

INVITATION TO APPLY

Western NSW Primary Health Network and Consumers Health Forum Australia invite you to apply for a unique leadership program.

The King's Fund, an independent charity working to improve health and social care in England, co-designed a leadership training program that focusses on developing the mindset and behaviours associated with collaborative practice.

The Collaborative Pairs program is based on evidence that when a culture of shared leadership and partnership with health consumers exists, then decisions are better, health and health outcomes improve, and resources are allocated more efficiently.

The Collaborative Pairs program brings clinicians, managers, patients and consumers together to develop new ways of working, to practice shared decision-making, to shift power dynamics towards shared leadership and, to reflect on and appreciate how different roles and perspectives can be a constructive force for change.

Collaborative Pairs Australia will be a trial of the King's Fund program in Australia. In Western NSW, *the Collaborative Pairs program* aims to activate partnerships between consumers and health care providers working together to improve local health care and outcomes.

The program's key objectives are to:

- Build participant's skills in developing collaborative practice
- Break down cultural barriers that often exist between those providing a service, and those using the service

Two programs will be delivered in our area in **Dubbo** and **Broken Hill** at different times. Choose the program that is in the best location for you.

Who is it for?

The Collaborative Pairs program is for people who want to make a difference, innovate and improve health care in our community. This program has been designed for pairs from the same local health care system to work together on a shared challenge.

One half of the pair will be a patient, consumer, carer or community member and the other half a health care professional (such as a doctor, nurse, allied health, pharmacist, NSW Health or health NGO staff). You will work together as a pair for the

duration of the program and build your skills in collaborative practice by working on a joint work challenge. This program will focus on the relationship and the factors that contribute to effective collaborative practice. The work challenge will be the vehicle for reflection and analysis.

The Program

The program is delivered over five one-day sessions with three to four weeks in between. The program will explore:

- Developing relationships across the health system with people who might have different perspectives and priorities
- Developing the tools and practices to handle difficult conversations
- Developing the tools and techniques to effectively communicate your message across the health system
- Understanding the power dynamic in collaborative practice and how to shift it to become more equal
- Effectively managing the political context
- Understanding your personal leadership and conflict resolution styles
- Building a support network to develop your partnerships in the workplace

The program will involve reflection and analysis, input from facilitators and experiential and interactive exercises. It has been designed to be flexible and responsive to the needs of the participants.

What will we be working on?

Each pair is required to bring a unique challenge to work on over the duration of the course. The approach is one of “learning through doing”. Potential challenges pairs may focus on could include:

- What can we do to help connect mental health services to support people at different stages of need?
- What makes a ‘well community’, physically and mentally? What can we do to support wellness beyond traditional health services in our community?
- How can we help consumers and health care providers work together to increase health literacy?
- What is the community’s role in the attraction and retention of health workforce in small towns?
- **Or, design your own problem question that resonates with the experience and interest of your pair.**

Where and when

Choose to attend in one location only.

Dubbo

1. Friday, 1 February 2019
2. Friday, 22 February 2019
3. Friday, 15 March 2019
4. Friday, 12 April 2019
5. Wednesday, 15 May 2019

Broken Hill

1. Thursday, 14 March 2019
2. Thursday, 11 April 2019
3. Tuesday, 14 May 2019
4. Tuesday, 4 June 2019
5. Thursday, 27 June 2019

Dubbo sessions will be held at the Western NSW PHN Office (187 Brisbane St). Broken Hill venue to be advised.

Cost

\$175 per person (administration fee). The cost of the training is paid for by the Western NSW Primary Health Network.

How to Apply

We are seeking interested, enthusiastic pairs (consumer and health service provider) who together want to improve their collaborative practice and to build effective partnerships that can influence change.

Interested pairs apply together (one application per pair), providing a brief response to the following questions. No more than 100 words per question or maximum of three pages:

- Why do you want to undertake this program as a pair?
- What do you understand by “collaborative practice” and why is collaborative practice important to you both?
- Why have you chosen to work with each other? Can you provide a brief overview of either your individual and /or shared work history?
- What do you anticipate being the shared work challenge you will bring to the program?
- What do you hope to get out of participating in this program as a pair?
- How do you think your participation in this program will benefit your organisation and/or community?

Applicants must state the pairs availability and commitment to attend all five sessions. Please indicate your preference to participate in the **Dubbo or Broken Hill** program.

Applications close 30 November 2018.

