

STARTTS

## HACC Workshop



# WORKING EFFECTIVELY WITH HACC CLIENTS FROM REFUGEE-LIKE BACKGROUNDS

## For Home and Community Care Workers

*Are you aware that some of your HACC clients could have come to Australia as refugees? Do you know what common things may trigger trauma reactions and how to work effectively with a trauma survivor?*



As people from refugee-like backgrounds age and their cognitive function and short-term memory declines, the mechanisms that kept the traumatic memories under control may weaken. They may experience the surfacing of painful memories and be more vulnerable to flashbacks. They may lose second language (English) competence and revert to their mother tongue. As physical problems limit mobility, ageing trauma survivors may experience increased social isolation, depression and feelings of cultural dislocation.

### WORKSHOP OUTLINE

This five-hour workshop is designed specifically for Home and Community care (HACC) workers who help frail, aged and/or people who have a disability stay in their homes. It focuses on HACC clients who come from refugee or refugee-like backgrounds, and participants will gain a greater awareness of what refugees have been through and how this affects them as they age or have a disability, and how to work in a way which promotes recovery and minimises the risk of re-traumatisation.

### WORKSHOP PROGRAM

The Refugee Experience
Effects of Torture and Trauma on the Individual
Trauma Survivors and their Carers
Working within a Recovery Framework

*"All of the training was valuable. I have a much better insight now"*

- comment from participant

### TARGET GROUP

Open to HACC workers only

### COST

Free

*Includes a CD-Rom of the project materials which includes the HACC resource kit; Morning tea and lunch provided*

**PRE-REQUISITE:** None

### FIVE HOUR WORKSHOP

4 April 2012

### VENUE

Debbie & Abbey Borgia Centre  
PCYC Marrickville  
Meeting Room 1 (Upstairs)  
531 Illawarra Rd  
Marrickville NSW  
(Next to Steel park)

**TIME:** 9.30am – 2.30pm

### REGISTRATIONS ESSENTIAL

**Fill out this form and:**

**Email:** [starstraining@4cs.org.au](mailto:starstraining@4cs.org.au)

**Phone:** (02) 9750 9344

*(Ask for STARS Training at Canterbury City Community Centre)*

### GENERAL ENQUIRIES

Belinda Green, STARTTS Training Officer

**Phone:** (02) 9794 1913

**Email:** [Belinda.green@sswahs.nsw.gov.au](mailto:Belinda.green@sswahs.nsw.gov.au)



## STARTTS TRAINER – BELINDA GREEN

Belinda Green is the Training Officer at STARTTS and researches, designs and delivers the outreach training program. Prior to STARTTS, Belinda spent 10 years conducting research and teaching at a range of Australian universities. Belinda is an experienced international and national conference presenter, and has published articles relating to the rights of minority groups including Muslim women in Australia and *Dalits* in India. Throughout her career Belinda has focused on raising awareness about the issues faced by marginalised communities including refugees and asylum seekers. She has a PhD in Sociology/Anthropology, a Bachelor of Arts with first class honours in Anthropology, and a Bachelor of Media in Print Journalism.

### REGISTRATION FORM

*‘Working Effectively with HACC Clients from Refugee-like Backgrounds’*

DATE

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LOCATION

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### PARTICIPANT INFORMATION

Name

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Email

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Organisation

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Position

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Phone

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Mobile

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### SPECIAL DIETARY REQUIREMENTS

Halal  Vegan  Gluten free  Other

### ABOUT STARTTS

The NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors helps refugees recover from their experiences and build a new life in Australia. STARTTS is committed to assisting and resourcing individuals and organisations to provide appropriate and culturally sensitive services to refugees. STARTTS has a range of training programs including Professional Development Workshops, Clinical Master Class Evenings, Seminars and trainings in the workplace.

Please refer to STARTTS’ website [www.startts.org.au](http://www.startts.org.au) for more details. STARTTS is a registered charitable organisation and donations over \$2 are tax deductible.

### ABOUT STARS

STARS (Skills, Training & Resource Service) is an activity of Canterbury City Community Centre. STARS is funded by the NSW Department of Human Services, Ageing Disability and Home Care under the Home and Community Care (HACC) Program and the Councils of Canterbury City, Marrickville and Leichhardt. STARS provides affordable and appropriate training for volunteers, management committee members and staff in not for profit services in the Canterbury, Leichhardt and Marrickville local government areas.

### ABOUT THE STARTTS HACC PROJECT

The STARTTS Home and Community Care (HACC) Project is funded by Ageing, Disability and Home Care (ADHC) and began in 2008. The training and resource kit were specifically designed for HACC service providers to assist them respond appropriately to the needs of frail aged and disabled clients, and their carers, who are survivors of torture and refugee trauma.

Originally the project was targeted to the Cumberland Prospect area of Sydney, and the Northern Sydney region was included in 2010. STARTTS is expanding the project across NSW in 2011 and 2012. All training participants will be provided with a copy of the HACC Resource Kit pictured right, either in hard copy or electronically.

