

ESSA FOR AN ACTIVE NATION

IMPROVING AGED CARE SERVICES



WHAT IS NEEDED?

A SYSTEMATIC APPROACH THAT:

- Delivers levels of funding appropriate for the best individual care, when and where they need it.
- Addresses aged care service and best practice gaps in Australia, providing a fair go for the growing older population.
- Empowers a strong health system that puts individuals at the centre of care.



WHAT IS THE PROBLEM?

THE AUSTRALIAN POPULATION IS AGEING:

- With older age comes greater incidence of chronic illness and disease. More than three-quarters of Australians aged over 65 years have at least one chronic condition
- Chronic disease is a leading cause of disability in older adults

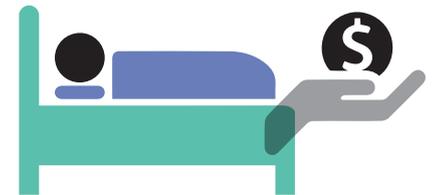
SOME OLDER PEOPLE ALSO REQUIRE SUPPORTED CARE:

- More than 1.3 million adults receive some form of government aged care support. Adults aged over 85 years are the main users of residential aged care service.
- Over the next two decades the direct cost of residential aged care in Australia will increase substantially compared with other primary health services.

MANY CHRONIC, AGE ASSOCIATED PHYSICAL AND COGNITIVE DECLINES CAN BE DELAYED BY PARTICIPATION IN REGULAR EXERCISE

- Increasing the physical activity levels of older adults effectively prevent and manages many chronic health problems, improves and prolongs physical function, independence and quality of life, and reduce cognitive decline.
- Regular exercise participation reduces falls and falls risk in older people – a significant cause of hospitalisation, disability and ultimately admission to a residential aged care facility.

THE COST OF INACTION



An AIHW study (2008) suggest total health and residential aged care EXPENDITURE WILL INCREASE BY **189% IN THE PERIOD 2003 TO 2033**

AU\$33 BILLION in capital investment will be needed by the next decade to meet the accelerated DEMAND FOR RESIDENTIAL AGED CARE BEDS



The medical cost alone of FALLS WILL REACH **AU\$1.4 BILLION BY 2051**



WHAT IS THE SOLUTION?

INCREASE ACCESS TO LIFESTYLE INTERVENTIONS, SUCH AS EXERCISE AND DIET, AS PART OF A USUAL MODEL OF CARE FOR OLDER PEOPLE.

- This includes adding exercise physiology as a listed service type and exercise as a therapy type in aged care funding instrument (ACFI).
- Improving care integration so that access to exercise interventions are supported across the lifespan, regardless of the aged care client's location.
- Investment in educating the aged care workforce and increasing the health literacy of older people about the need to include exercise as part of beneficial care pathway.
- Support older adult engagement in person-at-the-centre aged care services to prevent disability and prolong quality of life. This includes giving clear, transparent, best practice information to enhance health pathways for older individuals.

ABOUT EXERCISE & SPORTS SCIENCE AUSTRALIA

Exercise & Sports Science Australia (ESSA) is the nation's peak body and professional association representing over 6,000 members, including university trained Accredited Exercise Physiologists (AEP), Accredited Exercise Scientists (AES) and Accredited Sports Scientists (ASpS). This exercise and sports science workforce successfully plays a pivotal role in addressing the health risks and challenges faced by many Australians.

As a leading voice in exercise, physical activity and sport over the last two decades, ESSA together with our members, strives to implement our vision of achieving member excellence in exercise and sports science that will enrich the health and performance of every Australian.

ESSA
EXERCISE & SPORTS SCIENCE AUSTRALIA

www.essa.org.au