

# Breakfast plate of healthy ageing

Providing a strong foundation of the right resources and strengthening connections between aged care, hospital, and primary health care systems.

**Local Government**

**General practice  
Emergency physicians**

## Dairy

### Health care services

Increasing access to health care services through facilitating collaboration with health professionals.

## Protein

### Strength and connections

Strengthening older Australians connections with their community and engaging stakeholders to provide coordinated support.



## Grains

### Resources and information

Improving access to services through providing older Australians with information and resources they understand.



## Vegetables

### Healthy lifestyle

Increasing awareness of exercise, nutrition and other community health programs that enable healthy living through supportive environments.



## Fruit

### Social and emotional wellbeing

Increasing awareness of mental health services and social & emotional wellbeing programs in the community.

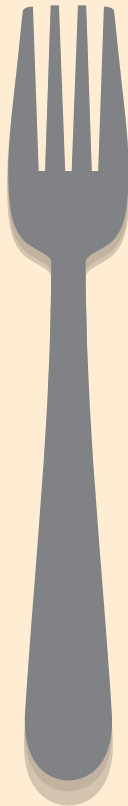
**Specialists  
Allied health**

**Residential aged care homes  
Community care**

## Placemat

### Foundational support

Encouraging support from community organisations and government (including policies, funding and other support structures).



## Cutlery

### Tools and support systems

Supporting older Australians with information on accessing technologies, aids & tools that improve and enhance the quality of life.

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As the operator of WA's three Primary Health Networks (PHNs), WA Primary Health Alliance (WAPHA) recognises that transforming services for older people requires a fundamental shift towards care that is coordinated around the full range of an individual's needs, rather than just diseased focused.

In our Country WA PHN, we bring together the Great Southern Aged Care Network to facilitate a monthly forum for shared, person-centred problem solving and provider system navigation.

This breakfast plate analogy demonstrates how providing older Australians with a strong foundation or 'healthy breakfast' of information and resources, and connected community services (across local government, aged care, primary health care providers and hospitals) can improve their access to health care and support them to age healthily within their community.




WAPHA led initiatives supporting healthy ageing in our Country WA PHN and across WA include:



- Aged-friendly Charter
- Great Southern Compassionate Communities
- Care finders
- Aged care COVID-19 vaccination
- Health Professionals Network
- Online learning to support healthy ageing




Access more information and resources at [www.wapha.org.au/stakeholders/projects/aged-care-program/](http://www.wapha.org.au/stakeholders/projects/aged-care-program/)

or scan the QR code:



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