



# TASMANIA'S HEALTH PLAN ACTION

Issue 20 December 2009

## West Coasters Walk Tall to celebrate Rural Health Week



Above: Michelle Hawkins and Kelsie Seymour laughing on the run at the Rosebery Neighbourhood Centre Girls Group.

### Rural Health Week highlights the importance that health and wellbeing plays in sustaining rural and remote communities.

HealthWest ran a range of activities that focused on the importance of feeling good about ourselves, and having good health through self care, being active and choosing to live a healthy and happy lifestyle.

The 'Be Proud - Laugh out Loud' and 'The Ministry of Funny Walks' sessions in schools in Rosebery, Strahan and Queenstown involved lots of fun and taught kids that how we feel effects our posture. By changing our posture, we can change the way others interact with us. If we feel tall, think tall and walk tall, our self confidence grows and this makes us far more approachable.

Gordon Roberts from HealthWest explained that in the 'Ministry of Funny Walks' activity, participants discovered that how we walk had a lot to do with how we feel. Being happy or sad, angry or excited changes the way we walk. He said "We can change the way others see us by smiling and walking tall".

Healthwest consists of a network of community health centres on Tasmania's West Coast with an in-patient facility at Queenstown.<sup>THP</sup>

## Connecting Care for People with Chronic Conditions



Above: Amanda Daly (DHHS) with consumer representatives Bev Pinkett and Tracey Klippel at an information session at Ravenswood Community Health Centre.

### Two major initiatives have been launched to improve the way that our health and human service system cares for people with or at risk of chronic disease.

*Connecting Care: A Chronic Disease Action Framework for Tasmania 2009 – 2013* sets the strategic direction for a health and wellbeing system that makes it easier for people to stay healthy, identifies disease early and assists those living with chronic disease. [http://www.dhhs.tas.gov.au/future\\_health/chronic\\_disease\\_strategy](http://www.dhhs.tas.gov.au/future_health/chronic_disease_strategy)

For more information contact Amanda Daly on [amanda.daly@dhhs.tas.gov.au](mailto:amanda.daly@dhhs.tas.gov.au) or 6236 5622.

**Minister for Health, the Hon Lara Giddings, will be launching the Connecting Care Framework at the Clarence Community Health Centre, Bayfield St, Rosny Park on Sunday December 6th from 11am – 12pm.**

All interested people are invited to attend the Launch. RSVP by COB Friday 4 December (for catering purposes) to Anita Morgan on 6233 5202, or email [anita.morgan@dhhs.tas.gov.au](mailto:anita.morgan@dhhs.tas.gov.au) <sup>THP</sup>

# TASMANIA'S HEALTH PLAN

## Aged Care & Rehabilitation Clinical Network

The Aged Care and Rehabilitation Clinical Network is a new model of service linkages that encourages members to work together across the boundaries of the sectors, to deliver more integrated, consistent, and evidence based services to people needing aged care and rehabilitation in Tasmania.

The aim of the Clinical Network is to increase the involvement of clinicians, service providers, and consumers in the state wide planning, delivery, evaluation and improvement of aged care and rehabilitation services in Tasmania.

***Network membership is free and open to anyone interested in aged care or rehabilitation services in Tasmania.***

As a member, you will be able to share your ideas with other people with similar interests, join working groups to address issues in the sector, take part in professional development activities and be kept informed about Tasmanian and Australian health policy developments, and other news and announcements. If you are interested in joining the network or if you would like any more information, please email [acrclinicalnetwork@dhhs.tas.gov.au](mailto:acrclinicalnetwork@dhhs.tas.gov.au) or ring (03) 6236 5614.

**Minister for Health, the Hon Lara Giddings, will be launching the Aged Care and Rehabilitation Clinical Network at the Launceston Tram sheds, Inveresk on December 11th from 12pm – 1pm.**

Immediately following the launch is a free workshop on the important topic of Capacity Assessments. It will be held from 1-3pm. There is no charge for the workshop and lunch will be provided.

All interested people are invited to attend the Launch and the Workshop. Transport will be available for those travelling from the South or the North West – please let Helen know when you **RSVP by 4 Dec** to [accpoint@dhhs.tas.gov.au](mailto:accpoint@dhhs.tas.gov.au) <sup>THP</sup>



## healthdirect Telephone Service

A new health information and advice line has been launched in Tasmania. healthdirect Australia is a health information and advice line for all Tasmanians and visitors to the state. It's a free\* telephone service that operates 24 hours a day, seven days a week (\*charges may apply for mobile phones).

***Free health information and advice is now available on 1800 022 222.***

You'll be put in touch with a registered nurse, who will help you decide the best course of action to deal with your health concern.

healthdirect is a joint initiative of all Australian governments, giving you peace of mind when you need it most.

This service is not an emergency service and does not seek to replace consultation with a doctor. Patients with a health emergency are still encouraged to call 000, and patients should continue to seek treatment for illness from their local doctor.

One of the aims of healthdirect Australia is to reduce demand on emergency departments and General Practitioners where possible, by helping people work out whether they really need to go to hospital or see a doctor. If callers do require the care of a doctor or other health professional, they will be directed to their nearest appropriate health facility.

Health care professionals will always remain the primary focus of health care delivery in Tasmania. healthdirect Australia is an adjunct to the system to help it function more effectively.

Unlike the existing GP Assist service, healthdirect is not designed as a general practice workforce support service – it is predominantly a public information and advice line. The introduction of healthdirect in Tasmania does not need to affect any current after-hours arrangements in place with GP Assist.

All Tasmanian households will receive brochures and a fridge magnet for quick reference over the next two to three weeks.

All Tasmanian General Practitioners will receive a promotional pack of posters and brochures and a letter informing them of the new service.

For more information, visit the healthdirect Australia website: <http://www.healthdirect.org.au/> <sup>THP</sup>

## Tasmania's Health Plan

**To find out more:**  
visit [www.dhhs.tas.gov.au/thp](http://www.dhhs.tas.gov.au/thp)  
email [future.health@dhhs.tas.gov.au](mailto:future.health@dhhs.tas.gov.au)  
call 6233 3964