

# RISK ALERT #7

## The Care Sector and Cyber Risks

A graphic illustration on a dark blue background. It features a hand interacting with a digital interface. A central shield icon is connected by dotted lines to other hexagonal icons, including one with a person silhouette and another with a padlock. Percentages like 32%, 23%, and 56% are scattered around. The text "SECURITY BREACH" is prominently displayed in the center-left.

SECURITY BREACH

This Risk Alert shares the experience of one care provider who suffered a ransomware attack, the impact of the attack on their business and what they did to resume operations. It also provides essential advice on what you should do if you suffer a cyber-attack.

The Australian Cyber Security Centre has issued a “critical” warning that ransomware known as “Maze” is targeting health and aged care sector around Australia.

The sectors is targeted due to the sensitive personal and medical information they maintain in order to care for their patients.

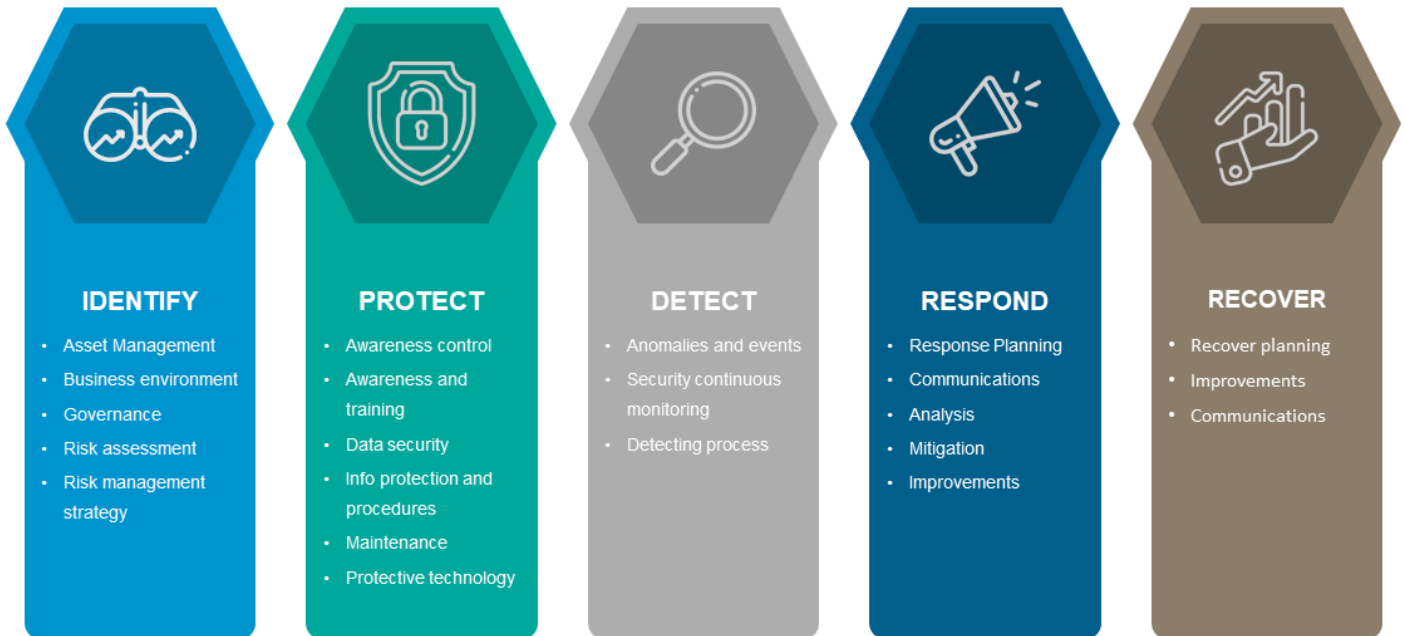
Effective risk management has been demonstrated to help organisations improve their ability to manage cyber risks and cyber resilience by:

- Identifying cyber risks and vulnerabilities
- Establish contingency plans
- Develop detection and protection measures
- Respond and recovery plans

# A Risk Based Approach to Cyber Risk

The reality is, it is nearly impossible to detect and respond to every cyber - threat, so it's better to protect business assets and mitigate risk by detecting and responding quickly to any potential breach.

Using a framework such as the US Department of Defence SP800-53, you can start to understand your current position on cyber activity. The framework focuses on five areas:



## Identify

What are the organisation's cyber-security risk to systems, assets, data and capabilities.

## Protect

Develop and implement the appropriate safeguards to ensure delivery of critical infrastructure services.

## Detect

Develop and implement the appropriate activities to *identify* the occurrence of a cyber-security event.

## Respond

Develop and implement the appropriate activities to *take action* to a detected cyber-security event.

## Recover

Develop and implement appropriate activities to maintain plans for resilience and to restore any capabilities or services that were impaired due to a cyber-security event.



Working with Australian Managed Service Security Provider, Interactive, Ansvar Risk has developed a Cyber Risk Assessment Tool to provide guidance around what best practice looks like in terms of risk management and help identify any gaps in the way your organisation manages cyber security risks. Click [here](#) to download.

# Cyber Risk and Aged Care

A number of aged care providers have recently suffered cyber-attacks, leaving them without access to or releasing files or clinical records. A recently reported attack on Regis Aged Care resulted in the release of sensitive personal data.

Ansvar Risk met with the CEO of a care provider to learn how they handled the recent ransomware breach.

## What happened

The care provider's IT service provider identified an issue at 6.00 am and found a breach had occurred at 9.30pm the previous day. By 6.00am the care provider had been locked out of some of its servers.

The IT service provider shut down the servers to stop further damage and started its investigation, identifying it as a ransomware attack. They located a ransom note demanding money to release the service – there was no reference to taking or leaking data.

## How did they respond

The CEO was advised at 6.30am. Knowing they didn't have the capability to manage the incident, the CEO sought advice from their network. The advice was simple - Don't react immediately, take a breath and develop a recovery action plan.

The incident was managed by the CEO and CFO, leaving others on the executive team to manage operations. The CEO focused on the recovery plan, while the CFO worked with the IT Service provider.

The organisation's recovery process involves six steps:

**Step One:** They contacted their insurance broker and insurer to understand their cyber insurance coverage and how the insurer could help. The broker liaised with the insurer who approved engagement of a Cyber Incident Manager to help with recovery and a lawyer for potential data breach.

**Step Two:** Identifying the Impact. The IT Service provider identified the impacted servers, controlled emails and operational hard drives impacting the administrative functions.

As the organisation was implementing its IT strategy, it had moved its Clinical data to cloud storage, minimising impact on clinical programs and, allowing clinical staff to continue operation.

The focus was potential data breaches and recovering email access, as email is the main form of communication to and from patient families.



Since February 2020 **any breach** of personal data affecting organisations with revenues of \$3 million and over, or holding healthcare records must be reported to the Office of the Australian Information Commissioner within 30 days of the breach being identified.

**Step Three:** Recover. The Cyber Incident Manager coordinating with the IT Service Provider, worked to recover access to the servers.

**Step Four:** Keep staff informed. The staff WhatsApp group became the main form of staff communication to inform and update staff until the servers were restored.

**Step Five:** Identify data breaches. Working with the lawyer, a forensic review was undertaken to determine if any data had been removed and if there had been any legislative breaches. Any data breach must be reported to the Office of the Australian Information Commissioner within 30 days after the breach.

**Step Six:** Resumption with full access to the servers were achieved within 5 days.

## Learnings

The CEO noted that there were many learnings from this incident. The main ones were:

- Make sure your organisation or its IT provider has a response and containment plan.
- Take a breath – don't react immediately or make rash decisions to get the business back up. Investigate the impacts and develop a recovery plan.
- Speak to your broker and insurer about what your policy covers and how they can help.
- Bring in expertise to help manage recovery.
- Keep your staff informed: determine your messaging and if you don't have one, start a WhatsApp group for all employees.

# Guarding Against Cyber Fraud

The No More Ransom Project, (an initiative of the Netherlands' police, Europol's European Cybercrime Centre, Kaspersky and McAfee) suggest the following mitigation strategies:

- Back-up regularly. Have a recovery system in place so data isn't lost forever.
- Use antivirus software to protect systems.
- Keep all software up to date.
- Ensure staff are aware not to open attachments in emails from people or organisations they don't know.
- Enable the 'Show file extensions' option in the Windows settings. Making it easier to spot potentially malicious files.
- Ensure staff delete files with extensions like '.exe', '.vbs' and '.scr'.
- If an unknown process or file is identified, disconnect device immediately from the internet or other network connections.

## Types of Cyber Attacks

**Phishing & Social Engineering:** Fraudulent communication to trick you into sharing private information or downloading viruses.



**Malware:** Various forms of harmful software that hackers use to wreak havoc on your computer or network

**Ransomware:** A form of malware that holds your data captive with the threat to publish or destroy it unless their ransom is paid.

**Denial of Service Attacks:** When a website is maliciously flooded with more visitors than it's equipped to handle, causing it to crash.

**Data breach:** Unauthorised access to sensitive or personally identifiable information.

Strategies to mitigate cyber security incidents must be a prioritised list to assist protecting systems and should be customised based on each organisation's risk profile.

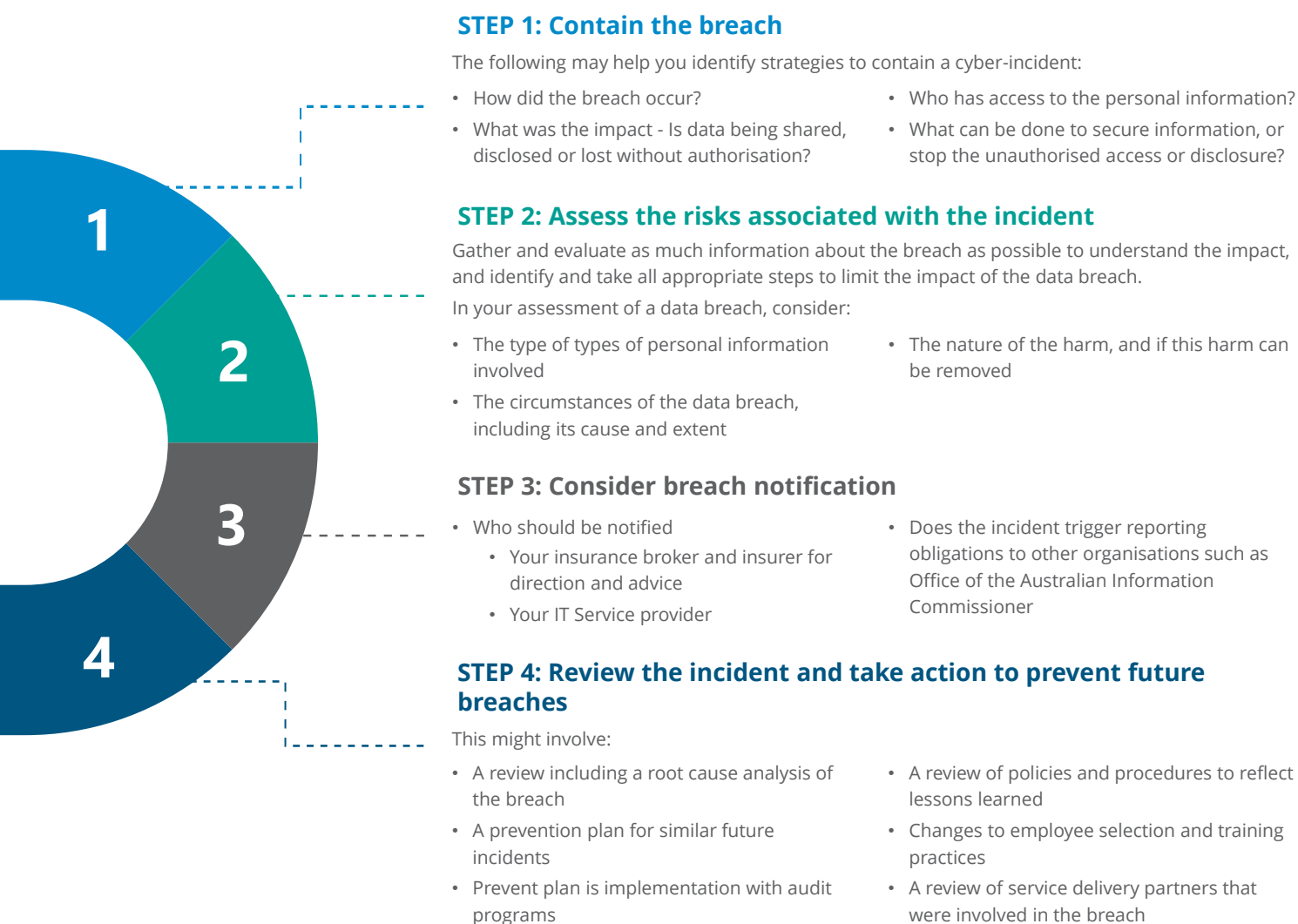


The Australian Signals Directorate's Essential Eight Guidelines provides a series of mitigation strategies useful for aged care providers to protect themselves from cyber-attacks or data breaches.

<https://www.cyber.gov.au/acsc/view-all-content/essential-eight>

## What do you do if you have a breach?

Implement your Cyber incident plan. The plan should include 4 key steps to consider when responding to a breach or suspected breach.



The response team should ideally undertake steps 1, 2 and 3, simultaneously or in quick succession. At all times, the response team should consider whether corrective action can be taken to reduce impact or harm to the organisation.



The Telstra Security Report 2019 identified the number one risk to IT security is human error – often caused by inadequate business processes and employees not adequately understanding their organisation's security position.

# Cyber Risk Insurance

Cyber insurance may give you piece of mind. Speak to your broker to determine how you can ensure you have the right insurance that covers your cyber risks.

## Resources

The following resources can provide you with more guidance to help you protect your systems, data and personal information.

The Australian Signals Directorate's Essential Eight guidelines

<https://www.cyber.gov.au/acsc/view-all-content/essential-eight>

Victorian Government Incident Response Plan Template

<https://www.vic.gov.au/prepare-cyber-incident>

National Cyber Security Centre United Kingdom Government

<https://www.ncsc.gov.uk/section/information-for/public-sector>

How to organize your security team: The evolution of cybersecurity roles and responsibilities (Microsoft)

<https://www.microsoft.com/security/blog/2020/08/06/organize-security-team-evolution-cybersecurity-roles-responsibilities/>

## Contact us

If you have any specific Risk Management queries please contact Ansvar Risk, see below for details. Please contact Ansvar Insurance on 1300 650 540 or [insure@ansvar.com.au](mailto:insure@ansvar.com.au) regarding insurance coverage, claims support and advice.



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