



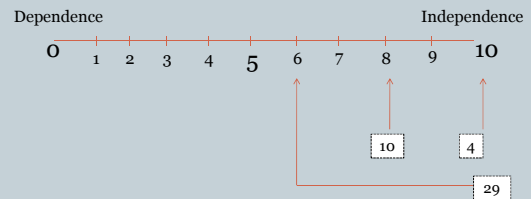
Key factors of independence

- Mobility – you can manage around the home, and get out and about
- Financial security – you have enough to see you to the end of a fortnight
- You can take care of yourself and perform household tasks
- Family support – you can rely on a family member to help out
- Community engagement and connections – you take part in community activities, see people regularly and feel valued
- Health

Health

Breast cancer osteoporosis Sherman's disease of the bone/angina diabetes/severely vision impaired glaucoma/quadriplegia/ osteo-arthritis COPD frozen left shoulder severe lower back pain /heart disease stroke diabetes/blood pressure/Paget's disease osteoporosis emphysema early dementia/spinal cord injury/heart disease diabetes/arthritis/amputee/bad knee stroke/Guillain Barre Syndrome breast cancer/ bad back/arthritis/migraines osteoporosis broken leg/high blood pressure arthritis in shoulders blood thinning/angina/tendonitis arthritis in spine high blood pressure bad knees arms throb at night/mialgic encephalitis/lupus gout/diabetes high blood pressure/foot is dragging/asthma high cholesterol osteoporosis arthritis

The spectrum



Is good health essential for independence?

Except when older people experienced serious or debilitating illness...

...poor health including disability was not seen as limiting personal independence

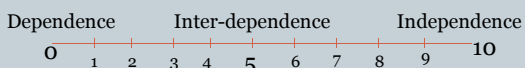
Lifecourse

Each person's lifetime of ..

- social and familial circumstances
- passions and commitments
- work
- education
- healthy activities – diet and exercise

...creates health capital

Inter-dependence - the spectrum



What is inter-dependence?

It best describes the way that older people live in their family groups and communities

- as friends, family members and neighbours, they help each other with support and care
- Keep an eye on each other's daily well-being
- Meet pressing needs such as transport to appointments, shopping, companionship

HACC services

- centre-based care
- domestic help
- personal care
- home maintenance and home modification
- transport
- Meals on Wheels
- community nursing
- allied health services
- advocacy services
- social support

HACC or informal support?

- the intersection of these two forms of support *at best* help people to age in place by addressing their immediate care needs in the home and community
- however, HACC services were inconsistently delivered to communities
- not all communities were as supportive as others
- groups in some communities did not access HACC services which would have benefited them

Key recommendations are:

- initiate a new basis of service provision that maximises the effectiveness of support such as Individualised Funding
- form partnerships between providers to increase opportunities for social interaction
- extend care-worker training to encourage independence in the daily lives of the elderly
- improve transport options to encourage community engagement
- encourage technology use
- improve the provision of allied health services, particularly OT professionals

Taking it further...ask people what they want

Health planning now:

- Engage local people with skills and attributes, service providers, clubs and organisations to identify older people's local needs
- develop a community action plan identifying resources and opportunities, and to lobby for new services, while incorporating current and new health promotion and programs
- identify ways to support community activities, arts and recreation to foster social engagement