

# Healthy Ageing Support

## Early intervention initiative

Supporting healthy ageing through facilitating early access and connection to community supports.



**phn**  
DARLING DOWNS  
AND WEST MORETON  
An Australian Government Initiative

As you get older, living as independently as possible in your own home and community and having the continued ability to undertake your usual activities of daily living, is extremely important.

Healthy Ageing Support helps connect older people, as early as possible, to the primary care, community and at-home services required so they are able to remain living in their own home for as long as possible.

Healthy Ageing Support is part of the PHN's early intervention initiative informed by the Royal Commission's recommendations to improve older people's ability to coordinate the care and services they may need between:



primary care services including GPs, Nurses, health care workers, pharmacy, allied and other health professionals



Hospital and Health services and the community



government and non-government funded community and at-home services (including services accessed via My Aged Care).

Healthy Ageing Support services are provided at no cost to the older person as they are fully funded through our PHN.

Healthy Ageing Support workers are qualified and/or have the relevant experience needed in aged care and health and community services to be able to support you in accessing Healthy Ageing Support. Healthy Ageing Support workers and Providers have an in-depth understanding of their local community and what support and assistance is available for older people.

### Accessing Healthy Ageing Support

Your GP, Nurse Navigator, Service Provider or allied and other health professional is able to refer directly to a Healthy Ageing Support Provider. There is no specific assessment required to gain access, and a medical referral is not essential.

You are also able to refer yourself and should contact your nearest Healthy Ageing Support Provider directly for more information.

### Who is eligible for Healthy Ageing Support?

An eligible person is aged 65+, or 50+ if you are Aboriginal or Torres Strait Islander, and someone who may have a chronic condition or one or more risk factors associated with the development of a chronic condition, eg. high blood pressure, high cholesterol.

### What is the difference between Healthy Ageing Support and Care Finder?

Healthy Ageing Support:

- is an early intervention initiative, designed to support people to be as independent as possible, for as long as possible living in their own home and community.
- assists older people within the eligible cohort to coordinate the primary care, community and at-home services they may need.
- helps older people that do not fall within the Care Finder cohort, whether or not they already access My Aged Care services.
- assists older people within the eligible cohort even if they have a carer or other support network they access.
- promotes, engages and connects older people to activities that encourage healthy ageing to delay and/or reduce hospitalisations or the need for facility-based aged care.

### Healthy Ageing Support providers

#### Goolburri Aboriginal Health

Phone: 07 4638 8607

Email: [Intakehas@goolburri.org.au](mailto:Intakehas@goolburri.org.au)

Website: [goolburri.org.au](http://goolburri.org.au)

Area servicing: Toowoomba, Southern Downs, Western Downs (incl. Taroom), Goondiwindi

Focus: All eligible people

#### Footprints Community Limited

Phone: 07 3252 3488

Email: [healthyageingconnections@footprintscommunity.org.au](mailto:healthyageingconnections@footprintscommunity.org.au)

Website: [footprintscommunity.org.au](http://footprintscommunity.org.au)

Area servicing: Ipswich, Lockyer Valley, Somerset, South Burnett

Focus: All eligible people

#### Granite Belt Neighbourhood Centre

Phone: 07 4681 3777

Email: [healthyageing@communityds.org.au](mailto:healthyageing@communityds.org.au)

Website: [mysd.com.au/cds](http://mysd.com.au/cds)

Area servicing: Southern Downs

Focus: All eligible people