

Participation in Health Conference 2007



Workshop 3 Better health: developing disability inclusive practice Thursday 22 February

Workshop outline

Facilitator: Helen DHS BSW

Introduction 15'

Case Story 1 - Colin & Zane, Leisure
Networks 20'

Case story 2 - Megan & Jacqui, Colac Area
Health & CBAS 20'

Case story 3 - Jacki, Portland District
Health 20'

Discussion 15'

Setting the scene

- Themes/concepts
 - What is health promotion?
 - What is health?
 - Why work in partnership to improve health?
- What is the issue?
- Why does this happen?
- What have we learned?

Themes & Concepts

What is health promotion?

Health promotion is the process of enabling people and populations as a whole to increase control over their health and those things that determine health. It is an effective investment in improving health and human development.

World Health Organisation 2005

Themes & Concepts

Principles of Health Promotion

1. Address the broader determinants of health
2. Base activities on the best available evidence
3. Act to reduce social inequities and injustice
4. Emphasise active consumer and community participation
5. Empower individuals (& communities)
6. Explicitly consider difference in gender and culture
7. Facilitate intersectoral collaboration

Ref: DHS 2003 Integrated Health Promotion Resource Kit

www.health.vic.gov.au/healthpromotion

The experience of health

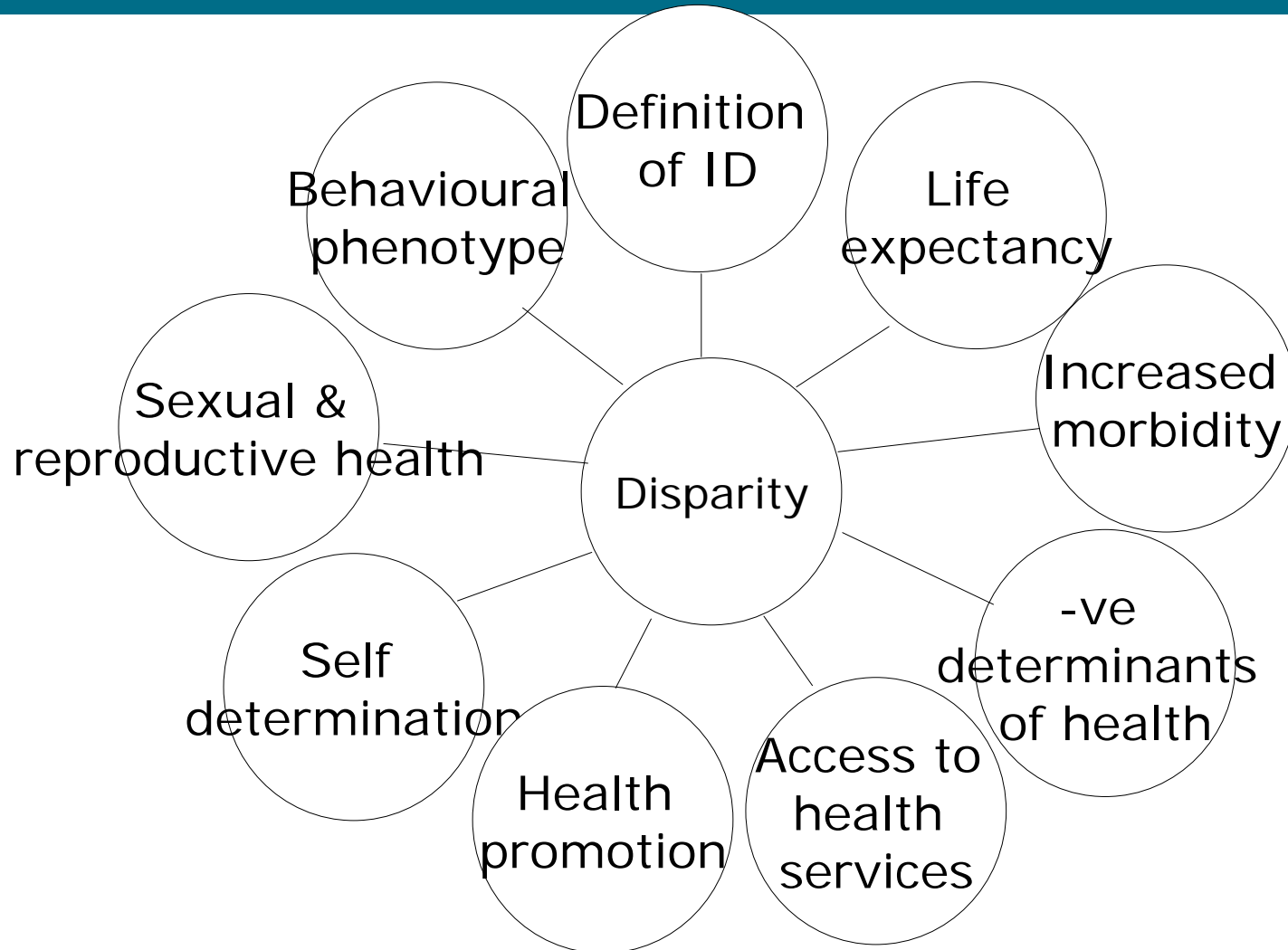
- Feeling vital, full of energy
- Having good social relationships
- Experiencing a sense of control over one's life and one's living conditions
- Being able to do things one enjoys
- Having a sense of purpose in life
- Experiencing a connectedness to "community"

Why establish a health promoting partnership?

- To increase participation
- To empower

What is the issue?

Health outcomes for people with a disability: domains of disparity



Why does this happen?

- Lack of comprehensive medical histories
- Insufficient access to community facilities
- Less likely to undergo health screening
- Less exposed to health promotion than other people attending general health services
- Separation of health sector/disability sectors
- Lack of resources/capacity/participation/power

What have we learned from our experience?

- Issues identified in survey of people living with a disability and their carers 2003
- Established a regional reference group October 2005
- Shared Goal- People with a disability living in BSW region have improved health outcomes
- 2 priorities
- Objectives linked to priorities
- Range of strategies linked to objectives
- Resources identified

18 months later

3 personal accounts to highlight the theme of working in partnership to improve health.



Discussion – health promoting partnerships

- Common elements
- Prerequisites for health promoting partnership
- Tensions
- Challenges
- Reflect on applicability in your own context.

Initial conditions

Ref: Labonte, R. 1997. Power, Participation and Partnerships for Health Promotion

- Organisations and players who have same core objectives
- A group of people who can speak for themselves and are strongly committed to achieving change
- A person or organisation who is trusted sufficiently to take a facilitator role
- A recognition by several, if not all of the players, that changes are necessary in the way things are presently done
- The domain is not totally dominated by some powerful players, even if they are committed to change; there must be some willingness to negotiate power amongst the different partners

Expectations

- Each party will continue to clarify their objectives
- There will be growth in the extent of agreement about issues between the parties
- The parties will acknowledge that there are needs and issues specific to the parties which may conflict with needs and issues of others
- The partnership activity will wax & wane according to the circumstances such as external threats and opportunities, leadership, and the trust between the parties
- There will be increasing recognition that some progress can be made acting together which cannot be achieved acting separately

Characteristics of a mature partnership

- Willingness to put certain objectives on hold or modify them in recognition of the value of partnership
- An understanding among the parties that injuring other parties is not in their own best interests
- Some respect and understanding for the feelings, views and positions of the parties for one another

Putting it all together

- Create a partnership vision
- Define a superordinate goal
- Identify partners
- Manage the context
- Manage the process
- Making the time and resource commitments
- Empowering full participation
- Evaluating from the start
- Building in sustainability

Resources

- www.vichealth.vic.gov.au
 - Partnership Analysis Tool
 - Labonte R (1997) Power, Participation and Partnerships for Health Promotion
 - Walker R. (2000) Collaboration & Alliances: A Review for VicHealth
- www.health.vic.gov.au/healthpromotion
 - Integrated Health Promotion Resource Kit
 - Regional Health Promotion Officers
 - 5 day & 4 hour Health Promotion Short Courses