A Guide to using the
Self-Care Matters (Aged Care) Resource

BACKGROUND

The *Self-Care Matters (Aged Care)* resource was developed to assist all aged care workers in residential facility or community settings with practising self-care to support the quality and sustainability of the care they provide to older Australians. While it builds from the general *Self-Care Matters* resource developed by Palliative Care Australia, this version explores self-care within the important context of aged care, where palliative and end-of-life care are increasingly vital, and gives voice to the unique perspectives of experienced aged care providers. This guide is intended to assist with understanding how the *Self-Care Matters (Aged Care)* resource can be utilised to support staff working in aged care.

ACCESS / LOCATION

All video/text file content for the *Self-Care Matters (Aged Care)* resource is freely accessible online at:
https://palliativecare.org.au/resources/self-care-matters-aged-care

CONTENT

The resource includes five (5) informational videos as well as a self-care planning tool (PDF) that can be completed electronically (and printed), or printed and completed in hardcopy. A sixth (6th) video is also provided, exploring in detail, the process and experience of developing a self-care plan. Each of these components are outlined overleaf, including their subject matter/cover title and duration.

INDIVIDUAL USE / GROUP FACILITATION

Self-directed learning can be used for those individuals who are comfortable and confident to do so, although access to staff support (e.g. telephone contact with workplace educator, Employee Assistance Program etc.) is encouraged, should this be needed. This mode of learning can be self-paced. Within aged care organisations, delivery of this resource may best be achieved via facilitated group learning (e.g. as part of an 'in-service' group training program) – which could be delivered/facilitated in either one (1) long session or two (2) shorter sessions separated by a number of days or weeks, as is practicable. While delivery can be tailored to different organisational contexts, an example might be:

1. *Self-care foundations for aged care* (Session 1); watch and discuss/debrief videos 1-5.

2. *Developing a self-care plan* (Session 2); watch video 6 and debrief, with developing a personalised self-care plan as 'homework' to be completed in own time if/when ready.

In the case of facilitated group learning sessions, the facilitator is encouraged to provide relevant materials in hardcopy (e.g. Self-Care Matters planning tool) to support people with taking notes, and would ideally pause videos if/where appropriate to explain or clarify any unfamiliar topics/terms, if and as appropriate.

Video 1: *Self-Care Advice for Aged Care Workers* (2:33 min/sec)

This clip provides self-care advice from aged care workers—to aged care workers.

Video 2: *The Challenges of Working in Aged Care* (6:17 min/sec)

This clip explores some of the common challenges faced by aged care workers.

Video 3: *Navigating Difficult Conversations* (4:45 min/sec)

This clip describes aged care workers' experience and strategies for navigating difficult conversations. Specifically, discussions about death/dying and end of life care planning are explored, with reference to the benefits of using the 'What Matters Most' resource.

Video 4: *Using a Self-Care Plan* (3:28 min/sec)

This clip shares aged care workers' perspectives on the benefits of using a self-care plan.

Video 5: *Putting Self-Care into Practice* (8:59 min/sec)

This clip explores aged care workers' examples of and perspectives on putting self-care into practice.

Video 6: *Developing a Self-Care Plan* (39:30 min/sec)

This clip features an interview-style discussion between two people experienced in aged care—Jason, a Registered Nurse and Marg, a Nurse Practitioner—which took place shortly after Marg developed her own personalised self-care plan, using the Self-Care Matters Planning tool (shown below).

Self-Care Planning Tool: *Self-Care Matters* (PDF file)

The Self-Care Matters planning tool provides a template for the systematic planning of self-care that is both comprehensive and tailored to changing personal circumstances/professional settings. It can be completed either electronically or in hardcopy.

The PDF file is freely available for download via the resource web page, or directly at:

https://palliativecare.org.au/download/15974/