**Caring Communities Program**
**Project Details**

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| **Organisation:** | Royal District Nursing Service of SA Inc. |
| **Partner organisations**: | Southern Adelaide Palliative Services, International Institute of Hospice Studies, Resthaven Inc., Masonic Homes, City of Holdfast Bay. |
| **Name of Project:** | Establishing the careworker role in palliative care – education, support and integration with palliative care teams. |
| **Length of Project:** | 3 years |

## Project Summary

The project will explore the education and support needs of careworkers who provide care and support to people receiving a Community Aged Care Package (CACP). CACP are provided in a person's home and include personal and domestic care. Research demonstrates that careworkers and CACP provider agencies are more inclined to want specialist palliative care teams to provide support services to their clients who require palliative care.

The project will develop, trial and evaluate self directed learning packages on palliative care for careworkers who are employed to provide care to frail older people who receive a CACP.

The project aims to promote an integrated service delivery model where careworkers have access to education and support, therefore enabling them to continue to provide support services for their clients during the palliative phase. Resources will also be developed to assist the CACP agency coordinators to support their careworkers.

## Project Objectives

1. CACP careworkers are trained and supported to maintain services to clients who are receiving palliative care.
2. CACP careworkers have an articulated role within the specialist palliative care team
3. CACP provider agencies have enhanced capacity to support clients who are receiving palliative care to remain at home
4. CACP clients receiving palliative care are assisted to exercise greater choice to remain at home.

## Project Activities

1. Hold focus groups with careworkers and CACP coordinators. Consultation with CACP provider agencies, coordinators and palliative care specialist teams to investigate the roles and client requirements.
2. Develop a self directed learning package on palliative care for careworkers and resources for the CACP coordinators
3. Trial and evaluate the education package with careworkers working for CACP provider agencies and the coordinator resources
4. Modify and change the education packages as needed.

**What was undertaken?**

The development of a self directed learning package for use by Careworkers to improve their knowledge and skills for delivering care to clients with a life-limiting illness.

**What has been learned?**

Through the initial pilot study and then a trial with 100 participants the self directed learning package is a useful learning tool for Careworkers.

**What is useful to other projects/communities?**

With appropriate changes the package can be adapted for use in the home for Carers, a useful resource tool for staff in aged care facilities and for Careworkers. With further refinement it would be an appropriate package for use in the Diploma of Nursing.

**What have been the benefits of disseminating information about this project?**

Community and Aged Care Facilities are aware of the package and the benefits of its application.

**What needs to happen in order to sustain the key achievements of this project?**

Investigate all avenues to ascertain the most viable process to market and distribute the self directed learning package.

An avenue to pursue is the Department of Health and Ageing with a proposal to either fund the Royal District Nursing Service to prepare, distribute and mark the package or the Department manage the package as a whole.

**What resources were developed and are they available to others?**

A self directed learning package for Careworkers delivering care to community clients, with life limiting illness, titled "Palliative Care for Careworkers: a Self Directed Learning Package".