

**WHOSE PERSPECTIVE?
PUTTING “I” INTO PLANNING**

If HACCC is to move to a wellness model older people need to take more responsibility for their own health and wellbeing, to have access to relevant education programs, and the opportunity to engage in health maintenance activities within the context of a supportive social network of their peers.

Suggestion from a User of Health Services

Fund Ageing Well with Weight programs to be run by community groups- (School for Seniors, U3A, Probus, Community Houses), with basic 8 week course by a physiotherapist, and maintained as a peer support group, monitored on an annual basis by a physiotherapist to ensure performance standards.

Suggestion from a Carer

Following consultation and agreement by the client designate a specific person as care coordinator recognised and accepted by other health professionals.

For example as an expanded role for nurses in G.P practices to support coordination of individual action plans and access to required community resources.

Suggestion from Worker Post Retirement

Use and value retired health professionals as community educators

Develop a coordinated approach to community education using the network of existing community groups and services.

Explore linking HACCC services to the Education Department's Community Knowledge Network through Adult Education and the network of seniors' groups including COTA Tas TACH (Tasmanian Association of Community Houses), community groups - School for Seniors, Probus, University of the Third Age, Seniors Action Groups.

Suggestions from SAGES Coordinator

- Act on recommendations from Forum 2007's HACCC funded report.
- Support initiatives like those of Kingborough Council who have set up a website for seniors as part of the Kingborough Positive Ageing Plan.
- Recognise the role of community groups like SAGES and other Seniors Actions Groups and include them in the network of services for information sharing, decision making, review of HACCC services and initiatives for HACCC funding.