CASE STUDY NO 97: SLEEPWISE PROGRAM FOR OCCUPATIONAL THERAPIST (ID150)

<table>
<thead>
<tr>
<th>Organisation/s</th>
<th>Ageing, Disability &amp; Home Care, Hunter New England District NSW, Family and Community Services</th>
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<tbody>
<tr>
<td>RHCE2 Funding:</td>
<td>$5,965.00 (ex GST) Round 5 Duration: November 2013 to July 2014</td>
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<td>Project status:</td>
<td>Project completed and final report submitted</td>
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<td>Project type:</td>
<td>Multi-Disciplinary Team</td>
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<td>Location:</td>
<td>New South Wales – RA 2-3</td>
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<td>Target Groups:</td>
<td>Occupational Therapists, Speech Pathologists, Physiotherapists, Nurses</td>
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<td>Purpose:</td>
<td>Funding to enable a presenter from South Australia, Annie O’Connell, to go to Tamworth on 6-7th May 2014 and train therapists about how to run a SleepWise program.</td>
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The aims of this project:

- Provide opportunity for therapists from a variety of stakeholder groups to expand their skills and knowledge and feel confident in providing interventions relating to sleep disruption.
- Provide opportunity to bring specialist skills to regional/remote areas which can be used to support children and families who live in these communities.
- Enable families to develop their own goals and plans in collaboration with therapists who are experts in the field.
- Networking of families who are experiencing similar difficulties so that they may assist each other to continue to care for a child with a disability.
- Allow therapists in rural and remote areas to meet registration requirements through an accessible and relevant professional development opportunity.
- Provide opportunity for therapists from different stakeholder groups to form partnerships to support each other to implement new learning.
- Provide opportunity to build working relationships between the different disciplines to support a multidisciplinary approach to therapy.

The project activities:

Overall satisfaction with the SleepWise training was reported as (1 = not satisfied to 10 = very satisfied) N=20, Mean = 9.6.
Qualitative information gathered post training:

What did you find most important to you in this training?

- "Practical aspects such as strategies, techniques and evidence",
- "Planning, writing and interpreting a sleep diary",
- "Learning some easy to implement strategies".

The training will complement NSW government initiatives such as family-centred approaches and early intervention.

The premise of the program is to work in collaboration with families to devise an individualised sleep plan which addresses their specific needs and considers their specific environment and culture.

Feedback & Future developments

Anecdotally and from the evaluation forms, the response was overwhelmingly positive! “Thank you so much for all you help! We are all very grateful for the RHCE2 funding!”

Reportedly there was a significant change in professional’s knowledge, skill and confidence in addressing sleep disturbance in children with developmental delay and/or disabilities following training.

- Two of the participants are currently working in partnership to organize and run a Sleepwise workshop with families working in the Tamworth area.
- One participant is currently running the program with one family.
- Other participants have indicated that they are hoping to run a workshop in the near future.
- Many participants have commented that since attending the SleepWise training they have been able to utilise newly acquired information/strategies during conversations with families and carers.

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