

Alliance



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Winter 2010

Kingston Bayside Primary Care Partnership

COAG – National Health Reforms

Over the past 10 years in Victoria, Primary Care Partnerships (PCPs) have been integral to the development and extension of the primary healthcare system. The 31 PCPs represent a constituency of 1200 agencies including: community health services, acute hospital services, General Practice Networks, local government and other government agencies and non-government organisations.

The partnerships have enabled development and implementation in key program areas including service coordination (incorporating e referral and standard referral frameworks), integrated chronic disease management, integrated health promotion and collaborative cross sectoral interventions to enhance the health of our communities.

In response to the federal health reform documents and the recently announced Australia's First National Primary Health Care Strategy, the Victorian PCPs offer the following recommendation to the Federal Government to improve the health and well-being of the Victorian community:

Whatever final structure the Federal Government adopts for its Primary Health Care Organisations (PHCOs)/Medicare Locals they should include the following key principles:

- Inclusive, collaborative partnerships that encompass a broad membership. These partnerships should undertake comprehensive planning that directly responds to the social determinants of health of their local communities. This broad partnership base would include primary

healthcare, aged care, mental health, local government, alcohol and other drug services, women's health, family support services and other social health services. These are indispensable to improving the health of the most disadvantaged people in the community.

- A well-connected and person-centred health system that promotes equity and access (by all) to services
- Services provided should come from across the care continuum including health promotion, prevention, early intervention, clinical care for the population and chronic disease management
- A coordinated and integrated service delivery system

PHCO (Medicare Local) boundaries.

The first group of Medicare Locals (around 15 organisations) will commence operation in mid-2011, with the remainder commencing in mid-2012. The first group will be drawn from the Divisions of General Practice network.

Initial consultation on Local Hospital Network boundaries will be undertaken by the States and Territories. Following an initial consultation phase the Commonwealth will work with the States and Territories with the aim of producing a combined set of government endorsed LHN and Medicare Local boundaries for further consultation.

To inform development work on potential boundaries for Medicare Locals, the Department of Health and Ageing is seeking views from interested parties.

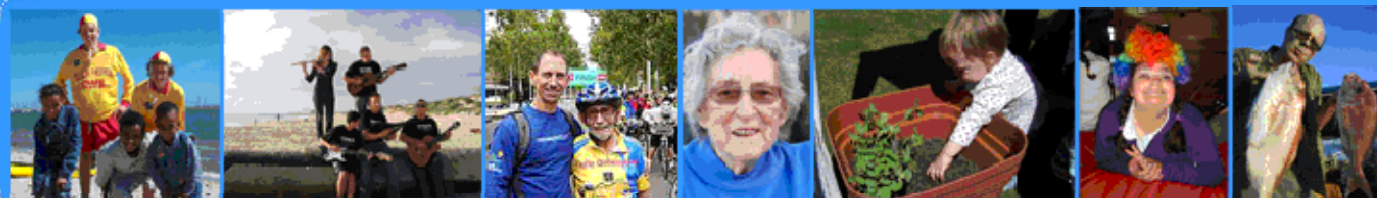
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Special points of interest:

- ◆ Kingston Bayside Primary Care Partnership adopts the Mentally Healthy WA *Act-Belong-Commit* Campaign as a key initiative
- ◆ Health and Wellbeing Catchment Planning presented at National and International conferences



COAG – National Health Reforms (cont...)

Individuals, organisations and government bodies are invited to make comments or submissions on potential boundaries for Medicare Locals.

Comments or submissions on potential boundaries for Medicare Locals and Local Hospital Networks, including specific comments on the Carla Cranny & Associates report (where relevant), can be made to the Department through the [Your Health](#) website by September 30.

What's happening locally:

On July 20, a meeting involving the KBPCP Management Committee and representatives from ISEPICH and Department of Health Regional Office was convened to consider the Cranny Boundary proposals. The outcomes from that meeting were:

- Agreement that Kingston LGA remain intact in any PHCO boundary proposal
- Acknowledgement that Peninsula Alliance supports Kingston LGA not being a part of any Peninsula PHCO.
- Acknowledgement that Boroondara LGA should remain in any Eastern Region PHCO
- It was noted that the work of the Victorian Health Minister's Round Table meeting is indicating a preference for PCP boundaries defining PHCO catchments and that a position paper is imminent.
- Acknowledgement that Local Health Network Catchments, natural communities of interest and

service areas are contributing factors to catchment planning, not just population figures.

The following actions were also agreed:

- The Ministers Round Table Paper should be considered before formulating a final position statement. In the meantime, contact with Round Table participants is encouraged to gain further information.
- That the Minister be advised that all LGAs should be kept intact in any PHCO proposal.
- It was further agreed that PCPs need to determine functional aspects of PHCOs and attempt to influence the Commonwealth on the needs and requirements of the KBPCP and ISEPICH communities. To that end, a "PHCOs Function" workshop is to be convened to assist local organisations formulate appropriate responses and position statements.

For further information, contact Terry Lazzarotto
9093 5921 | tlazzarotto@lantern.org.au

"To inform development work on potential boundaries for Medicare Locals, the Department of Health and Ageing is seeking views from interested parties."

Early Referral for people with Motor Neurone Disease – making the most of Palliative Care Services



Many allied health professionals such as speech therapists, physiotherapists, and occupational therapists may be caring for people living with Motor Neurone Disease (MND). As the disease progresses it is necessary to constantly reassess care needs due to deteriorating function and increasing disability. The carer burden is great and it is essential to provide respite and assistance to the families and carers of those living with MND.

Allied health professionals need to be aware of the benefits of specialist palliative care services for MND clients. **An early referral** for support may provide the difference for people attempting to continue to care for their loved ones at home.

Palliative care services provide a range of specialist services which may be of benefit. Volunteers can provide valuable respite and companionship. Other services include counselling, pastoral care, music and art therapy (especially valuable if the person is increasingly unable to communicate), and access to effective symptom management. The services of palliative care can be of considerable benefit in the course of the disease - especially when the disease is causing rapid deterioration in function and provide respite, support and assistance to carers. MND clients within palliative care then become eligible for funding for inpatient care and funding for quality of life issues. They are unable to access this funding unless they are a palliative care client.

Referral to palliative care can be made by the client themselves, GP's or allied health professionals in consultation with the client and their family/carers. Information for referral is available on the South-East Palliative Care website www.sepeallcare.org.au.

Act-Belong-Commit

Positive Mental Health Promotion Program



Act-Belong-Commit is a comprehensive, community wide positive mental health promotion campaign developed by Mentally Healthy WA. It aims to prevent mental health problems occurring in the first place by encouraging people to do things to build resilience and keep mentally healthy.

The *Act-Belong-Commit* slogan encapsulates the three major ways individuals can – and should – take steps to build and maintain their mental health.

Act refers to individuals being physically, mentally and socially active.

Belong refers to membership of a group or organisation or participation in community events, such that an individual's connectedness with the community is strengthened.

Commit refers to engaging in activities that provide meaning and a sense of purpose in life. Such activities require and increased level of commitment and are usually goal-directed.

The Kingston Bayside Primary Care Partnership has recently adopted the Mentally Healthy WA *Act-Belong-Commit* Campaign as a key initiative to be implemented in Kingston and Bayside, over the next 2 years, as part of our work 'Promoting mental health and wellbeing'.

This is an exciting new initiative and we currently have 13 individual agencies registered as partners to support the implementation of the campaign.

The Act-Belong-Commit Campaign in Kingston and Bayside will be officially launched at the Celebrated Mental Health Walk and Festival on the 13 October 2010 as part of Mental Health Week.

If you would like any further information please contact Kirsty Brown on kbrown@lantern.org.au or 9093 5923 or visit www.actbelongcommit.org.au

“The Act-Belong-Commit slogan encapsulates the three major ways individuals can – and should – take steps to build and maintain their mental health.”

Kingston Bayside Health and Wellbeing Catchment Planning Conference Presentations

During 2009, the Kingston Bayside Primary Care Partnership undertook our first truly collaborative catchment planning process, to ensure common health and wellbeing priorities and effective integrated health promotion activity across the catchment.

This piece of work has recently been presented by Kirsty Brown at the Australian Health Promotion Association 19th National Conference on the 31 May 2010 and by Jackie Gleeson at the 20th IUHPE World Conference on Health Promotion in Geneva, Switzerland on the 12 July 2010. Please see a copy of the poster on page 4 or you can view an online version on the KBPCP website in the [Health and Wellbeing](#) section.



Kingston Bayside Health & Wellbeing Catchment Planning

Melbourne, Victoria, Australia

TP-MON-285



K. Brown¹, H. Stenton², J. Gleeson³, B. Caruana⁴, S. Moulton⁵

¹Kingston Bayside Primary Care Partnership, Victoria, Australia; ²Kingston City Council, Victoria, Australia; ³Bentleigh Bayside Community Health, Victoria, Australia; ⁴Bayside City Council, Victoria, Australia; ⁵Central Bayside Community Health Services, Victoria, Australia

20th IUHPE World Conference on Health Promotion
11-15 July 2010, Geneva, Switzerland

1. Background

In Victoria, Australia, Local Government, Community & Women's Health and the Primary Care Partnerships are required by legislative or funding agreements to develop three or four year strategic public health/integrated health promotion plans for their communities.

2. Planning Context

The Kingston Bayside Primary Care Partnership is a voluntary alliance between service providers and agencies within the municipalities of Kingston and Bayside. These two local government areas represent a combined population of approximately 235,000 people and are located in the Southern Metropolitan Region of Melbourne.

A unique opportunity emerged, that post June 2009, the planning cycles in Kingston and Bayside for our Primary Care Partnership, two local government areas and two community health services, aligned for the first time. This presented an exciting opportunity to undertake a truly collaborative planning process, to ensure common health and wellbeing priorities and effective integrated health promotion activity across the catchment.

3. Integration

The focus on integration supports key stakeholders and local agencies to have greater capacity to address key health and wellbeing priorities effectively, and to minimize duplicated, fragmented effort.

4. Guiding Principles

- Involving the community
- Embracing difference and diversity
- Ensuring equal opportunity for all
- Working together

5. Planning Process

An extensive planning process has included:

- The collation and analysis of demographic and population health data
- Community consultation via random household telephone survey, focus group discussions and face to face surveys with hard to reach groups
- Stakeholder planning workshops

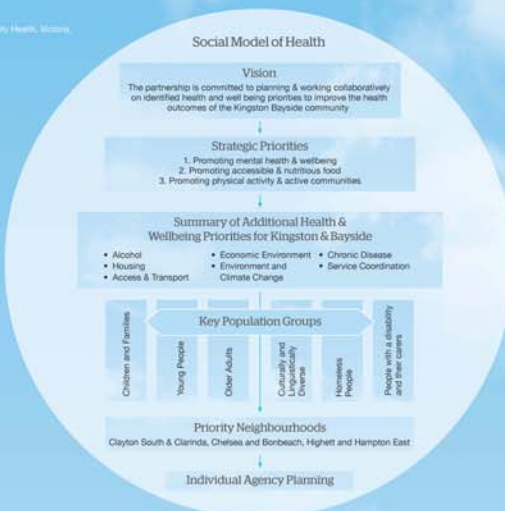
6. Criteria for decision making

Priorities for the strategic directions were based on the following criteria:

- Directions are supported by identified needs
- Actions are evidence based
- Actions would benefit from a partnership approach
- Actions have the potential to achieve measurable outcomes
- There is existing commitment and capacity within the catchment to deliver

7. What we have achieved

- A strong collaborative partnership
- The Kingston Bayside Health and Wellbeing Strategic Directions (see diagram)
- We have successfully informed the development of individual agency plans
- Improved understanding between partner agencies and their work
- Sense of achievement



"Good will - cooperative partners - strong previous partnership work"

"Commitment to the principles of partnership and collaboration"

8. Critical success factors

- The leadership of the Primary Care Partnership who is seen by agencies as independent
- A dedicated project officer to facilitate the process
- A core group of committed and skilled staff
- Commitment of senior management from all partner agencies in the early stages and having management representation on the Project Steering Committee
- The commitment of partner agencies to contribute financially and in-kind
- Shared decision making
- Clear and open communication

9. Benefits of collaborative planning

- Shared priorities, visions and goals
- Strengthened partnerships
- Efficient and effective use of resources
- Avoidance of duplication
- Less fragmentation

"A better quality health plan reflecting community needs, with partnerships for delivering outcomes"

"A plan that has much more input from our partners than we have had previously"

For more information

Please visit: www.kingstonbaysidepcp.org.au

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Kingston Bayside Primary Care Partnership
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Gambler's Help Southern

presents a One-Day Introductory Workshop

The ABCs of Gambling Counselling

Tuesday 12 October 2010 • 9.30am – 4.30pm
Bentleigh Bayside Community Health • Gardeners Rd, Bentleigh East

Program topics include:

- When does gambling become a problem and how could you tell?
- The mechanism of gambling
- Why people gamble – theoretical assumptions and underpinnings
- A therapeutic process for gambling counselling
- Helping clients move towards change
- Practical containment strategies
- Case study illustrations

Participants will:

- Review useful definitions and assessment frameworks for problem gambling – using a biopsychosocial model
- Gain an understanding of the complex interplay of conscious and unconscious motivations behind problem gambling
- Learn how to apply an integrated framework, informed by systemic thinking, psychodynamic and cognitive behavioural approaches, to assist a client to move towards change
- Consider effective therapeutic language and interventions for containment of gambling and relapse prevention

In Australia, problem gambling is more common than stroke and coronary heart disease, yet only about 10% of people with a gambling problem seek formal help.

Gambler's Help Southern is pleased to offer counsellors, social workers, outreach workers, psychologists, case managers, GPs, nurses and other allied health professionals a training opportunity to increase their knowledge and skills to work with clients whose lives are adversely affected by problem gambling.

This one day introductory workshop will suit those professionals who wish to become more confident in assessing and applying a therapeutic framework to support their clients.

Handouts will be given on the day.

Cost: \$90 (GST inclusive)

Lunch, morning and afternoon tea included

Early bird \$80 pay - by 10 Sept

Student discount: \$75 (proof of student status required)

Enquiries: Cherry Louey

Clinical Practice Supervisor

Voicemail: 9575 5353

gambler's help
1800 858 858

problemgambling.vic.gov.au

gambler's help southern
9575 5353

www.ghsouthern.org.au



New & useful resources

Encouraging Appropriate Use of Preventive Health Services

Mathematica is an American organisation that strives to improve public well-being by bringing the highest standards of quality, objectivity, and excellence to bear on the provision of information collection and analysis to their clients. They produce regular reports on various aspects of health, education, disability, family, labour, and nutrition. Their May 2010 Issue Brief looked at Encouraging Appropriate Use of Preventive Health Services and makes for informative reading.

The full review can be read online by clicking on this link or copying and pasting it into your browser.
http://www.mathematica-mpr.com/publications/PDFs/Health/Reformhealthcare_IB2.pdf

ABS Health Theme Links



The Australian Bureau of Statistics theme page [Health](#) provides links to ABS statistics relating to Health and Disability. It also includes links to non-ABS health-related statistics sources, both Australian and international.

The '[What's new](#)' section can point you to the latest releases of reports and information. There are also tips on how to use health statistics to inform your program planning and funding submissions along with lots of other useful links.

KBPCP Move & Lantern Launch

As most of you are now aware, KBPCP moved offices in late May to join Lantern (formerly Reach Out Mental Health) in their new building in Taylor Street, Moorabbin.

To celebrate the move, we would like to invite all PCP members to the official launch of Lantern.



Friday 6th August 2010

From 4pm to 6pm.

Light refreshments will be available

17 Taylor Street Moorabbin

(opposite the Safeway car park)



Kingston Bayside
Primary Care Partnership

RSVP by Tuesday 3rd of August
 To Michelle on 9093 5922 or via
 email mspragg@lantern.org.au

Workforce Development

Professional Development

Mental Health Networks Forum

Have you ever wondered how you could improve your communication with a psychiatric triage service? When you should consider making contact with the triage service about a client you are working with? Here is your chance to have some of your questions answered.

Date: Wednesday 4th August 2010

Time: 9.30am—12.00pm

**Venue: Mentone Council Office, 34 Brindisi St
Mentone (melways ref 86J2)**

RSVP by Friday 30th July

Lena Okin | 9581 4807 | lena.okin@kingston.vic.gov.au

More details available in the [Events](#) section of the KBPP website

Heatwaves and health - from impact to harm prevention

This seminar will include discussions of the impact of heatwaves on public health, the normal responses of humans to heat and how this is affected by the ageing process, heat-related illnesses, and medications and hot weather. Researchers from Victoria will discuss their heatwave research, speakers from a range of sectors, including Residential Aged Care, Local Government and the Ambulance Service, will discuss lessons learned from the 2009 heatwave and preparedness strategies for future extreme heat events, and approaches to harm minimisation will be explored.

Who should attend: The seminar will be of value to those involved in the care of older people in community or Residential Aged Care settings, and to those involved in planning for the prevention of harm to vulnerable groups from exposure to extreme heat.

Venue: State Library of Victoria, Village Roadshow Theatre, 179 La Trobe Street, Melbourne

Seminar date: Thursday 19th August, 2010

Seminar time: 9:15am - 4:00pm

Cost: \$165 per person (incl. of GST)

Program and registration can be found on the [Centre of Research Excellence and Patient Safety website](#).

Conferences

COTA Living Longer Living Stronger Annual Conference

Thursday 26 August 2010, Melbourne

www.cotavic.org.au/healthy_and_active_ageing/living_longer

PHAA 40th Annual Conference

Public Health in a 21st Century Society: New ways of knowing doing living

27—29 September 2010, Adelaide

www.phaa.net.au

Community Events

Better Health Self Management Course

This 6 week course is for people with one or more chronic conditions e.g. arthritis, diabetes or heart disease. In a friendly, interactive group setting you will develop confidence and skills in managing your health.

Tuesday 14 September – 19 October 2010

Bentleigh Bayside Community Health
Gardeners Road
Bentleigh East, 3165

For more information contact:

Sandra Barry

Organisational Support Co-ordinator

Phone 03 8531 8008

Email sandra.barry@arthritisvic.org.au

Flyer and details available on KBPCP website under [Events](#).



The Caring Role: A Compassionate Approach

This supportive four session program provides an opportunity for family members to learn about the nature of dementia, the caring role and understand the importance of practical self-care strategies.

Participants will learn how to respond to behaviours of concern, learn practical communication tips and how they can create a dementia-friendly home environment. This session will also cover managing continence and legal issues.

Suitable for: Family and friends caring for a person with dementia.

Features:

- Each participant receives a folder of resource materials
- On-going support networks

When: Wednesday 5, 12, 19 & 26 May

Wednesday 2, 9, 16, & 23 June

Wednesday 1, 8, 15 & 22 September

Times: 10:00am – 1:00pm

Cost: Free (bookings essential)

Registration: 9:45am

[Download a flyer...](#)



About PCPs

The state government as part of the Primary Care Partnership Strategy has funded 31 Primary Care Partnerships. Each Primary Care Partnership represents a specific region within Victoria and is formed by voluntary alliances with a range of service providers. These service providers are also referred to as Primary Care Partnership Members. Primary Care Partnership Members include groups, agencies, organisations. Examples include Divisions of General Practice, hospitals, community health centres, health services, universities, schools, sporting clubs, churches, charities, and other government and non-government organisations.

Each Primary Care Partnership operates slightly differently. Primary Care Partnership Members sign a Partnering Agreement. The Agreement is a non-binding legal document that outlines a level of agreement and assists in setting expectations for the relationship.

The main motivation for service providers to become PCP members is to improve relationships and achieve better health and wellbeing outcomes for the community.

PCP Strategy

The Victorian Government firmly believes in a stronger role for the PCP Strategy as an effective means for strengthening the primary health care sector. Building a more effective primary health care system for Victoria remains a key government commitment, which we will continue to pursue in partnership with the sector. The following strategic priorities aim to deliver better health outcomes and stronger communities for all Victorians:

- Partnership Development
- Integrated Health Promotion
- Service Coordination
- Integrated Chronic Disease Management

www.kingstonbaysidepcp.org.au

Staff & Contact Details

Kingston Bayside PCP is situated within the Lantern building.
17 Taylor Street, Moorabbin

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