

National NAIDOC logo



Australian Recreational Therapy Association

Volume 36 ◦ July 2023

PRESIDENT'S PIECE



More than halfway through the year, who can believe it? This brings the association to a new position that we have not been at before. With our membership renewals being due at the end of the financial year, you should have by now uploaded your professional development for the last twelve months and completed your renewal.

The new membership levels will allow us as an association to apply for full membership with the Allied Health Professions Australia (AHPA). To be recognised as a national allied health profession, AHPA required 70% of our membership who hold voting rights to have a bachelor's degree. This was one of the requirements we had discussed with our members prior to changing the constitution and the associations name.

So again, I urge you to complete your renewal if you have not already done so. This is another opportunity that ARTA is working hard on for its members. Post membership renewal we will then be able to make an application to AHPA. Once we do this, we can then also look at professional recognition with different funding mechanisms such as Medicare and the National Disability Insurance Scheme.

Thank you to those who have renewed prior to June 30, you will be receiving your 50% discount code for ARTA's Teachable professional development courses and can use this up



PRESIDENT'S PIECE

until the end of July - an amazing benefit for being a member. For those wanting to know more about Teachable, please utilise the following link <https://diversionalandrecreationtherapy.teachable.com/courses>. You will also find our most recent Spin Poi course uploaded here also which you can access now.

It is an exciting time to be part of our profession.

We have a working party currently developing a detailed response to the Aged Care Minister about the current aged care funding instrument and the impact it is having on our profession. Thank you to those of you who are giving up your time to assist in the development of this. Last month we also provided a written submission of feedback to government around the new model for regulating aged care, and again thank you to those involved in this detailed document. Our board and other members also continue to attend regular external meetings ensuring that our profession is heard and has a voice - thank you to those assisting with this.

ARTA is also in the process of developing a Community of Practice regarding the ever-emerging discussions around Social Prescribing, where we hope to reach out to various working groups and key stakeholders to lift the profile of Recreational Therapy within this developing space.

The association also had a trade table at the recent Dementia + Recreation National Conference in Melbourne. It was interesting to note that some people working in the industry were unaware of the association. Once again, we would really encourage your feedback on different ways, as a profession and as an association, we could become more recognised.



GOALS

PRESIDENT'S PIECE

The 2023 Australian Recreational Therapy Conference continues to take shape, abstracts have been received, we are talking with trade tables and have extended the early-bird for conference tickets by 2 weeks, and the pre-conference workshop is ready to go, so consider 7-9th September for your diaries, Parramatta, Sydney, NSW and come see your board and other colleagues face to face for learning and development.

Thank you all again for your continued backing of our professional association, yes ARTA represents its membership, but we need numbers to continue to grow and have weight, so please talk with your colleagues who currently don't have a membership with ARTA, and ask them to join and be a part of the next generation of this amazing association.

Renée Smith
ARTA President

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SURVEY RESULTS

YOU ASKED AND WE LISTENED!

Below are the listed survey results and ARTA's action towards building a stronger profession.

Response		Updated Outcomes
1	Increase funding to have a GM and administration board to grow.	Executive Officer and National Education Coordinator employed by ARTA.
2	ARTA needs a bi-annual journal with members receiving a free copy.	Development of a bi-annual journal is under consideration
3	More transparency on funding usage.	Queries about ARTA accounts and funding use can be directed to the Board, we can also address this topic at our Town Halls. Our AGM includes a financial report prepared by an auditor.
4	More suitable timing of workshops as most people work.	ARTA have responded to feedback and designed our education program in a range of delivery formats and timing to enable better access. Our online learning platform Teachable was created to offer education to anyone, anywhere, anytime
5	National network meetings bi-monthly.	ARTA Town Hall meetings were created to enable members and non members a direct link to the Board. These are held 3 monthly. Several ARTA network groups are available for members anywhere in Australia e.g. Online Dementia Specific and Hospital Interest Group
6	A portal to share resources.	ARTA website is currently being re-developed with features to support members to share content. Possibility of a closed facebook group.
7	Face-to-face workshops.	Resumed on a needs basis with members feedback
8	Allowing members to be involved with decision making.	Town Hall meetings are a great way for members to contribute ideas/feedback. The Board often advertise for member assistance and involvement in communities of practice via email and newsletter notices. The AGM is another opportunity for members to have their say
9	Increase volume of free content	ARTA's online learning platform Teachable currently has 7 free courses (Members have an automatic 30% discount code). Further free content will be developed over time for members
10	All members should be issued a members card and logo for promotion	ARTA have designed new digital member logos for Certified and Associate members for the 2023/24 financial year to add to their email signatures.

ARTA MEMBERS CONTRIBUTION AND CONGRATULATIONS

Christopher Grady, ARTA member was awarded an Order of Australia Medal (OAM) in the first Kings Birthday honours 2023 for his contributions to the aged care community. Chris served as DTA VIC President under DTAANC prior to the association transition to DTA in 2009. Chris is currently the Club Service Manager at Regis East Malvern Aged Care in Melbourne.

What a honour and thank your contribution to the aged care sector and bringing awareness to our profession.

LINK MAGAZINE

ARTA are excited to announce a collaboration with LINK, Australia's national disability magazine. LINK Magazine is Australia's premier national cross-disability magazine, aimed and published to share the latest news, research and opinion on issues facing the disability sector.

As part of our exciting new collaboration, both associate and certified members will receive a hard copy of the magazine, published bi-monthly as part of your membership subscription. Please let the office know if you do not want to receive a copy of the magazine. Whether you work in disability, mental health or aged care, the magazine will benefit all within our day-to-day roles within the industry. Your subscriptions will begin within the new financial year.

VICE PRESIDENT'S UPDATE

WHAT DOES ARTA DO FOR THE PROFESSION? AGED CARE SECTOR UPDATE

Over the last few months we have seen some changes in our aged care sector. Kim Bromley our VP has included some updates for our members addressing some of these concerns.

1. We have seen a reactive measure from some services decreasing leisure and lifestyle hours regarding the 200 care minutes.

ARTA have been firm and vocal in their approach to the government and governing bodies. At this point we are awaiting a meeting time and further responses so we are able to further discuss these issues our members are facing.

2. The government has released the new aged care reforms to open up for comment. You can look at the website, make comments, and take a survey to contribute to this.

ARTA have board members who have been actively involved and continue to be involved by writing submissions, and taking part in surveys. They are also currently active in feedback discussion groups to promote Recreational Therapy, ensuring others in the industry are made aware of Recreational Therapists/Leisure and Lifestyle workers are the professionals who play the important role in meeting residents' social, emotional, cultural, physical, and cognitive needs. Members are also drilling the importance to include ARTA in further discussions.

I attended and provided feedback in the first round of consultation groups with the Department of Health and Ageing. During this time, we pushed to ensure that they knew the important role we play, and emphasising the importance of qualified staff with appropriate hours. To help reinforce this message, we have other board members attending feedback groups. These groups are being led by an independent company who will report the findings to the Department of Health in order to avoid the appearance of impropriety.

I would like to thank the ARTA board: Renée Smith, Charlise Bennett, Rachel Askew, Kayla Garside, Mike Murgolo and Daniella Greenwood who are a part of this work. I would also like to thank admins of the Lifestyle Coordinators in Australia Facebook group: Jackie, Annette, Eira and Sarah who have spent time and energy to assist ARTA in formulating responses. We all continue (on a voluntary basis) to spend many hours attending meetings, focus groups, compiling letters, submissions, and surveys to let the government and commission know who we are and the important work we do.

We have strength in numbers, I ask you all to play a part, to strengthen our professional body. If you did not hold a Cert IV in Leisure and Health, it is currently free, so please consider enrolling for the July intake. If you have your Degree, Diploma, Cert IV, or are a student, renew your membership NOW <https://www.recreationaltherapy.au/membership/> and please encourage your peers to join ARTA.

Help us to be heard and grow as a profession.

THANK YOU!

Kim Bromley
Vice President
Australian Recreational Therapy Association

TOWN HALL MEETINGS

“We want to be more involved, but I don’t know how?”

“We would like to see more social events”

We would love all our members to be actively involved with the association. There are a few ways to do this. You can volunteer for things like the conference committee, be involved in your network groups - these are a great opportunity to form social networks where you can communicate with like minded individuals and get support from peers. If you would like to organise your own social gathering with others in the field - let us know so we can advertise and help get you started!

Join us at our town hall meetings. These will be held regularly so we can ensure we have more transparency, more networking and more involvement with all our members.

7th August 12pm AEST (Canberra, Melbourne, Sydney)

You will need to register in advance for this meeting:

https://us06web.zoom.us/meeting/register/tZMtdOuprz0vH9Nxm7qsYgqMMflfqD5uLr_m

After registering, you will receive a confirmation email with the zoom link to join the meeting.

10th August 7pm AEST (Canberra, Melbourne, Sydney)

You will need to register in advance for this meeting:

<https://us06web.zoom.us/meeting/register/tZYlde-rqDkvEteKBM1Lqs-N1WzrvSHSFx0i>

After registering, you will receive a confirmation email with the zoom link to join the meeting.



The poster features a light blue background with a decorative pattern of teal dots in the top right and bottom left corners. The main title "AUGUST TOWN HALL DATES" is written in large, bold, blue capital letters. Below the title is a large yellow rectangular box containing the meeting dates: "Monday 7th August 12pm" and "Thursday 10th August 7pm". At the bottom of the poster, it says "OPEN TO BOTH NON MEMBERS AND MEMBERS!". Contact information is provided at the bottom left, including a phone icon and the number "1300 113 395", and an email icon and the address "enquiries@recreationaltherapy.au".

The Sydney Recreational Therapists social brunch has been cancelled for August. This will be rescheduled at a later date.

If you would like to be involved in the conference committee, please contact emma@recreationaltherapy.au

We are also looking for anyone who is interested in learning some newsletter editing skills - we currently use InDesign, so if you are skilled in that area or would like to learn, please email newsletter@recreationaltherapy.au.

NEWS FROM THE OFFICE

WE WANT TO HEAR FROM YOU!



We want to hear about your experiences in the industry and share our member's stories. We would love to spread the word about our profession.

Email enquiries@recreationaltherapy.au if you are interested!



EXPRESSION OF INTEREST International Knowledge Exchange

In October, we will have our second virtual International Knowledge Exchange. Recreational Therapists from Australia, Canada, America, Japan, UK, and New Zealand will be coming together to share knowledge and strengthen our profession together. If you are interested in presenting a half hour presentation during this, please email enquiries@recreationaltherapy.au

NEWS FROM THE OFFICE

Membership renewals are now overdue!

Please check your emails for the membership renewal request as it will have all the information you need to renew. Most importantly, we will need to have your correct email address; please let us know if you have changed any of your details. For our student members, please advise us if you have recently graduated so that we can place you in the correct membership category.



ARTA Merchandise Coming Soon!

Thank you for all who participated in our ARTA poll on our facebook pages. We are currently exploring options for ARTA merchandise. Based on your feedback we are looking into multiple options such as pens, stress balls, post-it notes, beach balls and more that members can buy to promote the association and use practically in the workplace.

ARTA CONFERENCE

KEYNOTE SPEAKERS



ARTA National Conference 2023

**Recreation:
the Missing Piece**



8-9th September 2023
Novotel Parramatta NSW



Jason & Megan van Genderen



Dr Mark Cross

EARLY BIRD PRICES HAVE EXTENDED! REGISTER FOR THE CONFERENCE BY 14th JULY AND YOU WILL RECEIVE A FREEBIE! THIS WILL BE ANNOUNCED NEXT MONTH *if you have registered already, this applies to you too!

For more information and bookings:



www.recreationaltherapy.au

ARTA CONFERENCE

Recreation: the Missing Piece

Jason and Megan Van Genderan, Dementia Advocates
Keynote Speakers Day 1 Friday 8th September 2023

FILMMAKER JASON VAN GENDERAN IS OBSESSED WITH MAKING HOME VIDEOS ABOUT HIS MOTHER, ... ACCIDENTALLY TURNING HER INTO AN ONLINE CELEBRITY! MEET THE CREATORS OF THE ONLINE DOCUMENTARY SENSATION – 'EVERYBODY'S OMA' (OMA'S APPLESAUCE)

MEGAN: Mother, Carer, Nutritionist

From her youth coaching and umpiring on the netball courts to volunteering in Ethiopia as a young adult, to becoming a step-mum, to finding motherhood herself, right through to reverse-parenting Oma (her mother-in-law) through dementia... Megan has always leant-in to nurture those surrounding her.

She is also a Clinical Nutritionist with a Bachelor of Health Science in Nutritional Medicine, and describes herself as a 'Terd' (food-nerd). This passion helps her share the joy of meaningful mealtimes, from food preparation and cooking right through to licking the plate!

JASON: Son + Dad, Carer, Filmmaker

Ever the creative tinkerer, Jason's career has traversed the advertising and media industries right through to being both the director and subject of the 2022 theatrical documentary 'Everybody's Oma.' It was this end journey that had the most impactful resonance on Jason, flipping his career for the role of Co-Carer with Megan and adapting to life inside the heart of a story that had captured the world's media eye. A self-confessed obsessive rule breaker, he's presented workshops at festivals for over a decade and has mentored teams within Apple, Sony, Nokia, Nikon, Google, 7West Media and NewsCorp as well.



Dr Mark Cross, Psychiatrist and Author

Keynote Speaker Day 2 Saturday 9th September 2023

Doctor Mark Cross is a psychiatrist with clinical experience spanning three decades. He was the lead psychiatrist on two series of the ground-breaking ABC series Changing Minds. He was also the medical consultant on the eight-part ABC drama series Wakefield.

He's the best-selling author of two books, appears regularly in the media and on podcasts and is the founder of The Anxious Shrink on Facebook, which has reached around a million people - it's anxiety advice that won't make you more anxious.

Mark graduated as a doctor in Cape Town, specialised in the UK, and has worked as a specialist in Sydney since 2005, and is a former board member and current patron of SANE. He holds senior conjoint lecturer positions at the Universities of NSW and Western Sydney. Mark has special interests in sexuality issues, mental health in the workplace and improving the care and quality of life of people with lived experience and is supportive of the work of the health professionals in this room!

In 2015, Mark received the Royal Australian and New Zealand College of Psychiatrists NSW Branch Meritorious Award for his "significant contribution" to psychiatry.

Mark also has lived experience of one of the conditions he treats - he's been anxious since he was four. His empathy and humour make him one of Australia's most loved psychiatrists.

Pre-Conference Workshop Thursday 7th September 2023

Activities, Activities, Activities - a NEW Feast of Takeaway CAFÉ (Creative Activities For Everyone) Ideas. A day of practical activities - workshopping through many activities with extras to take away with you.

Takeaway CAFÉ's are an integral part of ARTA workshops. We know the demand for best practice meaningful recreational activity ideas is high on the list of what we need as Recreational Therapists and this workshop delivers just that.

This hands-on workshop will demonstrate a range of Takeaway CAFÉ's ideas that are practical, hands on experiences and those you can do with very few resources. If you attend this workshop you will receive a detailed booklet of all the activities as a resource to use in your practice. Don't miss out on this excellent practical workshop that will enhance your program.

ARTA PRE CONFERENCE WORKSHOP

ARTA PRE-CONFERENCE WORKSHOP ACTIVITIES! ACTIVITIES! ACTIVITIES! THURSDAY 7TH SEPTEMBER 2023 NOVOTEL PARRAMATTA 9AM-4.30PM



A feast of Takeaway CAFE (Creative Activities for Everyone) ideas led by Lesley Fox, ARTA National Education Coordinator. A day of practical activities - workshopping through many activities with extras to take away with you. Takeaway CAFE's are an integral part of ARTA workshops. We know the demand for best practice meaningful recreational activity ideas is high on the list of what we need as Recreational Therapists and this workshop delivers just that. This hands-on workshop will demonstrate a range of ideas that are practical, hands on experiences and those you can do with very few resources. If you attend this workshop you will receive a detailed booklet of all the activities as a resource to use in your practice. Don't miss out on this excellent practical workshop that will enhance your program.

There will be presentations on:

- Ensuring all the right pieces are in place in our Leisure and Recreational Therapy documentation. The importance of getting assessments, care plans and Information sharing correct with appropriate wording and techniques to improve documentation. Learn about the use of wellness wheels in assessment.
- Sharing theory and the benefits of the use of creativity to build into human and community connection. A practical communal activity with the group. Building a communal mosaic from recycled material.
- Horticultural therapy theory that supports how the elements of nature are an intricate piece of every human's wellbeing. A practical activity that connects the creator to nature before they continue to build a nature filled communal mandala.
- Sharing practical activities to plan and implement with residents and clients to fulfill their leisure needs.
- Connective and team building games to play throughout the day with an activity to add joy to the day's workshop puzzle.

Leisure and Health
Training in line
with professional
best practice and
Recreational
Therapy
Standards

REGISTER
ONLINE!

Log in as a member
to receive the
discount

Our Presenters

Jacqueline Quirke

Jacqueline has worked within and around the profession of diversional therapy for her whole career. She has held a number of roles including lecturer at the University of Sydney, Aged Care Quality Assessor, Director and Business Manager of Redfern College of Professional Education (a Registered Training Organisation), Lecturer at Western Sydney University, owner of B&S Books, author, consultant and educator in related to better practice approaches in diversionist therapy and aged care service provision (residential and community). Jacqueline has recently taken up a newly created role at Southern Cross Care (NSW & ACT) as the Engagement and Purposeful Living Manager.

Lauretta Kaldor

Lauretta has been a practising diversional therapist for more than thirty years and a continued member of ARTA in that time. She is a self-publisher of resources for leisure staff working in aged care. She has her Diploma in Leisure & Health from Charles Sturt University and recently graduated from UTS with a diploma in Dementia Care. She has a long history of working with clients in the community and residential care and has been a presenter of practical workshops in NSW and interstate. She continues to work for a nursing home doing reminiscence therapy. She also does online art lessons using Skype and Microsoft teams. Her artist husband Stephen of 60 years is her mentor and illustrator of her books.

Sandra Gray

Sandra has been working in residential aged care facilitating leisure services since 2012. She thoroughly enjoys helping those she works with to make memories and to set and reach goals.

Sandra has a Bachelor of Health Science - Leisure and Health and currently studying a Diploma of Dementia Care and a Certificate IV in workplace training and assessment.

Sandra feels like she will always be on a learning journey as she strives to be the best that she can be in her role so that she can be a blessing to others.

She looks forward to hopefully sharing with you something that inspires you and also learning and being inspired by the other amazing presenters at the conference.

Sharon Moore-Lambert

Sharon has worked in the residential Aged care and community sectors for over a decade. Her passion for working alongside and empowering those living with dementia has been a work life delight.

Sharon joins us to share about the importance of and the benefits of therapeutic gardening in dementia care. She will share with us many practical leisure activities that you can easily implement into your Leisure and recreational therapy programs, both dementia and non-dementia specific. Gardening is for all and connects community.

A learning event with opportunities to network, exchange ideas and join Australian Recreational Therapy Association!
ARTA members will receive 7.5 CPD hours for attending this workshop.

INVESTMENT:

- ARTA Members \$199 (incl GST)
- Non-Members \$249(Incl GST)
- **Note:** Cancellations require minimum 2 days notice to receive refund.

Cost includes handouts, material & attendance certificates. Direct debits **MUST** be confirmed by emailing enquiries@recreationaltherapy.au

ARTA NETWORK GROUPS

STATE	GROUP NAME	GROUP LEADER	PHONE	EMAIL	FREQUENCY
ACT	Canberra Monaro	Denise Richens	02 6254 0423	richens.denise@gmail.com	Thursday Monthly
NSW	Sydney Aged Care Interest	Briony Kennedy	0407 972 697	artaagedcaresyd@gmail.com	1st Wednesday of the Month at Burwood RSL club
NSW	The Hills	Mary Morris	0404 170 860	hillsdiversionaltherapygroup@gmail.com	2nd Tuesday of the Month
QLD	Toowoomba	Chris Gauld Lynda White	0428 171 001 0422 789 327	Chris.gauld54@yahoo.com Lynda_c65@hotmail.com	1st Thursday of the Month (5.30pm EST)
SA	Adelaide	Sallie Shippides	08 8389 5030 0419 933 203	marsal03@bigpond.com	TBC
SA	Lower North	Lisa Anders	0439 852 523	lisa.anders@sa.gov.au	TBC
TAS	Tasmania	Emma Preston	0452 070 875	epreston18@hotmail.com	Online Group
VIC	East Gippsland Remote	Dawn Sulley	0438 560 253	dawn.h.sulley@gmail.com	3rd Wednesday Tri-Monthly (Feb - Nov)
VIC	Inner Eastern	Lisa Moro	0400 025 567	lisamoro66@gmail.com	Online Group. 3rd Wed, every 2nd month 8pm-9pm (Jan - Nov)
ALL	Hospital Interest	Renee Rizzo	0287385557	Renee.rizzo@health.nsw.gov.au	2nd Wednesday of the month 2pm (online and F2F)
ALL	Online Dementia Specific Group	Eira Steane	Zoom Link: https://us06web.zoom.us/j/88358937783?pwd=eDdTRU5lRmNUMjZkTmlB-Z3orT1ZNQT09 Meeting ID: 883 5893 7783 Passcode: 095285		2nd Wednesday of the Month 6.30pm EST
ALL	Associate Member NG	Kim Bromley	Zoom Link: https://us06web.zoom.us/j/86254592788?pwd=QU9xbFNYSm8wc2pvUDB-BRHRoaklMzZ09 Meeting ID: 862 5459 2788 Passcode: 590414		1st Monday every 2nd month 7.00pm EST 3rd July 4th September 6th November
ALL	Rural & Remote This group is for those who do not have a network group in their area. This is an Australia wide group and all members are welcome to join.		Zoom Link: https://us06web.zoom.us/j/84935350155?pwd=Wk1hZzBNaGhjK3l5QWZZbU-luSXJydz09 Meeting ID: 849 3535 0155 Password: 113454		Third Thursday of every month 5.30pm-6.30pm EST

UPCOMING WORKSHOPS AND EDUCATION

Proposed Workshops 2023

Full Day Online Professional Development Workshops (10am-3pm)

Date	Topic
Fri 4 th Aug	Aboriginal Health – Mental Health, Disability, Aged Care & Forensic
Thurs, 12 th Oct	Recreational Therapy services and programming for Veterans
Fri, 3 rd Nov	Palliative and end of life care
Fri, 1 st Dec	Starting your own private practice And Ethical Dilemmas and Supervision in Recreational Therapy Practice

Hour to Empower – Online Professional Development Workshops (12.00pm-1.00pm)

Date	Topic
Wed, 7th Jun	Basic Finance and managing your department Budget
Wed, 5 th Jul	Violence, Abuse and Neglect in Dementia Care – Dr Linda Steele
Fri, 25 th Aug	Cultural spotlight – Italian cultural overview, activities & resources
Wed, 27 th Sep	A Human Rights approach to leisure
Fri, 20 th Oct	Food in RT programs
Thurs, 9 th Nov	Creative Activities
Thurs, 7 th Dec	Time management techniques

Special Face-to-Face Full Day Workshop

Date	Topic
Thurs, 7 th Sept	Pre-conference workshop – Activities, Activities, Activities

These workshops are subject to change, please check for updates on website: recreationaltherapy.au

UPCOMING WORKSHOPS AND EDUCATION



5 Jul | Acknowledging Country workshop

If you regularly host meetings, deliver workshops, give presentations, or are involved in other professional gatherings, this workshop is for you. The content is not specific to WA, so anyone from across Australia is invited.

Dates: 5 July, 2 August 2023

Location: Online via Zoom

Cost: \$53.90

Read more and register here:

<https://www.eventbrite.com.au/e/acknowledging-country-tickets-414587019937>



Cultural Diversity in Ageing Interactive Webinar Series 2023-2024

Registration for the FREE Cultural Diversity in Ageing Interactive Webinar Series is now open!

The Centre for Cultural Diversity in Ageing are bringing an amazing line-up of guest presenters who have significant expertise in promoting and implementing the healthy ageing of culturally and linguistically diverse communities and made major contributions to the wider aged care sector.

This Interactive Webinar Series will bring you a range of topics relevant to culturally inclusive care and practice and is designed in response to topics requested from staff working in the aged care sector in Australia.

For more information, visit:

<https://www.culturaldiversity.com.au/training-development/interactive-webinar-series-2023-2024>

RESULTS: COVID IMPACT ON RAC SURVEY

Good morning,

I'm happy to be reaching out to update you on the results of a survey and interview study conducted on allied health (AH) professionals' experiences working in residential aged care (RAC) during the COVID-19 pandemic. This study was conducted in early 2022 and the Australian Recreational Therapy Association was involved with in the distribution of recruitment material.

This study explored the experiences of all AH professionals working in RAC during the pandemic. While AH is a very diverse group the themes were similar across all professional groups. Overall, AH professionals feel undervalued and under recognised in RAC by policy makers and within the multidisciplinary team. In this study, 119 AH professionals who had experienced in the RAC sector during COVID-19 participated in a survey (n=104) or interview (n=15). Dietitians, speech pathologists, and physiotherapy health professional groups represented >50% of participants.

From the data collected two manuscripts have been prepared and submitted to peer reviewed journals. One manuscript, which discusses the interview findings, was published last week in the Australasian Journal of Ageing. In addition, a conference poster and conference oral presentation were presented at the Health Services Research Conference in Sydney 2022. I have summarised the key findings from the survey and interviews below.

Key survey findings:

- 78% AH professionals believed their care quality was negatively impacted by the COVID-19 pandemic.
- 52% of participants experienced a pause in AH care delivery during the pandemic. Participants attributed the pause in care to COVID-19 restrictions (i.e., unable to work across multiple sites or facility lockdowns).
- A probit regression model was performed to further explore variables associated with a pause in AH service delivery. Insecure employment was the only significant variable; participants who were employed casually or through contracts were 1.8 times more likely ($p < 0.01$) to experience a pause compared to their permanently employed counterparts.

Key interview findings:

- Pre-pandemic participants acutely perceived, in their day-to-day care, that AH services in RAC as underfunded and as a result provided low quantity and quality (impersonal and non-evidence based) care.
- The experience of working in Australian RAC during the pandemic confirmed to participants that their AH role was seen as non-essential to resident care and in the workforce. To participants this was evidenced in the pause in care, slow resumption of services, and perceived lack of support. Participants had few positive experiences that may be re-deployed in future crises or continued post pandemic. Changes to practice such as telehealth or individual activities were thought to not be appropriate for the RAC population.
- Participants had mixed feelings about the future of AH in RAC. They were pessimistic about recent changes in funding (AN-ACC) as they believed it would cause AH professionals to lose their jobs and/or quit and would negatively impact resident outcomes. However, participants remained optimistic about the role AH could have in RAC, and the benefit AH service could have for consumers, if care was funded, preventative rather than reactive, multidisciplinary, and accessibility, quality, and quantity improved.

In addition, throughout the survey and interview there was also discussion of high intent to leave the RAC workforce. Participants strongly believed that workforce exit was accelerating and many shared personal stories in interviews and open-ended responses.

If you have any questions about this research or any future work, I am more than happy to answer any questions via email. I'd also like to thank you again for your help in distributing information during study recruitment.

Isabelle Meulenbroeks, MPH (Research), B. Physio. Research Assistant/ PhD. Candidate Centre for Health Systems and Safety Research Australian Institute of Health Innovation.

isabelle.meulenbroeks@mq.edu.au

RESOURCES



Annual Wage Review and SCHADS increases

The Fair Work Commission has released their Annual Wage Review decision, which results in an 8.6% increase to the national minimum wage and a 5.75% increase to national award wages, including those in the SCHADS award. This brings the new national minimum wage to \$882.80 per week or \$23.23 per hour.

There will be a shortfall between indexation rates and these increases. We continue to advocate to Government with CEWA on this issue.

These changes will come into place on July 1, along with an increase of 0.5% to the superannuation levy.

Read the recent announcement from the Fair Work Commission.

<https://www.fairwork.gov.au/pay-and-wages/minimum-wages>

Read about Minimum Wage on Fair Work Commission website.

<https://www.fairwork.gov.au/newsroom/news/awr-2023>

Quiet Hour at Erina Service NSW centre

A permanent Quiet Hour every Wednesday has been introduced at the Erina Service NSW centre.

Quiet hour will be between 4pm and 5pm each Wednesday. For more information, please visit: <https://coastcommunitynews.com.au/central-coast/news/2023/06/quiet-hour-at-erina-service-nsw-centre/>



NATSIAACC

Introducing NATSIAACC

Aboriginal & Torres Strait Islander Ageing and Aged Care Council (NATSIAACC) is the new and only peak body for Aboriginal and Torres Strait Islander Ageing and Aged Care. Their role is to advocate and support existing and new Aboriginal and Torres Strait Islander Aged Care Services and Consumers; and to develop genuine and open partnerships with key stakeholders within the Aged Care sector.

NATSIAACC Governance structure:

- Full membership: Aboriginal Aged Care Providers
- Associate membership: any organization that supports the objects of NATSIAACC
- Board of Directors are Aboriginal Chief Executives of aged care providers from six states.

ARTA currently holds an Associate membership to support and enable information exchange to our membership

NATSIAACC will hold their launch event with the Aged Care Minister at Parliament House, Canberra on Monday 31 July and it will raise the profile of Aboriginal and Torres Strait Islander ageing and aged care with MPs and Senators from the government, opposition and crossbenches.

JOURNAL ARTICLES

DISPARITIES IN PHYSICAL ACTIVITY

Overcoming disparities in organized physical activity: findings from Australian community strategies.

ABSTRACT

Organized physical activity through sport and recreational activities is beneficial for physical and psychosocial well-being and community connectedness. However, many who could gain significantly from this have lower participation, especially the socioeconomically disadvantaged, Indigenous people, culturally diverse communities and people with a disability. This study examined barriers to participation by these underserved groups and the success of strategies for overcoming these used in 22 community projects over 3 years in the VicHealth Participation in Community Sport and Recreation Program, in Victoria, Australia. Each year, in-depth interviews were undertaken with 50-60 activity providers and 30-40 project partners. Major barriers to participation were cost, lack of transport, cultural differences, the environment of sporting groups and inaccessible facilities for people with disabilities. Projects that overcame these selected one or two priority groups, put significant effort into communication and building partnerships with community organizations, provided training to staff and volunteers and created new or modified forms of activity. Strategies were put in place to reduce cost and provide transport, but these did not appear to be sustainable. Many organizations found engaging the underserved was more difficult than anticipated and require information and support about how to develop acceptable, accessible and flexible opportunities for disadvantaged groups. Cost and lack of transport are persistent barriers to participation that need to be addressed by the sport and recreation sector and policy-makers.

KEYWORDS:

Healthcare Disparities; Health Promotion; Physical Activity; Psychological Well-Being; Socioeconomic Factors; Recreation; Community Health Services; Sports.

REFERENCE

Smith, B. J., Thomas, M., & Batras, D. (2016). Overcoming disparities in organized physical activity: findings from Australian community strategies. *Health Promotion International*, 31(3), 572–581. <https://doi.org/10.1093/heapro/dav042>

JOURNAL ARTICLE:

COMMUNITY AND LIFESTYLE SERVICE

Developing a community rehabilitation and lifestyle service for a remote indigenous community

ABSTRACT

Community rehabilitation is an essential health service that is often not available to remote Australians. This paper describes the first cycle of a collaborative project, between local community members, allied health professionals and a university, to co-design a community rehabilitation and lifestyle service to support adults and older people to stay strong and age well in place. An action research framework was used to develop the service for adults in two remote communities, one being a discrete Aboriginal community. The first cycle involved planning for, and trialling of a service, with observations, reflections and feedback from clients, community members, university students and health service providers, to inform the subsequent service. Over two years, stakeholders worked collaboratively to plan, trial, reflect and replan an allied health student-assisted community rehabilitation service. The trial identified the need for dedicated clinical and cultural supervision. During replanning, three key elements for culturally responsive care were embedded into the service: reciprocity and yarning; holistic community-wide service; and Aboriginal and Torres Strait Islander mentorship. An action-research approach to co-design has led to the establishment of a unique community rehabilitation service to address disability and rehabilitation needs in two remote Australian communities. Co-design of community rehabilitation services between Aboriginal and Torres Strait Islander community members and the local allied health professionals can lead to development of an innovative service model for remote Aboriginal communities. Culturally responsive community rehabilitation services in Aboriginal and Torres Strait Islander communities requires holistic and community-wide perspectives of wellbeing. Incorporating Aboriginal and Torres Strait Islander ways of engaging and communicating, and leadership and mentorship for non-Indigenous allied health professionals and students are essential components for students-assisted culturally responsive services.

KEYWORDS:

Rehabilitation; Community-Based; Lifestyle; Indigenous Peoples; Community Health Services; Allied Health Personnel; Health Services.

REFERENCE

Cairns, A., Geia, L., Kris, S., Armstrong, E., O'Hara, A., Rodda, D., McDermott, R., & Barker, R. (2022). Developing a community rehabilitation and lifestyle service for a remote indigenous community. *Disability & Rehabilitation*, 44(16), 4266–4274. <https://doi.org/10.1080/09638288.2021.1900416>

DIARY DATES

2 July to 9 July: NAIDOC Week

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.

<https://www.naidoc.org.au/>



Friday, 14 July: International Non-Binary People's Day

14 July is International Non-Binary Peoples Day! We celebrate those who are non-binary, the rich diversity of gender and celebrate people who do not fit into a binary gender.

https://www.lgbtiqhealth.org.au/international_non_binary_people_s_day



Monday 24 - Sunday 30 July: National Pain Week

National Pain Week is Australia's annual awareness event for chronic pain. National Pain Week takes place in the last week of July each year. Chronic pain affects over 3.6 million Australians. Chronic pain members, supporters and partners are strongly encouraged to share and amplify this year's theme: 'Let them know how strong you are' by utilising the free resources on their website.

<https://chronicpinaustralia.org.au/>



Friday 23 July: World Hepatitis Day

In Australia, World Hepatitis Day is coordinated by the national peak body Hepatitis Australia to raise awareness and promote action on viral hepatitis. The aim for World Hepatitis Day 2023 in Australia is to mobilise action on the elimination of viral hepatitis in Australia supported by national coordination.

<https://www.worldhepatitisday.org.au/>



Sunday 30 July: International Day of Friendship

To mark the International Day of Friendship the UN encourages governments, international organizations and civil society groups to hold events, activities and initiatives that contribute to the efforts of the international community towards promoting a dialogue among civilizations, solidarity, mutual understanding and reconciliation.

<https://www.un.org/en/observances/friendship-day>



Sunday 30th July: National Tree Day

Planet Ark's National Tree Day started in 1996 and has grown into Australia's largest community tree planting and nature care event. It's a call to action for all Australians to get their hands dirty and give back to the community.

<https://treeday.planetark.org/>



WHAT'S IN THE NEWS



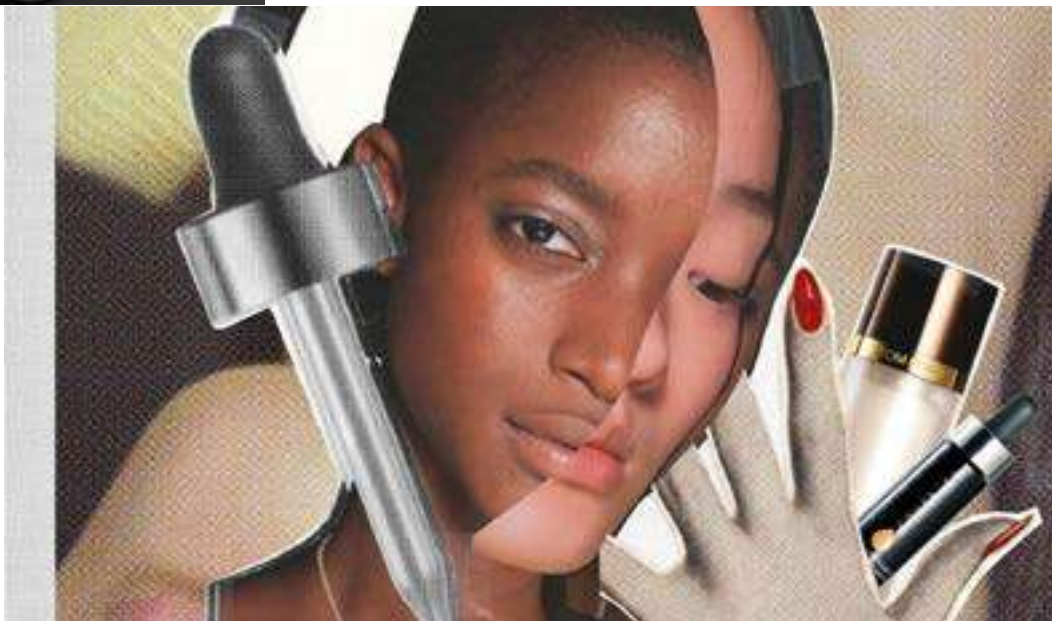
This Brain-Spine Interface Sidesteps Spinal Cord Injuries

Article by Michael Nolan | 08 June 2023 | IEEE Spectrum

Oskam, who suffered a traumatic cervical spine injury from a cycling accident, regained control of his legs with the help of scientists at EPFL's NeuroRestore research center led by Grégoire Courtine, a professor of life-sciences engineering. Courtine and his collaborators implanted Oskam with a device that partially replaces the functions lost to his damaged spine.

A benefit provided by the BSI is a degree of repair to the damaged tissue in Oskam's spine. After learning to use the stimulation system over a period of weeks and months, Oskam and the researchers found that he was regaining the ability to move his legs without the device's help.

Full article and image can be seen at: <https://spectrum.ieee.org/brain-spine-interface>



Adaptive Beauty - Designing For Disability In 2023

Article by Lottie Jackson | 31 May 2023 | Elle Magazine

Brands such as Guide and Kohl Kreatives are changing the game — creating innovative tools like easy-grip brushes and ingenious eyeliner applicators for those with limited dexterity or visual impairments. This emerging breed of stylish, inclusive design heralds a new era for disability equality — where physical limitations are no longer a barrier to one's agency or empowerment.

In 2023, things are ramping up a gear thanks to 'smart beauty' - where technology meets beauty. A range of new technology is explored in this article: AI make-up assistants, brows at the touch of a button, lipstick computers, smart nail salons, AR make-up apps and virtual beauty playgrounds.

Full article and image can be found at: <https://www.elle.com/uk/beauty/a44037194/adaptive-beauty-designing-for-disability-2023/?fbclid=PAaAaYKxJkFHNmJwsrj07rlS7mRXuLMbUiqSPVOxLya07zJj1r1AxlXJIheBc>

WHAT'S IN THE NEWS



People with disabilities ‘locked at home’ as brakes slammed on tram accessibility

Article by Patrick Hatch | 17 June 2023 | WA Today

Not a single stop on Melbourne’s tram network has been made more accessible in the past 12 months and only four were delivered over the past three years, as work grinds to a halt on upgrades to meet the needs of people with disabilities or limited mobility.

The delay comes almost six months after Victoria sailed past the legally binding deadline to make all tram stops in the network accessible as required by the Disability Discrimination Act after delivering just 458 – leaving close to 1200 non-compliant stops across the city.

Full article and Image at: <https://www.watoday.com.au/national/victoria/they-are-locked-at-home-brakes-slammed-on-tram-accessibility-20230615-p5dgsa.html>



Advocates and housing organisations say they have ‘no other option’ but to refer people with intellectual disabilities to boarding houses

Article by Scout Wallen | 18 June 2023 | ABC News

Hundreds of Queenslanders with an intellectual disability are living in boarding houses and hostels, referred there by organisations that say they have “no other option” but to put people in risky situations. Advocates say boarding houses are inappropriate and increase the risk of violence and exploitation. Such accommodation has no security of tenure, discourages independence, lacks privacy, and should not be over-relied on for people with disability.

There are nearly 250 registered residential services in the state. An industry spokesperson says the ‘vast majority’ of people living in them have a disability.

Full article and image can be seen at: <https://www.abc.net.au/news/2023-06-18/intellectual-disability-sleeping-in-boarding-houses/102450988>

WHAT'S IN THE NEWS



Let's talk risky business

Article by James Taylor | 17 June 2023 | Bellarine Times

A show coming to Geelong Arts Centre later this month will enter risky territory and pose some difficult questions about the level of diversity in Australian performing arts. The unique show explores the ongoing practice and future development of disability and its true representation in the arts, delivering surprising insights and fresh perspectives. It addresses the questions surrounding disability that society is often afraid to ask, and puts the voices and experiences of deaf and disabled artists at the heart of the conversation. In addition to participating in the discussion, each of the performers will showcase a performance piece.

Full article and image can be seen at: <https://timesnewsgroup.com.au/bellarinetimes/news/lets-talk-risky-business/>



A play that's anything but spineless

Article by Rita Bratovich | 17 June 2023 | City Hub

Romantic comedies tend to fit a certain prescriptive mould, and even when there's a conscious effort to make the central couple more diverse, it rarely factors in people with a physical or mental disability. Jellyfish by Ben Weatherill is different.

Weatherill wanted to tell a story about someone with a learning disability without making that disability the focus, or having the play be preachy and virtuous. The British playwright did some research, consulted relevant organisations and then wrote Jellyfish with the central character, Kelly, being a young woman with Down syndrome.

Jellyfish is currently playing at the New Theatre and is receiving high praise for its story and production.

Full article and Image at: <https://cityhubsydney.com.au/2023/06/a-play-thats-anything-but-spineless>

POSITIONS VACANT

Diversional Therapist Lvl 1/Lvl 2 - Older Persons Behavioural Unit - Temp FT

South Western Sydney Local Health District

NSW > Sydney > Bankstown

The Inpatients of this unit can demonstrate behavioural and psychological symptoms of dementia which can result in challenging behaviour. Diversional Therapy can improve their engagement in activities of daily living, personal satisfaction and self-esteem whilst they are an inpatient. Minimum: Degree qualified DT/RT

<https://www.seek.com.au/job/68337183?type=standard#sol=111e143719833f2ab31f1593fea9fddc50b306a4>

Lifestyle Officer

McKenzie Aged Care Group

QLD > Sunshine Coast

Promote wellness, independence, social connections and recreation activities based on the needs and interests of our residents. Minimum: Cert IV Leisure and Health.

<https://www.seek.com.au/job/68308335?type=standard#sol=602e626d26422ae0eb497dd655d507c9a060df27>

Activity Coordinator

ALPA

NT > Alice Springs & Central Australia > Alice Springs

Develop and coordinate meaningful and engaging activities for CDP participants to improve quality of life and facilitate their mutual obligations. Minimum: Cert IV Leisure and Health.

<https://www.seek.com.au/job/68337815?type=standard#sol=be16a434953d74ce48bd7a16f8220bc57d1d8cdc>

Disability Services Manager

Private Advertiser

WA > Perth

As our Disability Services Manager, your responsibilities will include operational, financial and compliance oversight of our various disability programs. Minimum: Degree

<https://www.seek.com.au/job/68334920?type=promoted#sol=0a43f171bc4be1aac765d1c7a170ee6194579ac4>

Wellbeing Team Member

RSL Care SA

SA > Murray Bridge, Riverland & Murray Mallee

We are currently seeking dynamic Wellbeing Team Members to join us at our new Murray Bridge facility. The individuals will be self-motivated with a genuine interest and ability to make a difference in the lives of our residents, which enables individual choice and opportunities. Minimum: Cert IV Leisure and Health.

<https://www.seek.com.au/job/68294965?type=standout#sol=d31b19e0f30b9a3e5904323251ef3982b493d9c7>

Community Care Worker (centre-based)

PRONIA

TAS > Hobart

We have a part time Community Care Worker (Centre-based) position with our Planned Activity Group Team operating from the Greek Community Centre in Hobart.

<https://www.seek.com.au/job/68231862?type=standout#sol=4ffcf2ec2d11e22964d928734db26ed40569252f>

Social Engagement Assistant

SwanCare

VIC > Tandarra, Bendigo, Goldfields & Macedon Ranges

The Activities/Lifestyle Assistant's (Social Engagement) role is to provide a sufficiently high standard of assistance that will enhance the resident's way of life. You will assist residents to participate in social, cultural, spiritual and leisure activities to improve, maintain or minimise loss of function. Minimum: Cert IV Leisure and Health.

<https://www.seek.com.au/job/68310255?type=standard#sol=0ace2a77ec3aee9d7b8049eb47290dc8d850bb05>

POSITIONS VACANT



Make a difference with a career in aged care

Our Leisure & Lifestyle Team are hiring now!

A range of full time and part time opportunities supporting the design and facilitation of engagement and purposeful living programs based directly on residents interests and preferences are now available. The programs encompass a range of group, individualised and interest based engagement activities.

Diversional Therapy Advisors provide mentoring and support to each of our homes, and this is supported by the Engagement & Purposeful Living Manager.

Enjoy access to quality resources and innovative programs such as Tovertafel, Moove & Groove and Virtual Reality programs. Regular professional development opportunities through an internal education series. Opportunities to network with other Leisure and Lifestyle team members. **Learn more and [apply here!](#)**

- \$1,000* sign on bonus
- Up to \$18,550* tax-free benefits
- On the job training and development
- Flexibility for your lifestyle
- Employee discounts at hundreds of retail outlets, cinemas and restaurants
- Friendly and supportive team
- Recognition for your hard work

*Terms and conditions apply.



Call **1800 860 456**
Visit **sccliving.org.au/makeadifference**



POSITIONS VACANT



At SummitCare we have a great opportunity to offer those seeking a move towards a corporate role. As a Diversional Therapist you will be able to contribute to changes and continuous improvement in the Aged Care sector. You will be implementing professional guidance and advisory context to all of our homes. We are seeking an experienced and committed **Roaming Regional Wellbeing Coordinator** to work across our Sydney residential sites providing diversional therapy advice and support to our Lifestyle Teams.

SummitCare is proud to operate 9 homes across Sydney. Founded in 1966, SummitCare began with a solitary Nursing home in Sydney, caring for individuals needs. SummitCare continues to deliver consistency in excellence for our elderly community. Our purpose is to enable wellbeing all day every day for people requiring aged care.

About the Role:

- Coordinating and providing guidance to the Lifestyle Teams at 5 of SummitCare 9 residential sites.
- Delivering induction, orientation, coaching sessions and practical management to the Lifestyle Team, volunteers and students doing placement.
- Assist and monitor daily documentation, creating, evaluating and reviewing care plans
- Providing guidance to the Lifestyle Team with evaluating activity plans
- Compiling, evaluating and reviewing individual care recipients' Lifestyle Care Plans and Assessments
- Mentoring and coordinating the Lifestyle Team in the delivery of programs, audits and surveys
- Working with autonomy and independence whilst also working as part of a wider multidisciplinary team

To be considered for this role, you will require:

- Bachelor of Health Science or a Diversional/Recreational Therapist (Diploma) at a minimum or the equivalent.
- Previous experience coordinating a team
- Awareness of dementia disease processes and care requirements
- A thorough understanding of aged care compliance requirements
- Proficiency in information technology/computer skills
- A strong commitment to high quality care and service delivery
- Excellent written and verbal communication skills and organisational skills
- Satisfactory National Police Check
- Current Driver's Licence and ability to drive to our Sydney residential sites
- Minimum 3 COVID-19 vaccinations and seasonal influenza vaccination

For more information or applications:

Corinne 0416 130 965

or email: corinne.deitch@summitcare.com.au



Do you have any ideas you would like to share in our newsletter? Any resource reviews or articles? Email Carmen at: newsletter@recreationaltherapy.au to have your say in the newsletter! Photos are always a great accompaniment - but please note that they must be high resolution! (PNG format preferred)

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Images are sourced from Pexels





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