



Self Care Training

We acknowledge the Traditional Owners of the land

Breakaway is located on Darkinjung country, which extends from the Hawkesbury River in the south, to Lake Macquarie in the north, from The McDonald River and Wollombi up to Mt in the west, to the Pacific Ocean in the east, and we wish to acknowledge them as Traditional Owners.

We would also like to pay our respects to their Elders, past and present, and to Aboriginal Elders of all nations.

By completing this training session you will

- Understand of the importance of infection control and personal protection.
- Be aware of the importance of maintaining a self-care regime and the benefits of doing so.
- Review some strategies for maintaining balance in your life.
- Review a series of simple exercises to care for your back and to keep yourself strong and ready for your tasks at Breakaway.

**This online training should take approximately
55 minutes to complete**

Our Mission Statement

**Camp Breakaway is a non-profit, charitable organization
committed to enhancing
the lives of all people with a disability,
at the same time allowing respite
for families and carers**

**Please take the time to read this
important document**

Link to NDIS Code of Conduct

<https://www.nwss.org.au/support/wp-content/uploads/NDIS-Code-of-Conduct.pdf>

What is 'Self Care'?

Self-care is any activity that we do deliberately in order to take care of our physical, mental and emotional health.

Self-care refers to activities and practices that we can engage in on a regular basis to reduce stress and maintain and enhance our short-term and longer-term health and well-being.

It is, simply, looking after ourselves.

Why is 'Self Care' Important?

Self-care is important to maintain a healthy relationship with yourself, sometimes called 'self-love'.

It produces positive feelings, which improve confidence and self-esteem.

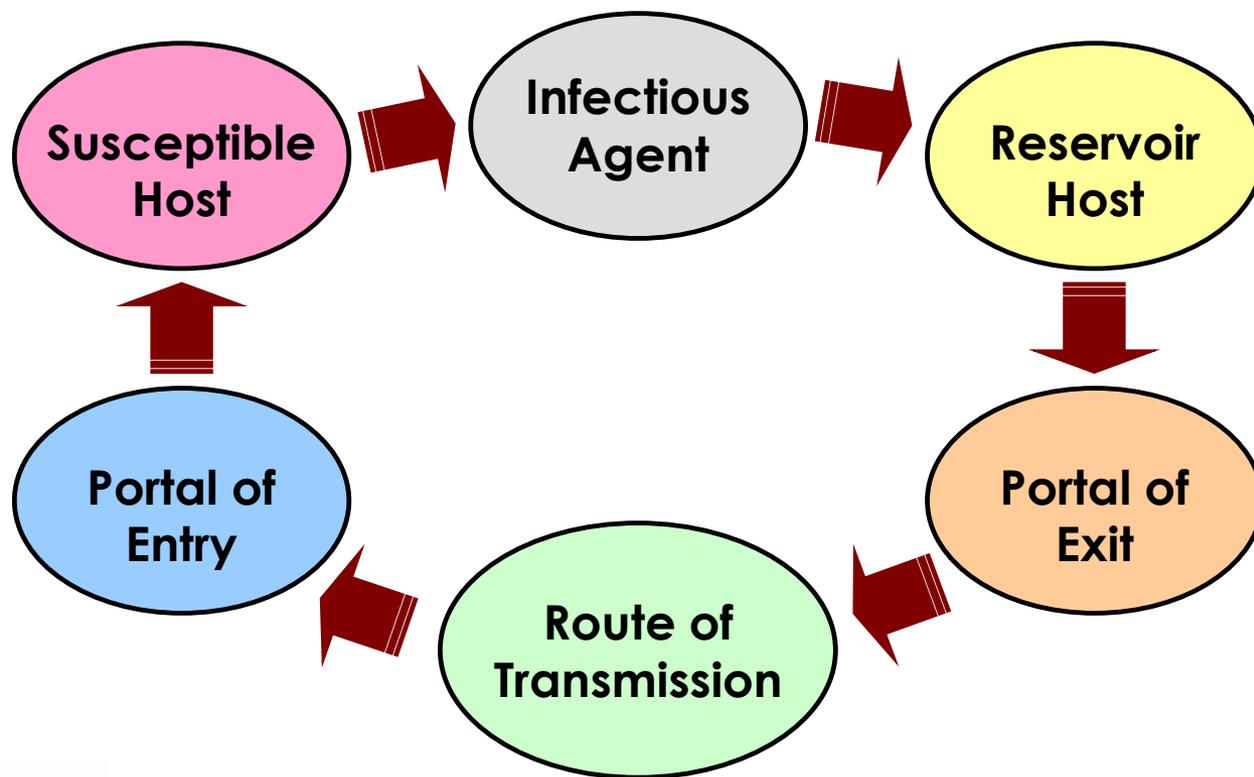
Self-care is important for your family and friends too, and is the key to taking care of others.

Staying Healthy

Your health and well-being while volunteering at Breakaway rest on a few simple actions you can take while performing a variety of daily tasks.

One of these tasks is identifying and reducing the risk of infections developing or spreading.

The Chain of Infection



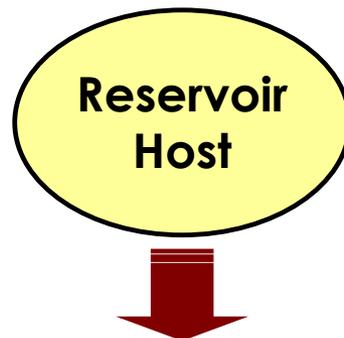
The Chain of Infection Explained



A pathogen MUST be present

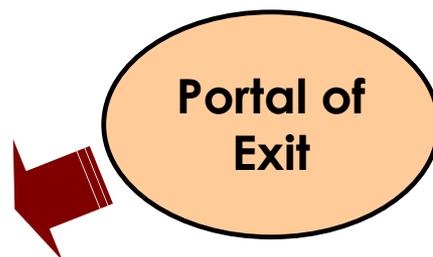
NOTE: A pathogen is any agent that causes disease: a bacterium, virus, fungus, or other microorganism.

The Chain of Infection Explained



The pathogen **MUST** have a place to live and grow.
For example: in the human body.

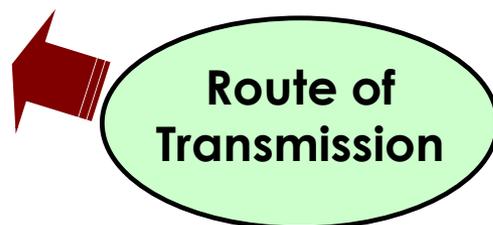
The Chain of Infection Explained



The pathogen **MUST** be able to escape from the Reservoir Host where it has been living and growing.

Examples of Portals of Exit are: blood, urine, faeces, breaks in the skin, wound drainage, reproductive fluids.

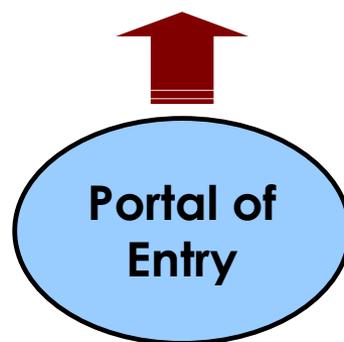
The Chain of Infection Explained



The pathogen **MUST** have a way of being transmitted to a new host.

Examples of Routes of Transmission are the air, food, secretions and direct contact with the infected person.

The Chain of Infection Explained



The pathogen **MUST** have a way to enter the new host.

Examples of Portals of Exit are the mouth, nostrils, breaks in the skin, etc..

The Chain of Infection Explained



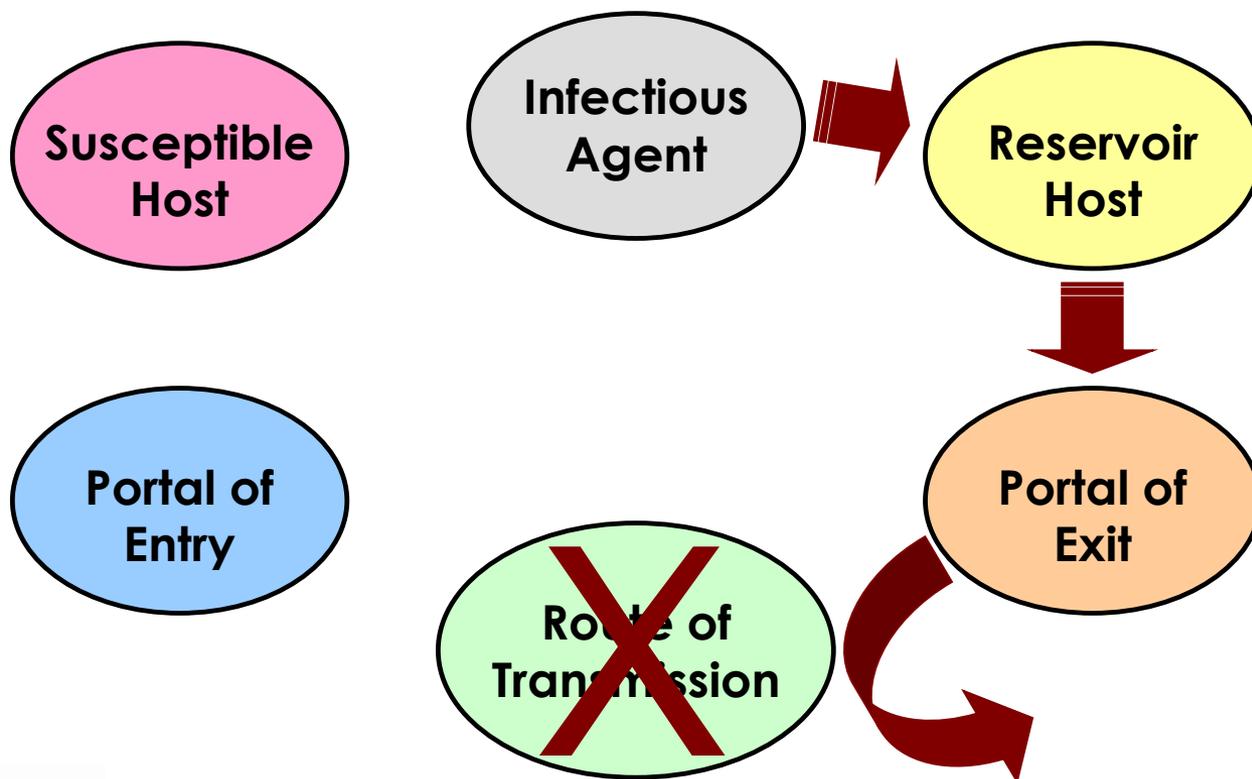
A pathogen **MUST** take residence in an individual who does not have adequate resistance to its invasion.

Infection may be transmitted

- Client to Client
- Client to Volunteer
- Volunteer to Client
- Volunteer to Volunteer

YOUR KEY ROLE IN PROTECTING YOURSELF AND OTHERS IS TO BREAK THE CHAIN OF INFECTION AT THE 'ROUTE OF TRANSMISSION'.

Breaking the Chain of Infection



Standards Procedures in Breaking the Chain of Infection

Hand washing

Use of Personal Protection Equipment (PPE)

Appropriate handling of guest care equipment and soiled linen

Prevention of needle-stick/sharps injuries

Environmental cleaning and spills management

Appropriate handling of waste

Hand washing

Proper hand washing is the single most important way to prevent and reduce infections.

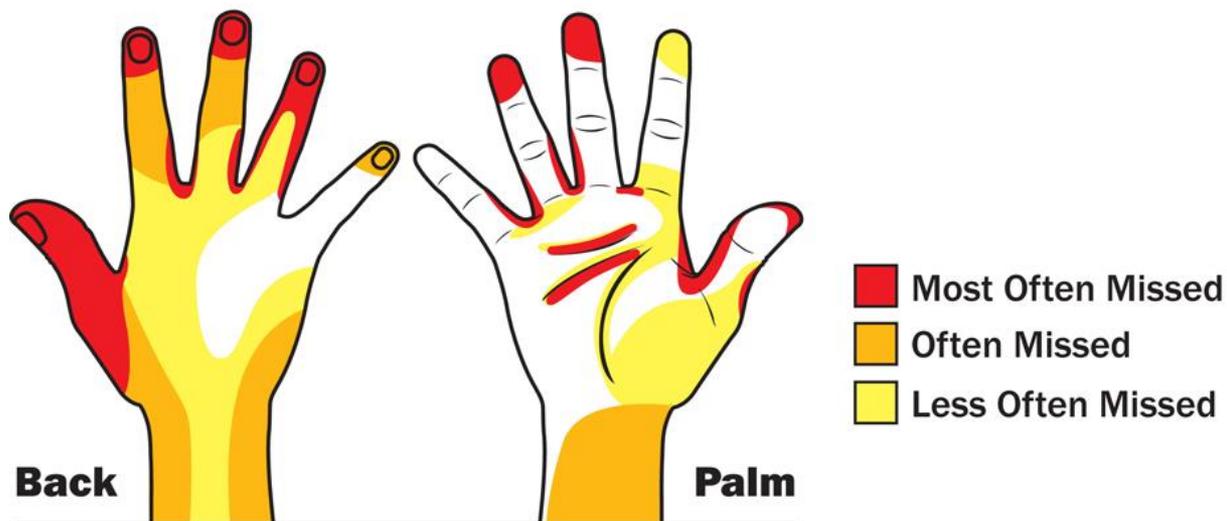
Wash and rinse hands vigorously using warm water for 15 to 20 seconds.

Use a paper towel to turn off the faucet.

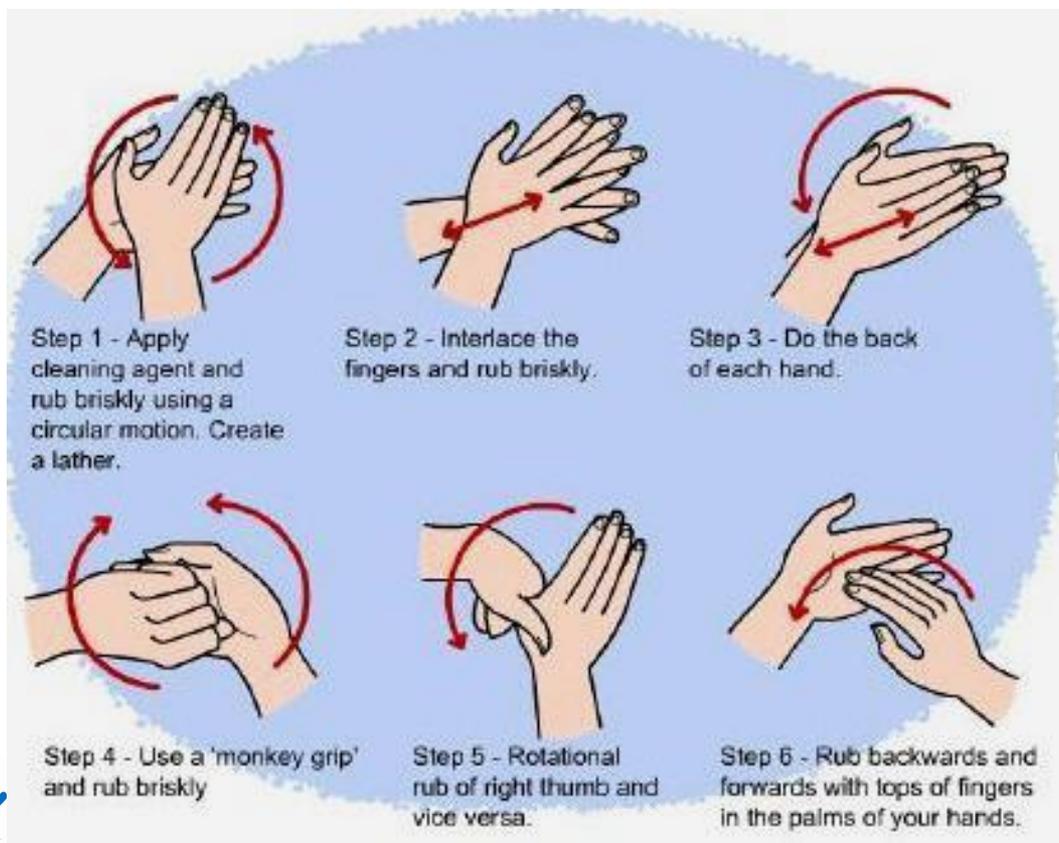
Hands should be washed:

- **Before and after guest contact.**
- **Before putting gloves on, and after taking them off.**
- **After touching blood and body substances, broken skin, or mucus membranes.**
- **Between different procedures on the same guest.**

Areas of Hands Most Frequently Missed during Hand Washing



Hand washing technique



Use of Personal Protection Equipment (PPE)

Use appropriate PPE in situations that could cause contamination of yourself or others

For example, use clean, disposable Vinyl powder free gloves when handling blood, body fluids, secretions, excretions, contaminated items, mucus membranes and broken skin.

Remove gloves promptly after use, before touching non-contaminated items, and before touching another guest.

Wash hands immediately after removing gloves.

Appropriate handling of guest care equipment (GCE) and soiled linen

Handle used/soiled GCE and linen carefully to prevent exposure to any contamination that could be transferred to yourself or other guests.

Reusable GCE should be properly cleaned before use by another guest.

Single use items should be discarded appropriately.

Wear appropriate PPE, and wash hands immediately after use.

Prevention of needle-stick/sharps injuries

Extreme caution should be exercised in the event that a inappropriately discarded needle or sharp is found.

Sharps containers are available in the Nurses Room

Single use gloves and eye protection should be worn, and tongs should be used to pick up the sharp from the middle with the sharp end pointed away from yourself, and the sharp placed in the sharps container sharp end down.

Sharps containers must not be placed in normal waste disposal.

Environmental cleaning and spills management

All spills should be immediately reported to a staff member.

Standard cleaning equipment, including a mop, cleaning bucket and cleaning agents, are available and located at Breakaway Lodge on the verandah near the roller door and in the kitchen.

Blood and body fluid/substance spills should be dealt with as soon as possible.

PPE should be used for all cleaning procedures, and disposed of or sent for cleaning after use. Hands should be washed and dried after cleaning.

Cleaning equipment, especially mop heads, should be sent for cleaning after use.

Appropriate handling of waste

Handle human and other (blood, etc.) waste carefully to prevent exposure to any contamination that could be transferred to yourself or other guests.

Contamination bins are located in each cabin and toilet. Human and other waste in these bins should be bagged and disposed of via the clinical yellow contaminated waste bin located at rear of lodge kitchen.

Wear appropriate PPE, and wash hands immediately after use.

Female sanitary bins are located in each toilet, and are serviced by an external contractor.

Principles of Universal Control

Infection Control should be Universal

This means that the same precautions are applied to:

- All infectious micro-organisms
- All body fluids
- All volunteers and guests

The Aims of Infection Control are:

- To prevent contact with body fluids
- To minimise exposure when accidental contact occurs

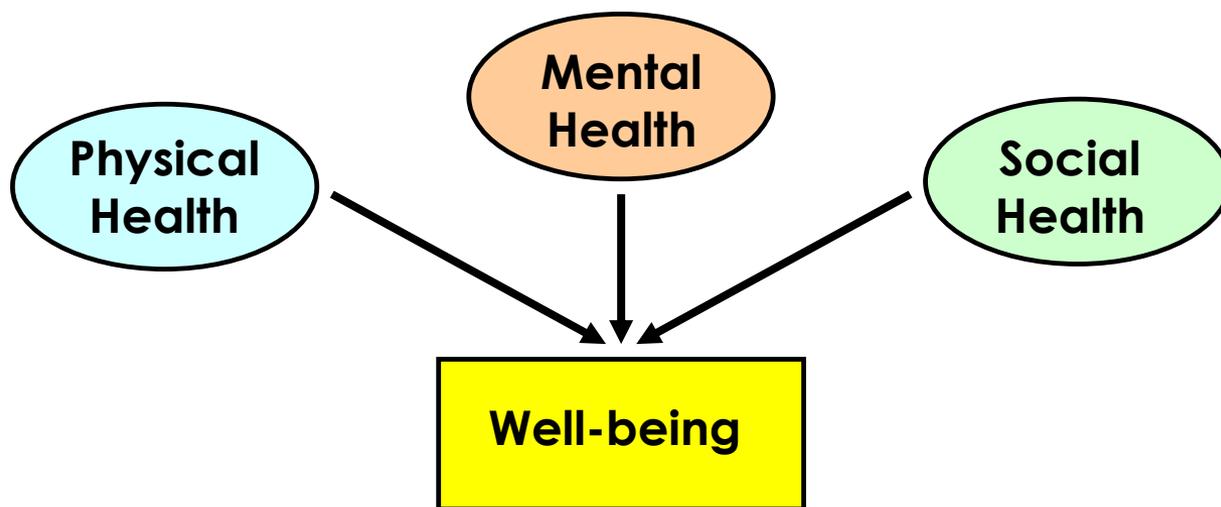
Keeping Your Life in Balance

The physical, mental and emotional demands of volunteering with people with disabilities can be high.

You must look after and protect yourself.

Maintaining life balance will not only impact your well-being, it will also produce those positive feelings that will improve your confidence and self esteem.

Keeping Your Life in Balance



Being in balance across physical, mental and social health leads to overall well-being.

Why is this so important?

Being in balance:

- **Increases your enjoyment of life.**
- **Aids you to cope with stressful events and sadness.**
- **Helps you focus to achieve goals and purposes.**
- **Boosts your self-esteem.**
- **Helps you maintain positive connections with others.**
- **Better equips you to support the mental health and well-being of others.**

Some Strategies to Help Maintain Balance

GET ENOUGH REST

The human body requires between 5 and 7 hours sleep per night in order to function effectively.

Lack of sleep can affect your productivity, irritability, mood, and how sharp your mind feels.

Some Strategies to Help Maintain Balance

GET SOME EXERCISE

Just 30 minutes strenuous activity per day is enough to maintain a healthy weight, tone muscles and reset your mind.

Exercise can help reduce stress, anxiety and helps manage depression.

Some Strategies to Help Maintain Balance

GET A DAILY DOSE OF SUNSHINE

In summer just 10 to 20 minutes per day in the sun can increase Vitamin D in your system. In winter it takes about 1 hour 30 minutes to achieve the same result.

Time in the sun can invigorate your body and improve your mood.

Some Strategies to Help Maintain Balance

GET A HOBBY

Having a hobby is one way to feel fulfilled and create a sense of meaning.

Setting aside time each day to engage in an activity you really enjoy can boost your self-esteem and unleash your creativity.

Some Strategies to Help Maintain Balance

GET INTO MEDITATION / REFLECTION

Spending 30 minutes a day relaxing and reflecting can help to stabilize your mood and help you cope with stress.

Instead of letting daily frustrations build over time, relaxation and reflection can help you cope and feel calm and centred.

Some Strategies to Help Maintain Balance

GET AN ACTIVE SOCIAL LIFE

Make time to engage with family and with friends.

Spending time interacting with those closest to you can enhance your emotional health and strengthen your support network.

Some Benefits of Maintaining Balance

You learn to take better care of yourself.

You experience better health (in all its facets).

You enjoy more engaged relationships.

You find a new freedom, and experience greater hope.

You discover a greater capacity to share yourself with others.

You develop stronger and better coping mechanisms.

Your productivity goes through the roof!

Important!

If you have any illness or injuries that could be exacerbated by physical activity, then seek advice from your doctor before undertaking exercise or increasing your exercise levels.

If you feel dizzy, faint, or are in any pain while exercising, **STOP! and seek medical advice.**

Make sure you exercise in a safe place, with plenty of room to move your legs and arms without hitting anything.



**Thank you for
completing this
online training
session.**

Any Questions?
(See following page)



For more information

Please visit our website @

www.breakaway.org.au

or visit Facebook @

<https://www.facebook.com/campbreakaway>

or contact Breakaway on

(02) 4390 7624

Please continue to next slide 

Please exit 'Slide Show' mode now

Enter your details on the following slide to certify that you have completed this training module.

Then print out the completed slide, sign it, and deliver or send it to Breakaway.

We will use this information to update your volunteer record in our database to show that you have completed this training module.

This completed form is the only evidence that the module has been completed that Breakaway is able to accept.

Certification of completion of Module #2: Self Care training session

**I have read and understand the Camp Breakaway Module 2
& agree to abide by the principles as outlined in this module.**

Name: _____

Date Completed: _____

Signature: _____

Please print out this completed form, sign it, and either deliver or send it to Breakaway.

We will use this information to update your volunteer record in our database to show that you have completed this training module.