

# TableTalk

AMT NEWSLETTER

**Your monthly newsletter on all things massage to keep you up to date on AMT and industry news.**

## HOME CARE PACKAGE UPDATE

After nearly 6 months of working very closely with the Home Care Operations Section of the Australian Government Department of Health and Aged Care AMT is excited to announce we finally have a definitive answer in relation to Home Care Packages and Remedial Massage.

The department are currently working on a fact sheet for providers, but they can confirm the decision through their normal enquiry channels.

***The Department of Health and Aged Care have stated:***

*Remedial Massage will be approved for Home Care Package Funding providing the following conditions are met.*

- 1) The therapists must hold a Diploma of Remedial Massage issued by a RTO under the Australian Qualifications Framework.*
- 2) The Therapist is a member of a professional association recognised by AHPA as either an Ordinary or Affiliate member.*

The acceptance of AMT as an affiliate member of AHPA means that **all AMT members with a Diploma of Remedial Massage or a Myotherapy qualification will fit the criteria.** To provide massage under the HCP model a massage therapist be a member of an association that is an affiliate member of the AHPA.

If you have a provider that has withdrawn HCP funding, please ask them to confirm the new criteria with the department. You can also refer them to the AHPA website which will verify AMT are recognised by AHPA as an affiliate member.

## PARENTAL LEAVE

*A reminder that AMT and Fenton Green do offer members parental leave membership and insurance protection.*

*AMT has parental leave provisions to assist current members maintain their membership during the period they are not in active practice due to child-rearing. AMT will waive the annual renewal fee for two years during this period.*

*Fenton Green have recently announced a similar program for AMT members that meet certain criteria to ensure members are adequately covered during the period when they are not practicing.*

*More information about both programs can be found [here](#).*



## MOVING YOUR PRACTICE

A friendly reminder from the AMT team that every time you move your clinic location you must update your practice address using the Jotform under the "Practices" tab of your members portal.

Your Provider numbers are linked to your practice address, not to your business name.

Once logged into your members portal click on the Practices tab at the top of the page and you will see the following text: If you would like to make any changes to your practice details please complete the change of practice form [here](#).

Click on the word [here](#) which will open the form. You will need to select "Add a practice address" if you wish to add a new location or "Delete a practice address" to remove a location.

In 2021, AMT did a thorough analysis of the amount of time involved in processing these changes. It equated to approximately 1 full time staff member per year.

The Board felt it was not appropriate for the bulk of the membership to be subsidising those who were changing practices frequently (sometimes monthly) and, due to the Health Fund systems it is very labour intensive. That is why there is a \$30 charge for each new practice address.

[PRACTICES](#)



# Professional Development news

## WORKING IN THE AGED CARE SPACE

To support the recent announcement by the Department of Ageing, we will be running an online webinar to introduce therapists to massage in the Aged Care space. Save the date for the night of Thursday 09 November 2023. Booking link coming soon.

Find us on 

### Are you a member of the AMT Facebook Group?

Often the Association receives updates from Health Funds if they are having issues, or HICAPS may be down. We send an email but often by the time members check it, days have passed.

If you would like faster communication, as well as being part of a great, supportive community, head to the Facebook group and answer the questions.



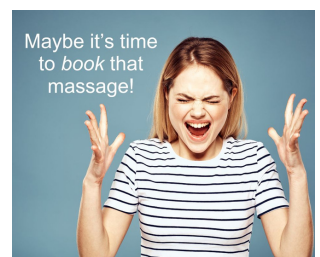
Scan the QR code to be taken to the group. Remember to answer the membership questions.

AMT have recently released a selection of social media tiles that are free to AMT members to download and use on their own business page.

We aim to slowly build up the tiles and give members a great selection to choose from.

Eventually they will be in the new member only section of the website, but for now, fill in the jotform and you will be sent a code to access them.

[CLICK HERE FOR  
SOCIALS](#)



## Research snippets...

A selection of some of the research that has come across our desk this month.

### Effects of massage therapy on preterm infants and their mothers

“We performed a systematic literature search in the Cochrane Library, Embase, PubMed, Web Science, & CINAHL to retrieve randomised controlled trials of premature infants receiving massage therapy and its impact on maternal and infant outcomes [including] infant attachment, oxygen saturation, motor function, reflex, temperature, and calorie intake.”

<https://pubmed.ncbi.nlm.nih.gov/37719450/>

### Changes in Clinical Parameters in Patients with Tension-type Headache Following Massage Therapy: A Pilot Study

The objective of this study was to assess short term changes on primary and secondary headache pain measures in patients with tension-type headache (TTH) receiving a structured massage therapy program with a focus on myofascial trigger point therapy.”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2565109/>



## CONFERENCE PRIZE WINNERS.

We've already given away some of the great starter packs from HY.GIENE Australia.

Our Facebook QUIZ TIME has been going gangbusters.

Week 1 winner was Sandrina  
Week 2 winner was Corrine.

Lots of members took the time to fill and send in their crossword last month.

The three winners of a HY.GIENE Australia cleaning starter packs are: Gerhard, Bailey and Penny.

## NOT ON FACEBOOK? NOT A PROBLEM!

Be in the running for the next round of give aways by answering the questions on the Jotform link below.



[CLICK HERE TO  
ENTER](#)



# AMT Virtual Conference 2023

## MASTERING —THE— BASICS:

Empowering Therapists for Success



### Major Sponsor



## Fenton Green

### Prize sponsors



**BreastEez®**  
PILLOWS

## Conference presenters

Preconference  
workshop presented  
by Thea Dillon

Massage Myth Busting  
with Paul Ingraham from  
[www.painscience.com](http://www.painscience.com)

Everything you need  
to know about cyber  
security and your  
practice by Fenton  
Green

**Pain Management  
for The Massage  
Therapist - A  
Review Of The New  
Diploma Standards  
We Should All Know  
by Aran Bright**

Panel discussion with  
Meredith Spark,  
Melissa Woodward  
and Moira Ruff

# CONFERENCE MAJOR SPONSOR - FENTON GREEN

AMT would like to take the opportunity to thank some of the sponsors of the **"Mastering the Basics - empowering therapists for success"** virtual conference.



**Fenton Green**

We'd like to acknowledge the financial support offered by our preferred insurer, Fenton Green.

Their support has allowed us to engage some incredible presenters and to offer hardship enrolments to members that have been under financial stress, particularly as a result of natural disasters around the country.

## PRIZE SPONSORS

Even water dispersible oils can build up in towels and sheets and cause a fire hazard in your clinic.

HY.GIENE Australia has worked with major day spas to create a Laundry Care solution for removing oil retention in massage towels!

Their Laundry Care 3 step process is simple and very effective for removing massage oils, grease and cosmetic spray tan oils in table linen, massage towels and robes.

HY.GIENE Australia has kindly donated 15 Laundry Care starter packs for prizes for the conference (Value \$61.38 ea) and will be offering a special discount for all AMT conference participants –

**Use code AMTConf15 to enjoy 15% off.**



**Stuart Hinds** has donated a 6 months membership to the **Stuart Hinds Academy** AND a one-on-one mentoring session for one lucky AMT conference participant.

Stuart established his online education website in 2001, which has a large range of online professional development resources to support and extend the skills of remedial massage therapists, physiotherapists, osteopaths, myotherapists, chiropractors and other soft tissue therapists.

He also provides quality mentoring to help your streamline your business and treatment skills. The mentoring session will be tailored to your individual needs and provide huge value based on Stuart's extensive skills and experience.

Thanks to Jesse from BreastEez for donating one of her award winning BreastEez Pillows to our conference.

BreastEez Pillows have been specifically designed to help alleviate the pressure and discomfort of laying stomach down due to different reasons: medical, cosmetic or general support.

Find out more about the pillow [here](#).



Join in the AMT Trivia Challenges during the conference breaks and be in the running for one of three gift vouchers from Firm-n-Fold.

Firm.n.Fold have been Australia's principal provider of massage equipment for over 40 years. They're passionate about the natural therapies industry and are proud supporters of it's training providers, members and associations.

From a single table design 40 years ago, they now have over 300 products in their range and they are truly the one stop shop for all your massage supply needs.

See their full range [here](#).



AMT would like to thank all the mentors and mentees who took part in the mentoring program this year.

15 matched pairs successfully completed the program. That's 15 mentors who shared their time, knowledge and experience to support 15 mentees who wanted to challenge themselves and grow their business.

It is a big commitment from both sides but one that brings great reward for all involved.

The participants have shared lots of great feedback, both on what went right and what needs tweaking for the next time we run the program, hopefully in 2024.