



# Education & Training Calendar 2009

## **Arthritis Victoria**

is a Registered Training Organisation committed to improving the musculoskeletal health of all Victorians. We offer a wide range of physical activity and self management courses. We pride ourselves on the quality of our programs and services.

### **EVENTS 2009**

**29 March — 4 April**  
**ARTHRITIS AWARENESS WEEK**

**12 May**  
**INTERNATIONAL FIBROMYALGIA**  
**AWARENESS DAY**

**2 — 8 August**  
**NATIONAL HEALTHY BONES**  
**WEEK**

**October**  
**LUPUS AWARENESS MONTH**

**20 October**  
**WORLD OSTEOPOROSIS DAY**

# 2009

# Semester One

2009	JAN	FEB	MAR	APR	MAY	JUN	
<b>Leader Training</b>							
Better Health Self Management Leader Course	NO COURSES		14, 21, 28 ELSTERNWICK 11 - 13 ARARAT (TBC)		12 - 14 BROADMEADOWS		
Tai Chi for Arthritis		28/2 - 1/3 ELSTERNWICK	16 - 17 PAKENHAM		25 - 26 BAIRNSDALE	13 - 14 ELSTERNWICK	
Tai Chi for Arthritis Part 2				29 SWAN HILL	28 BAIRNSDALE	21 ELSTERNWICK	
Tai Chi for Arthritis for Dementia		27 (CS1) SALE	2 (MOD 1&2) ELSTERWICK 18 (MOD 1&2) PAKENHAM	30 (MOD 1&2) SWAN HILL	29 (CS2) SALE	9 (CS1) ELSTERNWICK 19 (MOD 1&2) ELSTERNWICK 24 (CS1) PAKENHAM	
Tai Chi for Kidz			14 - 15 PAKENHAM				
Warm Water & Chair Based Exercise					17 - 19 ELSTERNWICK 21 - 23 BROADMEADOWS	15 - 17 ELSTERNWICK	
<b>Leader Updates</b>							
Self Management Skills Update			24 ELSTERNWICK				
Tai Chi for Arthritis				28 SWAN HILL	27 BAIRNSDALE	20 ELSTERNWICK	
Tai Chi for Diabetes						12 ELSTERNWICK	
Warm Water & Chair Based Exercise			20 PAKENHAM	9 ELSTERNWICK			
<b>Professional Development &amp; Continuing Education</b>							
Self Management Skills Workshop			24 ELSTERNWICK				
Strength Training for Chronic Illness - Prescribers					20 ELSTERNWICK		
Strength Training - Supervisors			26 NUMURKAH		14 (CS) NUMURKAH		
Exercise & Musculoskeletal Condition Seminar			31 ELSTERNWICK			4 GEELONG	
Health Professional Clinical Update		26 MOE	4 BENDIGO 24 ELSTERNWICK 26 NUMURKAH	29 SWAN HILL			
GP Clinical Update		26 MOE	4 BENDIGO				

# 2009

# Semester Two

2009	JULY	AUG	SEPT	OCT	NOV	DEC
<b>Leader Training</b>						
Better Health Self Management Course		4 - 6 ELSTERNWICK	15 - 17 WESTERN SUBURBS	26 - 28 ELSTERNWICK	No Courses	
Tai Chi for Arthritis		1 - 2 WODONGA	5 - 6 ELSTERNWICK			
Tai Chi for Arthritis Part 2	31 WODONGA			11 ELSTERNWICK		
Tai Chi for Arthritis for Dementia	30 (CS1) SWAN HILL		7 (MOD 1&2) ELSTERNWICK 8 (CS2) ELSTERNWICK 18 (CS1) ELSTERNWICK 23 (CS2) PAKENHAM	29 (CS2) SWAN HILL		7 (CS1) ELSTERNWICK 11 (CS2) ELSTERNWICK
Tai Chi for Kidz		21 - 22 ELSTERNWICK				
Warm Water & Chair Based Exercise				2 - 4 ELSTERNWICK 13 - 15 ALBURY / WODONGA (TBC) 26 - 28 SWAN HILL		
Warm Water only		15 - 16 ELSTERNWICK				
<b>Leader Updates</b>						
Self Management Skills Update		25 ELSTERNWICK				
Tai Chi for Arthritis	30 WODONGA			10 ELSTERNWICK		
Warm Water & Chair Based Exercise	29 SWAN HILL	18 WARRNAMBOOL (TBC) 31 BROADMEADOWS (TBC)	12 ELSTERNWICK	12 ALBURY / WODONGA (TBC)		
<b>Professional Development &amp; Continuing Education</b>						
Self Management Skills Workshop		25 ELSTERNWICK				
Strength Training for Chronic Illness - Prescribers				14 ELSTERNWICK		
Strength Training - Supervisors		12 ELSTERNWICK		7 (CS) ELSTERNWICK		
Exercise & Musculoskeletal Condition Seminar				8 ELSTERNWICK		
Health Professional Clinical Updates		20 BALLARAT (TBC) 25 ELSTERNWICK				

## Education and Services

### Education and Training Programs 2009

Arthritis Victoria is a Registered Training Organisation and offers nationally recognised education and training programs. All programs are conducted by health educators who hold Certificate IV in Training and Assessment. Health educators who conduct the Tai Chi and Better Health Self Management leader training and update programs are registered as Master Trainers with respective accrediting organisations. Training programs marked \* are accredited by Kinect Australia and professional development points are awarded on completion of the training program.

#### Leader training courses

##### **Warm water and chair-based exercise leader training\***

This three-day leader training course has two components: warm water exercise and chair-based exercise. It provides opportunities for participants to develop their skills and knowledge to run safe and effective warm water and/or chair-based exercise classes for people with chronic musculoskeletal conditions. Participants may enrol in either one or both of the courses.

The courses are suitable for people with little formal exercise or health training who are working under the guidance of a qualified health or exercise professional. Successful completion of this course provides a unit of competency from the national fitness industry training package.

##### **Tai Chi for Arthritis leader training \***

This two-day leader training course was developed by Dr Paul Lam in collaboration with a team of rheumatologists and tai chi specialists. The course provides opportunities for participants to learn how to safely and effectively conduct Tai Chi for Arthritis classes. It includes theory and practical sessions with an emphasis on group participation.

Successful completion of this course provides a unit of competency from the national fitness industry training package.

##### **Tai Chi for Arthritis Part 2\***

This practical course teaches the final nine movements of Tai Chi for Arthritis, for people with musculoskeletal conditions. On completing this course, participants will receive a Tai Chi for Arthritis Part Two leader certificate.

##### **Tai Chi for Arthritis for Dementia leader training *NEW***

This pilot course is funded by the Department of Human Services. It is designed to enable practitioners who are qualified leaders of Tai Chi for Arthritis to learn how to apply their tai chi skills in caring for people with dementia. The course aims to train practitioners in tai chi movements that will improve balance, maintain physical function, promote sensory gains and help in re-affirming identity and self-worth. The course consists of a full day (Modules 1&2) and two clinical supervision workshops (CS1 & CS2) held three months and six months after the initial training.

##### **Tai Chi for Kidz leader training\* *NEW***

This two-day leader training course has been developed by Dr Paul Lam and Cheryl Lee Player, a children's dance and tai chi teacher. This modified tai chi course is designed as a fun activity to develop children's concentration and coordination, offering them an opportunity to exercise in a fun, stimulating and supportive environment.

##### **Better Health Self Management course leader training**

This internationally recognised three-day leader training course is designed to train health professionals and peer leaders to co-lead in pairs a self management program for people with chronic conditions such as heart disease, arthritis, diabetes, asthma, bronchitis.

Successful completion of this leader training program can be used to contribute towards attaining three of the competencies required for the Certificate IV in Training and Assessment. Individuals attending the leader training program must be auspiced by an organisation that holds a current licence from Stanford University.

#### Leader updates

##### **Warm water and chair-based leader update\***

Trained leaders are required to attend a half-day session every two years to advance their knowledge and skills in running safe and effective warm water and/or chair-based exercise classes for people with musculoskeletal conditions. Completion of the update leader session will revalidate leader certificates for a further two years.

##### **Tai Chi for Arthritis (TCA) update \***

Tai Chi for Arthritis leaders are required to attend an update every two years. This one-day update ensures leaders have current knowledge in the dynamic field of health and exercise. It is a refresher workshop that will revalidate leader certificates for a further two years.

##### **Tai Chi for Diabetes update \***

Tai Chi for Diabetes leaders are required to attend an update every two years. This one-day update ensures leaders have current knowledge in the dynamic field of health and exercise. It is a refresher workshop that will revalidate leader certificates for a further two years.

##### **Self Management Skills Update**

This half-day update is designed for health professionals or peer leaders who utilise self management strategies in group programs. The course provides opportunities for leaders of the Better Health Self Management Course (BHSMC) and other group programs to update their knowledge of contemporary practice. Completion of this update will revalidate BHSMC leaders' certification for a further two years.

#### Professional development and continuing education programs

##### **Self Management Skills Workshop**

This half-day update is designed for health professionals or peer leaders who utilise self management strategies in group programs. The course provides opportunities for leaders of the Better Health Self Management Course (BHSMC) and other group programs to update their knowledge of contemporary practice.

##### **Exercise and chronic musculoskeletal conditions seminar\***

This one-day seminar is specifically designed for healthcare workers such as allied health assistants, diversional therapists and personal care attendants with some experience in exercise. The seminar focuses on improving knowledge of safe and effective exercise for chronic musculoskeletal conditions such as osteoarthritis or osteoporosis.

##### **Strength training for chronic illness supervisors course**

This pilot course is funded by the Department of Planning and Community Development. It is designed to enable fitness instructors and healthcare workers such as allied health assistants and nurses with experience in exercise to learn how to run safe and effective strength training programs in the community for people with chronic conditions such as arthritis, osteoporosis, diabetes and heart disease. The course consists of a full day of training and a Clinical Supervision (CS) session two months later.

##### **Strength training for chronic illness prescribers professional development seminar**

This seminar is specifically tailored for physiotherapists and exercise physiologists, and has been developed with support from the Department of Human Services. The seminar is designed to enhance participants' knowledge and skills to deliver safe and effective strength training programs for people with arthritis, osteoporosis, diabetes and heart disease. Expert practitioners and researchers are involved in conducting this course. This seminar is accredited by the Australian Physiotherapy Association and the Australian Association for Exercise and Sports Science and participants receive continuing professional development education points on completion of the seminar.

##### **Health Professionals' Clinical Updates & GP Clinical Updates**

These half-day seminars are designed to update health professionals (including nurses) or general practitioners in the current management of arthritis and musculoskeletal conditions. Each seminar will focus on a selected condition or conditions such as osteoporosis or fibromyalgia and will provide opportunities to gain current evidence-based knowledge and skills in areas including medical and conservative management strategies for musculoskeletal health.

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#### **Education and training programs**

For further information on Arthritis Victoria's education and training programs including application forms and details on fees and payment, please contact Kerrie Giannakidis, Coordinator, Training and Quality on (03) 8531 8017 or 1800011 041 (toll free), or email [kerrie.giannakidis@arthritisvic.org.au](mailto:kerrie.giannakidis@arthritisvic.org.au)

#### **Consultancy**

Arthritis Victoria can provide training programs on a consultancy basis across the state. Please contact Helen McLauchlan, Manager of Education and Training, on (03) 8531 8033 or 1800 011 041 (toll free), or email [helen.mclauchlan@arthritisvic.org.au](mailto:helen.mclauchlan@arthritisvic.org.au) to discuss your requirements. Details are also available at [www.arthritisvic.org.au](http://www.arthritisvic.org.au)