

Digital Technology & Diabetes: Supporting Self Management with CALD communities

Diabetes prevention and management is a key health challenge for people from culturally and linguistically diverse (CALD) backgrounds in Melbourne's West and beyond. The self management of diabetes can be improved with CALD communities through the strategic use of digital technology. People from CALD communities use and engage with a range of technology including new and emerging digital media in different ways for a variety of reasons.

The Institute for Community, Ethnicity and Policy Alternatives (ICEPA) at Victoria University is holding a series of **free training sessions** to help improve the capacity of health service providers and community organisations to support diabetes self management using ICT for CALD communities. The focus of these sessions will be on using available technology, free and open source technology and understanding the digital proficiency of clients and communities in driving the use of ICT in the provision of health and wellbeing services. Participants can benefit from these sessions in the following ways:

- Increased awareness and skills in using ICT to support chronic disease self management through the introduction a new ICT Framework developed by Victoria University
- Introduction to available, free and open source technology such as Wordpress, Blogger, Tumblr, YouTube, Vimeo, Wet Paint and others
- Increased understanding of how to establish the digital proficiency of clients and communities in driving the use of ICT in the provision of health and wellbeing services
- Creation of online wikis, digital video and/or other content during sessions that can be used beyond the duration of the project
- Increased understanding of the needs of community organisations and members of CALD communities from their involvement in training sessions
- Participation in a relaxed and friendly training atmosphere within professional multimedia and technology spaces at Victoria University.

Training will be divided into 2 sections:

1. Developing an understanding of ICT in a health and CALD framework

Using stories, case studies, videos and online environments participants will be introduced to a framework that supports them to assess the digital proficiency of individuals, consider health issues within a culturally appropriate setting and how ICT can be used to support better outcomes for health and wellbeing of those with diabetes.

2. Practical Skills development

In a computer lab setting participants will be shown a range of free tools available online, taught how to engage with a wiki that will support further learning and look at how the ICT framework can be practically applied to the work they do.

When

The first training session is scheduled for Wednesday 16th December 2009 (TBC). The majority of sessions will be held during January and February 2010. Please see the following page for a full training schedule.

The sessions will be between 10-4pm and lunch will be included.

Where

Sessions will be held on campus in multimedia spaces at Victoria University and participants will be advised of exact campus and room location in due course.

Contact

If you or others within your organisation would like to be involved, or for further information, please contact Ben O'Mara directly on 9919 4455 or 0402 677 227 or ben.omara@vu.edu.au
Please advise asap if you would like to participate for catering and venue purposes.

Training Schedule

Session	Date
1	Wednesday 16 th December (TBC)
2	Wednesday 20 th January
3	Monday 1 st February
4	Wednesday 3 rd February
5	Wednesday 10 th February
6	Wednesday 17 th February
7	Wednesday 24 th February
8	Wednesday 3 rd March *before Labour Day Public Holiday