

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors



Huon Valley to benefit from Tele-Check

A new method of reducing social isolation and its consequences is being introduced in the Huon Valley. Tele-Check is a method of identifying those who are experiencing life stressors and reaching out to them with regular, friendly, confidential and non-invasive telephone calls made by trained community service providers.

The Tele-Check technique is developed specifically for rural and remote areas and is an initiative between the Federal Government and the University Department of Rural Health (UDRH), and supported by the Department of Health and Human Services.

A trial on the West Coast of Tasmania in 2004-2006 had many positive outcomes. One person said that receiving telephone calls made them realise that someone cared. A service provider remarked that their staff found the training easy to understand and they saw it as a way of keeping in touch with people who might otherwise “fall through the gap”.

The UDRH Tasmania is responsible for developing the Tele-Check training material and providing that training to community service providers and other community members. Tele-Check is a technique that emphasises maintaining individual health and social connections as a way of reducing stress. It involves keeping people at risk of isolation connected with the community, and raises community awareness of the health risks associated with social isolation. A key feature of Tele-Check is that service providers trained in the technique will initiate regular telephone contact with people who have been referred to them to check on their well-being.

Tele-Check training is available free of charge to Huon Valley service providers and interested residents. Training will begin in April. If you would like more information about this training opportunity, please contact Project Officer Lorraine Bell on 0429 431 895 or (03) 6230 7806.

For more information/interviews:

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