

ELDAC acknowledges the Traditional Custodians of the many traditional lands and waters throughout Australia. We recognise the knowledge, strength and resilience of Aboriginal and Torres Strait Islander Peoples, and their continuing connections to land, sea and community. ELDAC pay the utmost respect to Elders past, present and future.

ACCPA Allied Health Toolkit October 2022

Approach to Toolkit Development

What is ELDAC?

Overview ELDAC Care Model

Allied Health in aged care

Allied Health Survey Findings

What do we mean by a toolkit?

Approach to Toolkit Development

Co-design and partnership with the sector

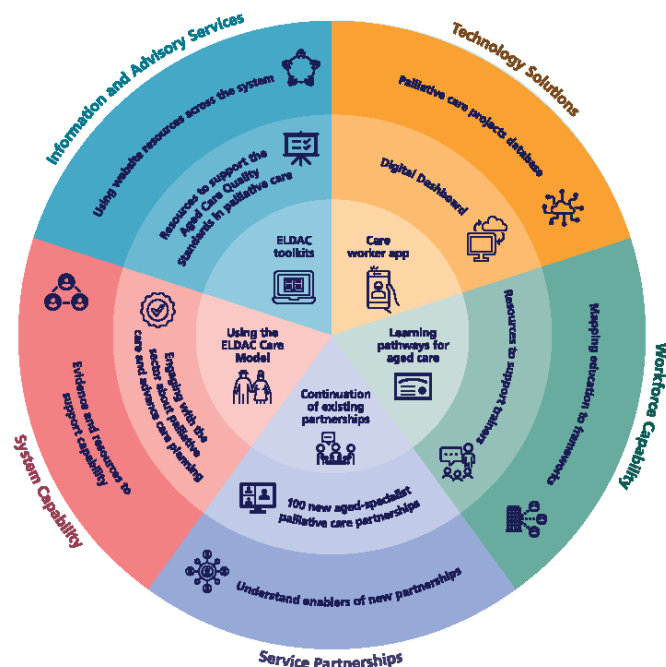
What is ELDAC?

End of Life Directions for Aged Care (ELDAC) is a project funded by the Australian Government Department of Health and Aged Care to support quality care at the end of life. It aims to make the existing evidence and resources more easily accessible and used. There are four objectives:

- Provide specialist palliative care and advance care planning advice to aged care providers and GPs providing health care for recipients of aged care services;
- Improve linkages between aged care services and palliative care services;
- Improve the palliative care skills and advance care planning expertise of aged care service staff and GPs providing health care for recipients of aged care services; and
- Improve the quality of care for aged care recipients, prevent unnecessary hospital admissions and shorten hospital stays.

We're supporting the aged care workforce.

ELDAC is developing new resources to support the aged care workforce at the individual, service and system level. Our work spans five areas that are significant to the provision of palliative care in aged care. Sign up to our newsletter via the ELDAC website for the latest news and updates: www.eldac.com.au



www.eldac.com.au

ELDAC is funded by the Australian Government Department of Health

ELDAC provides information, guidance, and resources to health professionals and aged care workers to support palliative care and advance care planning to improve the care of older Australians.

Download our new companion guides for inclusive end of life care in residential aged care.

[Find out more](#)

Belonging
Diversity
Inclusion
Equity



ELDAC Toolkits

ELDAC has six toolkits to help your practice

- Primary Care
- Home Care
- Residential Aged Care
- End of Life
- Linkages
- COMING SOON: Dementia

[Learn more](#)



Service Development

ELDAC has a team of facilitators who assist, support and ensure health and aged care workers to provide high quality care for older Australians and their families at the end of life.

[Learn more](#)



[Learn more](#)



Resources to support practice

- Technology and Innovation
- Common Clinical Tools
- Download Resources
- COVID-19 Resources

[Learn more](#)

Newsroom



ELDAC Newsletter



Social Media



[View all news](#)

[Sign up to our newsletter](#)



NEED HELP?

Looking for consumer information? You can find information about Advance Care Planning at Advance Care Planning Australia website. ELDAC can provide you with palliative care information especially for patients, carers and families.

Find out more about ELDAC and how the project is supporting the aged care sector.



ELDAC is funded by the Australian Government Department of Health and Aged Care. Follow ELDAC on social media: Facebook, Twitter, LinkedIn. Call us: 1800 870 155. Contact us: eldac.project@flinders.edu.au

ELDAC Care Model



Helps staff determine

- Whether a person is approaching the end of their life
- How to plan and deliver care for a person
- How a person's care needs might change over time
- What resources would be useful for them in providing care
- Whether they have education or learning needs.
- Underpins the residential aged care, home care, and primary care toolkits.

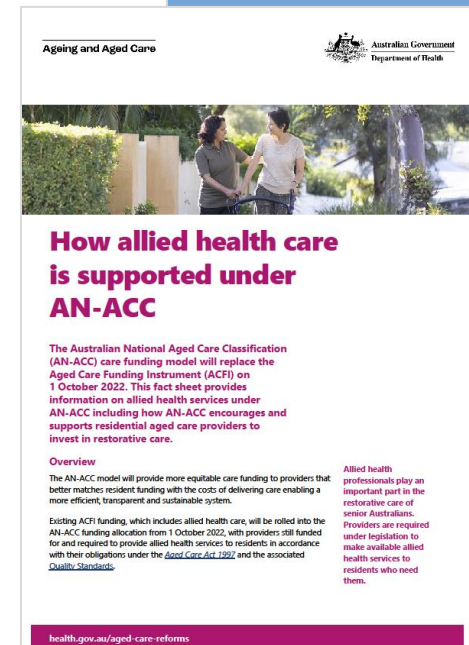
Allied Health and Aged Care

Allied health professionals as key contributors to care, practice and service provision in both health care and aged care and outcomes and quality of life for older people

Anticipated shortfall of allied health professionals in both aged care and health care

Restorative, rehabilitative, reablement issues and initiatives in homecare and in residential aged care

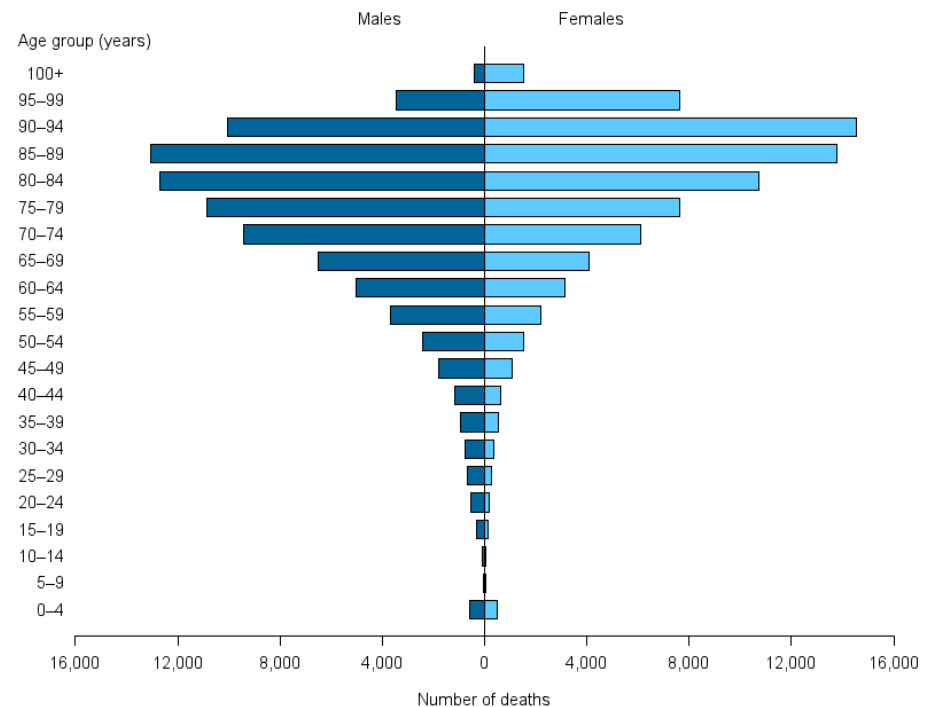
Period of reform and change also impacts allied health eg AN-ACC funding model, changing CHSP



Allied Health, palliative care, aged care

.....rehabilitative approach to optimise function of palliative care patients. Management of symptoms such as dyspnea and fatigue to support comfort and function is an integral part of physiotherapy and occupational therapy interventions. Psychosocial needs for patients and families around grief, loss and bereavement may be addressed by psychologists and social workers while speech pathologists address communication, cognition and swallowing difficulties to support dignity, safety and comfort.

Morgan et al, 2019



Source: AIHW National Mortality Database (Table S2.1).

Allied Health Survey Findings (Ethics FU SBREC 8508)

	Frequency	Percent
Occupational therapy	37	20.3
Speech pathologist	16	8.8
Dietician	39	21.4
Social worker	15	8.2
Psychologist	3	1.6
Physiotherapist	32	17.6
Music therapist	2	1.1
Sub-total	144*	79.1
Others	38^	20.9
Total	182	100.0

OTHERS: e.g. aged care coordinator, chaplain, diabetes educator, diversional therapist, end-of-life doula, nurses

Where did they work?

CHSP: n=51

HCP n=46

MPS n=6

NATSI Flexible Care: n=1

RAC n=99

Respite RAC n=37

In your opinion, what percentage of older Australians whom you currently care for could die in the next 12 months?

None: 1%

<25%: 31.9%

25-50%: 41.6%

50-75%: 22.1%

>75%: 3.5%

In your current role do you care for older Australians with palliative care needs or who are facing life-limiting illness?

94.7% indicated Yes

Do clinical practice guidelines need to be developed to better support your work in caring for older Australians with palliative care needs?

95.3% indicated Yes

How confident are you in providing care to older Australians with palliative care needs?

Completely confident: 14.2%

Fairly confident: 53.1%

Somewhat confident: 23.9%

Not very confident:
8.0%

Not at all confident: 0.9%

So, what do we mean by a toolkit?

A “toolkit” is an action-oriented compilation of related information, resources, or tools that together can guide users to develop a plan or organize efforts to conform to evidence-based recommendations or meet evidence-based specific practice standards.

AHRQ Section 6 Toolkit Guidance 2013

Residential Aged Care Toolkit

Provides information and guidance to support palliative care and advance care planning for people living in residential aged care and for their families.



[Watch more toolkit videos](#)



Clinical Care

Delivers information on how to provide palliative care and advance care planning for residents and their families



Education and Learning

Provides an opportunity for you to evaluate your learning and development needs and create a personal learning plan



Organisational Support

Assist members of your organisation to support palliative care and advance care planning for residents and their families

Residential Aged Care Toolkit

Resource	Size
 >> What is Residential Aged Care toolkit?	594kb
 >> Clinical Care on Residential Aged Care toolkit	571kb
 >> Education and Learning on Residential Aged Care toolkit	621kb
 >> Organisational Support on Residential Aged Care toolkit	499kb
 >> Version 2 ELDAC After Death Audit	653kb
 >> Version 1 ELDAC After Death Audit	744kb
 >> Version 2 ELDAC Advance Care Planning and Palliative Care Organisational Audit	846kb
 >> Version 1 ELDAC Advance Care Planning and Palliative Care Organisational Audit	576kb
 >> Personal Learning Assessment Form	215kb
 >> Personal Learning Plan Form	487kb



Need more information?

Resources available on Common Clinical Tools, Digital Innovations, Diverse Population Group, COVID-19 and more.

[Go to Resources](#)

Residential Aged Care Toolkit – Advance Care Planning

Advance Care Planning

What is Advance Care Planning?

Advance care planning is a process of planning for future health and personal care whereby a person's values, beliefs and preferences are identified so they can guide decision-making at a future time when the resident is unable to communicate their decisions.¹

An advance care planning discussion will often result in an advance care plan. Advance care plans state preferences about health and personal care and preferred health outcomes. Decisions may be made on the person's behalf, but a person's wishes should be used to guide the decisions.

What is an Advance Care Directive?

Advance Care Directives are one way of formally recording an advance care plan. An Advance Care Directive is a type of written advance care plan recognised by common law or authorised by legislation that is completed and signed by a competent adult. An Advance Care Directive can record the person's preferences for future care and appoint a substitute decision-maker. A substitute decision-maker is a person identified by law as able to make substitute decisions on behalf of someone who does not have capacity to make decisions. There can be more than one substitute decision-maker appointed.



Advance Care Planning Resources

Advance care planning and advance care directives are governed by state and territory legislation. For advance care planning information specific to your state or territory, please visit the [Advance Care Planning Australia \(ACPA\)](#) website. ACPA also have [animations](#) and [resources](#) available that may assist in starting the conversation. [Leading Aged Care Services \(LASA\)](#) has a short video and an accompanying fact sheet on [Advance Care Planning in residential aged care and home care settings](#).

Advance Care Planning Australia and palliAGED have resources that can be downloaded and printed:

- > [Factsheet/handout](#) (133kb pdf)
- > [Guide to support implementation in community and residential settings](#) (2.4MB pdf)
- > [Frequently Asked Questions \(FAQ\)](#) regarding advance care planning
- > palliAGED has downloadable Practice Tips on advance care planning for [Nurse](#)(pdf 317kb) and [Careworkers](#)(pdf 434kb).

Resources for Population Groups

People Living with Dementia and Advance Care Planning	>
Religious and Cultural Backgrounds and Advance Care Planning	>
Aboriginal and Torres Strait Islander Resources	>
Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) Resources	>

Forms and Templates Family Resources

Forms and requirements for writing advance care plans and appointing substitute decision-makers vary between states and territories. [Advance Care Planning Australia](#) provides information for [Australian states and territories](#).

Residential Aged Care Toolkit – Education and Learning

 **Personal Learning Assessment**

 **Formal Qualifications**

 **Other Useful Information**

 **Online Education**

 **Other Ways to Gain Experience**



ELDAC Personal Learning Plan

Remember to make a plan that is achievable. Review your Personal Learning Assessment and focus on the areas that you rated as a '1' (Section 1: I don't know anything about this topic or Section 2: I do not feel confident). You can use the learning assessment and learning plan to discuss your knowledge, skills and confidence in palliative care and advance care planning with your supervisor. Once you have created your learning plan and identified your learning needs and areas where further training is required, browse the links provided in this section on various types of education and resources that are recommended by the ELDAC team.

Here is an example of how to fill out the form:

Section 1: Knowledge of Palliative Care and Advance Care Planning

Name		Day / Month / Year	
		18/01/2019	
Knowledge Need Learning Priority	How will this be met?	Target Date	Date Completed
Improve my knowledge about grief and bereavement.	E-Learning	Day / Month / Year 18/01/2019	Day / Month / Year 18/01/2019
		Evidence of Completion	How have you applied your knowledge in advance care planning and palliative care? Provide specific examples
		Certificate received after completing module that I downloaded for my records.	I have more of an understanding of the grieving process, which enables me to assist families in managing their grief and offer bereavement support.



ELDAC Personal Learning Assessment

There are two sections of the Personal Learning Assessment to complete:

Section 1: Knowledge of palliative care and advance care planning
Section 2: Skills and confidence in providing palliative care and advance care planning

It is recommended that you complete the assessment at least annually as your learning and development needs change. The assessment can be used as part of your performance review. You should use your completed assessment to assist you in completing the ELDAC Personal Learning Plan.

Section 1: Knowledge of Palliative Care and Advance Care Planning

This section of the tool asks you to rate your **knowledge** on a three point scale:

1. I don't know anything about this topic.
2. I could learn more about this topic.
3. I am happy with what I know about this topic.

It is recommended that any areas you rate as a '1' (I don't know anything about this topic) should be considered for inclusion in your Personal Learning Plan.

Name		Date Completed		Day / Month / Year		
Knowledge Area				Rating Level		
		1	2	3		
1	What is palliative care and end-of-life care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
2	Advance care planning legislation and processes relevant to your state/territory	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		

Residential Aged Care Toolkits – Organisational Support

 **Systems to Support Advance Care Planning and Palliative Care**


 **Standards and Funding**

 **Quality Improvement**

 **Working Together**

Coming soon – Diverse populations

Residential Aged Care Toolkit



ELDAC Advance Care Planning and Palliative Care Organisational Audit (Version 2)

Instructions: The statements below are grouped by five organisational domains. Provide two ratings for each of the statements. Repeat the audit yearly to monitor continuous quality improvement.

A. For each item rate how your service is currently meeting each statement using the four point scale.

B. Rate the priority of action (low, medium or high) required for your service to meet each statement. High priority action items may form the basis for a continuous improvement plan.

C. Where there are multiple high priority items, the working group will need to rank the items in order of importance. Select an assortment of actions needing different timeframes to complete (e.g. combining some actions requiring extensive work and those where change can occur rapidly).

Date of Completion: DDMM/YYYY Date of Review: DDMM/YYYY

Domain	Rating for currently met				Priority for action
	1	2	3	4	
Clinical Care					
1. There are regular conversations about decision making and advance care planning with residents/families at set times, as well as when required.	No not yet	Somewhat	Mostly	Completely	Low Medium High
2. There is a process for flagging, storing, retrieving and transferring to other services advance care plan/advance care directives.	No not yet	Somewhat	Mostly	Completely	Low Medium High
3. Reviews of residents' advance care plans occur at least every 12 months and any changes are documented.	No not yet	Somewhat	Mostly	Completely	Low Medium High
4. There is a process for identifying when residents require palliative care.	No not yet	Somewhat	Mostly	Completely	Low Medium High

Page 1 of 6

Approach to Allied Health Toolkit Development

Phase 1: Understanding the need/gaps/resources.

- Scoping Review
- Environmental scan for resources
- Stakeholder semi-structured interviews

Phase 2: Technical development and co-design of the Allied Health Toolkit

- Allied Health Toolkit User Group
- Content reviewers
- Co-design workshop or Show and Share
- Web based build

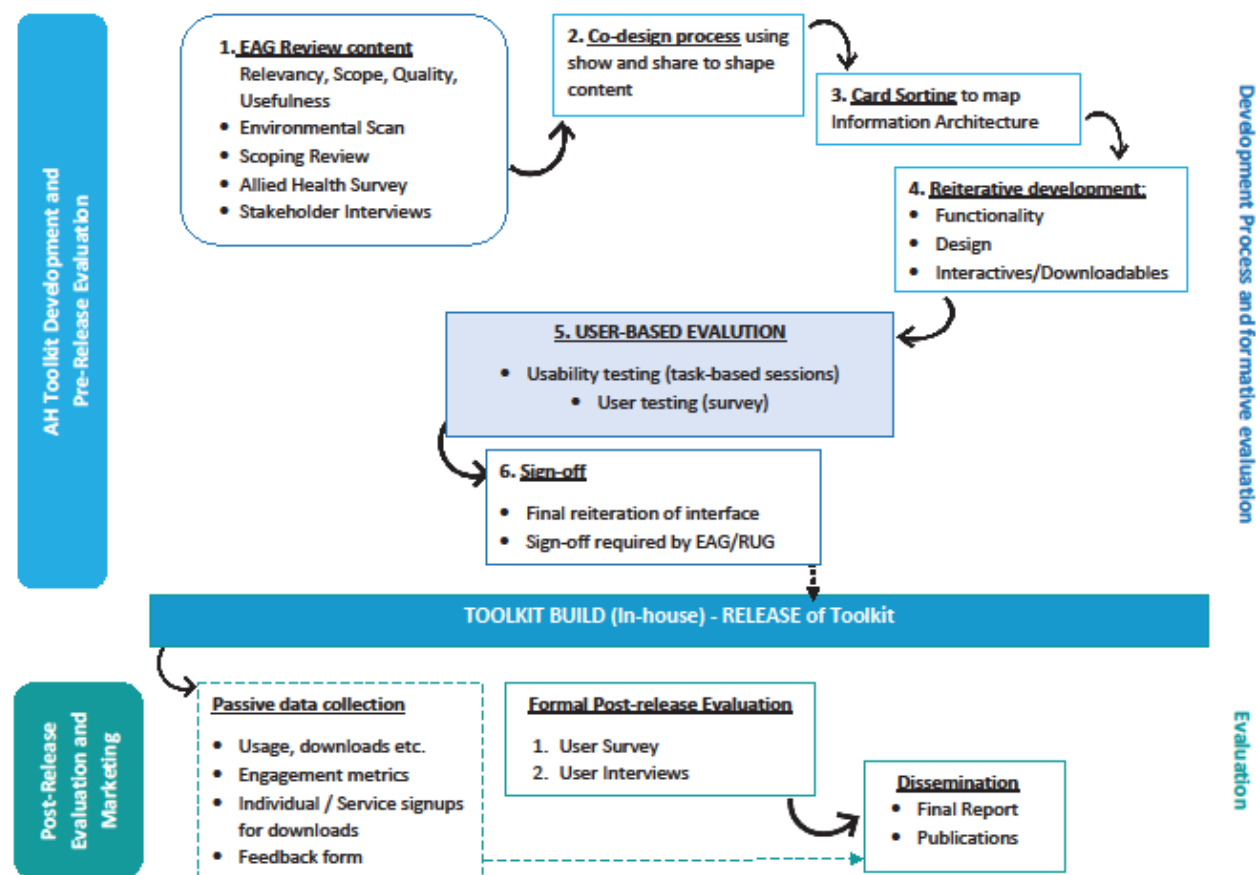
Phase 3: Prototype Testing

- Usability Testing
- User Testing

Phase 4. Post-release evaluation of the Allied Health toolkit

- Online survey and optional interviews

Figure 2. Development components and flow diagram for the Allied Health Toolkit development process



Where are we up to?

Ethics

Ethics received from Flinders University. Covers Stakeholder interviews, usability/user testing and post release survey and interviews

Project Team

Undertake the background reviews and associated research. Will take responsibility for developing content for the toolkit, working with the web team for the build

Stakeholder Interviews

Interviews are pending. Representatives from the following groups will be approached

- Allied Health Palliative Care Body
- Aged care service providers
- Aged Care Peak Body
- Allied Health Service Providers

Environmental scan: Completed

Google based search: Search terms included Allied Health, Occupational Therapy, Speech Pathology, Physiotherapy, Dieticians, palliative care, end of life, aged care and specific website searches (CareSearch, ELDAC, Palliative Care Australia, and professional websites eg OT Australia website) 226 pages of Google retrievals. 1204 items were found and recorded on the environmental scan spreadsheet with 400 recorded as useful.

Allied Health Professional Bodies

Preliminary contacts made and initial discussions about project

Scoping Review: In Progress

Search completed and screening underway.

Allied Health Toolkit User Group

Approaches regarding participation pending

Co-design: A participatory approach to solutions

Working with stakeholder as collaborators in the design process.

Seeking meaningful end-user engagement in project design

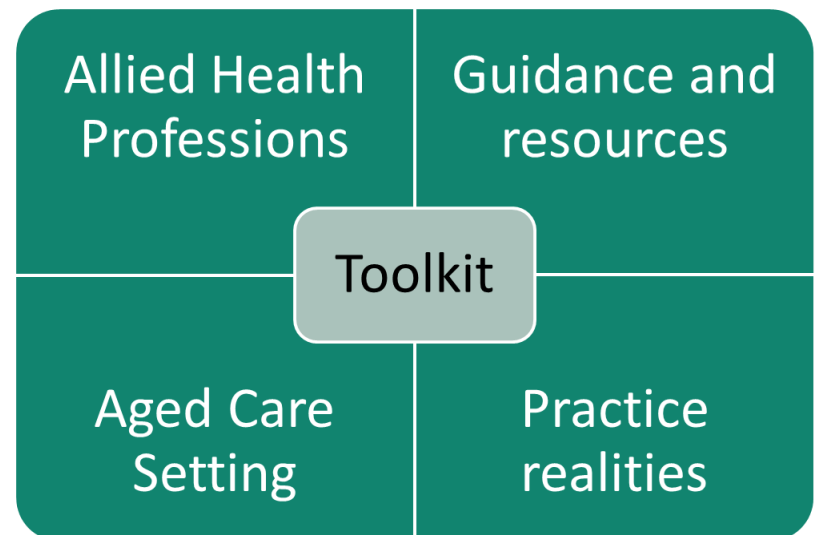
Strategies

- Consultations with allied health peak bodies
- Stakeholder interviews
- Allied Health Toolkit User Group
- Co-design workshop or Show and Share
- Usability assessment and user testing

Critical role of Allied Health Toolkit User Group

Role and purpose:

- Oversight of guidance, contexts for practices, relevance for AHP in aged care at end of life
- Involvement in co-design workshop (or show and share)
- End users – aged care providers, allied health practitioners, allied health services, palliative care clinicians
- Suggest, recommend, self nominate



Anticipated release: February 2022

Involvement in User testing and usability assessment

Allied health professionals who work within aged care settings will be invited to participate in the studies via Project newsletters, ELDAC website, and social media. Register your interest through ELDAC

Find out more at ELDAC booth



Stay in Touch

- ELDAC website
- ELDAC newsletter
- @ELDAC_agedcare
- eldac.project@flinders.edu.au.