

Healthy Ageing Strategy 2023 - 2027

- 1.1 People can access information and services that enable choice and maximise self-management.
- 1.2 People are supported to create and maintain meaningful connections.
- 1.3 People live at their optimal best across the continuum of ageing.
- 1.4 People are supported to die well.
- 1.5 Carers are supported in their carer role while maintaining their own health and wellbeing.

- 4.1 Services are flexible and responsive to the needs of priority target populations.
- 4.2 Aboriginal and Torres Strait Islander peoples age well, enabled by spiritual, physical, and mental wellbeing and connections to person, place, and culture.
- 4.3 The wider determinants of health are addressed.

1. IMPROVING LIVES NOW



4. NO ONE IS LEFT BEHIND



Vision:

People on the North Coast live well, age well, and have ongoing opportunities to contribute and stay connected to communities and Country.

2. SECURING A HEALTHIER FUTURE



3. ONE TEAM



- 2.1 People have their basic needs (housing, finances, and personal safety) met.
- 2.2 People stay healthy and well engaging in health-protective behaviours.
- 2.3 People have access to assistive technologies to age in place.
- 2.4 Ageing and end of life is normalised.

- 3.1 Regional collaborations and partnerships are responsive to population health needs.
- 3.2 People experience joined-up care.
- 3.3 Virtual care is normalised and improves access and health outcomes across the region.
- 3.4 Sustainable and capable primary and aged care workforce.

Strategy Enablers:

To implement the strategy and translate these priorities and actions into outcomes, the following enablers are required: engaging with the voices of older people, joint planning, partnerships and governance, strengthening data, research and innovation, digital health technology and systems, capable workforce, and financial sustainability.

Scan here to view the document or visit hnc.org.au/healthy-ageing

