

cohealth

From health care to community:

Supporting clients to continue their
exercise journey



Heath Miller

about cohealth

- Australia's **newest**, and one of the country's **largest** not for profit community health organisations.
- Established 1 May 2014, through the merge of three **leading community health services**: North Yarra, Doutta Galla, and Western Region Health Centre.
- Provides **local health and support services** including medical, dental, **allied health**, mental health, and counselling, and many specialist health services, to people in Melbourne's northern and western suburbs.

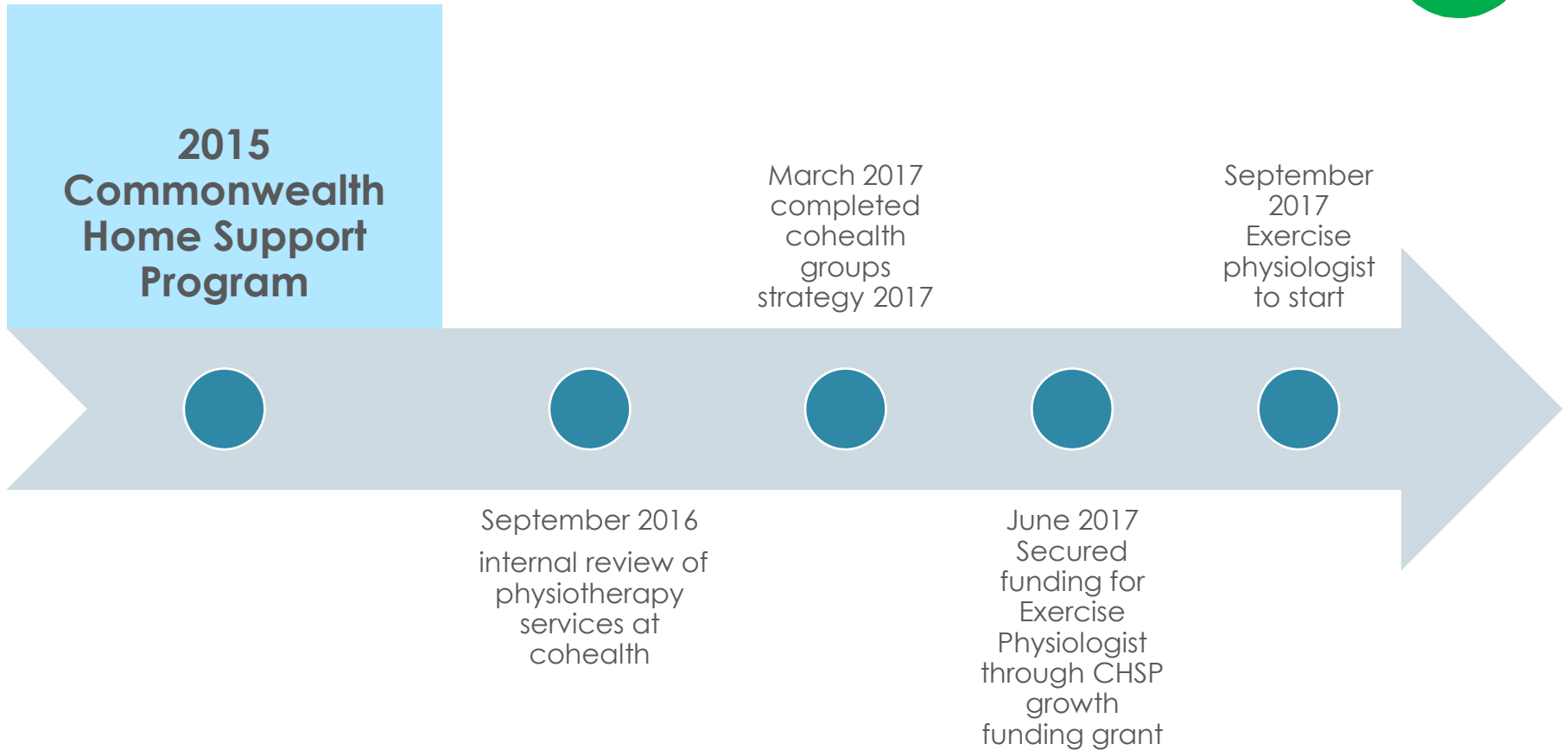
About Me

- Heath Miller - Physiotherapist Practice Lead
- Leading a team of around 20 physiotherapists across multiple sites
- Started at cohealth in September 2016

Key objectives

- 1.) Describe cohealth's journey setting up transition pathways to support ongoing exercise for older clients from our group programs
- 2.) Highlight the key learnings from the process so far

The Journey thus far



Commonwealth Home Support Program

National program providing allied health and support services For over 65s – My Aged Care

Big change for the way community health programs are funded for this group of clients

Prompted a review of how physiotherapy at cohealth (amongst other things)

The journey thus far

2015
Commonwealth
Home Support
Program

March 2017
completed
cohealth
groups
strategy 2017

September
2017 Exercise
physiologist to
start

September 2016
internal review
of physiotherapy
services at
cohealth

June 2017
Secured
funding for
Exercise
Physiologist
through CHSP
growth
funding grant

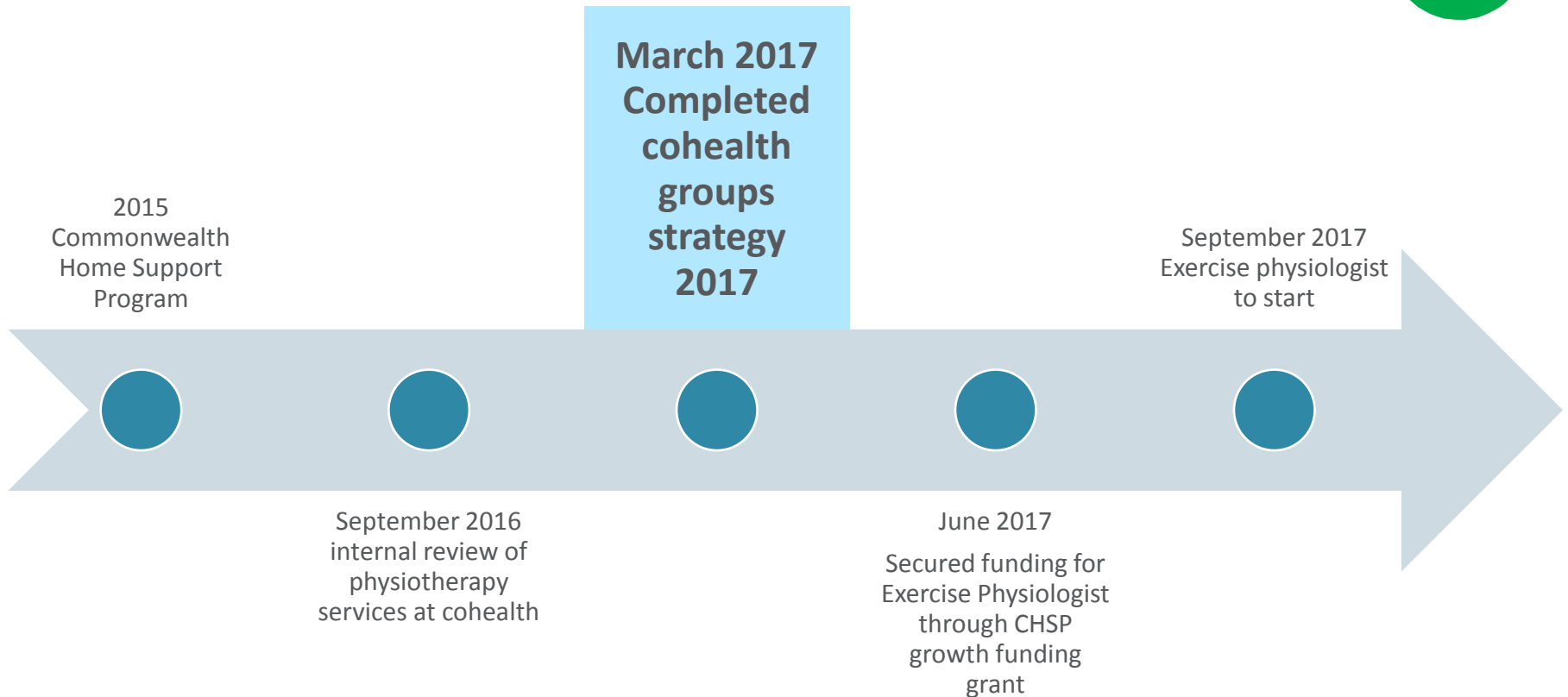
Internal review of physiotherapy services

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Recommendations

- cohealth groups to focus on time limited interventions
- Build clients capacity for self management
- Grow on referral options for clients

The Journey thus far





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Restorative Exercise Group



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Active Transition Model

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Maintenance Group



Sustainable Community
Based Exercise

Easy in theory... however

- Focus on transition not in the physiotherapy position description
- Demand for physiotherapy always high
- Practice change
- Few community partners

Building partnerships



Example

This project is supported through the Maribyrnong City Council Community Grant Program


Do you live in Braybrook and have Type 2 Diabetes?

RecWest Braybrook and cohealth have developed a group exercise program specifically designed to benefit people living with Type 2 Diabetes.

Only \$2 per session.

Get involved today!

Speak to reception to find out about registration.



Group Exercise Program for people with Type 2 Diabetes

Beat The Betes

RecWest
Braybrook

cohealth

Maribyrnong
CITY COUNCIL

YMCA

The Journey thus far

2015
Commonwealth Home Support Program

October 2016
first meeting of "exercise groups" working group

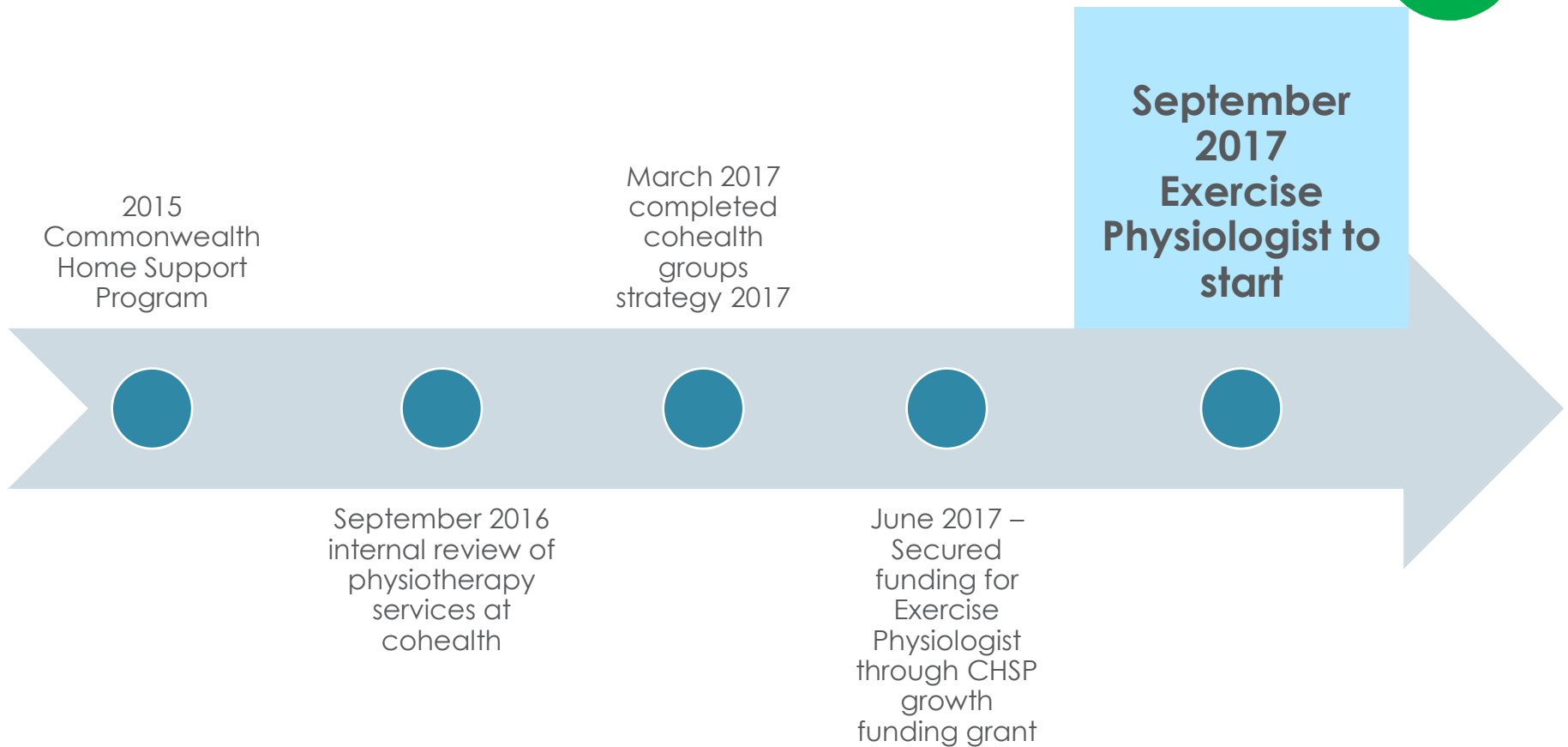
July 2017
Secured funding for Exercise Physiologist through CHSP

September 2016 internal review of physiotherapy services at cohealth

March 2017 completed cohealth groups strategy 2017

September 2017
Exercise physiologist to start

The Future



The Future

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The Future



INVOLVE CONNECT ENJOY



Learnings so far

- Practice change takes planning and consultation
- Incorporate the focus on transition in to a role/position description if possible
- Seek relationships with community organisations with similar values
- Be opportunistic!
- Try to support partners to support your clients ongoing

Thanks!

Questions?