

## TALK ABOUT

### LET'S TALK ABOUT...

TALK ABOUT is a way for Darling Downs and West Moreton PHN to ask you about your experience with healthcare in your community.

From 26 May to 7 July 2025 we want to TALK ABOUT what you think is working well and what you think could be done better to improve your healthcare experiences.

Let's TALK ABOUT the health needs of...

### AGEING WELL - OLDER PERSONS HEALTH

#### DID YOU KNOW?

Around **110,000** people aged 65 years or older live in the region. This number will increase to **140,000** by 2030.



**85%** of older Australians do not require assistance with their day to day living.



**1 in 4** people receive their aged care services while continuing to live at home.



**9 out of 10** home support recipients are managing their services independently, and do not have a formal carer.



Residential aged care availability is limited compared to other communities across Queensland.

Almost **1/2** of those people living in residential aged care have dementia.

CLICK HERE TO COMPLETE OUR SHORT SURVEY

OR SCAN QR CODE TO COMPLETE OUR SHORT SURVEY



[ddwmpnh.com.au/talk-about](http://ddwmpnh.com.au/talk-about)

## TALK ABOUT

### WHAT WE HEARD

TALK ABOUT is a way for Darling Downs and West Moreton PHN to ask you about your experience with healthcare in your community.

From 26 May until 7 July 2025, you talked about ageing well and older persons health.

This is WHAT WE HEARD...

#### We received responses from...



online survey participants, of those...

**121**



**49**

were health professionals



**72**

were community members



**79**

Community participants in community-led discussions across Nanango, Ipswich, Toowoomba, Coominya and Cherbourg

**9 out of 10**

people are living in their own homes

**8%**

are considering residential aged care

Overall, you rated **HEALTH SERVICES FOR OLDER PERSONS** in our region with a score of **6 out of 10**.

#### What you thought worked well



- You told us you feel confident managing medicines, with 87% saying pharmacists explain treatments clearly and provide trusted advice.
- You said living at home matters. 89% are still in their own homes, and 79% manage independently.
- You valued long-term GP relationships. One person shared: "I've seen the same doctor for 37 years."
- Families were described as vital, with family helping coordinate when services fall short.
- You said local healthcare was appreciated when staff were friendly, welcoming, and services were close to home.

#### What you thought could be done better



- You told us waiting times are your biggest concern – 46% said it takes too long to get care.
- You said the cost of healthcare is becoming harder to manage. 38% said affordability is a barrier, with bulk billing harder to find.
- Getting around is becoming more difficult. 31% reported mobility challenges, 24% worried about falls, and rural participants noted transport issues.
- You told us memory and mental health are growing concerns. 28% worry about dementia, and 25% about mental health or loneliness.
- You said digital services are difficult to use, especially with vision impairment or lack of confidence with technology.
- Health professionals told us they saw social isolation as your top concern (55%) along with dementia (53%)

#### What support you said you need



- More social opportunities – walking groups, book clubs, volunteering (46%)
- Help to stay at home – 38% want regular, consistent in-home support
- Many described services as very difficult to use, and asked for more help to link people with services
- Staying connected to Country is hard in rural areas with access gaps and service closures.
- Multicultural communities said language barriers also make care harder to reach.