

Making a **Difference**

2008/09 plans and actions for Well Wairarapa

Progress the Primary Health Care Strategy

Increase access to primary care services, particularly for high needs groups

- Keep user charges for GP services as low as possible and provide free visits for children under six
- Provide free outreach services in areas of most need
- Provide free community transport service for those travelling to health appointments
- Provide free sexual health service

Prevent and manage chronic or long term conditions

- Increase use of Green Prescriptions
- Increase breast and cervical screening coverage
- Complete implementation of a Wairarapa-wide approach to the prevention and management of long-term conditions.
- Ensure those who will most benefit are enrolled on the Care Plus programme

Reduce the burden of mental illness and addictions

- Enhance access to and increase the effectiveness of the "To Be Heard" programme
- Implement the Depression Guidelines

Improve health sector performance

- Develop a profile about Wairarapa health status and needs.
- Develop new models of service, including the role of Family Nurse Practitioner
- 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
- Implement new pharmacy services including medicines use reviews



These plans and actions are part of national health targets^{1,2,5,6,7,8,9}
(see summary sheet)

FOR MORE INFORMATION



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

Staying well

"I love dancing and music but these old legs don't always do what I want," says Kato Akuira. She gives it a good go though, attending line dancing followed by Tai Chi once a week. Eight friends fill a van and head for Featherston for a day of movement and action. "It's a fun way of exercising and it's all about whanaungatanga (togetherness). Line dancing is fast and active; Tai Chi is slow and measured." Great exercise for a 74 year old who has problems with circulation and osteoarthritis. Kato does all she can to alleviate the symptoms. She goes to the gym and the pool twice a week and also does a lot of walking.

"My legs used to swell up and I don't like sitting all the time. I could have had surgery for my knee but it would have cost a lot of money and I would have had to wait. Instead I decided it was up to me to improve my health with the help of my GP. I still have to take medication for my ailments - I take quinine for the cramp and tablets for indigestion and something for the old ticker, but I'm much better than I was."

Kato is a Care Plus patient who has a 'Wellness Plan' which entitles her to free, regular medical assessments where she and her GP set goals to improve her wellbeing. She goes to Te Rangimarie clinic where Masterton Medical's Dr Cath Becker follows her progress, manages her health conditions and supports her to make lifestyle changes.

"I have changed my diet too. I still like the old boil-up, but no fat and lots of vegetables. Puddings are for special occasions and I try not to drink much because my legs play up when I overindulge."

Care Plus targets people with high health needs such as chronic conditions, or acute medical needs. It reduces the cost for high need primary health users and assists them to manage their condition.



Kato's husband Owen, who turns 80 soon, is also a regular attender at Te Rangimarie. He has just passed his medical for his licence and is relieved he can still drive. He has had a couple of hospital admissions this year and has problems with leg pain and swelling but he says he now has it under control. "I'm gradually feeling stronger and I still stack the wood and mow the lawns but I can't dig the garden because of circulatory problems. I have to take pills every day for the rest of my life, but I sleep well and I'm feeling better."

He shares his wife's healthy diet and positive outlook. They have been married for 52 years and have five children and 10 grandchildren. Reason enough to look after each other and stay healthy.