Implementing Age Friendly Principles & Practices in Rural Health Care

SPECIAL Care for Older People
Training Toolbox
### SPECIAL: Seven Age-Friendly Principles and Practices

<table>
<thead>
<tr>
<th><strong>Support</strong></th>
<th>Provide appropriate support to avoid hospital admission/readmission of older people.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Preferences</strong></td>
<td>Where safe and cost-effective to do so, provide treatment &amp; care in a setting that best meets their needs and preferences</td>
</tr>
<tr>
<td><strong>Environment</strong></td>
<td>Consider the environment and ways to maximize independence</td>
</tr>
<tr>
<td><strong>Complex</strong></td>
<td>Recognize and address older people’s complex needs</td>
</tr>
<tr>
<td><strong>Individual</strong></td>
<td>Respect and recognize individual differences and specific needs, such as cultural, religious and sexual differences</td>
</tr>
<tr>
<td><strong>Ability</strong></td>
<td>Base care and treatment on strong evidence. Focus on maintaining, improving and preventing deterioration in their health and quality of life.</td>
</tr>
<tr>
<td><strong>Liaison</strong></td>
<td>Deliver care and treatment in a coordinated and timely manner across settings</td>
</tr>
</tbody>
</table>
SPECIAL Care for Older People

Aim:

• Address gap in Aged Care Education
• Practical application of Age-Friendly principles
• Holistic approach, risk screening & improve interfaces
Challenges:

- Time-poor health staff
- Aged care training not a priority
- Vast geography/diversity of WA
- Sustainable
SPECIAL Care for Older People

• Flexible Toolkit – 15 mins – 3 hour workshop
• Trainer the Trainer – Local Champions
• Funded by Office of Rural Health Australian Govt Dept of Health & Ageing
SPECIAL Care for Older People

- Medication
- Mobility
- Skin Integrity
- Cognition
- Nutrition
- Continence

- Assessment
- Environment
- Care Planning
- Referrals
Quality Standards:

• EQUiP
• RACGP Medical Care in Residential Care (Silver Book)
• Draft Community Care Common Standards
• Residential Aged Care Accreditation Standards
Welcome to SPECIAL Care for Older People

This learning package promotes the application of Age Friendly Principles and Practices in the care of older people in health services. It promotes a holistic approach to assessing and meeting the older person’s needs and is designed for use with nurses working in acute care, allied health professionals, and those working in residential and community care who all have an important role in the continuum of care of older people.

The package demonstrates that implementing Age-Friendly Principles and Practices also contributes to meeting core quality standards. Suggestions for care are evidence based and care scenarios are based on actual case studies.

1. Age-Friendly Principles and Practices – Managing Older People in the Health Service Environment developed on behalf of the Australian Health Ministers’ Advisory Group (AHMAC) by the AHMAC Care of Older Australians Working Group

Read the User Guide  Proceed to Training Package

This is a National Rural Primary Health Project funded through the Australian Government Department of Health and Ageing.

It was developed through a collaborative partnership between CommunityWest, WA Country Health Service, Western Australia General Practice Network, Aged and Community Services Western Australia (ACSWA) and McCusker Learning and Development.

CommunityWest, 5/3 Castlegate Way, Woodvale, WA 6026, Ph: (08) 9309 8180, Email: training@communitywest.com.au

CommunityWest © 2009
This CD is a Mastercopy of SPECIAL Care for Older People training resources and materials. You can open and print materials directly from the CD, or you can copy documents to your PC to organise and adjust the contents.

Simply click on the headings or documents you want to open.

Getting Started Tips

1) Choose your program guide. Depending on how much time you have to run a program, we have provided two different Program guides - a 3hr Program and 15min Toolboxes.

2) The key documents section is a good place to access important documentation you will need.

3) Click on the red headings to open the link.

Program Materials

We have put together two program guides, depending on how much time you have to complete a session.

- 3hr Program
- 15min Toolboxes

Other Tools

Select your Publicity Materials, Attendance Sheet, Evaluation Forms, or access tips and techniques to help you plan and deliver your course.

- Training Tools & Techniques
- Course Admin & Publicity Tools

Key Documents

These quick links are to documents that you will need to access regularly.

- SPECIAL Table
- Table of Abbreviations
- Age Friendly Principles COAG Document
- RACGP Medical Care Standards (Silver Book)
- Residential Aged Care Accreditation Standards
- Draft National Community Care Standards
- EQUIP quality standards table
- Participant Notes
Choose your 15 minute Powerpoint:
- Mobility Presentation
- Continence Presentation
- Cognition and Emotional Health Presentation
- Nutrition Presentation
- Medication Presentation
- Communication Presentation
- Skin Integrity Presentation

Need any of the following?
- She Misses Him Video
- EQUIP Quality Standards Table
- RAGCP Medical Care Standards (Silver Book)
- Residential Aged Care Accreditation Standards
- Draft National Community Care Standards
- Participant Notes
- SPECIAL Table
- Age Friendly Principles COAG Document

Participant notes
Facilitator Guide
Participant Scenarios / Facilitator Answers
Select your Scenario/s, and Answer sheet/s
- Mobility 1
- Mobility 2
- Mobility 3
- Incontinence
- Cognition
- Nutrition
- Medication
- Communication
- Community – Nutrition
- Do It Yourself

Scenario / Answers
Scenario / Answers
Scenario / Answers
Scenario / Answers
Scenario / Answers
Scenario / Answers
Scenario / Answers
Scenario / Answers
Scenario / Answers / How To?

Home  Go to Course Admin and Publicity Tools
Outcomes in 3 month pilot:

• 41 session to 323 participants
• 95% intent to change practice
• 94% enhanced understanding of older people’s needs
Post Pilot/ Sustainability:

• Further 66 sessions delivered, 35 planned

• Risk Screening rates – average rose from 17.7% to 39%

• Highest for a single region from 25.5% to 65%
Success Factors

- Consultation & ownership
- Leadership & Commitment
- WIFM principle
- Flexibility