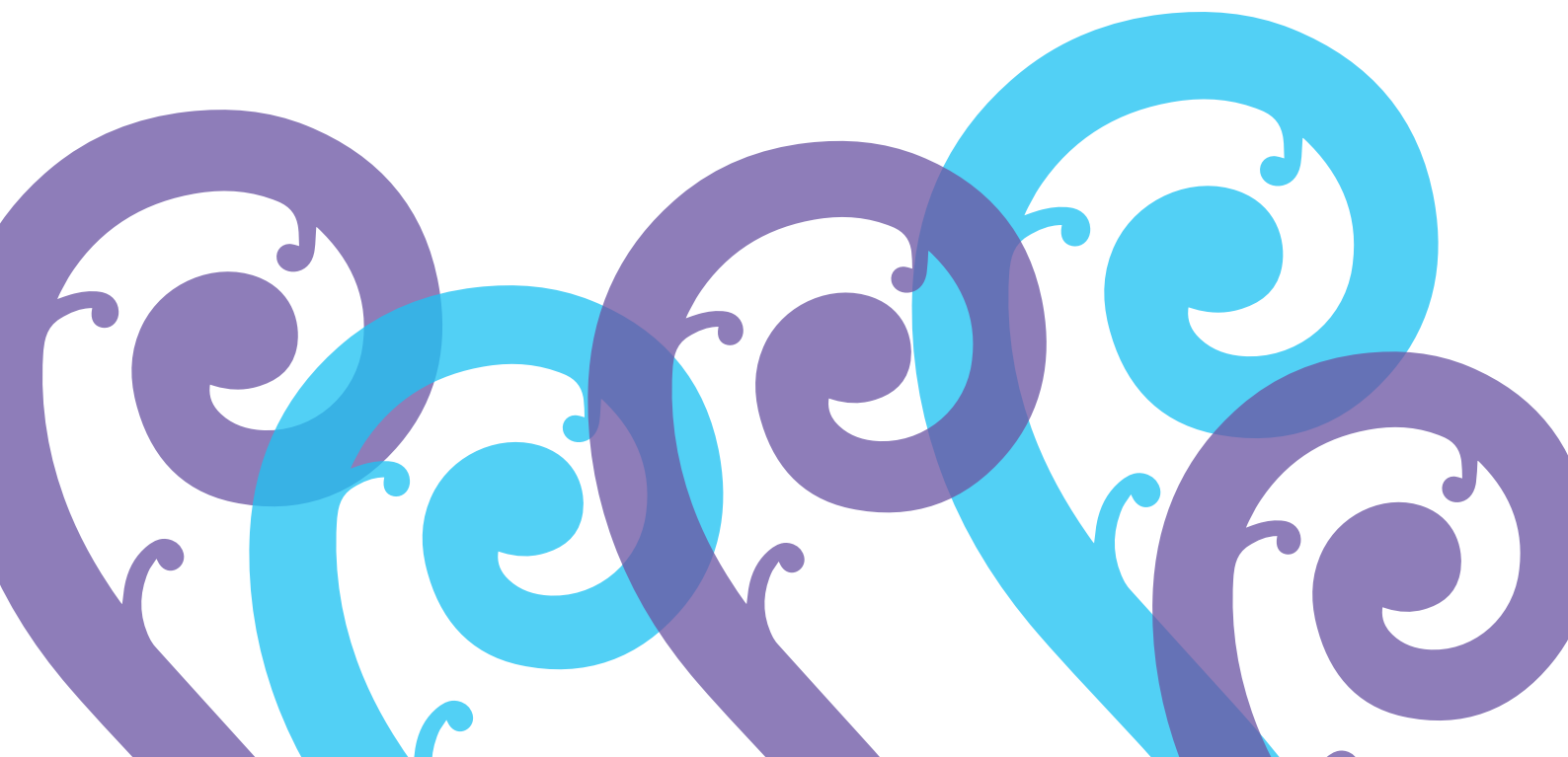


MidCentral District Health Board

Te Pae Hauora o Ruahine o Tararua

Horowhenua

Health and Wellbeing Plan 2018-2023



He Mihi | Greetings

Kua hau mai te rongō he ao hou kei te waihangatia e tātou. Arā, he ao hou e noho nei ko te tangata e tino ora ana, ko te hauora te tino aronga, ko te whai whakaaro o tētahi ki tētahi, ahakoa ko wai, ahakoa nō hea. Nau mai e hika mā ki tēnei whakaaro kua marara ki ngā tōpito katoa o Horowhenua. Nei te mihi kau ake o Te Pae Hauora o Ruahine o Tararua. Ka tukua ko ngā waiora o ngā wai kaukau e kawē atu i ēnei kupu ki ngā kāinga katoa o Horowhenua.

The word is out there a new world being created. A new world where everyone is very healthy and health is the focus, along with thoughtful to each other, regardless of who or where we are from. So welcome to this new perspective being dispersed to all corners of the Horowhenua district. This is an unconditional greeting from Te Pae Hauora o Ruahine o Tararua. Let us leave it the healthy waters of bathed by the ancestors to convey these words to all homes of Horowhenua.

He Kupu Whakataki | Foreword

To achieve Quality Living – Healthy Lives – Well Communities we need to think and work differently.

We want nothing but the best health care, and the best health and wellbeing for everyone. Every day in our communities people face a range of challenges; some live with mental illness, some live with a chronic disease, others may become acutely unwell and need emergency care.

Thinking beyond health, some live in cold, damp houses, some may experience violence, and others struggle to afford the everyday costs of living. Health and its partners need to work together as one team, taking a more collaborative approach so that we can achieve better health outcomes for our communities. This also means partnering with individuals, accepting them as experts in their own health and in their own lives.

What strategies guide the Health and Wellbeing Plan? | Ngā Rautaki

The strategic intentions guiding this Health and Wellbeing Plan for the Horowhenua District are our Strategic Imperatives:

- Partner with people to support health and wellbeing
- Connect and transform primary, community and specialist care
- Achieve quality and excellence by design
- Achieve equity of access across communities, and

Our Vision...



Horowhenua District Health and Wellbeing Plan | Te Mahere Hauora

The Horowhenua District Health and Wellbeing Plan has two parts;

Locality Approach: This outlines the approach taken, what we did and how we did it. It highlights the key findings at each stage, providing a snapshot of Horowhenua District's population and their strengths and challenges in regards to health and wellbeing.

Plan of Action: This section looks at what can be done to improve the priority areas identified by the Horowhenua District community. Each of the four priority areas has a series of actionable steps that are intended to be carried out within a five-year time frame.

The Health and Wellbeing Plan aims to make a positive contribution to the health outcomes of the Horowhenua District. It will be used to make changes necessary to continuously improve our health system, as part of the wider health sector and social services network. The Plan places Horowhenua District residents and their families/whānau at the centre of planning decisions and design to best meet the needs of the community.

Listening To The Community | He Whakarongo Ki Te Hapori

We need to better understand our communities, people's lifestyles, their health needs, their experience of care and what their priorities are. Understanding our communities will enable us to work in partnership with them to better design services that meet that community and its people's needs.

A locality approach:

- provides a voice for communities; acknowledging different needs, cultures and priorities.
- places people, families/whānau at the centre of planning decisions and design to best meet the needs of their community. Providing local solutions for local issues.
- engages with other sectors in common community health and wellbeing agendas to reduce inequity and improve health outcomes.
- helps to develop active partnerships with people, communities and other agencies who work within or across health at all levels.
- will help inform investment decisions and provide focus for future planning.
- acknowledges that health and wellbeing is affected by many factors, including the environment, housing and employment.

What is a locality?

A locality is a defined geographical area. In this case it is the area within the Horowhenua District Council boundary. This plan encompasses all people who usually live in this area (not just those enrolled with local general practice teams).

Health and Wellbeing plans have also been developed for other localities (based on TLA boundaries) within the MidCentral DHB area. Plans for the Tararua District, Manawatū District and the Ōtaki ward of the Kāpiti District are complete with a Palmerston North City plan under development.

What will be the impact for people and communities?

- Health care that is flexible, responsive and adaptive to meet their needs.
- People receiving health care services delivered on time and closer to home where possible.
- People will have positive experiences of care from a joined-up health system.
- The health and wellbeing of all people in the community will be improved as a result of collaborative work between health, social services and community agencies.

Building upon existing work

It is important to acknowledge other plans and strategies that have been done in the Horowhenua District. Documents, such as the Horowhenua District Council Community Wellbeing Strategy, were used to inform our planning process.

Who helped to guide and support this plan? | Nā wai i āwhina?

A Local Advisory Group was established to guide and support the locality planning process. It was important to have local leaders, who reside within the Horowhenua District, to guide the process as they have an in-depth knowledge of the best way to engage with a diverse range of people within their community.

Representation at the Local Advisory Group

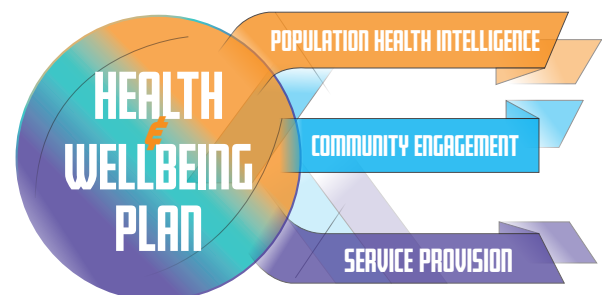
- Horowhenua District Council
- Muaūpoko Tribal Authority
- Non Government Organisations
- Consumer
- Horowhenua Health Centre
- Central PHO
- Raukawa Whānau Ora Services
- Child, Youth and Women's Health Portfolio Manager for MidCentral District Health Board
- Public Health
- Other health and social services

Creating the Plan

Creating a Health and Wellbeing Plan for the Horowhenua District involved three main stages.

These were:

- 1) gathering population intelligence and health information
- 2) community engagement
- 3) establishing priorities and actions for service provision



Stage 1: Population Intelligence and Health information | Horowhenua Tangata, Horowhenua Hauora

- Information and data was gathered about the population of the Horowhenua District and research was undertaken, including analysis of current and previous strategies and plans.
- A district-wide Health Needs Assessment was completed.

So, what did we find?

The following pages are a snapshot of some of the interesting data and information gathered about the population of the Horowhenua District.

HOROWHENUA POPULATION SNAPSHOT

Horowhenua Population 2017

32,500



25.1% were 65 years and over. This is compared to 15.1% nationally.

18.5% were 0-14 years. This is compared to 19.5% nationally.

66%

Of people in the Horowhenua District live in areas designated as being among **the most deprived** in New Zealand.

Higher levels of deprivation are associated with higher mortality rates and higher rates of many diseases, as well as social problems such as crime, family violence, disengagement from education and risk-taking behaviours.

In the 2013 Census:

30.7% of families with dependent children in the Horowhenua District were single-parent families, 57.5% of single-parent families had a total annual family income of less than \$30,000.

By 2038 Statistics NZ predict that:

There will be a **55% increase** in residents aged **65 years and over**.
(4000 more residents aged 65+ than there were in 2013)


These trends are important because Māori and older people are known to have poorer health status than other New Zealanders.

The proportion of residents **identifying as Māori** is expected to **increase to 36.1% (from 21.6% in 2013)**.

- The proportion of residents identifying as Pacific is expected to increase to **11.7% (from 4.6% in 2013)**.
- The proportion of residents identifying as Asian is expected to increase to **6.8% (from 3.2% in 2013)**.

Housing

Home ownership rates in Horowhenua are above the national average (2013 Census). **69% of households own their own dwelling in the Horowhenua District compared to 64.8% nationally.**



69%
OWN THEIR OWN HOME

The estimated mean weekly rent for the year to May 2017 was \$255 in Horowhenua compared to \$273 for the Manawatū/Whanganui region and \$421 for New Zealand.

\$255

Education

37–70%

The increase for all Māori school leavers with NCEA level 2 or above since 2009

55–71%

The increase for all school leavers with NCEA level 2 or above since 2009

Income

In 2013, **65.1% of people aged 15 years and over had an annual personal income of \$30,000 or less.**

Horowhenua District Services

This section lists some of the key health services for Horowhenua District residents. For a more comprehensive list of services in the district please refer to www.healthpoint.co.nz

Horowhenua Health Centre: 62 Liverpool Street, Levin

Services provided include:

- 20 bed hospital ward,
- 4 maternity beds,
- General practice and community services,
- Day surgery and dental procedures,
- Outpatient Clinics provided by 45 specialists,
- 3 chair dialysis,
- Child, Adolescent and Family Service (CAFS) Mental Health and Addiction Service,
- 5-day-a-week x-ray and ultrasound,
- 5-day-a-week MedLab,
- Horowhenua Community Practice.

Horowhenua Health Centre Stats (2016):

| | |
|-------|--|
| 4,627 | People attended Outpatients clinics in Levin |
| 12 | Clinicians provided 814 Adults with Mental Health Services and Support |
| 35 | Nurses provided 33,000 consults |
| 6 | GP's provided 101,000 consults |
| 9,200 | People received extra support from GP Teams for their Long Term Conditions |
| 5,300 | Afterhours GP appointments |

Other Services include:

- Raukawa Whānau Ora Health Service – a kaupapa Māori iwi health provider delivering a range of services specifically for Māori but not excluding non-Māori.
- 4 GP practices open Monday to Friday (Cambridge St Medical Centre, Masonic Medical Centre, Queen St Surgery, Tararua Medical Centre).
- Youth One Stop Shop Horowhenua provides a free health service for 10 – 24 year olds Monday – Wednesday.
- 4 Pharmacies.
- 8 Rest Homes provide 432 beds.
- School Based Health services are provided for Decile 3 Secondary Schools, the Teen Parenting Unit and Alternative Education Providers.

Attendances at Horowhenua Health Centre Outpatients Clinics by Horowhenua people in 2016

| Clinic | Attendees |
|----------------|-----------|
| ElderHealth | 583 |
| Medical | 1,013 |
| Paediatric | 479 |
| Cancer | 506 |
| Rehab | |
| Surgical | 1,487 |
| Women's Health | 559 |
| Total | 4,627 |

Horowhenua District Services

Services in Foxton include:

- Te Waiora Community Health Services provide a general practice team Monday – Friday.
- Best Care (Whakapai Hauora) Charitable Trust provides mobile primary health care nurse services.
- 1 Pharmacy.
- 2 Rest Homes provide 70 beds.
- The High School has school based health services.

Other Services in the District include:

- Te Waiora Community Health Services run a clinic in Shannon three days a week.
- Raukawa Whānau Ora Health Service are able to deliver mobile services throughout the district to homes, marae, kōhanga reo, community venue, one of the base clinics or venues deemed appropriate.
- Muaūpoko Tribal Authority provide Whānau Ora services in the district.
- Best Care (Whakapai Hauora) Charitable Trust provide Māori Health services in the district including a mobile primary health care nurse services in Shannon and Foxton Beach.
- Central PHO has an office in Levin and provides primary health care services across the district.
- Various providers deliver Child Health Services in the district, including: Pregnancy and Parenting Services, Well Child Services, Oral Health Services and Outreach Immunisation Services.

Horowhenua District Residents visiting Palmerston North Hospital:

7,206 Horowhenua District residents presented to ED in 2016 and 2,746 were admitted

| Attendances at Palmerston North Outpatients Clinics by people from the Horowhenua District in 2016 | |
|--|---------------|
| Clinic | Attendees |
| ElderHealth | 56 |
| Medical | 8,670 |
| Paediatric | 451 |
| Cancer | 5,183 |
| Rehab | 15 |
| Surgical | 12,235 |
| Women's Health | 1,246 |
| Total | 27,856 |

Stage 2: Community Engagement | Kōrero Tahī

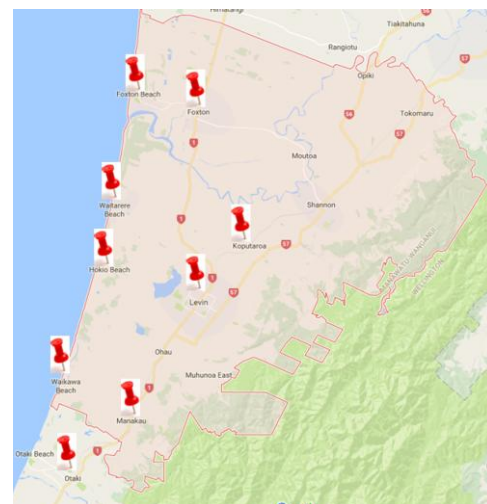
- A three-month-long engagement process was undertaken to ensure residents had adequate time and opportunity to provide feedback and co-design the plan.
- Feedback was received from over 465 residents through a variety of mediums.
- Four key Priority Areas for improvement were identified using thematic analysis of the feedback.
- Three main areas of focus under each Priority were identified from the feedback.

Feedback was received from across the Horowhenua District. The pin points represent the spread of locations we received feedback from.

258 surveys were completed and more than 212 people attended various workshops and forums.

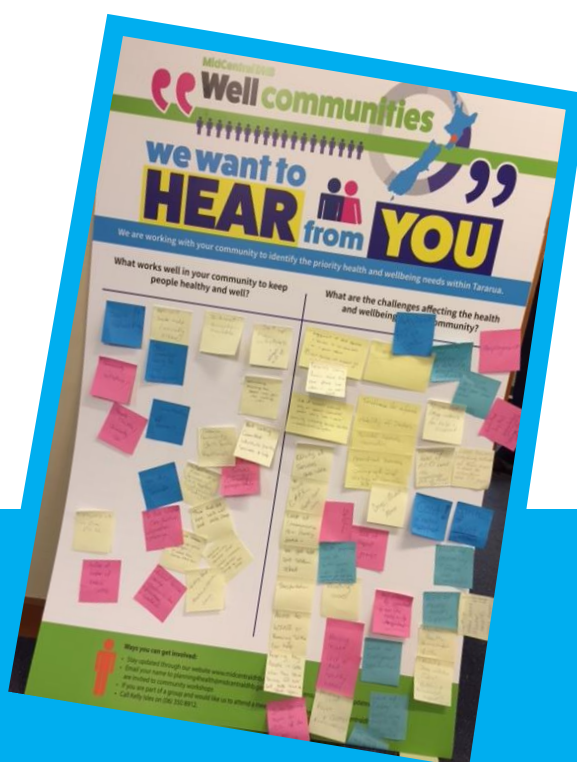
Methods of engagement:

- Community workshops
- Newsletters distributed to a wide database
- Surveys left at various locations
- Posters in various locations
- MidCentral DHB Website
- Option to email or phone Project Manager directly
- Online surveys
- A display at Te Takere
- Rural Delivery mail out
- Social media
- Horowhenua Chronicle



We attended a number of meetings and engaged with many groups and people to seek further feedback including:

- Horowhenua Disability Leadership Forum,
- Youth Voice,
- Older Person Network,
- Youth Network,
- Local Management Group,
- Horowhenua Children's Team,
- Horowhenua Wellbeing Executive,
- Raukawa Whanau Ora Ltd,
- Muaūpoko Tribal Authority,
- Horowhenua Community Open forums,
- Diabetes NZ Horowhenua branch.



What we asked

The key questions we put to the community were:

- *what works well in your community to keep people healthy and well?*
- *what are the key issues/challenges affecting the health and wellbeing of your community?*
- *what actions could be taken to improve the health and wellbeing of your community?*

Below is a list of the strengths that were highlighted by the people of the Horowhenua District and the following two pages summarise the key messages that came through in regards to the challenges faced and how improvements could be made.

Strengths | Ngā Huapai

- Great local assets: Te Takere, swimming pools, beaches and adventure playground.
- Many passionate and committed local people working in a paid and voluntary capacities who get things done.
- Health Shuttles which are essential for people overcoming transport and distance barriers.
- Active local Council with a strong community wellbeing focus.
- Lots of community clubs and local groups that provide a valued sense of connection and support.
- Strong advocacy networks for priority groups including youth, disability and older people.
- Great youth services; YOSS, Teen Parent Unit, Life to the Max, Blake House and more.
- Horowhenua Health Centre delivering health services in the community, after hours services and hospital (although these services are limited).
- Green space, recreation and sporting opportunities.
- Two strong and active Iwi offering culturally appropriate support services for people and whānau.
- Active Community Patrol and volunteers.
- Visible and trusted Police staff who really care about the community.
- Strong rural communities supporting each other.
- Operating Marae in Levin, Ōtaki, Shannon, Foxton, Ohau and Manakau.
- A wide range of community services.

Common Themes

With over 465 people engaging in this process, it is important to note that many different strengths and challenges were identified. The themes identified were based on most commonly stated challenges for residents of the Horowhenua District.

WHAT PEOPLE SAID...

"There are so many caring and talented people in this community – grandparents, retired professionals and keen gardeners who could help those struggling if we had a way."

"I'm so proud of our Iwi - they turn nobody away and are tirelessly walking beside Whānau every day making them stronger, confident and more connected."

"The Health Shuttle is a real lifeline – so many people have no other way of getting to appointments."

"My son hurt his arm at rugby, no radiology in Levin on Saturday meant we had to drive to Palmerston North to confirm no fracture and come home again."

"If only people involved in my healthcare would speak to each other and work together."

"Don't bring us big city ideas - ask us what's important, what we need and how you can make a difference here."

HOROWHENUA

"We need more after hours and weekend GP hours – getting to Palmerston North if you can then waiting for hours just isn't tika."

"I'm confident, educated and persistent – who knows how anyone vulnerable or without support manages to find their way through the mental health system."

"You might think I'm retired and have all the spare time in the world, but making me travel to Palmerston North for silly appointments or things I should be able to do in Levin just isn't on."

"Yeah it's only 35kms to Palmerston North from here – but in my truck it feels like twice that far and isn't cheap either."

"Waiting for over a week to see the GP then telling my story to yet another new person is frustrating and doesn't fill me with any confidence."

"Seeing the doctor is \$36, for me that is breakfast and school lunches for the week – I'd need to be pretty sick."



COMMON THEMES

From our community engagement

More support is needed for carers looking after their elderly, disabled or vulnerable family members.

Mental Health and Addiction are a real concern in our community.

Encourage and support healthy and active living for everyone.

Communicate clearly, openly and often – to build and maintain a relationship with us.

Allow me to build and maintain a trusted relationship with my GP team.

Improve our ability to get a GP appointment when needed.

Ensure people involved in my health and wellness work as one team.

Improve our awareness of local services available and how to access them.

Reduce the impact of time, distance and transport on access to the health services we need.

Deliver more health services in our communities closer to home.

Improve easy access to local community mental health support – earlier, without waiting and in the communities where we live.

Reduce the presence and impact of drugs on our community, especially young people and vulnerable families.

Reduce the total cost of healthcare – especially for the elderly and our most vulnerable.

Reduce the impact of family violence in our community.

Reduce the impact of isolation – especially for rural families and the elderly.

Improve the quality, affordability and availability of rental accommodation.

Step 3: Identifying Priorities | Ngā Mea Nui

Priority areas were identified through a second round of engagement.

We went back out to the Horowhenua District community with the common themes identified after the initial engagement and asked:

- 1) what are the top 4 priorities?
- 2) within these priority areas, what should we focus on first?

The top four identified priorities through this process were:

Community Priority #1 Access to Healthcare

Easy access to Healthcare when people need it

Community Priority #2 Mental Health and Addiction

Improved Mental Health and Addiction support in communities

Community Priority #3 Better Communication and Connection

A district that has quality communications and connections between health services, people, whānau and communities

Community Priority #4 Healthy Living

A well community where everyone is supported to have quality living and healthy and active lives

It is interesting to note that in developing Health and Wellbeing Plans for other localities within the MidCentral District area (Taranua District, Manawatū District and Ōtaki) the identified main priority areas were consistent, however, there were differences in the focus areas within these priority areas.

Part 2 | **Plan of Action** | *Mahia te Mahi*

So, what can we do?

The following pages summarise the four identified priority areas for the Horowhenua District and the plan of actions for each priority area. The plan takes a one to five year approach and focuses on how health and its partners can work together to make improvements within these priority areas.

Horowhenua District Health and Wellbeing Plan

Community Priority #1: Access to Healthcare

Common things heard from Horowhenua District residents:

"Distance, time and cost are barriers to getting healthcare."

"People really appreciate the health shuttle service as so many people have no other way of getting to appointments."

"There are limited services for outlying and beach communities. Are there ways technology could be used to help these communities?"

"People are frustrated at having to travel to Palmerston North for a 10 minute appointment at the hospital."

"It often takes far too long to get an appointment with a doctor."

What does the community want us to focus on first?

People being able to get help when they need it

Improve people's ability to access General Practice teams in a timely manner.

Reduce barriers of time, distance and travel for rural communities accessing care.

Improving people's access to hospital and specialist care

Provide more "People Focused" systems, and provide easier access to specialists where appropriate.

Health working together as one team

Improve the ability for health services to work together supporting people's health journey.

Work in partnership with communities and consumers when designing healthcare.

What will health and its partners do and how will it make a difference over the next 1- 5 years?

Improving Access

- Enable people to be treated in their own home and community through promotion of the Urgent Community Care service available in the Horowhenua through St John.
- Pilot new models of healthcare delivery to meet demand including working with Māori/Iwi providers.
- People (particularly in rural communities) will be able to connect more with health services through improved technology (eg virtual consults).
- People in need will be able to get appointments easier through new systems, which include GP triaging.
- General Practices will increase the number of consultations over the phone or online which will save people time and travel costs.
- People will be able to use online tools to get repeat prescriptions, make appointments and receive test results.

Support for older people

- Older adults will be able to attend workshops to learn how to use patient portals to get repeat prescriptions, make appointments and receive test results.

Improve hospital booking systems

- People's circumstances (such as locality and family/whānau responsibilities) will be taken into consideration by more flexible hospital booking systems.

Providing phone or online consult options

- People will be provided with options of a consult over the phone or online where appropriate for follow-up specialist appointments. This will be piloted with some hospital specialist areas first.

Improve the Emergency Department

- People attending Palmerston North Hospital's Emergency Department will find a more welcoming environment as the reception and waiting areas are improved (2018/2019).
- Patients will have improved privacy in redeveloped Emergency Department triage rooms.

Improve people's experience of healthcare

- People will be better supported by health providers who can access the notes they need through improved IT systems.
- Locality-based teams will be put in place to help address the unique needs of the community.
- A DHB digital strategy is being developed to identify priority areas for improvement, ensuring people and whānau have a more connected health journey by services working together as one team.
- People feel better informed about their health by making it easier for them to access their health information through improved technology.
- People will have more choice by increasing awareness of what different health professionals can do and which service to choose when. Eg your pharmacist may be able to give you your flu shot.
- There will be more opportunities to provide feedback, which will be used to constantly improve health services. The Consumer Council will be involved in the design of this.

Horowhenua District Health and Wellbeing Plan

Community Priority #2: Mental Health and Addiction

Common things heard from Horowhenua District residents:

"Access to services in a timely manner can be a real challenge."

"There is a strong focus on youth and a number of fantastic initiatives and services in place to support them that are having a positive impact."

"Mental Health and Addiction in our community is a real concern, we all need to work together to support people."

"Isolation in our community is a growing concern, especially for our aging population and rural communities."

"Our communities are not aware of existing services and how to access them."

What does the community want us to focus on first?

People being able to find help when they need it

Increase knowledge of mental health and addiction support available in communities so that it is easier to find and access.

Services working together

Health and its partners working together more to support the local community.

Reduce Isolation

Better support and connect with isolated people and whānau, especially older adults.

What will health and its partners do and how will it make a difference over the next 1- 5 years?

Providing services in more accessible ways

- People will have better access to care through more tele-health appointments with mental health - reducing the barriers of time, cost and distance.
- Better support for communities locally by having a Suicide Prevention Local Response team in place in the district. This involves local agencies working collectively as one team.

Increase visibility and awareness of services and resources

- Mental Health and Addiction Services will be more visible in our community as the DHB develop a relevant and modern communications strategy.
- People will be more easily able to find information on alcohol and drugs through a more coordinated and modern approach to how information is distributed.
- Promote the online directory of Mental Health and Addiction Services, linking services and people to what is available in the community and how to access them.

Collaboration

- Work will be done together with schools, not for profit organisations and Iwi to reduce the supply of alcohol to those less than 18 years of age.
- People will be able to see how all services work and where they should seek help and support through the promotion of a service mapping document.

Youth Development

- The Mates and Dates programme will be available and promoted to local secondary schools, helping our youth build healthy relationships.
- Health will work with other agencies in linking our vulnerable youth to employment opportunities and work experience.

Supporting Older Adults

- Improve older adults wellbeing by working with and supporting the Horowhenua District Council with The "Horowhenua Positive Ageing Action Plan" and "Project Lift".
- Promote the caring caller initiative by St John. Caring Caller is a service that St John provides for people who live alone or feel a bit lonely.

Supporting Rural Communities

- People who go out into isolated communities will receive training and support to help them recognise the signs of depression and help isolated and vulnerable people to seek help when needed. Health will work in partnership with Rural Support Services to achieve this.

Horowhenua District Health and Wellbeing Plan

Community Priority #3: Better Communication and Connections

Common things heard from Horowhenua District residents:

"Many people don't know what's available in the community."

"We are a strong active community and would like to be included in conversations when new services are being discussed."

"There are lots of great things happening in health and the community but we never get to hear about them."

"Communication from the hospital is often not very people friendly; it can be difficult to understand where you need to go and what you need to do."

What does the community want us to focus on first?

Improving Communication

Make correspondence more people friendly. People feel well informed when coming to hospital.

Raising awareness of what is available in the Horowhenua District and how to access it

Support the sharing of knowledge, resources and skills across communities to increase awareness and empower people.

Increasing engagement and visibility

Engage with local people when designing new services for the Horowhenua District. Stronger health leadership and presence in the Horowhenua District.

What will health and its partners do and how will it make a difference over the next 1- 5 years?

People-Friendly Communication

- Community members and the Consumer Council will be involved in the redesign of correspondence so that communications are clear and friendly.
- People will receive more relevant information when attending a hospital appointment, including parking and shuttle services.
- People will be able to access the new PN Hospital Navigation App through increased promotion of the App; helping people to navigate their way around the hospital.
- To ensure our communities are receiving clear and people-friendly messaging the DHB will continue to find new and innovative ways to communicate.

Knowledge Sharing

- People will be more up-to-date with what's happening in the Horowhenua community by ensuring communication is distributed through: local newspapers, social media channels, community committees and other key groups.
- Local success stories and programmes and initiatives that are working well in the Horowhenua District will be shared with the community.
- Identify opportunities to work with other health agencies to increase awareness of what's available in the community.

People feel more informed

- It will be easier for people to choose a service appropriate to their needs through a website which offers reliable information on local and district health services.
- Communications from the DHB will be sent out to community groups and providers on a more regular basis, with opportunities for people to provide suggestions and feedback.

Finding local solutions to local issues

- When designing a new health service in the Horowhenua District people, families/whānau will be placed at the centre of planning decisions and design to best meet the needs of their communities.
- Feedback from Horowhenua District residents about strengths, challenges and areas of priority within the community will be collected via at least one forum per year.
- Feedback from the Horowhenua community locality project will be used to help shape and support DHB planning and future services.
- Opportunities for feedback both formal and informal will be provided through local General Practices

Working together to achieve more

- Continue to be part of the Horowhenua Health and Wellbeing Executive - where we all work together on a common agenda to tackle the bigger issues for the district.
- Health will be aware of key issues for the Horowhenua by having a greater presence at key meetings.

Horowhenua District Health and Wellbeing Plan

Community Priority #4: Healthy Living

Common things heard from Horowhenua District residents:

"We have some great local recreation areas and facilities that bring people together and help them stay healthy."

"The cost and accessibility of rental housing, employment and the environment have a real impact on the health and wellbeing of people in our community."

"There are lots of passionate and committed people doing good work in our community services and community groups."

"As our population ages we want to support our older adults to stay well and live healthy quality lives within our community."

"People need to be supported to make good choices, particularly our youth so they can grow to be healthy adults."

What does the community want us to focus on first?

Wider determinants of health

Work alongside others to improve housing, transport, employment opportunities and other factors that can have an impact on health and wellbeing.

Link local people to local activities

Better link people to community initiatives so people can stay active, eat well and be connected to their community.

Quality living for older adults

Support older adults to stay well longer in their own homes.

What will health and its partners do and how will it make a difference over the next 1- 5 years?

Improve people's wellbeing

- A training programme for screening patients for family violence will be offered to all GP practices who will support people to talk about and seek help for family violence.
- Identify and increase support for adult literacy programmes within Horowhenua.
- People will be more aware of the financial support that is available to them and how to access it, through workshops run in partnership with other organisations in Horowhenua.
- The DHB will advocate, where appropriate, for positive changes in areas outside of health which have a fundamental impact on people's health and wellbeing within the Horowhenua District.
- The compassion housing project in Levin will continue to be supported through connections with community housing health services.
- The DHB will advocate for change in the National Travel Assistance Policy to help make the process for registering and claiming travel expenses easier.

Creating a healthy and well community

- Play a more active leadership role in connecting community groups and services; as collectively they can have a greater impact on the wellbeing of community members.

Increasing healthy eating and active living

- Schools will be encouraged to be a "Health Promoting School" where they partner with their community to make positive steps to improve the health and wellbeing of students.
- Encourage more kids to ride bikes, by advocating to Council for a bike in schools programme and encourage schools to adopt it.

Helping people stay well in their own homes

- Older adults will be assisted to maintain their strength and balance and remain independent through in-home strength and balance exercise support starting in the Horowhenua District in 2018. Community groups will also be supported to provide strength and balance classes for older people.
- People working with older adults in the community will be kept up-to-date with the different types of support, services and community activities available for older adults through an annual workshop. They will then be able to link the people they are working with to relevant things in the community.
- A pilot programme will provide continuity of care at home for older adults as it provides inhome respite for carers who are looking after their partners. This also supports the health and wellbeing of carers by giving them a break from their full-time carer role.
- Quality of life for older people will be enhanced through 'Project Lift'. The DHB will continue to work with the council and other agencies on the goals of this project.