

disability services putting you.first

**Aruma's Preventive Health
Strategy 2025-2027**



Why should we focus on preventive health?

Compared to the general population, people with intellectual disability

- Engage in less physical activity.
- Are more likely to eat insufficient serves of fruit and vegetables per day.
- Are more likely to be overweight or obese.
- Have more chronic health conditions.
- Are hospitalised more often for health issues that could have been prevented.
- Are twice as likely to die from health problems that could have been avoided.
- Have an average life expectancy that is **25 years lower** than other people.

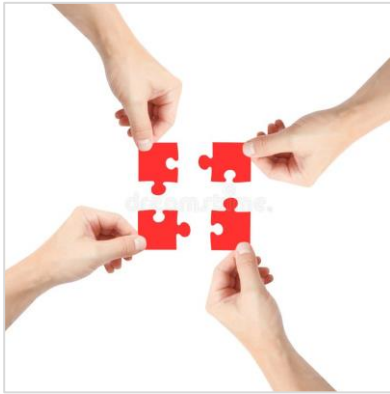


What makes it harder for people with intellectual disability to stay healthy?



- Not understanding how to stay healthy.
- Medicines for behaviour causing hunger and overeating.
- Relying on others for support with eating and exercise and managing health issues.
- Having physical disabilities that impact on movement.
- Healthcare providers not taking the time to understand and properly support their needs.
- Trouble speaking up for their needs.
- Being left out of government health initiatives.

What is being done about this?



- There are many issues impacting on people staying healthy that need to be solved in different ways.
- The ***National Roadmap for Improving the Health of People with Intellectual Disability*** outlines lots of **system-wide improvements**. This includes:
 - The ***National Centre of Excellence for Intellectual Disability Health*** that will drive activities across the health and disability sectors.
 - Activities by ***Primary Health Networks*** to improve healthcare access and engagement for people with disability.
- Disability service providers can also take a **proactive, ground-up approach** to addressing factors that influence health outcomes of the people they support.

So, what is Aruma doing?

- ❖ We have created a **Preventive Health Strategy**. It outlines how we will work to improve participants' health outcomes over the next few years.
- ❖ We will use a **settings approach** and do activities at the:
 - **Individual level** – providing support for participants through primary, secondary and tertiary prevention activities
 - **Interpersonal level** – building the health literacy of our staff to enable role modelling and support with informed decision making
 - **Organisational level** - improving uptake of health promoting policies and creating health promoting settings
 - **Community level** – Facilitating supportive alliances with health professionals and community partners to address service access and engagement barriers
 - **Public policy level** – Engaging in systemic advocacy and research partnerships to improve social policy.



Principles underpinning Aruma's Preventive Health Strategy

We will make sure we:

- Design healthy activities together (co-design).
- Support people's right to choose.
- Adapt activities to include everyone.
- Do things others have already found to work.
- Use technology to make staying healthy easier.
- Evaluate activities to see if we made a difference.





Activities under a settings approach

Aruma Participants

Level 1 - Prevent health problems

Be supported to make healthy lifestyle choices

Level 2 – Check for health conditions

Have health checks to screen for conditions like diabetes and cancer

Level 3 - Look after health conditions

Properly monitor health conditions and follow up with health professionals to avoid problems

Support Network

Learn about healthy eating and exercise

Support participants to make informed choices

Provide effective support for participants' health conditions

Speak up for participants to get better healthcare

Involve families and friends so they can help to support changes

Aruma Services

Provide training for staff around staying healthy

Develop resources to help advocate for health rights

Audit how staff support participants to stay healthy

Embed health into Aruma's culture

Monitor progress with activities to keep participants healthy

Community / Environment

Work with health professionals to improve their support for participants

Speak up for inclusion in local mainstream health activities

Get support from community groups around programs to stay healthy

Collaborate with advocates and agencies to share what Aruma is doing to promote health

Public Policy

Work with researchers from UNSW to improve how health policies meet the needs of people with intellectual disability (PwID)

Write letters to Government to speak up for the health needs of PwID

Partner in the National Centre of Excellence for Intellectual Disability Health to improve how healthcare is delivered to PwID



**our
purpose,
our reason
for being**

**Supporting
people with a
disability to
live a great life,
the life they
want, the life
they choose.**

see you
next time

Questions?

Contact Sarah Matthews
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Connect with us



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Disability services. Putting you first.