



# Delivering Your Health in Your Hands

June - October 2022

Congratulations on being selected to participate in the pilot *Your Health in Your Hands* project! This resource will provide you with the key links and information you need to deliver this project.

## About the project

### Background

Good Things Foundation Australia has partnered with ADHA to pilot a new digital health literacy program called *Your Health in Your Hands*. Its goal is to increase people's confidence in using My Health Record and support them to gain essential digital health literacy skills.

### Your role

You are one of 20 community organisations who have been selected to deliver this project in your community and provide your feedback as part of this pilot.

From this pilot, we want to know how user friendly the program is, if it meets you and your community's needs, and how useful the resources and training was in supporting you to deliver your learning programs.

### Project timeline

The pilot project is running from June - October 2022.

### About this pack

This pack is your *Your Health in Your Hands Resource Kit* with all the key links and info you need to participate in this pilot program.

## Your Resource Kit

The following resources will help you to participate in this project:

- [1. Grant details](#)
- [2. Training](#)
- [3. Online Learning Modules](#)
- [4. Downloadable Resources](#)
- [5. Learner Progress Survey](#)
- [6. Reporting and Providing Feedback](#)
- [7. Support available](#)

### 1. Grant details

You will have already received an email with key links to help you to accept your grant online and submit an invoice. If you have any questions about your *Your Health in Your Hands* grant please contact our grants team on [connect@goodthingsfoundation.org](mailto:connect@goodthingsfoundation.org).

### 2. Training

There is one training session that 2 representatives of your organisation must attend as a requirement of the program. You will need access to a microphone and webcam to participate in this Zoom Meeting. This session is being held on 29 June. [You must register here](#) to join this training session.

On the same day is an additional 1 hour session which is a Q&A with staff from the Australian Digital Health Agency who can answer your questions about My Health Record. [Registration link here](#).

### 3. Online Learning Modules

There are seven online learning modules available. These are the resources you will need to use and test in your program. You and your learners can access them here:

<https://learning.goodthingsfoundation.org.au/subjects/digital-health>

These online modules were developed by the Australian Digital Health Agency so you know you can trust them.



**TOP TIP:** You may like to display the url on a large screen in a classroom setting. When a learner clicks on a topic on the Good Things Learning website, they will be taken to a different website to the online learning module.

## 4. Downloadable Resources

We have created a range of resources to help you to run and promote your project. You can find the following resources on the [Be Connected Network website](#):

- Session Plans
- Learner worksheet
- Promotional resources and social media guide



**TOP TIP:** Prepare your digital health literacy sessions in advance. You can tailor our session plans to meet the needs of your community.

## 5. Learner Progress Survey

This is an **important two part process** that you do with your learners before your program and after you have supported someone to improve their digital health literacy. It is how you demonstrate how many people you have supported, as well as the impact the program has had in the community. Please support your learners to fill in both surveys.

### Part 1: Baseline Assessment

This is a survey to gain insights on where a learner is starting from. The questions in this extension survey are on a scale and will also ask for some contact details. There are two ways to access the survey:

1. Learners enter a url into their browser on their device
2. Learners scan a printed QR code using their device or type in the url, which will take them to the survey page.

This online survey is available at this url: <https://www.surveymonkey.com/r/M98Y6CM>





**TOP TIP:** If your learners have low digital skills, supporting them to get to this online form could be part of your learning and assessment activity

## Step 2: Progression Survey

This is a follow-up survey to understand what people have learnt as a result of the program. There are two ways to access the survey:

1. Learners type in the url into their web browser.
2. Learners scan a printed QR code using their device, which will take them to the survey page.

This online survey is available at this url: <https://www.surveymonkey.com/r/XFDBR58>



## 6. Reporting and Providing Feedback

There are two parts to this:

1. Feedback session
2. End of grant report

### Feedback Workshop:

You will be part of an evaluation and feedback session by video call with Good Things Foundation and fellow pilot participants. This session is being held on Thursday, 29th September, from 10am - 12pm (AEST) via Zoom.

Register for the workshop: [Zoom meeting link](#)

### End of grant report

As per your grant guidelines, you will be sent a link to an online report form to complete at the end of your project. These were covered in the grant guidelines and the report is due 30 September 2022. You will need to provide:

- a. The number of Face-to-face digital health literacy sessions held

- b. Number of Digital Capability Assessment/learners progression surveys sent through during the project
- c. Feedback about the content and best approaches to delivering the learning resources developed by the Australian Digital Health Agency
- d. Share quotes and learner journeys as good news stories
- e. Expenditure - submit a financial acquittal to show actual expenditure



**TOP TIP:** Capturing feedback as you go and maintaining good records makes this report much easier to fill in at the end of your grant. Put these reporting requirements somewhere visible at your organisation so you remember them!

## 7. Support available

As pilot participant, you will receive:

1. Training at the start of your project
2. Free resources to use when delivering your project
3. A contact point at Good Things Foundation if you have any questions
4. An opportunity to meet other community partners in our training and feedback sessions

## Contact

If you have any questions or concerns, contact us:

### **Dur-e-Shahwar Bilal**

Network Support Manager, Good Things Foundation Australia

E: [connect@goodthingsfoundation.org](mailto:connect@goodthingsfoundation.org)

Or, call us on (02) 9051 9292 and ask for Dur-e-Shahwar.