

Fundamentals Online (Full Day)

9am-3pm

Key Focus: Comprehensive training on legislative changes, standards and industry-specific updates

Mon 24th February, repeated Wed 7th May;

Changes in the New Aged Care Bill (Act from July) - Implications for Recreation, Leisure and Lifestyle

Learning Outcomes:

- Understand the key changes in the new Aged Care Bill and their impact on recreation & lifestyle services
- Develop strategies to align current practices with the new legislative requirements.

Content:

- Overview of the Aged Care Bill changes and their goals.
- Specific implications for recreation, leisure and lifestyle services
- Compliance and quality standards in aged care

Activities:

- **Expert Presentation:** Detailed overview of legislative changes
- **Case Study Analysis:** Groups identify and discuss practical implications for their services.
- **Action Plan Development:** Create strategies to adapt to the new changes
- **Mock Audit Workshop:** Identify gaps and develop solutions for meeting indicators
- **Roundtable Discussion:** Share insights and strategies for industry improvement.

Wed 12th March; Programming Basics for Groups & Individuals in Your Service

Learning Outcomes:

- Understand principles of effective programming for groups and individuals.
- Using RT SPECS
- Collecting appropriate information from your clients to develop a rigid program
- Design a program that meets diverse client needs and preferences

Content:

- Fundamentals of program planning and implementation.
- Customising activities to meet individual and group needs.
- Evaluating methods for program success

Activities:

- **Interactive Workshop:** Create a mock program for a specific client profile or group
- **Scenario Discussion:** Discuss challenges and adaptations for specific client needs
- **Feedback:** Share programs and receive peer feedback

Thurs 10th April, repeated Mon 8th August; Strengthened Standards & Quality Indicators in Aged Care

Learning Outcomes:

- Understand the updated quality standards and indicators in aged care
- Implement practices to meet and exceed these standards in service delivery.

Content:

- Overview of the new standards and indicators.
- Best practices for compliance and continuous improvement
- Role of recreation and lifestyle activities in quality care

Activities:

- **Lecture and Q&A:** Discuss updates to standards and their practical implications
- **Audit Simulation:** Conduct a mock audit of service practices against updated standards.
- **Reflection and Action Plan:** Develop steps to enhance service delivery

Tues 10th June; Changes to the NDIS in Recreation and Leisure

Learning Outcomes:

- Understand the latest NDIS changes and their impact on recreation and leisure services
- Adapt service delivery to meet updated NDIS requirements effectively

Content:

- Overview of key NDIS changes.
- Strategies for delivering inclusive and effective leisure services.
- Reporting and compliance under the NDIS framework.

Activities:

- **Expert Presentation:** Explain NDIS updates and their significance
- **Interactive Group Work:** Plan a recreation program aligning with the new NDIS guidelines
- **Feedback and Review:** Present plans and discuss improvements

Fri 11th July; Using the Recovery Model with Trauma-Informed Care (Mental Health Focus)

Learning Outcomes:

- Understand the principles of the Recovery Model and trauma-informed care
- Apply these principles to support mental health recovery in clients

Content:

- Key components of the Recovery Model and trauma-informed care.
- Intersection of recreation and leisure in promoting recovery.
- Building resilience through therapeutic activities

Activities:

- **Lecture and Discussion:** Explore theoretical foundations
- **Role-Play Exercise:** Practice implementing recovery-focused strategies
- **Collaborative Planning:** Develop a program using the Recovery Model

Tues 14th October; Supporting Clients at End of Life (Palliative Care Focus)

Learning Outcomes:

- Understand the role of recreation and leisure in palliative care
- Develop approaches to support clients and families at end-of-life stages

Content:

- Principles of palliative care and the role of recreation.
- Sensitivity and communication techniques for end-of-life.
- Designing meaningful activities for clients and families

Activities:

- **Expert Panel:** Insights from palliative care specialists
- **Case Study Analysis:** Explore end-of-life scenarios and identify supportive strategies
- **Creative Session:** Design a meaningful activity plan for end-of-life

INVESTMENT

Members:	\$150.00
Non-members:	\$200.00
ARTA Students:	\$100.00

Bookings can be made through the website on www.recreationaltherapy.au