

# Lower Hume Primary Care Partnership





The history, culture, diversity and value of the Aboriginal and Torres Strait Islander people are recognised, acknowledged and respected.

Lower Hume Primary Care Partnership (PCP) covers the two local government areas of Mitchell and Murrindindi.

Established in 2000, Lower Hume PCP is one of 29 PCPs in Victoria funded through the Department of Health and Human Services (DHHS).

## Our Vision



A healthy and resilient local community whose health and wellbeing outcomes are improved through the collaborative and cooperative relationships of its members.

1. Maximise health and wellbeing outcomes
2. Promote health equity
3. Avoid unnecessary hospital presentations and admissions

## Our Values

- Cooperation and inclusiveness
- Excellence in all activities
- Openness and transparency while respecting confidentiality
- Respect for partners and accommodation of diversity of views
- Integrity and trust
- Enthusiasm to promote and develop the partnership
- Creativity and willingness to change where appropriate

## Our Priorities



**Prevention**



**Aboriginal health**



**Chronic care**



**Aged care**

# Working Together Towards Our Vision

## 3 Domains

Early Intervention & Integrated Care

Consumer & Community Empowerment

Prevention

## 6 Action Areas

Community Engagement

Governance

Workforce

Digital Health

Partnerships

Continuous Improvement

## Guiding Principles



ACCOUNTABLE GOVERNANCE

CROSS-SECTOR PARTNERSHIPS

WELLNESS FOCUS

SUSTAINABILITY

EVIDENCE BASED & INFORMED

TACKLING HEALTH INEQUITIES

PERSON & FAMILY CENTRED CARE

## This Report

This report provides a snapshot of our progress during 2015-2016, in regards to the deliverables of the Lower Hume PCP Operational Plan 2013-2017 and the Lower Hume Aboriginal Health and Well-being Plan 2015-2017.

The work presented in this report could not have been achieved without the cooperation and participation of our member and partner organisations listed on page 8.

For further information on any of this work or to get in touch with the team, please go to our website [www.lhpcp.org.au](http://www.lhpcp.org.au)

# 2016 Highlights



93% of Early Childhood Services are registered for the Smiles 4 Miles program, reaching 1,768 children with the messages of drink well, eat well and clean well.

72% of registered services have a current award.

Yea and District Children's Centre have also achieved the Achievement Program Healthy Eating and Oral Health benchmark.

The Lower Hume Diabetes Working Group have received national recognition for their work engaging pharmacies in diabetes care and collecting consumer research.

Through presentations at 3 national conferences as well as a news article in the Australian Journal of Pharmacy.



More than 14 screening, education and community events provided out of Goranwarrabul House.



44 businesses registered as "Breast Feeding Welcome Here" through the Communities Latching on to Breastfeeding project.



63 healthy eating activities implemented providing increased access to fresh, local, healthy food.



Lower Hume submitted one Diversity Plan with agencies collaborating to respond to the needs of vulnerable groups.



Partnered with Seymour Health to pilot the Aboriginal Road to Good Health Program.



LHPCP website had 3,475 sessions for 2015-16 with 86.4% being new visitors and 13.6% returning.

# Prevention

This was the third year implementing the collaborative plan to increase healthy eating and reduce alcohol related violence and harm. Many achievements have been made, here are a few highlights.

## Opportunities to eat more veggies at school identified

Surveys were completed across 6 Primary Schools, with a reach of 284 children and 94 parents. Survey findings were collated into a report to inform future work.

Results suggested that:

- vegetable consumption was below recommended levels,
- most of the vegetables that children consumed were at the evening meal.

The survey will be completed again next year to identify any changes as a result of supporting the implementation of the Achievement Program.



Community gardens being supported

5 active partners supporting the BERMS mountain bike program and transitioning to new lead agency for sustainability.



alcohol related resources distributed throughout the catchment

## Vegetable Garden Workshops



2 community gardening workshops were provided out of Goranwarrabul House for the Aboriginal community.

The participants learnt how to propagate seedlings and other home gardening skills.

As a result 3 participants have established home vegetable gardens.

## 3rd Healthy Food Basket Report

Report shows the variance of cost of healthy food across Lower Hume is significant, with consumers paying 30% more at the most expensive supermarket for the same basket of goods.



The first community led Breastfeeding Support Group has been established from the Communities Latching on to Breastfeeding social marketing campaign.

20 Aboriginal students measured sugar content in popular food and drinks and displayed through posters at their school.



# Aboriginal Health



The Lower Hume Aboriginal Health and Well-being Program supports the local Aboriginal community to improve their physical, social and mental health by working with member and partner organisations.



Dementia Information Session

Yarning About Dying Time advanced care planning session presented by Central Hume PCP.

Promoting healthy messages



## SCREENING TESTS

3 organisations provided 5 screening sessions out of Goranwarrabul House.

### Vision

8 Adults, 2 needed glasses  
9 Children, 2 needed glasses

### Hearing

2 Adults  
5 Children



60 people attended NAIDOC week march in Seymour organised by the Local Aboriginal Network (LAN).

Over 16 services attended Aboriginal Families and Services Meet and Greet Sessions, facilitated in partnership with the Koori Engagement Support Officer.

# Aged Care

The aged care system is currently undergoing significant reform. Lower Hume PCP have been supporting organisations through this evolving and often stressful time as best as possible and continuing to support collaboration.

## Collaboration

Outcomes of the first Lower Hume Collaborative HACC Diversity Plan:

- All agencies monitoring and responding to people experiencing financial hardship.
- All members are auditing their organisations to assess how culturally responsive they are.
- Introductory forum to LGBTI Inclusive Practice.
- Increasing access to dementia training.

## Times Are Changing

This years Community Aged Care Forum was titled "Times are Changing, Come Along for the Ride!"

VHA gave a thorough and honest update on My Aged Care (MAC) and HACC transition and participants expressed increased clarity around transitions.

# Chronic Care

Diabetes is the regional priority for chronic care. The Lower Hume Diabetes Working Group have been working on a number of strategies to improve access to quality and person centred diabetes care throughout Lower Hume.

## Consumer Voice

77 community members completed the Your Diabetes, Your Say- Lower Hume Diabetes Survey in 2015/16.

6 of these people went on to participate in a Focus Group facilitated by La Trobe University.

What we found:

- Poor self-rated health.
- Almost half have more than 1 main health care professional.
- People of all age groups were open to trying new technologies.

These findings are informing a collaborative diabetes care model.

## Integrating the system

Community Pharmacies were identified as an essential element of the health system to improve integration of diabetes care.

Member agencies have increased communication with their local pharmacies, and provided 2 information sessions that increased pharmacy staff knowledge and confidence of:

- **Diabetes and the role of blood glucose.**
- **Local health services and how to refer.**
- **Screening for Type 2 Diabetes.**

DHHS have funded an external evaluation of this work to inform future initiatives.



## West Hume Chronic Care Collaborative

89% of participants agreed that the support group environment increased their CONFIDENCE to provide SELF MANAGEMENT SUPPORT.

# Understanding Our Communities

Our members directed our increased role in Population Health Planning this year to provide them with comprehensive data to inform service planning and prevention initiatives.

Seymour Health commissioned a specific project to gain a better understanding of distinct needs within their catchment. Population health and service data informed a suite of recommendations that were received positively by the board and will inform future directions. The Seymour Health Population Health Summary depicts key findings and future directions.

We will be working with the PHNs to complete a broader set of population health data across our whole catchment this year.

## Seymour Health Population Health Summary





# Learning and Sharing

Lower Hume PCP respond to the ongoing education needs of our member agencies through promoting external events, bringing experts to the region as well as providing opportunities for peer to peer learning. Here is a snapshot of learning and sharing opportunities in 2016.

## Forums and Training

April

Community Aged Care Forum.

April

Building Socially Inclusive Rural Communities

June

Becoming an Inclusive Practice.

July

Advanced Care Planning

September

Social Media in Health Promotion

November

Lower Hume Health Promotion Forum

"I feel more confident speaking with clients about these topics as a result of this training"

"Provides the substance from which to plan and evaluate projects"

## Presentations

- Inagural Goulburn Valley Health Research Fair
- Public Health Association Australia (PHAA) 44th Annual Conference
- 12th Annual National Chronic Disease Management Conference, Australian Disease Management Association (ADMA)
- Best Practice in Diabetes Centres Symposium, National Association of Diabetes Centres (NADC)
- Smiles 4 Miles Annual Conference, Dental Health Services Victoria (DHSV)



# Our Members

Lower Hume PCP work with a wide variety of local organisations to achieve our vision. Members form the Leadership Team who govern and provide strategic direction for the organisation, and partners work with us and our members within priority areas.

## Leadership Team

- Alexandra District Health
- Family Care
- The Kilmore and District Hospital
- Mitchell Shire Council
- Murray PHN
- Murrindindi Shire Council
- Nexus Primary Health
- Seymour Health
- Yea and District Memorial Hospital

## Staff

- Sandra Saxton  
Executive Officer
- Rebecca (Bec) Murphy  
Assistant EO & Population Health
- Jaimie Poorter  
Projects & Service Development
- Lee Coller  
Prevention & Health Promotion
- Rebecca Welsh  
Aboriginal Health & Wellbeing Program
- Rebecca (Bec) Leiper  
Digital Health & Admin Officer

## Partners

### Aged Care Facilities

- Barrabill House
- Caledonia Nursing Home & Dianella Hostel
- Darlingford Upper Goulburn Nursing Home
- Kellock Lodge

### Community Organisations

- Bapcare
- Benetas
- Berry Street
- Mungabareena Aboriginal Cooperative
- Rumbalara Aboriginal Cooperative
- Valley Sport
- Womens Health Goulburn North East
- Royal Flying Doctors Service

### Community/Neighbourhood Houses

- Broadford Community House
- Puckapunyal Neighbourhood House
- Yea Community House
- Wallan Neighbourhood House

### Dental Clinics

- Alexandra Dental Clinic
- Kilmore Dental and Specialist Clinic
- Seymour Dental Clinic
- Seymour Health Oral Health Service
- Wallan Dental
- Mitchell Dental Group

### Early Childhood Services

- 25 Early Childhood Services
- 16 Family Care Educators

### Pharmacies

- 14 Community Pharmacies

### Schools

- 11 Primary Schools



Primary Care Partnerships are supported by the Victorian Government



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