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2023 Symposium

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Keeping the Mob in Mind:

Integrating Care across Western NSW For Aboriginal People

Debbie Beahan – Aboriginal Wellbeing
Coordinator
Care Partnership – Diabetes

Mitchell Goodwin – Mental Health Clinician
Dubbo Community Mental Health – Adult Acute





Acknowledgement of Country

We acknowledge the Traditional Custodians of the Country(s) we meet on today and their connection to land, waters and community. We pay our respects to their Elders both past and present and extend that respect to all Aboriginal people here today.



Health
Western NSW
Local Health District

Western NSW Our Region...

40 geographical locations

38 hospitals

50 Primary and community health services

23 community mental health facilities

Aboriginal people represent 13 % of the Western NSW population

10 Aboriginal Nations

Western NSW Aboriginal Nations



Disclaimer: This map indicates only the general location of larger groupings of people, which may include smaller groups such as clans, dialects, or individual languages in a group. The boundaries are not intended to be exact. This map is not suitable for use in native title or other land claims.

Aboriginal Health & Wellbeing in WNSW

WNSWLHD has poorer health outcomes than the rest of NSW

Aboriginal People in WNSWLHD experience:

ED presentations for Mental Health are **54% higher** and Suicide rates **37% higher** than NSW average

Higher prevalence of chronic health conditions, **presenting much earlier** in life than the rest of our population

Higher rates of comorbidities and complications

Significantly **lower life expectancy** than the general population in **NSW men (70.5 years) and women (74.6 years)**

Hospitalisation rates for Aboriginal people are **double** to non-Aboriginal

Smoking and obesity **rates are higher** among our Aboriginal population

Suicide rates for Aboriginal people is **double the rate** of non-Aboriginal



What is Planned Care For Better Health and Emergency Department to Community

Target population and connect to the right pathway

Identified via a hospital admission or ED presentation, or a community-based referral.

Assess complex health & social needs

Program operates within the NSW Health Patient Flow portal

Targeting people **over the age of 16**

Develop a culturally appropriate person Centred Care Plan

Presenting with **chronic health conditions and complex social care issues** who are at **risk of hospitalisation**

Delivered by a **team of multidisciplinary care coordinators**

Apply Integrated care Interventions
Health coaching
Care Navigation & Care coordination

Applying a **person centred, comprehensive, coordinated** approach to care that is **culturally responsive**

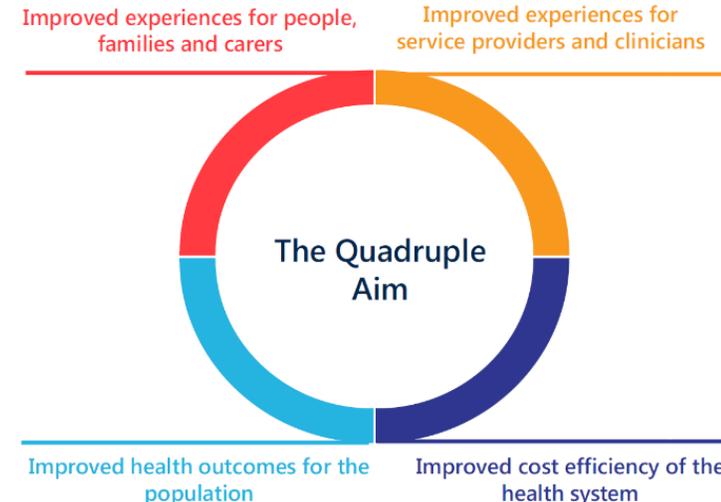
Promotes **wellness, empowerment and enablement.**

Monitor and review

Connecting to health and social care services

Transfer of Care to primary care / NGOs

Delivering shared information, Shared responsibility for the person's wellbeing



Tom's Story



Social History:

No fixed address

Medical History and Medications:

Schizophrenia, Polysubstance misuse, Invega Trinza (paliperidone) 3 Monthly IMI depot
Re-engagement with Dubbo AMS for Health and Wellbeing

Services Engaged:

CMH (CTO), Psychiatry, Housing

Progress:

Regular medication administration, transitioning to own unit

Moving Forward:

Utilising accommodation full time, reuniting patient with family

Community Engagement: Create opportunities to reshape health and social care



“ Aboriginal health means not just the physical wellbeing of an individual but refers to the social, emotional and cultural wellbeing of the whole community in which each individual is able to achieve their full potential as a human being, thereby bringing about the total wellbeing of their community”.

NSW Health Aboriginal Health Plan 2013-2023



Health
Western NSW
Local Health District

Contact

Debbie Beahan:

Debbie.Beahan@health.nsw.gov.au

Mitchell Goodwin

Mitchell.Goodwin@health.nsw.gov.au

