

Wellness
Whakaoranga

Equity
Eke taumata

Respect
Manaakitanga

Innovation
Ngā rautaki ki mua

Relationships
Arotahitanga

Health Highlights



Well Wairarapa

July 2020



Hauora Mō Tātou WE ARE Wairarapa DHB

**Ki te kōtahi te kākaho ka whati,
ki te kāpuia e kore e whati**
**A reed that stands alone is easily broken,
bound together – unbreakable**

The cornerstone proverb headlines Hauora Mō Tātou, Wairarapa District Health Board's soon to be published strategic direction for 2020-2030. It speaks of the power of unity, and illustrates how working together is stronger and more effective than all of us working alone.

Hauora Mō Tātou calls for a major shift in the way we do things if we are to achieve equity for our population, meet future demand and ensure that services are sustainable for the long term. That shift requires strong leadership, effective commissioning and collective action; and the fulsome commitment and ongoing engagement of all those involved in the health and wellbeing of the Wairarapa community.

We need to find new ways to do things. We need to develop more innovative and effective business processes, and better budget management. We need to focus on quality improvement, make good social investment in local health services and provide better opportunities for whānau to support each other in the community. We have to prioritise better in order to focus our resources on specific projects that achieve goals, rather than spreading the resource too thinly across too many areas and not seeing the desired outcomes.

We know the solutions for better health and wellbeing are much more complex than what the DHB alone can deliver through traditional health services. The social determinants of health are the conditions in which people are born, grow, live, work and age, and we understand the impact of these forces on health and wellbeing.

To improve Wairarapa's capacity for wellness we need to take a population based approach and build robust cross-sector partnerships – as a team.

We are not sitting still. Proactive care is gaining momentum with Health Care Home and Hospital At Home, and there is an increasing use of allied health services. The Covid-19 restrictions have jump-started better use of technology and digital platforms and we are getting better at using data and analytics. But we can do more, and Hauora Mō Tātou maps what the next ten years will achieve.

We face significant challenges. Our health needs are not being met. We are aging, we have a growing population of young Māori, and we have sizeable areas of deprivation with poor health outcomes. Our health system is not easy to navigate and health and social services are not well connected. We have not invested enough in Māori health. We lack capacity with an outdated model of care in the hospital and gaps in the workforce. And so, we need to change.

- Integrating health and social services
- Strengthening primary care
- Excellence in older persons' services
- Improving access to health and disability services
- Close connections between primary and secondary care
- Creating a fit-for-purpose hospital
- Building a sustainable workforce
- Tamariki-Mokopuna, our children and young people are our future

Hauora Mō Tātou will be coming to you soon on the DHB website: www.wairarapa.dhb.org.nz

**Thank you for supporting us to serve you.
Our aim is to provide the services you need
to be healthy, and stay healthy.**

Thank you, Wairarapa for all you did and all you continue to do!

Our heartfelt thanks to the incredibly hard work of all of you during the Covid-19 lockdown. Wairarapa made a fabulous effort and it showed. Thank you! Now we need to stay safe. Keep washing your hands, stay home if you're sick and yes, please be kind!



www.health.govt.nz

Finding it hard to stay on top this winter? Here's some tips to chase the blues away...

- Eat well and avoid alcohol
- Drink lots of water
- Get plenty of sleep at night
- Do some exercise you enjoy
- See friends and family
- Plan something fun to do



If you are feeling really down, you are not alone. Help is as close as your phone.

Call your usual health professional to discuss your concerns, or choose one of the many support services. Some are:

- Lifeline ph 0800 543 354 or free text 4357
- Youthline ph 0800 376 633 or visit: www.thelowdown.co.nz or www.melonhealth.com
- Free call or text 1737
- Depression helpline ph 0800 111 757 or text 4202
- Anxiety 24 hour helpline ph 0800 269 4389

Clinical care could soon be far more convenient for our older patients with the introduction of the Hospital at Home service.

A flexible and responsive at-home service has recently been introduced for a number of Wairarapa's sick, elderly medical patients - preventing the need for them to come into the emergency department or be admitted to hospital inpatient services.

Hospital at Home is a new and alternative way of treating patients, allowing them to receive acute care in their usual environment (if that is their preference), reducing the disruption and inconvenience caused by illness. The sorts of conditions that can be treated by visiting practitioners in a person's own residence include acute respiratory illness, congestive heart failure, cellulitis and other infections, and urinary retention.

A proof of concept trial is underway at two Aged Residential Care (ARC) facilities, after which a staged rollout will introduce the Hospital at Home service to other ARCs. Ultimately, we hope to see the service applied to the elderly population at large.

HAUORA MŌ TĀTOU
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