

Primary Health Care and the Older Person

Graham Guy

Waikato Primary Health

graham.guy@waikatopho.org.nz



Waikato Primary Health

- 82 PHO's in NZ
- 2ND Largest in NZ
- 1 of 4 PHO's in the Waikato
- 307,000 enrolled population
- 50,000 Maori
- 94% enrolled Population in the Waikato
- 20% aged 60 and over

Waikato Primary Health

- To generate health gains via improving access & integrating/coordinating primary health services
- Targeting populations of highest need

“To have the healthiest population in New Zealand through leadership, innovation and partnerships we will build and connect quality primary health care services which meet the health needs of our people”

Key Strategic Themes

- Planning and investing in a sustainable primary health care workforce
- Effective management and prevention of chronic and long term conditions in primary health care
- Proactively targeting Maori or people who have high needs
- Understanding what our enrolled population needs
- Working with and developing health and intersectoral relationships with funders and providers
- Securing appropriate resources, expertise and knowledge that we need to lead the improvement of primary health care services

HealthRight Chronic Care Management

Chronic Care Management Framework in Primary care

Proactive approaches to reducing
impact/incidence of long-term
conditions



Mobile Nurse Services

Practice Nurses home visits (public health approach)

- Debilitated older people and 'hard to reach' children
- Improve Immunisation rates
- Improve acuity of unwell elderly and provide more enjoyable and accessible services
- Home safety assessment
- Diabetes checks
- Medication compliance
- Immunisations



Podiatry Services

Waikato wide

- In response to high incidence of foot problems and lower limb amputation assoc. with diabetes
- Diabetes sufferers
- Assessment, education, monitoring, standard podiatry treatment



Kaumatua Care Programme – Go Tuatara

- Maori Kaupapa-based workshops and resources for the informal caregiver workforce with a particular focus on caring for Kaumatua.
- Safe handling of OP, home safety, infection control, personal cares, equipment, education resources, food, temp/pulse, support available etc.



Upright and Active

- Older people 65+
- Significant balance/strength issues/are sedentary at risk of falls
- Falls prevention focus – home visitations
- Flexibility/strength/balance building exercises 6-8 weeks
- Post programme followed up for 3-4 months through Sport Waikato (Green Prescription)



Tea and coffee on regular footnotes

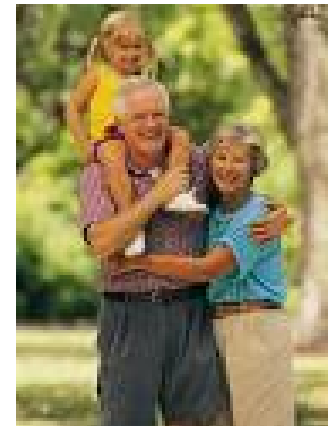
50's Forward

- Sport Waikato, Kawhia and South Waikato
- Structured physical activity based programme(s) – home visitations
- More than 6 face-to-face visits
- May include element of the Upright Active Programme



Life Transitions

- Psychodynamix facilitated workshops addressing the mental health and wellbeing of older people and to encourage successful and active aging.
- 2007 - Thames, Coromandel and Hauraki.
- 2008 - Marae-based workshops targeting Maori Kaumatua planned in Waharoa and another Marae (TBC). There are plans to deliver these workshops in Pacific Island Churches and the Migrant Centre also.



Kaumatua Mirimiri Service

- Raukawa Trust, Tokoroa and Putaruru
- Culturally based treatment and recovery programme
- 150 clients per year – 40 years +
- Assessment, treatment and careplans alongside Raukawa nurse
- Transport
- Link into other Raukawa services



Future

- Preventative Healthy Lifestyles Activity
 - Community Health Coaches, Get Cooking, Get Walking, Get Gardening
- Your involvement
- Help us develop services

- **HEALTH CARE ON YOUR TERMS**

