

ANTICIPATORY CARE PROJECT

ACTION LEARNING TO IMPROVE HEALTH IN TASMANIAN COMMUNITIES

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.

WHAT IS THE PROJECT?

The Tasmanian Government wants to improve health in Tasmania, and has provided funding to four communities to try out new ways of delivering anticipatory care with the aim of improving health and wellbeing:

Connecting Care



FLINDERS ISLAND
Our Health, Our Future project
Flinders Island Aboriginal Association together with the Flinders Island Health Co-ordination Group

ULVERSTONE
Connecting Care Project
Patrick Street Clinic

NORTHERN SUBURBS OF LAUNCESTON
Our Community, Our Care project
Starting Point Neighbourhood House and the Northern Suburbs Community Centre



CLARENCE
Help to Health project
Clarence City Council

WHY ARE WE DOING IT?



Almost **50%** OF TASMANIAN ADULTS HAVE THREE OR MORE CHRONIC CONDITIONS (the highest of any State or Territory)



mental illness

The number of Tasmanians with chronic conditions such as **mental illness, cancer, heart disease, diabetes, arthritis, stroke and asthma** continues to increase.

We're trying to find out how we can better prevent and manage chronic disease in Tasmania and improve the health of Tasmanians.



diabetes / obesity



heart disease



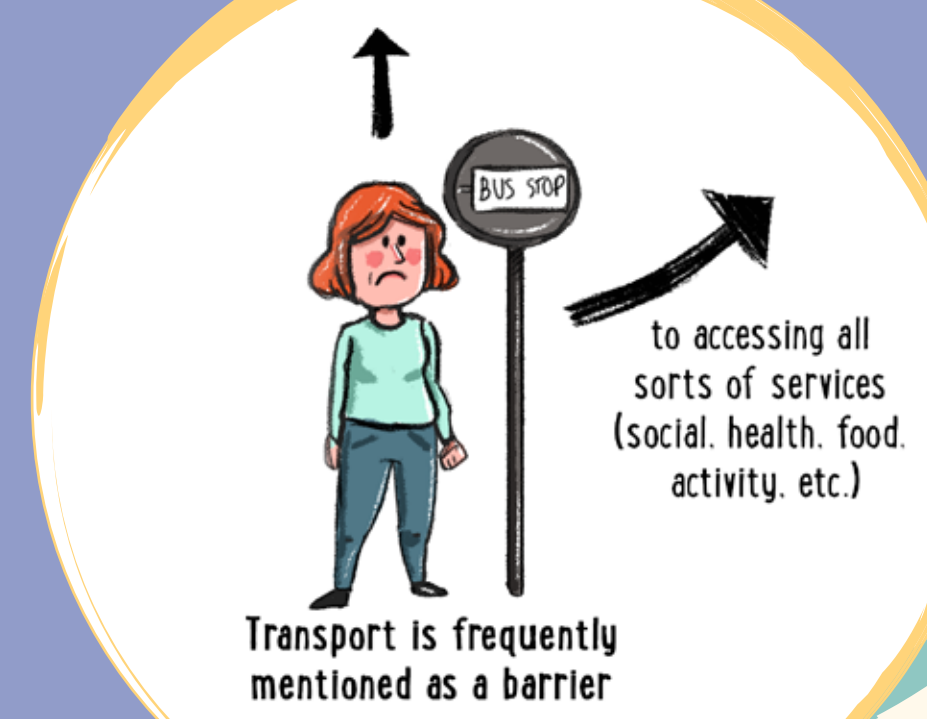
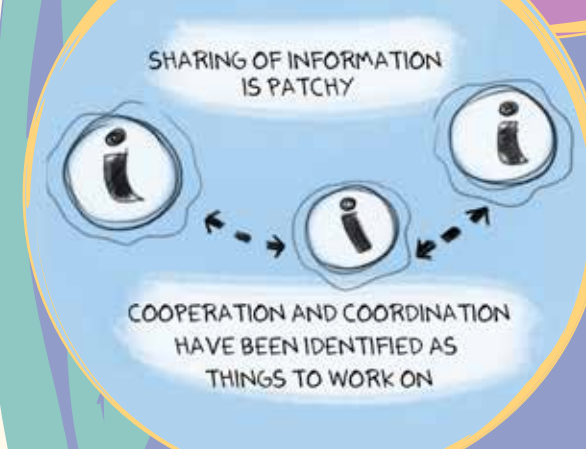
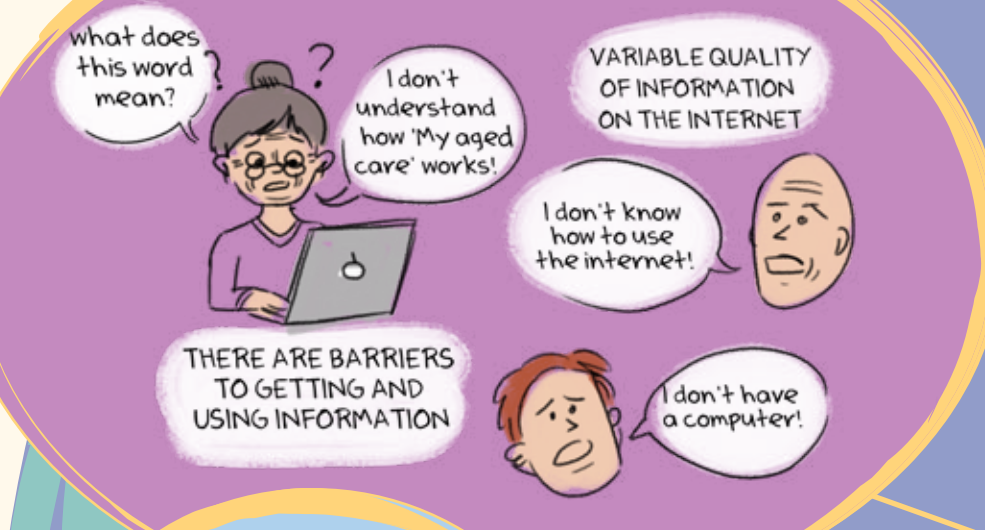
lung disease

6% OF TASMANIANS NEED ASSISTANCE WITH DAILY LIVING



6% OF BED DAYS IN OUR PUBLIC HOSPITALS ARE POTENTIALLY PREVENTABLE

WHAT ARE WE LEARNING?



HOW ARE WE DOING IT?

Action and Research

This is an action research project, learning with local communities about different ways anticipatory care is happening, what's working well and why and what can be further developed.

Local initiatives aimed at improving the health and wellbeing of each community are being implemented and evaluated.

- STATISTICS
- OBSERVATIONS
- INTERVIEWS
- FOCUS GROUPS
- FIELD NOTES
- COMMUNITY AUDITS

- What's working?
- What's not working?
- What can we change?



MORE INFORMATION
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NEXT STEP
BUILDING UP OUR ACCESS, RESOURCES, SAFETY AND CONNECTION