

**That's a big wave coming
towards us!
The Health Tsunami**

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The good “old” days – Imagine Oz without....

- Television, VCRs, DVDs
- Computers
- Cars
- Vaccinations
- Fast food
- Sunscreen
- Escalators & lifts
- Defibrillators
- Jet planes
- Golf carts
- Coca Cola
- Washing machines
- HIV/AIDS
- Genetically modified foods
- e-games



Doom and gloom

- SA's population is ageing fast
- SA – the oldest state for decades
- SA = median age of 50 years by 2051
- Ignorance of the smoking and osteoporosis link
- Hospitals under siege – Flinders sees 193 “emergency” patients a day
- Cancellation of elective surgery

Is there an end to health spending?



Doom and gloom

- Waiting lists for orthopaedic, ear nose & throat
- Greater demand than supply of services
- Govt recruitment and retention program to keep specialists in public sector
- US consumers sue KFC to force it to stop frying foods
- Increasing cost of the Medical Model



Doom and gloom

- 2003-04, 4.9mill mental health service contracts in community and public hospital settings in Australia
- Access to psychiatrists and mental health nurses in rural areas limited
- 85% of Australians visit a GP at least once a year = \$2bill + \$4bill secondary costs to Medicare



Doom and gloom

- Public Health expenditure (prevention purposes) 2003-04 = 1.7% of total health expenditure
- In SA most \$s spent on communicable disease control, not on “health promotion”
- Asthma affects 1 in 7 children and 1 in 9 adults
- People over 65 years have 2.2 chronic health conditions

Doom and gloom

- Overweight /obese 60% of pop
- Type 2 Diabetes 195,000 people diagnosed in Australia per day
- 2010 - 1mill people with Type 2 Diabetes
- Aboriginal and Torres Strait Islander health
- Generation X to outlive their children?
- In SA 450,000 people over 20 have 1 preventable chronic condition



Doom and gloom

- Generational Health Review – current health system “unsustainable”
- Heart (still No. one), stroke and vascular diseases
- Cancer eg Bowel
- Falls – a high health cost
- Knowledge to action for nutrition and exercise
- SA physical activity levels unchanged 2004



The future

- “The best way to predict the future is to invent it”
 - Alan Kay
- Medical model/expert to Patient model/expert
- Acute to primary health care
- Institutional care to consumer-centred care
- Individual self responsibility in partnership ie the patient/professional partnership

The Future

- Education and information
- Balance between knowing professional and unknowing patient
- Self-management – what the patient does
- Self-management system – what the health system and health practitioner does

Spread your wings & fly on your own



Self-management training impact

(Arthritis SA)

- Reduce severity of symptoms eg pain
- Reduce depression, fatigue and anxiety
- Better medication compliance & reduced use of pain killers
- Reduction in length of stay in hospital
- Better communications with health professionals
- Improved resourcefulness and life satisfaction
- Greater self-efficacy, independence, mobility

Eg – Moving towards wellness

- Chronic condition self-management leader training by Arthritis SA
 - Based on Stanford model
 - 6 weeks X 2.5 hrs per week
 - Topics: Problems, Exercise, Medication, Communication, Nutrition, Community Resources

Eg – Home Activity Monitoring Project (HAMP)

- An innovative home-based exercise program for older people who are sedentary and isolated
- Positive language
- Setting yourself up to succeed
- Help participants to get going
- Participant goals
- Participant action plan
- Assess own certainty of success
- Self evaluation/assessment
- Coaching support by telephone

The paradigm

- Ageing – in the hands of the ageing





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