

# Healthy Ageing at Home co-design

Demand for permanent residential aged care services is likely to double in the next 15 years.

Some people enter aged care earlier than they may otherwise need to. In fact, a high proportion of people aged 50 years and over already need help with their day-to-day activities. A lack of support for healthy ageing, or the knowledge to self-manage one's chronic conditions, are likely reasons why.

**"Healthy Ageing at Home"** aims to support management of chronic conditions, reducing the need for people to enter residential aged care.

## **In 10 years, there will be 74 per cent more older people living in South Western Sydney than today**

Within the next decade there will be more than 200,000 people aged 65 years and over living in South Western Sydney, a 74 per cent increase compared to today.

The most significant growth will be those aged 85 years and over. Many people in this age group have at least one chronic condition.

With lifestyle modifications, many people could remain healthy for longer living in their own home.

## **The Aged Care Reform Package**

In 2021 the Department of Health funded South Western Sydney PHN's (SWSPHN) "Healthy Ageing at Home" initiative. This funding will commission services to support older people to live in their own homes for longer.

## **Forum goals: identify, plan, commission**

Workshops consisting of community members, health professionals and community group representatives, are being held in March 2022 to determine the services needed to support healthy ageing. These solutions may complement existing services or become new services.

## **Initiatives may include helping an older person to:**

Increase healthy lifestyle behaviours

Reduce social isolation and loneliness

Improve management of chronic disease

Access and connect to existing services

Continue to live at home for longer

Other solutions may include training and support for local healthcare providers, carers and families with ageing parents.

The forums aim to identify needs, set priorities and define the outcomes to achieve.

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**To find out more about this project visit our website or call Fiona McKenzie on 4632 3061.**

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An Australian Government Initiative

# Older People in South Western Sydney

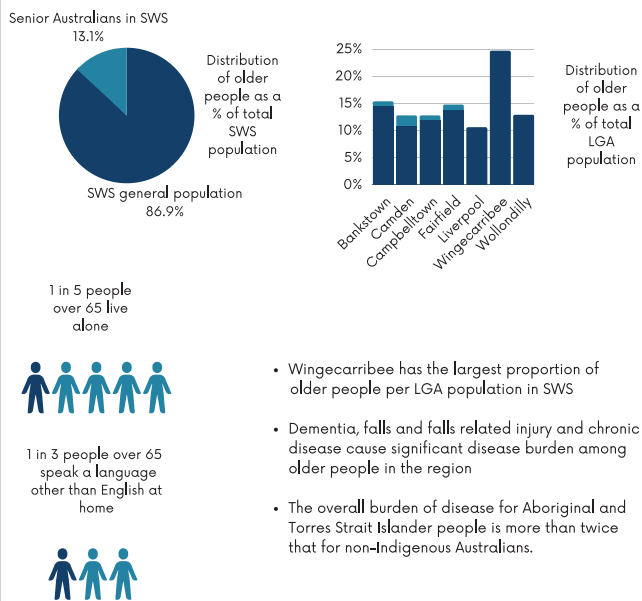
THE NUMBER OF OLDER PEOPLE IN SWS WILL INCREASE EXPONENTIALLY OVER THE NEXT DECADE

## The trend

According to 2016 census about 126, 720 people were older adults in SWS. It is estimated that by 2031 this number will reach up to 220, 620.

## What the data tells us?

Current distribution of older people in South West Sydney



## Did you know?

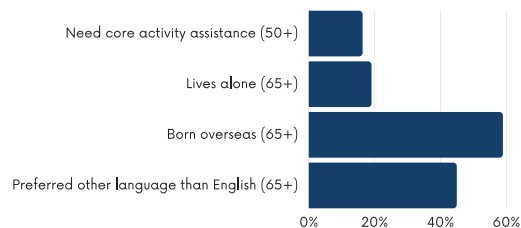
Demand for residential aged care is expected to double by 2031

## Facilities

There won't be enough residential aged care places available to cater for this demand

## Aged care recipients

Characteristics of people receiving aged care services in SWS



## REFERENCE

SWSPHN Needs Assessment based on 2016 census data, published in Feb 2022