

Guidelines

Align your abstract to one of these sub-themes: An Indigenous harvest: Aboriginal healthcare innovations • The harvest team: Regional, rural and remote health workforce strategies • Harvesting through the seasons: Maternity and paediatrics to aged care and end of life • The green harvest: Environmentally sustainable health care projects • It takes a village to bring in the harvest: Community and consumer engagement initiatives • Harvests from around the world: Innovation in partnership with our culturally and linguistically diverse and refugee communities • **From little things, big things grow: Healthcare service redesign and innovative models of care.**

All abstracts will be reviewed by a panel, based on the selection criteria:

1) Demonstrates a “Healthy harvest: reaping what we sow” in any of the above areas 2) A resourceful and creative approach to rural healthcare services. 3) Evidence of sustainable change and potential to be taken up by other health care settings. 4) A clear take home message. 5) Well written and engaging content

Presentations will showcase the positive health outcomes that can be achieved through planting seeds of innovation within the rural health sector and nurturing the service, the community and the workforce while they grow

Max 300 words

TITLE: Allied health in primary mental health care for senior Australians – EngAGE pilot project 2021-2023

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EXISTING ISSUE

Australia's ageing population presents a large economic burden. Current predictions suggest the number of older Australians will increase by 210% by 2045 and the estimated annual cost to the health system related to ageing will be \$320 billion by 2035. Physical deconditioning and social isolation play significant roles in the deterioration of health and social disengagement of senior Australians. As such, cost-effective and sustainable models of care to engage senior Australians in the community and aged care facilities are required.

PLANNING & IMPLEMENTATION

The PHN partnered with the Centre for Rehab Innovation at the University of Newcastle to develop EngAGE. EngAGE established an innovative "learning health care" model based on multi-way community partnerships. These multi-way partnerships led to the EngAGE Community and EngAGE RACF programs which aimed to provide benefits for all partners by providing:

1. Cost-effective and socially engaged Exercise Physiology services community dwelling older adults and aged care residents
2. Authentic Work-Integrated Learning (WIL) opportunities for Exercise Physiology student practitioners
3. Capacity for Exercise Physiology in senior-care for the region

OUTCOMES – SUSTAINABILITY IN EMBEDDING CHANGE

The EngAGE programs delivered 919 hours of senior participant engagement and 900 hours of student development across 4 rotations in 2022. This engagement involved 47 Community participants, 10 RACF participants and 12 student practitioners. The individual cost per practitioner contact minute for EngAGE Community was \$1.77 compared to \$4.21 for usual care (42%) and \$1.55 compared to \$3.29 (47%) for EngAGE RACF. Student development hours came to a predicted value of \$4,800-\$9600. The EngAGE programs also demonstrated statistically significant improvements in social wellbeing, satisfaction with life, physical capacity, and student self-efficacy. Strong stakeholder support was observed for the programs with 80-100% agreeance that the program was enjoyable, educational had personal impact.

TAKE HOME MESSAGE

The funding enabled multi-partnerships key to collaborative service provision. An innovative service design requires a multiprong approach and flexibility to tackle dynamic societal problems, as well as policy challenges, in a more cost-effective and evidence-based manner than usual care with community partners.

CONTACT DETAILS

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