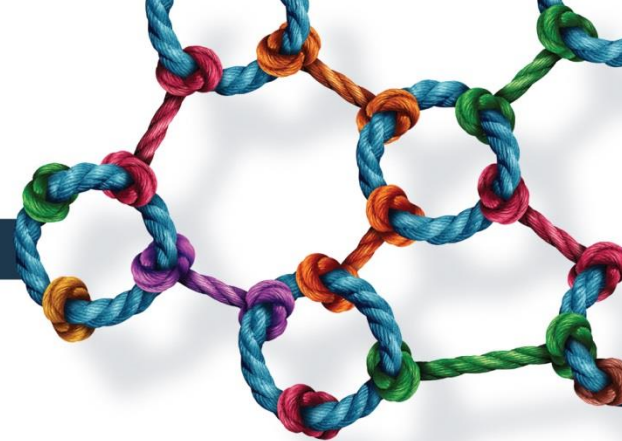


ANTICIPATORY CARE PROJECT

ACTION LEARNING TO IMPROVE HEALTH IN TASMANIAN COMMUNITIES



NEWSLETTER No. 1: February 2019

In Tasmania, the number of people with chronic conditions such as cancer, heart disease, diabetes, arthritis, stroke and asthma continues to increase. The Anticipatory Care project is aiming to improve the prevention and management of chronic conditions.

What is the Anticipatory Care Project?

The Tasmanian Government has provided funding to four Tasmanian communities to try out new ways of delivering anticipatory care with the aim of improving the health and wellbeing of their communities. The four Tasmanian communities involved are:

- Ulverstone – led by the Patrick Street Clinic
- Flinders Island – led by Flinders Island Aboriginal Association (FIAAI) together with the Flinders Island Health Co-ordination Group
- Northern suburbs of Launceston – led by Starting Point Neighbourhood House and the Northern Suburbs Community Centre (NSCC), and
- Clarence – led by Clarence City Council.

Anticipatory care is a population approach to health care. It identifies and supports people who are at risk of developing chronic conditions with the aim of preventing or slowing down ill-health.

Action and Research

This is an action research project to learn from local communities about the different ways anticipatory care is happening; what is working well and why, and what can be improved and further developed.

The University of Tasmania, the Sax Institute and The Australian Prevention Partnership Centre have been engaged to lead and support the action research.

Local project officers in each community are consulting widely with community members. Through the consultations and information gathering we want to hear your ideas and for you to be involved in improving the health and wellbeing of your community.

This project is funded by the Australian Government through the National Partnership Agreement on Improving Health Services in Tasmania



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Clarence

With the end of very busy 2018 for the Clarence City Council *Help to Health* project, we are ready to take on 2019! We are also so excited to welcome our new Project Support Officer Emily McKinnon, who has recently started working with us.

The project has been going well. To date we have:

- Signed up 17 *Right Place* member organisations
- Trained almost 90 Clarence workers through *The Right Place* initiative
- Almost 100 community members involved in either *It's Ok to Ask* workshops or as our *Help to Health Friends*
- Almost 100 members of the Clarence community have come along to our *Clarence Talks*

We have recently developed a project e-newsletter. To subscribe go to <https://mailchi.mp/e43e134be02d/help-to-health-e-news-issue-1>

More project information including the project summary, reports, sign-up sheets, etc. can be found on the Clarence City Council *Live Clarence* website:

<https://www.liveclarence.com.au/about/healthy/help-to-health-project/>

Like to know more?

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Northern Suburbs

Two neighbourhood houses, Starting Point and NSCC have partnered to lead this project in the northern suburbs of Launceston.

A local reference group has been set up, chaired by Dr Frank Madill and with representatives from across the community. Local project officers, Fokie Wilde and Michael Monticchio are out and about, talking to community members and gathering information.

“Lets Talk about Health and Wellbeing in the northern suburbs” events were held:

- At Starting Point Neighbourhood House in Ravenswood on Wednesday 13th February 2019
- At NSCC on Thursday 14th February 2019

These events were an opportunity for community members to share their views about how the health and wellbeing of the community might be improved. We are now writing up all this valuable information and will keep you posted about the outcomes.

If you would like more information contact either Fokie at NSCC on 0407 144 554 or email wellbeing@nscctas.org.au or Michael at Starting Point on 6339 2861 or email anticipatory@ravenswoodnh.org.au .



Flinders Island

Flinders Island is excited to be one of the four Tasmanian communities involved the Anticipatory Care Project.

Our Health, Our Future is being led by the Flinders Island Health Co-ordination Committee (FOCHM) and managed by Flinders Island Aboriginal Health Association (FIAAI). We have appointed project staff, Alison Oliver and Fiona Turley.

Consultations and discussions with community members are well underway. We are gathering their views as well as other data and information about the health and wellbeing of the Islands.

Distance from services and resources and our geographical isolation pose lots of challenges, but we are a community that knows how to get the best from our local resources – our people, our culture, our way of life.

We are looking forward to our first community forum on 28th March which will be an opportunity for us to share what we have learnt so far and for community members to share their knowledge and ideas about how we can shape Islanders' health into the future.

Like to know more?

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Ulverstone's GP led Anticipatory Care project

Patrick Street Clinic is working with the Central Coast Council and the Ulverstone community to assist people with, or at risk of developing chronic illnesses to manage their conditions better.

We are looking at how well the Clinic is organised for partnering with our patients and the wider community to manage and reduce chronic conditions, and how we can do this more effectively.

Local project support people are consulting with community members. Through the consultations and information gathering we want to hear your ideas about working with GPs and all health professionals to improve the health and wellbeing of our community.

More information?

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OUR RESEARCH PARTNERS



The Australian Prevention
Partnership Centre
Systems and solutions for better health

The Australian Partnership Prevention Centre is a national collaboration of researchers, policy makers and practitioners who are working together to identify new ways of understanding what works and what doesn't in the prevention of chronic health problems across Australia.

The Prevention Centre has been engaged to provide resources and mentoring in the application of systems approaches to the Anticipatory Care Project in Tasmania.

The causes of chronic diseases are complex and varied. This complexity means we need a new way to tackle the problem of chronic disease. To effectively prevent complex chronic health problems in the long term, we need to recognise the role of social, economic and environmental factors and how each of these interacts. This requires a systems approach.

Systems approaches are the specific tools and methods we can use to better understand the system and the complex problems within it. They are particularly useful because they don't require us to know everything about the system before engaging in problem-solving activities.

Applying systems thinking and systems approaches enables us to create an environment that supports people to make better health decisions and avoid chronic disease.

<https://preventioncentre.org.au/>



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Change**

UTAS researchers are out and about – talking with community members across the state to find out as much as we can about how people stay healthy: what makes that easy or difficult, and what might motivate people? We've talked to people in each community, as well as finding out anything we can from the statistics that governments and agencies collect – The Census for example.

Our research team is growing! Dr Robin Krabbe has joined the research team, taking on the research role for the Ulverstone arm of the project. Robin is a Central Coast local with lots of experience in community development, and youth mental health, and has worked with many community organisations.

We also welcome Thérèse Murray, who is a human geographer. Therese is involved in the mapping and in analysis of the data the PSOs and researchers are gathering. Therese recently spent a year doing research in some local neighbourhood houses in Clarence.

Eli Preston is also joining us; Eli is our 'emergency' support when the data analysis or admin threatens to overwhelm. Eli is in the second year of a Social Work Masters.

We're looking forward to the first community forums/conversations, where we'll be sharing with each community what we've learned so far, and seeking their feedback and ideas. It's exciting to be able to take this back to the local experts!

More information?

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