commonwealth and Victorian Governments under the Home and Community Care program. This resource is targeted at Home and Community Care workers who work with older people. However, it is about applying the standards for LGBTI inclusive service and working with older LGBTI people, making it broadly useful. <http://www.valscafe.org.au/index.php/resources/item/106-hacc-pack>



This UK research report from the Joseph Rowntree Foundation (JRF) is an exceptional report from an extensive project. Unlike many reports on ageing, this one includes sexuality when diversity is discussed. It is focused on giving older people a voice and determining what is important to them and their preferences for living out their older years. <http://www.valscafe.org.au/index.php/resources/item/98-a-better-life-valuing-our-later-years>



Alzheimer's Australia administers leading edge national dementia programs and services. They are committed to contributing towards leading Australian research, educating and training professionals and the public and developing dementia friendly environments.



The Ethnic Communities' Council of Victoria Inc. (ECCV) is the Voice of Multicultural Victoria. As the peak body for ethnic and multicultural organisations in Victoria, they are a key advocate for culturally diverse communities in Victoria since 1974. For 40 years they have been linking multicultural communities, government and the wider community.



Defining Australian Indigenous wellbeing: do we really want the answer? Implications for policy and practice. This paper explores the ideas of indigenous wellbeing and questions if the indicators of wellbeing that are important to the Government are considered important to Indigenous Australians. <http://apo.org.au/research/defining-australian-indigenous-wellbeing-do-we-really-want-answer-implications-policy-and>

EMR HACC Alliance Meeting Dates 2014

EMR HACC Alliance meetings provide the opportunity for *all EMR agencies* to effectively share their knowledge and key learnings and access resources. The meetings feature HACC updates, group discussion, and collaborative problem solving and education sessions. From time to time, the Broad Alliance meetings will be followed by short term, fixed Focus Group meeting to complete specific pieces of work (i.e. development of a MOU). We welcome your feedback about the EMR

Tuesday 21 October 2014	9.00-11.00 am	Waratah Room , City of Whitehorse, 379-397 Whitehorse Road, Nunawading
Thursday 4 December 2014	9.00-11.00 am	Waratah Room , City of Whitehorse, 379-397 Whitehorse Road, Nunawading