



AUSTRALIAN
HEALTH POLICY
COLLABORATION



The State of Self Care in Australia

Technical Appendix

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THE STATE OF SELF CARE IN AUSTRALIA

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Acknowledgements

This project has been undertaken by the Australian Health Policy Collaboration at Victoria University (AHPC).

The project team comprised:

Project management: Professor Rosemary Calder AM, Director, Australian Health Policy Collaboration, Victoria University

Evidence and literature review and analysis: Dr. Maria Duggan, Policy Consultant, Australian Health Policy Collaboration, Victoria University; Wai Kwan Chislett, Australian Health Policy Collaboration, Victoria University

The views expressed in this document are those of the authors of the report.

About the authors

Adjunct Associate Professor Dr. Maria Duggan is a Policy Advisor with the AHPC and is a health policy analyst with an extensive track record in health policy development and implementation in the UK, Germany and the USA, as well as in Australia. In a long career she has been a practitioner, service manager and an academic, and was a mental health policy adviser to the UK Government from 1998 to 2007. Maria was the Director of Policy at the UK Public Health Association until its closure in 2010.

Wai-Kwan Chislett is a research assistant at the Australian Health Policy Collaboration. She holds a Bachelor of Science (clinical nutrition) and Masters of International Community Development and is undertaking a PhD at Victoria University on childhood obesity management and public health.

Rosemary Calder is Director of the AHPC. Rosemary has extensive experience as a senior public servant in health and in social policy and administration for both Coalition and Labor governments and at both State and Federal government level. She was head of the Office for the Status of Women under the Howard Government. Rosemary has also served as Chief of Staff to a Victorian Minister for Health.

Rosemary has worked as a consultant in health policy, planning and review and led and participated in a range of consultancies for government, business and community in health and public policy development and implementation. She has a background in sociology. She has held an honorary appointment at Monash University since 2004, and has an honorary Doctor of Laws from Monash University.

About the Australian Health Policy Collaboration

The Australian Health Policy Collaboration (AHPC) is a public policy think tank at Victoria University focussed on health and related public policy. AHPC's mandate is to translate the evidence of 'what works' to improve health outcomes in Australia and help reduce the impacts of socioeconomic disadvantage on health and chronic diseases in the population.

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Who/Where	Target Populations/ Conditions if specified	Description of resource	Relevance to Self-Care
Federal Government			
<i>Health Policies</i>			
National Strategic Framework for Chronic Conditions	Public health stakeholders/Policy-makers	Overarching Framework for Chronic Disease Policy	Self-Care implicit but rarely mentioned. Self-Management mentioned
National Diabetes Services Scheme	People living with diabetes	The NDSS aims to enhance the capacity of people with diabetes to understand and self-manage their life with diabetes. We also support people with diabetes by providing timely, reliable and affordable access to the NDSS support services and products.	Diabetes Peer Support Participation
<i>Data/ Evidence for Health Policy</i>			
National Evaluation of GP Super Clinic Initiative 2012: Chapter 6.2.5 on Self-Management	Government and stakeholders	Evaluation service delivery models for comorbidity treatment in the alcohol & other drugs and mental health services.	Section on service system elements addresses client self-management after treatment. "Most clinicians using 'self-management' but in ad hoc ways, no 'planned approach'.
Comorbidity treatment service model evaluation	People with disease	The Primary Health Care Advisory Group examined opportunities for reform in primary health care to improve the management of people with disease health conditions. The Advisory Group provided its final report to Government in December 2015	Patient 'activation' and community health literacy are key objectives
The Australian National Diabetes Information Audit and Benchmarking [ANDIAB]	People with diabetes	Provides a platform within which Diabetes Service Providers [Diabetes Centres and Specialist Endocrinologists] can submit a standardised data set of items [with specific definitions] ¹ on patients with diabetes attending their Centre / Practice.	Data sets include self-care behaviours. In 2005 started collecting and benchmarking 'Education and Patient Self-care' focused data versus the 'Medically' focused ANDIAB data. Provision of AUSDRISK assessment tool

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Example Initiatives/Programs			
Health Direct	Public	Free health advice funded by Australian Governments	Self-care information on how to manage health conditions such as hay fever, abdominal pain, acne, mental health, etc.
myDr.com	Public	myDr provides reliable Australian health information, health tools and calculators covering symptoms, diseases, tests & investigations, medicines, treatments, nutrition and fitness.	Supportive of self-care but term not used
Healthy Living Network	Public	Online registration portal and website that lists quality programs and service providers which have been assessed and registered against an established Quality Framework. Offers consumers the 'opportunity to search for healthy lifestyle related activities at both the local community level and within the workplace'.	Supportive of self-care but term not used
Health-related Websites & Online Resources			
Link to a number of federal Government websites and online resources which encourage healthy behaviours	Public	Cancer Screening Information, Drinking Nightmare, Fight Flue, Healthy Weight Guide	Self-care/self-management/health literacy implicit. Terms mostly not used
Healthcare, disability and aged care policy			
The National Disability Insurance Scheme	Eligible participants have needs/ payments assessed by 3rd party. Services purchased must be 'reasonable and necessary' for daily activities.	The NDIS will provide about 460,000 Australians under the age of 65 with a permanent and significant disability with the reasonable and necessary supports they need to live an ordinary life.	Insurance model to support Consumer-Directed Care. The NDIS supports people with disability to build skills and capability so they can participate in the community and employment.

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Relevant Websites & Online Resources			
Homecare Today	Consumers and providers	Project funded in 2013 by the then Department of Health and Ageing to help consumers and providers of Home Care Packages understand and implement Consumer Directed Care.	Most older people want to keep living in their own homes as they age, staying as independent as possible and making their own decisions about things that affect their life, health and wellbeing. Home care can help to achieve this by giving extra assistance to stay safe, comfortable and well at home.
My Aged Care Website	Consumers, carers and health professionals	Comprehensive website on Aged Care framework, rights, processes etc. with navigational support	Commonwealth Home support programme: provides home-care (management) information on services available as well as how to access them; how to manage care when services are received and end of life care from home.
Health Care Homes initiative	Australians with multiple complex and chronic conditions	Health Care Homes are existing general practices or ACCHS which will provide better coordinated and more flexible care for up to 65,000 Australians with chronic and complex conditions.	Key characteristics of participating Health Care Homes: People living with chronic and complex conditions, supported by their carers and families where appropriate, will be actively involved in planning and implementing their care. They will be engaged in shared decision-making and supported to stay healthy and to better self-manage their conditions.

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Australian Capital Territory			
<i>Policy Framework</i>			
Series of relevant policy frameworks - Health Improvement	Multiple population groups, settings, conditions & behaviours	<p>The Health Improvement Branch is responsible for improving the health and well-being of the ACT population through promoting healthy behaviours and lifestyles and providing ongoing monitoring and evaluation of health programs and policy.</p> <p>The Branch includes the ACT Cancer Registry, ACT Cervical Screening Program, Epidemiology, Health Promotion, the Health Promotion Grants Program and Population Health Research and Evaluation</p>	Self-care/ self-management/health literacy implicit
<i>Websites and Online resources</i>			
ACT Health Website	whole population	Comprehensive guide to health promotion/ self-care and health care resources	Links to various peer health support groups. These support groups promoted health and wellbeing for health issues classified as chronic pain, drug-use support, mental health, MS, disabilities, cancer, and general self-help.
SHOUT (Collective)	Peer support members and the community	Not-for-profit collective that works with its members and the community to promote the philosophy, practice and value of self-help.	Provides support and resources to develop and empower self-help groups while also providing a service to individuals looking to connect with self-help groups. SHOUT also facilitates member groups through the provision of resources and connections including access to meeting rooms, office space, desk space and storage. Appears to function purely as a networking platform for consumers and peer support services.

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Queensland			
<i>Policy Framework</i>			
Department of Health Strategic Plan	Public health stakeholders/ consumers	Sets out key priorities for health system inc Supporting Queenslanders to be Healthier	Progress on this objective measured against several indicators, e.g. physical activity, uptake of vaccinations and screening etc.
<i>Websites & Online Resources</i>			
Queensland health website	<u>Public</u>	State government website providing general health information and health service information to Queensland residents	Website itself did not have any information about peer support groups or what value they may add; has range of listed service links with access to peer support for health and well-being.
Selfhelp QLD	Public: People who want to take responsibility for their own health and wellbeing.	Not for profit community organisation formed in 1983 whose aim is to support people in taking responsibility for improving their own health and wellbeing.	Carries out a range of activities that help establish, develop, promote and sustain Self Help and Support Groups in Queensland. Also acts as a point of contact for individual community members, organisations and professionals to locate self-help groups for themselves, their clients or patients.
Staying Healthy		Public	Broad information and resources on healthy living, conditions and treatments, and health services inc free telephone coaching services, food growing programs and community programs Relevant material in multiple resources on this website but no dedicated Self Care page.

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South Australia			
<i>Policy Framework</i>			
Health in All Policies Framework	Healthcare delivery in SA; improved consumer outcomes	Commitment to developing an SA Wellbeing Index. The model seeks agreement on the policy focus and utilises robust methods of assessment and analysis to explore the links between the policy area and health and wellbeing of the population.	
<i>South Australia's Strategic Plan- through a health lens</i>			
Statement of Wellbeing			
South Australian HIV Implementation and Evaluation Plan	People living with and at risk of HIV	Identifies local priorities and actions for implementing the Seventh National HIV strategy or 2014-2017. The goals of this plan are to work towards eliminative HIV transmission by 2020, reduce morbidity and mortality caused by HIV and minimise the personal and social impact of HIV.	4 th priority action area of “support the capacity and role of community organisations in improving education, prevention, support and advocacy services to priority populations through appropriate peer workforce development initiatives” is to “work with organisations providing peer support to priority populations to promote HIV prevention and treatment in priority populations” which is meant to contribute to the reduction of risk behaviours associated with the transmission of HIV; decrease the number of people with undiagnosed HIV infection and eliminate the negative impact of stigma, discrimination and legal and human rights issues on people’s health.
<i>Websites and Online Resources</i>			
Healthy Living website	Consumers	The Healthy Living website provides consumers with easy-to-understand information to support healthy eating and physical activity. The site also promotes action across the setting which includes a range of practical tools to help people assess risks and case studies.	Relevant material in multiple resources on this website but no dedicated Self Care page.

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WA			
Policy Framework			
WA Health Strategic Intent: 2015-20	WA population	Strategic priorities are focused on a continuum of care to support and guide health care through integrated service delivery from prevention and health promotion, early intervention, primary care through to diagnosis, treatment, rehabilitation and palliation.	Relevant Priority (1). Prevention and Community Care Services Support the Western Australian community to become healthier. Focus on promoting healthy habits and behaviours. Support people to make healthy lifestyle choices for mind and body. Work with primary health providers and carers to provide integrated and more accessible services to reduce the occurrence of acute illness and improve patient outcomes.
Chronic Disease Self-Management Strategic Framework 2011-215	Consumers, health professionals, public health stakeholders	Framework intends to provide direction and resources; create referral pathways and ensure access, create programs and services addressing population needs; build capacity	Website with range of online information to help support self-management, the active involvement of people in their own health care
Western Australia Department of Health website: Chronic Condition Self-Management (CCSM) page	People with chronic conditions	Aims for a coordinated approach to prevention and optimal management (primary, secondary and tertiary) to minimise the impact of chronic diseases	Little information on peer support groups, specifically, however offers extensive information on how self-management programs offer people with chronic conditions the knowledge, skills and resources to help them better manage their health.
Websites & Online Resources			
Healthy WA	WA population	Information and resources on health and wellbeing for the	Relevant material in multiple resources on this website but no dedicated Self Care page
Connect Groups	People living with chronic conditions	ConnectGroups promotes the philosophy and practice of peer support throughout Western Australia.	Publishes Directory of Support Groups and Services for people living with chronic conditions

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New South Wales			
Policy Framework			
NSW Health Plan: towards 2021		Provides a strategic framework which brings together NSW Health's existing plans, programs and policies and sets priorities across the system for the delivery of 'the right care, in the right place, at the right time'.	Three relevant priorities: Keeping People Healthy, Developing Integrated Care. Enabling eHealth
		<u>Pilot Program to test Social Impact Bonds in Australia in area of out of home care.</u>	Possible funding model for self-care pilots in primary care in future but not used in healthcare in Australia or many other countries
Mental Health Commission New South Wales: "Support in tough times: Encouraging young people to seek help for their friends." (report)	Adolescents and early adults in schools	This research looked at the barriers and supports to young people seeking adult help for a friend experiencing mental health problems. It focused specifically on the influence that schools might have on young people's propensity to seek adult help for a friend.	The research suggested schools across NSW should facilitate and encourage social relations (peer support) in schools and build relevant and practical student skills and knowledge to provide pathways from peer support to adult help. Such strategies could help prevent and intervene early in the mental health problems of young people
Mental Health Commission of New South Wales: The effectiveness of services led or run by consumers in mental health: rapid review of evidence for recovery-oriented outcomes	<u>Consumers and difficult-to-engage group</u>	Mental health services controlled and run by people with lived experience of mental illness ('consumers') are effective in supporting recovery. This review paper illustrates the evidence to support consumer led and run services, and offers conclusions and policy and practice implications.	The paper provides the sector with some suggestions for next steps in building and growing services led and run by consumers in NSW. Participants in consumer-run (peer) organisations had small increases in quality of life, spent fewer days in psychiatric hospitals, used emergency services less, participated more in employment and education, had more stable mental health, enhanced social support and more stable income, when compared with people who did not access these organisations.
Websites & Online Resources			
Healthy Living Website	Whole population	Comprehensive information about prevention and healthy living	Extensive information on improving own health through self-care strategies

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Victoria			
<i>Policy Framework</i>			
Public Health & Wellbeing Plan 2015-19		Public Health Plan for the State (Statutory since 2008). Local councils in Victoria are also required to prepare local public health plans	Progress measured against the Victorian Public Health Outcomes framework
Prevention. Health		Comprehensive website supporting the Public Health & Wellbeing Plan bringing together multiple strategies	
<i>Websites & Online Resources</i>			
health.vic : Family and peer support https://www2.health.vic.gov.au/alcohol-and-drugs/aod-treatment-services/family-and-peer-support-aod-treatment	Whole population; Family and carers of people who suffer from substance abuse as well as people who suffer from substance abuse	Comprehensive range of information and resources to support prevention	Specific information on peer support for individuals with substance abuse issues and their carers/families. Peer support involves individuals w/ personal experience of alcohol and drug use providing mutual support and info to a person who is having, or has had difficulties associated with alcohol/drug use.
Department of Human Services: Peer support guide	<u>People with a disability and their supporters</u>	This guide is for people with a disability and their supporters. It tells the story of how people who receive disability supports can share what they know about self-directing their supports. It acknowledges the collective wisdom that people with a disability and their supporters hold, and the benefits of people sharing that wisdom and personal experience with each other.	The guide explains what peer support is and provides ideas about how to do it. The guide is also for disability support providers who would like to do more to empower people with a disability and their carers to share their knowledge and experience with each other.
COSHG (Collective of Self Help and Social Action group)	<u>Consumers</u>	A collective working towards creating a more equitable distribution of power and wealth throughout society by furthering individuals' control over the institutions that affect their lives	Information about what is self-help and how to set up a self-help group. Claims to be a connection between peer support groups and consumers wishing to access them; however the directory (available for \$15 purchase) has not been updated since 2002. The website does not provide information on governance or who funding bodies are.

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<i>Innovations</i>			
Victorian Supercare Pharmacies	Families and individuals with minor injury and illnesses that are experienced outside business hours	Supercare Pharmacies are open 24 hours a day, seven days a week, and provide round-the-clock access to pharmacists for advice, supply of medicines and dispensing prescriptions. A free on-site nurse service operates daily from 6:00 pm to 10:00 pm and provides face-to-face health advice and treatment for minor injuries or illness, wound management, flu and whooping cough immunisations, health screening, sexual advice and referrals to other services.	Provides a face-to-face option for individuals to seek advice and care after hours when a local hospital visit would be only otherwise option. Creates a service of self-care through self-referral.
Vic Health: Health Condition Support Grants	Peer support groups	Small grants are available under the biennial program to peer-led support groups that focus on a chronic health condition, provide mutual support and education programs to members, as well as community information about the condition.	Health condition support grants to peer support groups of \$5000 per year for a two year period.

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Tasmania			
<i>Policy Framework</i>			
Healthy Tasmania: five-year strategic Plan	People with chronic diseases/ Community	Plan designed to give people the information and tools they need to make positive and healthy changes in their lives. It supports people from all walks of life to become more aware, interested, engaged and more in control of their own health and wellbeing. It also fosters community connectedness in the process, bringing people together to support each other toward better health.	Four strategic priorities. Most relevant to self-care 'Support people with chronic conditions to manage their condition at home and in their community by identifying and trialling new models of anticipatory care.'
Tasmania Department of Health and Human Services: "Rethink Mental Health: Better mental health and wellbeing: a long-term plan for mental health in Tasmania 2015-2025"	People living with mental health issues and their families/ carers	This document outlines various reform directions and key actions to achieve better mental health outcomes state-wide.	Reform direction I: Empowering Tasmanians to maximise their mental health and wellbeing states its second key action is to "establish a peer workforce in public mental health services to complement the existing workforce" (pp.16). The document states "the development of a peer workforce in public mental health services was identified during consultations as a key way to improve consumer and carer experiences of the mental health system.
<i>Websites & Online Resources</i>			
Self-Management Framework: 2012	- <u>Everyone who is involved in delivering health and human services in Tasmania</u> -Everyone who plays a role in designing Tasmania's health and human service system and related workforce development.	The Framework has been developed to support health and human services to implement self-management approaches to achieve better outcomes for people living with chronic conditions. The Framework outlines the core components of effective self-management, includes examples of self-management support programs in place in Tasmania	<u>The Framework is designed to:</u> 1. Embed self-management into everyday practice. 2. Increase understanding of the key elements of self-management and how it differs from other approaches. 3. Build self-management approaches and practices into planning, development, implementation and evaluation.

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Healthy Communities	Tasmanian population	Information & resources on very broad range of health & community issues. Aimsto protect the health and wellbeing of all Tasmanians through: <ul style="list-style-type: none"> - Preventing and reduce chronic diseases and injuries - Promoting good health - Reducing inequalities in health 	Self-care implied but not explicitly stated on web page. Other Tasmanian health webpages discusses strategies for self-care to prevent health ailments
Richmond Fellowship of Tasmania	Consumers	<u>The Consumer Advisory Council is run by consumers, for consumers</u>	It includes representatives from each program and provides an avenue for consumers to feed information to RFT management, and for RFT management to get consumer input and advice on its services and direction. RFT also runs Consumer Support Groups: Recovery group (Mowbray) Hearing Voices Group (Hobart) Both of these groups provide a safe space for consumers to work together to find ways to achieve their own wellbeing goals.
Innovations			
Get the Most Out of Life Program	The program is for anyone living with an ongoing chronic condition or is caring for someone who is.	6-week free program for people with chronic conditions and carer to learn how to overcome daily challenges and maintain an active and fulfilling life while living with chronic health conditions.	Teaches how to: <ul style="list-style-type: none"> - manage symptoms - get started with healthy eating and exercise - communicate effectively with doctors and healthcare team - manage difficult emotions - make daily tasks easier - How to get more out of life

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Healthy Tasmania Community Innovations Grants	<p>Eligible organisations must be an incorporated not-for-profit legal entity, or be sponsored by an incorporated organisation or a not-for-profit legal entity. This includes local government. Organisations must have an office or branch in Tasmania and be proposing to undertake the project in Tasmania.</p>	<p>The Tasmanian Government is investing \$1 million in the Healthy Tasmania Community Innovations Grants.</p> <p>Over the next three years they will provide seed-funding to support innovative, sustainable, grassroots, community-driven programs that aim to improve health and reduce health inequities for Tasmanian communities.</p> <p>Grants of up to \$25 000 to support healthy eating, physical activity, quitting smoking, and encourage community connection and partnerships</p>	<p>Grants support community initiatives to encourage individuals to adopt healthier behaviours as a form of self-care and prevention</p>

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NT			
Policy Framework			
NT Strategic Plan: 2014-17	Patients, stakeholders, health professionals and community	Overarching plan to guide the Public Health System in NT	Relevant strategic Objective 1. Promote & protect health & wellbeing through a focus on social determinants, healthy behaviours and risk assessment and management particularly for ATSI
Websites & Online Resources			
Telehealth NT	Patients in remote areas	Telehealth is a video conferencing (VC) system that allows patients in remote areas to connect with healthcare providers in major centres	Could be a useful source of self-care/ self-management support in remote areas
Healthy Living	Public	Department of Health website providing very basic advice on a range of health needs and issues.	Non-specific to self-management
Northern Territory aids and hepatitis council (NTAHC)	People living with AIDS or hepatitis	Key non-government organisation working in the area of blood borne viruses, education and support in the Northern Territory. Committed to improving the health and wellbeing of all Territorians living with blood borne viruses. Service delivery operates from a holistic approach in accordance with the objects of the Ottawa Charter (1986), and guided by key National and Northern Territory policies and legislation.	Has access to contact information for peer support groups for people living with aids and/or hepatitis. Some monthly peer support groups are separated by gender and claim to provide a safe environment with emotional and social support.

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Professional Organisations			
Australian Institute of Family Studies : Self-care strategies for the individual	People working in field of sexual assault; victims of trauma	Information on how 'Self-care' involves proactive strategies or routines that professionals use to offset the negative aspects of working with trauma victims and to promote their own wellbeing.	Self-care advice
Services for Rural & Remote Allied Health (SARRAH)	Allied health professionals working in remote & rural areas	A grassroots' organisation advocating on behalf of rural and remote Australian communities in order for them to have access to allied health services which support equitable and sustainable health and well-being. SARRAH is also nationally recognised as the peak body representing rural and remote allied health professionals (AHPs) working in the public and private sector. SARRAH develops and provides services for AHPs to confidently and competently carry out their professional duties in providing a range of clinical and health education services to people who reside in these settings.	Self-care learning module to help transition to new role and provide some strategies to assist with the challenges working remotely may present
Australian Psychological Society : Psychologist self-care web resources	<u>Psychologists</u>	Psychologists are not immune from the same personal problems that affect the general population such as relationship issues, job stress, financial difficulties, grief, illness, depression, anxiety and burnout. As professionals they need to model and encourage self-care including peer support, seeking therapy, taking personal time etc and it is important they accept and recognize their own limits and boundaries.	self-care web resources to reduce the risk of professional impairment
Royal Australia and New Zealand College of Psychiatrists (RANZCP) : Support for members – where to get help	Psychiatrists	Many doctors face challenges such as depression and addiction, although few speak about them publicly. The RANZCP is committed to supporting any of our members experiencing difficulty. There are many ways to seek help that are anonymous and confidential.	Wide range of web-based resources for self-care

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Royal Australian College of GPs	GPs and patients	The Royal Australian College of General Practitioners is responsible for maintaining standards for quality clinical practice, education and training, and research in Australian general practice. The RACGP has the largest general practitioner membership of any medical organisation in Australia, with the majority of Australia's general practitioners belonging to their professional college.	Over 3000 links on a variety of self-care topics - for GPs & for patients
Pharmaceutical Society of Australia	Pharmacies	<p>PSA is the peak national professional pharmacy organisation representing Australia's 29,000 pharmacists working in all sectors and across all locations.</p> <p>The core business of PSA is practice improvement in pharmacy by providing continuing professional development and practice support, in order to improve the health of Australians.</p>	Accredited Self Care Program is designed for pharmacies to deliver improved health care to customers.
Australian Association of Social Workers (AASW)	Social workers and social work students	The AASW is the professional body for social workers. Sets the benchmarks for professional education and practice in social work and have a strong voice on matters of social justice, human rights and issues that impact upon the quality of life of all Australians.	Self-care guidelines for social workers & SW students
Australian College of Nursing	Nursing students and nurses	The Australian College of Nursing (ACN) is a professional nursing membership-organisation, open to nurses in all settings and at every stage of their career.	Mindfulness & meditation tools for nurses
Australasian Doctors Health Network	Doctors and their families	This website is designed for doctors and medical students, and for the families and colleagues of doctors in Australia and New Zealand. The site provides you with contact phone numbers for help and support in time of need.	Wide range of self-care resources for Drs and their families

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Australian Lawyers Alliance	Lawyers	<p>National association of lawyers, academics and other professionals dedicated to protecting and promoting justice, freedom and the rights of the individual.</p> <p>We promote access to justice and equality before the law for all individuals regardless of their wealth, position, gender, sexuality, age, race or religious belief.</p>	Suicide prevention and self-care advice for lawyers
AVANT: medical defence organisation and medical indemnity insurance provider	Doctors	Mutual, not-for-profit organisation, owned by our members. Offers expert medicolegal advice and assistance to over 60,000 health practitioners and students.	self-care strategies for doctors in training

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NGOs			
Head-to-head	Consumers and health professionals to connect to services and mental health resources that are trusted	e-mental health portal website	Comprehensive resources and activities for consumers and health professionals to use and increase their knowledge on self-care
ReachOut.com	Consumers and health professionals; mental health	Fact sheets for 'how-to' self-care	Various articles on self-care 6 strategies for self-care 5 ways to get in the self-care habit And more
Suicide Prevention Australia	Health professionals working in the suicide prevention sector	Generic self-care guidance	Basic information on what is self-care
Diabetes Australia	Consumers, family members, carers, health professionals; diabetes and chronic diseases	People living with diabetes	Advocates for peer support by claiming "70% of people with diabetes find peer support helps their diabetes self-management."
Cancer Council Australia	Consumers, family members, carers, health professionals; cancer and chronic diseases	multiple resources for people living with cancer and their carers	Supports and promotes self-care
Heart Foundation Australia	Consumers, family members, carers, health professionals; cardiovascular health and chronic diseases	For lay people & professionals	Supports and organises peer-support walking groups that function as a form of self-management.

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Consumers Health Forum of Australia	Consumers	Actively promoting enhanced self-care and self-management as fundamental to healthcare reform.	Various presentations and information on self-care. Discusses the 'activated consumer' and putting people in control (supported self-management), more people are self-managing and that health literacy is central to medication safety and self-management.
Families, carers, professionals and organisations	Families, carers, professionals and organisations	Families, carers, professionals and organisations	Families, carers, professionals and organisations
Sane Australia	Families, carers, professionals and organisations	Self-care resources for people with MI and carers	Ideas to get started on a self-care plan
Australian Childhood Foundation	Families, carers and professionals; child health	Self-care strategies for professionals working with vulnerable traumatised children and young people and their carers	
Chronic Illness Alliance	Families, carers, professionals and organisations	Actively promotes chronic disease self-management & peer support	
Providers			

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Self-Care for Staff			
Moat Mental Health Services	Staff members or careers working directly, or indirectly with clients	One day self-care course for mental health staff & carers	Upskilling mental health workforce, family and carers.
ReachOut.com	Professionals	Various self-care resources for mental health staff	Provides extensive self-care resources for professionals
Indigenous Services			
NACCHO - National Aboriginal Community Controlled Health Organisation; National guide to preventive health assessment for Aboriginal and Torres Strait Islander people	Aboriginal community and stakeholders	Indigenous-specific virtual knowledge hub	Promotes self help across various health conditions, for example - “Using behaviour change techniques (self help and/or counselling), aid the patient in achieving agreed upon goals by acquiring the skills, confidence and social/environmental supports for behaviour change, supplemented with adjunctive medical treatments when appropriate (eg. pharmacotherapy for tobacco dependence)” pg 9
Indigenous Health Workers - Australian Indigenous HealthInfoNet; Self-care for Aboriginal Workers	Aboriginal and Torres Strait Islander health practice and policy professionals	One-day workshop designed to assist Aboriginal staff in developing skills to address cultural complexities and maintain well-being whilst working within a community or health services setting.	After attending this workshop, participants should be able to demonstrate: <ul style="list-style-type: none"> - Understanding around the concept of self-care - Effective management of Aboriginal community outreach - Ability to self-assess personal health within the workplace - Development of self-care strategies to reduce impacts of the community on personal and working life.

Who/Where	Target Populations/ Conditions if specified	Description of resource	Relevance to Self-Care
Indigenous Alcohol and Other Drug Worker wellbeing resources; Indigenous Alcohol and Drug Workforce Challenges: A literature review of issues related to Indigenous AOD Workers' Wellbeing, Stress and Burnout.	Alcohol and other drug workforce	A range of resources to upskill the AOD workforce	Self-assessed health (physical and mental) in Indigenous population is much lower compared to the general population.



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300 Queen Street, Melbourne, Victoria

+61 3 9919 1874

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