

Information about the SPECTROM project



About this information



This information is about the **SPECTROM project** from the University of Canberra.

We will call it the **project** for short.



The project is about using **psychotropic medications** in the right way.



Psychotropic medications are medicines that change how you

- Feel
- Think
- Act.



The project helps support workers learn more about psychotropic medicines.



Support workers often support people who take these medicines.



If support workers understand the medicines they will only give them when they need to.



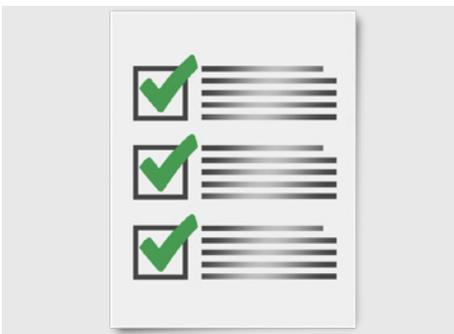
The project comes from England.



We want to make changes to the program so it works well in Australia.



Our project will go for 3 years.



This information tells you what we have already done in the project.

What we have done so far



We have already done a few things in this project.



We have

- Looked at what support workers need to learn
- Checked what information there is already
- Set up a **consumer advisory committee**
- Set up an **expert panel group**.

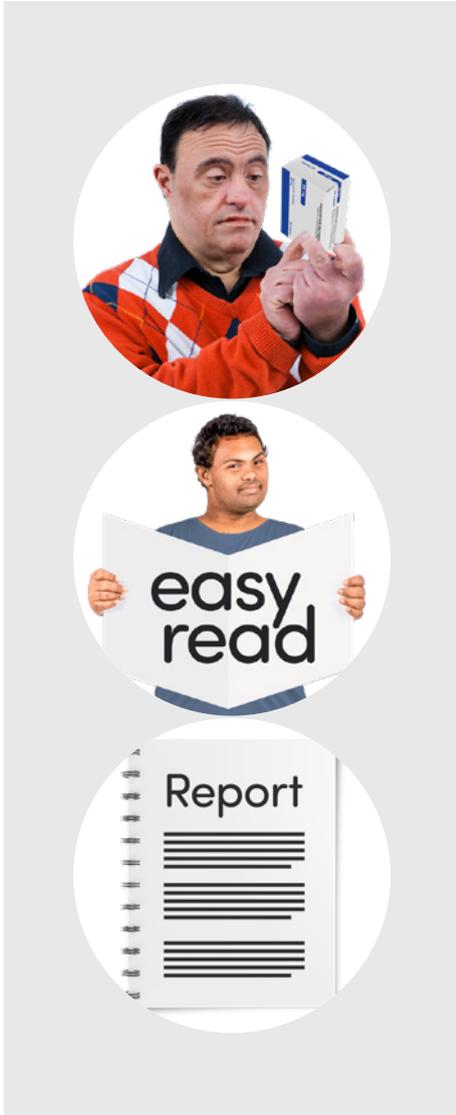


The **consumer advisory committee** is a group that helps us with the project.



The **expert panel group** has people that know a lot about things like health or disability.

The Consumer Advisory Committee



The Consumer Advisory Committee does things like

- Share what they know about taking the medicine and getting support
- Help us make the new training and information easy to understand
- Check reports before we share them with others.

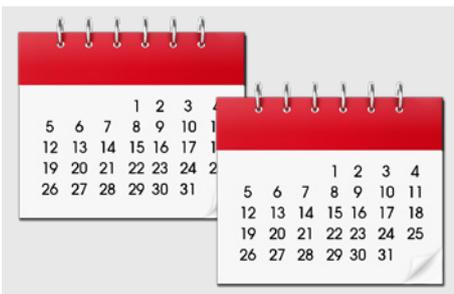


The group is made up of 4 people with disability and their 4 support people.



The members come from these 4 organisations

- NSW Council for Intellectual Disability
- SA Council for Intellectual Disability
- VALiD
- The National Centre for Excellence in Intellectual Disability Health.



The group meets every 2 months for 3 years.

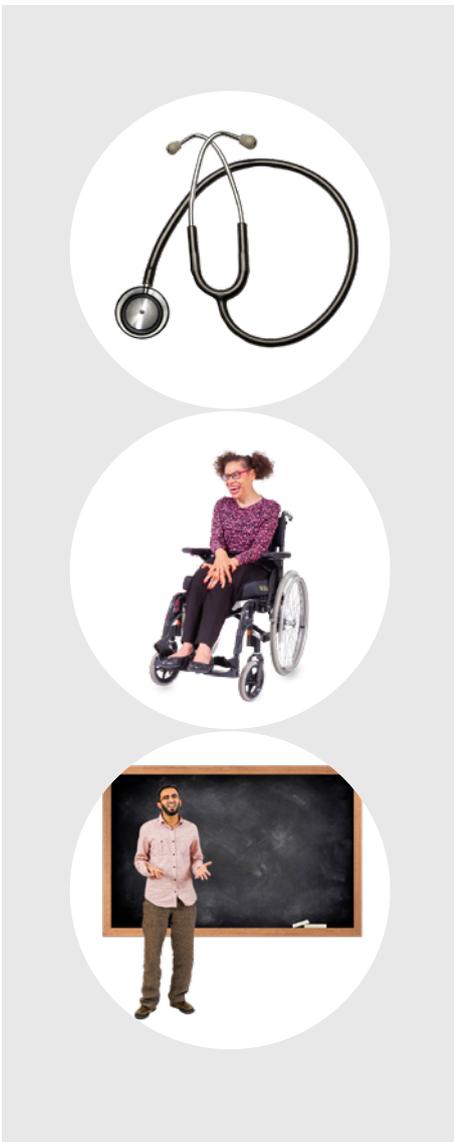


A person with disability runs the group with another person from the project.

The Expert Panel Group



Our expert panel group has 20 members from around Australia.



The experts in this group know a lot about things like

- Health
- Disability
- Teaching.



The group helps us make the new training program.



They check if the training is clear and easy to use.



They share their ideas to make the training better.

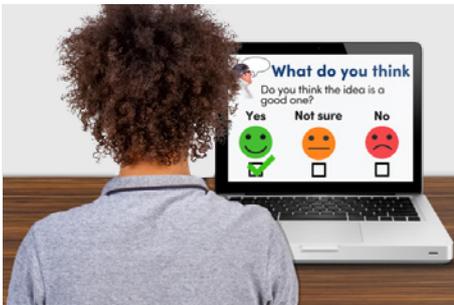


This group meets every month until the end of 2026.

What support workers need to learn



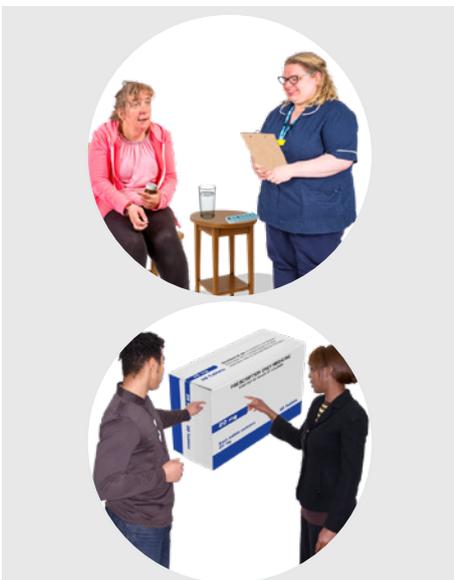
We looked at what support workers need to learn about the medicines.



To do this we did a short online **survey** with support workers.



A **survey** is a list of questions we want people to answer.



Support workers could only do the survey if they

- Help people with the medicines
- Used to help people with these medicines.



Almost 200 support workers did the survey.



They were from all states in Australia except for the Northern Territory.



We found out that many support workers knew about the medicines.



But most find it hard to support people with them.

What information there is now



We wanted to know what information there is about psychotropic medications.



We looked at **studies** that have been done in the past.



Studies are when people look into an issue to find out more about it.



We looked at information about what training support workers need.



We looked at information that was from over 300 different studies.



We did not find any information just on training about medicines.



We found out that good training should

- Be made by experts
- Be run in person and online
- Go for enough time for people to learn.



Support workers should get paid for their time when they do the training.

The training should let you learn



- In a group



- By yourself in your own time.



The training should have a part where people can say what they think about it.

What happens next



We now want to do **focus groups** and **co design events**.



A **focus group** is a meeting where people share their ideas.



A **co design event** is when we work together to make something like information.



We will do focus groups and co design events with

- People with disability
- Families and supporters of people with disability
- Support workers
- Health care workers.



If you want to join the focus groups or co design events contact Macey.



To contact Macey you can send an email to

macey.barratt@canberra.edu.au

Who did this Easy Read



CID made this information for the **University of Canberra.**



The pictures we use are **copyright.**



Copyright means you need to ask CID if you want to use the pictures.



You can email CID at **business@cid.org.au**



To read more about how we do Easy Read at CID you can go to our website at

www.cid.org.au/inclusion-services