



# Free diversity training and support for aged care providers

## Planning for Diversity workshop series

The Planning for Diversity workshop series can help you make your services more inclusive of older people from diverse and marginalised groups.

Planning for Diversity is especially beneficial for aged care staff responsible for quality improvement, service planning and compliance. The training includes practical information and tools through e-learning modules, face-to-face workshops and follow-up support.

The Older Persons Advocacy Network (OPAN) delivers this training, funded by the Department of Health and Aged Care.

## Silver Rainbow: LGBTI aged care awareness training

Silver Rainbow awareness training offers information and support to help you deliver inclusive and respectful care to older people who are LGBTI.

Silver Rainbow is beneficial for aged care services, assessment teams, allied health services and others in the aged care sector.

The Department of Health and Aged Care funds LGBTIQ+ Health Australia to partner with organisations around Australia to deliver Silver Rainbow training in all states and territories.

## Partners in Culturally Appropriate Care

Partners in Culturally Appropriate Care (PICACs) are organisations that can support you to provide aged care that meets the needs of culturally and linguistically diverse (CALD) people.

PICACs provide face-to-face and online workshops, training and information sessions, and resources such as fact sheets and guides. They help ensure aged care staff have the skills and knowledge to meet the needs of CALD older people in their care.

The Department of Health and Aged Care funds PICACs in every state and territory.



[opan.org.au/  
education/education-  
for-professionals/  
diversity-education](https://opan.org.au/education/education-for-professionals/diversity-education)



[lgbtiqhealth.org.au/  
silver-rainbow-training](https://lgbtiqhealth.org.au/silver-rainbow-training)



[health.gov.au/our-work/  
partners-in-culturally-  
appropriate-care-picac](https://health.gov.au/our-work/partners-in-culturally-appropriate-care-picac)

## Resources to support older people who have experienced trauma, grief and loss

Many older people in Australia have experienced trauma, grief and loss, such as a serious accident, natural disaster, war or civil unrest, severe illness, sudden loss of someone close to them, assault and abuse.

Aged care providers can access free information and tools to better support older people who have experienced trauma, grief and loss:

- For aged care organisations – Policy resources, including a trauma-informed care framework, webinars and self-assessment tools.
- For aged care staff – Practice resources, including videos, webinars and online training to help aged care staff give trauma-informed care to others and understand self-care for themselves.
- For older people receiving aged care, and their families and carers – Trauma awareness and support resources, guidance on when to seek help, self-care strategies and resources for caring for a loved one affected by trauma.

## Real Care the Second Time Around: Improving aged care for Forgotten Australians, Stolen Generations, Former Child Migrants and people affected by forced adoption

Through the government-funded Real Care the Second Time Around project, aged care providers can access free online training and resources to support older people who experienced childhood trauma in institutional and out-of-home care. Real Care the Second Time Around is delivered by Helping Hand and includes:

- Online training about the impacts of childhood trauma on people entering aged care.
- Brochure with 10 questions that Forgotten Australians can ask when looking for residential aged care accommodation.
- Publication with information and resources for working with older people who identify as Forgotten Australians or Care Leavers.
- Publication to help aged care providers support older people in their care to create one-page summaries that capture their individual stories.



[hssso.org.au/resources/view/care-and-support-mental-health-resources](https://hssso.org.au/resources/view/care-and-support-mental-health-resources)



[helpinghand.org.au/about-us/diversity-inclusion/forgotten-australians](https://helpinghand.org.au/about-us/diversity-inclusion/forgotten-australians)