

Making a **Difference**

2008/09 plans and actions for Well Wairarapa

Managing long term conditions

Services working together

- Provide a single point of entry for older people needing support services
- Establish Maori Outreach Service to help GP practices reach their Maori population
- Provide flexible and coordinated home-based support for people with complex needs
- Establish an Organised Stroke Service

Community wide collaboration

- Maintain high rates of vaccination against influenza
- Set up new palliative care service in partnership with Te Omanga Hospice and Wairarapa PHO. The service will include an enhanced role for generalist palliative care

Improve quality and safety of services

- Review and refine CarePlus. Increase the uptake of this programme and improve the integration of this service with other health providers
- Continue the Long Term Conditions project which more effectively identifies those at risk of, or affected by, cardiovascular disease, diabetes or respiratory disease
- Contribute to planning of regional renal health services

Promote healthier lifestyles

- Promote good nutrition and increased exercise
- Reduce smoking
- Implement the Chronic Care Management project

Health target

- 75% of people with diabetes will have annual checks



These plans and actions are part of national health targets 1,4,5,6,7,8,9 (see summary sheet)

FOR MORE INFORMATION



See the full version of the *District Annual Plan* at: wairarapa.dhb.org.nz

Taking Control



Four years ago, John Kamo couldn't walk to the letterbox. The diabetes he'd been diagnosed with in 2000 had damaged the nerves in his legs and he was in constant pain. He weighed over 100 kgs and felt like he had nothing much look forward to.

Today, John is 79 years old but the twinkle in his eye, his enthusiasm for life, and the spring in his step make him seem at least 10 years younger. "I'm feeling better than I have in decades and am out there enjoying life every day."

John credits getting involved in the Care Plus programme for helping him get his diabetes under control and positive outlook on life.

Care Plus brings experts together to work with a person to manage a long-term or chronic condition. For John, this means working closely on a 'wellness plan' with practice

nurse Anne Davis "who gives me great advice which I follow."

Under Care Plus John sees his GP every three months for a full check-up and visits foot and eye specialists once a year. Most importantly, being involved in learning about and managing his disease has enabled John to take control and make informed decisions about his lifestyle and health.

"I was sick of being sick and felt stuck with my life – I missed going out and having any sort of enjoyment. So when my doctor asked me if I wanted to do this Care Plus thing, I figured it was a chance to do something that might make a difference. And you know, I've never felt better in my life. I lost 15 kilos, I'm out there enjoying gardening and walking and I've get no more pain in my legs. I get to see my grandchildren and great-grandchildren – a big part of the pleasure I get out of life."

As part of his wellness plan, John started doing more exercise, taking his medicine regularly, and changed his diet. "I never used to eat fruit," he says. "I always thought that fruit was kiddies' food, but a good diet is part of feeling great. So is exercise. You can't just take all your pills and think that's all there is to it. My daughter said to me once, 'Dad, your body is like a car. You need to put the right oil and water into it, and drive it properly, otherwise it'll blow up.' That's what would have happened if I'd carried on like I was."

John says that the biggest challenge to wellness is starting off, but says that once you do, you'll start to feel so much better that you won't believe you didn't anything about it before.

"I'd say to anyone out there with a long-term illness, 'get yourself on a wellness plan.' When you're sick you feel like you can't be bothered but you just need to take the first step. It's not only about living longer, because when you're sick it doesn't feel like there's much point in doing that. It's more about enjoying your life, the quality of it."

"I didn't want the life I had but now I feel like I can do anything. I feel great and plan on sticking around as long as possible!"