

Living Improvements for Everyone (L.I.F.E) Program

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Aboriginal Health Team

What is the LIFE Program...

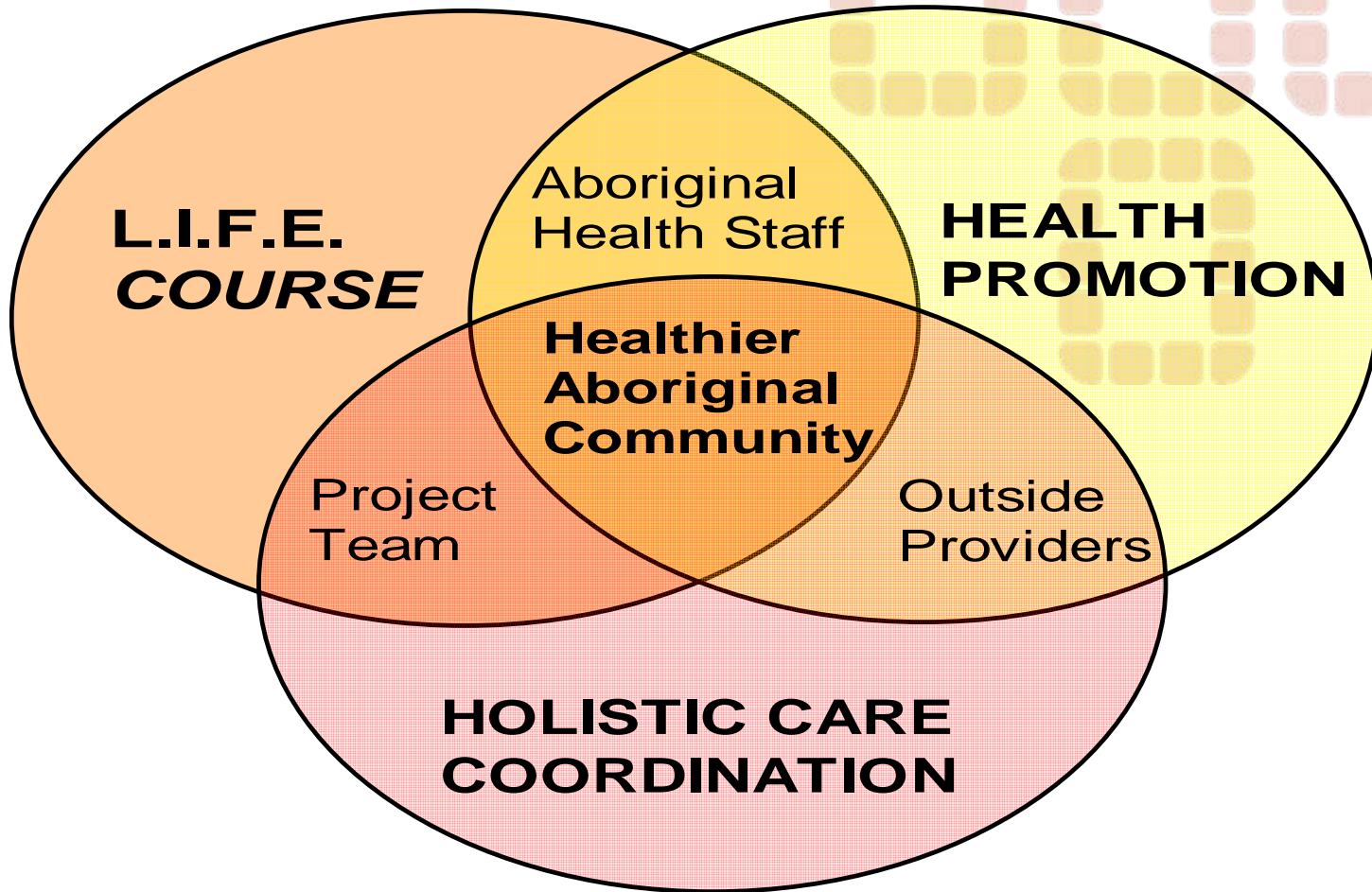
The L.I.F.E Program has three parts:

- 1. Health Promotion** – specific educational activities on a range of health topics.
- 2. Holistic Care and Coordination** – based on early detection, self management of chronic condition, better communication with health providers and carers.
- 3. LIFE Course** – the course is specifically modified for Aboriginal communities on how to manage their health conditions.



The L.I.F.E. PROGRAM

(Living Improvements for Everyone)



What does the LIFE Program offer...

With its key components of health promotion, holistic care, coordination and practical workshop interventions, offers a holistic, generic model of care for the management of chronic conditions for Aboriginal people.



What does the LIFE Program offer....

- Holistic approach
- Strengthening partnerships
- Local community consultation, relationships and networks
- Building capacity
- Development of chronic condition models of care
- Strategies to address social determinants
- Awareness raising
- Delivering centred care
- Reduce impact



The LIFE Program presents North Metropolitan Area Health Services and the WA community with a comprehensive solution to address:

- the complex socioeconomic cultural and environmental factors that are known to influence Aboriginal Health.



NMAHS Aboriginal Health Team are the lead agency introducing LIFE program for Aboriginal communities across metropolitan Perth.

This will complement other chronic disease self management models developed and being implemented in the metropolitan area.

It will ensure that Aboriginal people in metropolitan Perth have a choice of supported programs to assist them to better manage chronic conditions in their communities.

NMAHS Aboriginal Health Team

Janice Reidy, Denese Griffin, Kerry-Ann Winmar & Cheryl Hayward



Trained in the LIFE Program

- When participants were trained, NMAHS delivered three 6 week courses in Aboriginal communities One in Midland, one in Mirrabooka & one at Boronia Woman's Prison
- Now we have a number of L.I.F.E. trainers who are Master trainers, having completed the Master training in June.
- Master trainers train people to deliver the L.I.F.E. Program. So the cycle will continue



L.I.F.E. courses being run

- Audrey, Kerry-Ann and Robert are currently running L.I.F.E. training courses at Cullacabardee Noongar Community
- Gerry and Rachael are running two courses, both morning and afternoon at Acacia Prison
- By the end of August we would have conducted six complete L.I.F.E. programs



Next Steps

Following COAG funding

- Develop a mobile Aboriginal Chronic Disease Self Management Team.
- To implement the Living Improvement for Everyone (L.I.F.E.) Program in more North Metropolitan Aboriginal Communities.
- New Health Worker positions have been created within the Aboriginal Health Team.





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Government of Western Australia
Department of Health

Kerry-Ann Winmar

- Will explain the history of the L.I.F.E. project.
- And her journey through presenting the program.



The L.I.F.E. program History

- The L.I.F.E. Program was developed under license from Stanford University - California, by Pika Wiya Health Service and Spencer Gulf Rural Health School in South Australia.
- The two Master trainers who conducted the L.I.F.E. Program training were : Kate Warren - Spencer Gulf Health School, University of S.A. , Whyalla campus. And Fiona Coulthard - Australian Red Cross Port Augusta.



Robert Eades

- Will share with us, how the L.I.F.E. course has changed his life.
- And some of his experiences from delivering the L.I.F.E. program.



Questions

