

Enabling Resilience Through Education and Capacity Building South Australian Gerontology Conference 2005

‘Sharing the Knowledge’ The Peer Education Model

Michelle Elding

COTA National Seniors

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‘Sharing the Knowledge’

‘Assisting older people through the process of sharing, to enhance and build relationships between themselves, the community and the systems that support them’

Source: Community Capacity Building – An initiative of the Northern Venture Project

Peer education

‘Learning from another with whom a commonality exists’

This may be –

- Age
- Religion
- Gender
- Culture
- Illness

Or any thing that provide a common connection

COTA National Seniors

Peer education used in 3 programs –

1. Community educator - education on health and well being topics – one off session
2. Chronic Condition Self Management Leaders for ‘Moving Towards Wellness’ programs – will link to organisations ‘licensed’ to conduct Stanford model
3. Networking Clubs in the Community

Access to information is critical to improving the life of older people

‘The ability to exercise rights, to access services and to participate in the community is significantly increased by having access to accurate and relevant information’

Source: Promoting the Health and Well-being of Older People

Peer Educators in training for QUM topic



Benefits of peer education:-

- Utilises existing groups/clubs and organisations
- Recognises the knowledge, skills and life experiences of the individual
- Presented in a supportive environment
 - Which encourages friendly and natural sharing
 - The peer educator has credibility
 - There is increased potential to inform
 - Breaks down stereotypical views of ageing
 - Information is easily understood
 - Cost effective, reciprocal and accessible

PEER EDUCATORS WANTED

Are you aged over 50 years?

- Interested in positive ageing?
- Interested in undertaking an exciting training program?
- Enjoy talking with people?
- Would like to be involved in an exciting new project?
- Would like to volunteer for COTA?

The Peer Education Program at COTA is looking for volunteers who meet the criteria listed.

INTERESTED?

WANT TO KNOW MORE?

For further information

Contact Michelle Elding

COTA, P.O. Box 1583,

ADELAIDE 5000

Phone (08) 8232 0422

Sample of advertisement

Processes

- Recruitment 8 – 12 weeks
 - Targeted advertising
 - Information session
 - Expressions of interest
 - Interview
 - Core training 4 days over 4 weeks (6 hours per day)
 - Other alternatives offered to unsuccessful applicants
- Topic specific training varies 3 - 4 days (6 hours per day)
- Follow up meetings and ongoing skills development

Peer Education as part of a multi-pronged approach



Increasing linkages

Peer educators undertake extended role as Consumer representatives on a variety of committees including the

- National Quality Use of Medicines Advisory Council
- Southern Adelaide Chronic Disease Management Steering Committee
- Central Northern Adelaide Health Service Consumer Advisory Council
- The Royal Adelaide Hospital Consumer Advisory group
- The Queen Elizabeth Hospital and Health Service Consumer Advisory Council
- Resthaven Playford Reference Group

Ongoing Skills development- Learning about 'Parkinson's Disease'



A QUM Community Session Activity



Community presentation on falls demonstration 'getting up after a fall'



Promotion of sessions

Book a free medicines information session



Peer Educators from COTA National Seniors are now available to host interactive medicines information sessions for your seniors group.

These sessions focus on learning how to get better results from the medicines you take, how to avoid medicine mix-ups and what you can do to enjoy better health.

For more information or to book a session contact :

Germaine Rowberry
at COTA National Seniors on
8232 0422
or growberry@cotasa.org.au



COTA National Seniors



National Prescribing Service Limited
www.nps.org.au

Promoted through

- Media
- Direct mail out
- Community radio
- Direct contact
- By peer educators

Networking Clubs in the Community



Lockleys Seniors Citizens Club introduce Members of the Australian South East Asian Women's Association to indoor bowls.

The Clubs Cross Cultural Exchange Program organised with the assistance of a Club Liaison Volunteer

Outcomes

- The model promotes principles of community capacity building, including:
 - Empowerment of individuals
 - Building of community networks
 - Contribution
 - Enhanced well-being
 - Responsive systems and services

The consumer is central to Peer Education

‘A consumer focused and consumer driven peer education model can be used to address both the imbalance of information between consumers and providers and the fundamental problems of lack of continuity of care through the processes of education, information, lobbying, capacity building, advocacy and the provision of a voice for this large and diverse group.’

Source: Evaluation of the COTA National Seniors Peer Education project October 2004. Fresbout Consulting Pty Ltd



For further information
Contact COTA National Seniors
on 82320422 or email
dpetrys@cotasa.org.au