



RESIDENTIAL AGED CARE NEWS

A Few Resources

▪ **Fantastic Article on COVID-19 and Palliative Care**

<https://insightplus.mja.com.au/2020/11/integrating-palliative-care-into-covid-19-planning/>

▪ **Where to get the most recent Information on COVID-19**

- Federal Department of Health - <https://www.health.gov.au/>
- ELDAC - <https://www.eldac.com.au/tabid/5953/Default.aspx>

▪ **Newsletters and Updates**

- ELDAC NEWSLETTER (ALSO THEY ARE ON FACEBOOK AND TWITTER)
<https://www.eldac.com.au/> (Right hand side of the page under 'Go Too')
- Our SMRPCC CONSORTIUM NEWSLETTER
<https://smrpcc.org.au/> (Click on subscribe to our email updates)

▪ **Online Training**

- COVID-19 online training – Australian Government
<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>
- Infection Control Training – 10 Modules. Australian Commission on Safety and Quality in Healthcare
<https://www.safetyandquality.gov.au/our-work/infection-prevention-and-control/infection-prevention-and-control-elearning-modules>
- World Health Organisation
Infection Prevention and Control for Novel Coronavirus (COVID-19)
<https://openwho.org/courses/COVID-19-IPC-EN>

▪ **Apps for mindfulness and relaxation**

- Calm, Headspace, Breathe or Smiling Mind may be apps that can help you to destress and calm the mind (**download from Apple App Store or Google Play**)



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