

List of Services and Resources

Consultancy ~ Training ~ Resources

This document outlines HealthChange Australia's professional development training options for clinicians and managers plus additional capacity-building and sustainability options for organisations looking to implement HealthChange® Methodology into their programs and services: to provide patient-centred care, health literacy, self-management and behaviour change support.

More details are available in separate brochures for services noted with an asterisk (*)

Capacity Building Consultancy Options

- HealthChange® Integration Support Package:** consultancy services including planning, customisation, skills development and change management support. Optional components include HealthChange® Core Training for Managers, Practice Leader Support Program, Program Development Package and customised training for frontline staff *
- HealthChange® Practice Leader Support Program:** consultancy services including project scoping with senior or middle management, methodology implementation planning with line managers, skills development support for frontline Practice Leaders, and adaptation of HealthChange® processes, documents and tools to support in-house capacity building *
- HealthChange® Program Development Package:** consultancy services including project scoping with service managers, methodology implementation planning with program managers, skills development support for frontline staff, and adaptation of HealthChange® processes, documents and tools to support in-house capacity building and sustainability
- HealthChange® Train the Trainer Program:** train the trainer format for in-house delivery of Core Training Part 1 content for large organisations (state-wide or national)
- Consultancy and customisation options:** support for service managers, program design and development, audits and redesign, micro-systems redesign, staff mentoring, quality assurance and quality control, adaptation of HealthChange® Methodology and tools

Core Training Options

- HealthChange® Core Training Part 1 (CT1) (2-day workshop): for frontline staff *
- HealthChange® Core Training Part 2 (CT2) (1-day workshop): for frontline staff *
- HealthChange® Presentation and Forum for Managers (half-day workshop): for managers *

Other Training Options

- Introduction to HealthChange® Methodology (1-day workshop)
- The Secret to Successful Care Planning for Practice Nurses (1-day workshop) *
- Introduction to HealthChange® Methodology for General Practitioners and Practice Managers (2 hour workshop)

Resources

HealthChange® Australia also provides a range of purchasable and free resources for clinicians and managers. Refer to the back page for a detailed list.

HealthChange® Methodology Resources

Available for purchase

- **HealthChange® Online:** An interactive web-based learning environment that contains written chapters, graphics and more than 30 videos that help health service providers to learn, understand and reflect on the various components of HealthChange® Methodology. The topics covered in HealthChange® Online include all of the videos and content presented in our face to face Core Training workshops plus additional client demonstration videos, case studies and exercises that help to bring HealthChange® Methodology alive.

HealthChange® Online is ideal for people who have attended a HealthChange workshop and wish to deepen their understanding and hone their skills in using the methodology in their own clinical practice or other health service delivery role. It can also be useful for people who are unable to attend our face to face workshops and are self-motivated to work through the suite of learning materials in the learning environment. Self-reflection exercises are included as part of these materials.

Access to HealthChange® Online is via 12 month subscription with unlimited access during this time.

- **The HealthChange® Methodology Mini Guide:** A pocket-sized ready-reference to help clinicians, case managers and other health service providers to revise and use HealthChange® Methodology in their daily work.

The Mini Guide provides key information about the HealthChange® Person-centred Practice Principles and Essential Behaviour Change Techniques and provides reminders about the essentials of what to do at each step in the HealthChange® Decision Framework. Sample phrasing is included to help service providers to conduct their conversations in a more effective, person-centred and time-efficient way.

The Mini Guide has 44 (148mm x 105mm) spiral bound flip pages printed on high quality laminated card. Full colour diagrams and text colour-code the 'Above the line' and 'Below the line' Steps.

- **HealthChange® Clinical Condition and Healthy Lifestyle Menu of Options Booklet:** A portable booklet with Clinical Condition and Healthy Lifestyle Menus of Options that can be used to discuss treatment, referral and lifestyle recommendations and options with clients with any health condition. Separate Menus of Options for managing Nutrition and Eating, Physical Activity, Stress and Mood, Fatigue and Energy, Alcohol Intake and Smoking are also included in the booklet. The A5 spiral bound flip pages are printed on high quality laminated card in full colour.
- **HealthChange® Clinical Condition and Healthy Lifestyle Category Cards:** Two sets of 43 (90mm x 55mm) cards that match the options in the two corresponding HealthChange® Clinical Condition and Healthy Lifestyle Menus of Options. These tactile tools help health service providers to promote health literacy and visually guide patients through discussion and prioritisation of the evidence-based treatment and lifestyle recommendations applicable to their health issues. These two sets of Category Cards can be combined to create a customised card set with more options for discussion if desired.

Available as free downloads or viewing from www.healthchange.com

- **Resources for Clinicians:** A wide range of HealthChange® tools and resources are published in our Resource Library for clinicians and program managers to browse through and use in their programs and services.
- **Resources for Managers:** Resources are provided to assist program managers to embed HealthChange® Methodology into service delivery and promote and track skills development amongst their clinical and other frontline staff.
- **Case library:** HealthChange Australia collects client and organisational case studies to share with clinicians and program managers.
- **Videos:** Selected videos are available for viewing from the Videos page of the website.



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