



1st World Congress on Healthy Ageing, Kuala Lumpur, Malaysia

Abstract 27

Ms Josephine Boylan

Institute: ACH group

Address: 147 St Bernards Road, 5073, Adelaide, SA, AU

Telephone: 0407 5050 99 Email : jboylan@ach.org.au

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Abstract for conference - Author Jo Boylan (Bng, MNg, Doctoral Student of Public health), Northern Region, Residential Services Manager, ACH group Adelaide.

Partners in Positive Ageing – model of wellbeing for older people

Aged care providers have the potential to improve quality of life outcomes for older people in their care through educating and leading their staff and residents into a new paradigm of 'activity in everyday life' and 'partnering' in the prevention of disease, disability, deterioration and overall reduced wellbeing. In line with our Government's Health Care Strategies, a primary health care initiative has been developed called 'Partners in Positive Ageing' (PiPA) for implementation into our newly established residential home for older people. The partnership is between the aged care provider and each individual resident, with both parties committing (pledging) to a 'shared responsibility' in working towards improved physical and mental health outcomes. The partnership facilitates a setting for positive ageing to flourish through adopting positive behaviours (concept of self-efficacy and positive psychology principles) and re-shaping the health of individuals and the organisation. The intention of the model is to bring about change in preventative health behaviours of the residents living in the residential home and improve wellbeing through being active.

The goals of the PiPA model are to;

1. reduce burden of disease,
2. increase residents well-being and
3. ultimately increase their quality of life.

The PiPA model is based on sound principles that promote the optimum long term well-being of residents through active participation in their daily life. The key principles underpinning the PiPA model are steeped in principles of Positive Psychology and Active Ageing and support:

- Older people to live full and active lives
- Older people to have the right and the responsibility to be (or become) as healthy and involved in life as they can possibly be
- Residents and staff to work together to create a lifestyle that supports wellbeing

The PiPA model is a responsive and integrated primary health care approach for the 21st century focussing on better management of Chronic Conditions, Health Prevention, Improved Wellbeing and Safety for older people.



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Personal Biography

I aim to provide innovative services to Aged Care through a new paradigm of health and wellbeing which has an emphasis on 'human flourishing' and looking at 'what is going right' for older people, their relatives, care staff, care providers and the wider community. This paradigm of wellbeing involves creating an environment where people are encouraged to achieve their potential.

To achieve a sustainable healthy community for older people, aged care organisations will need adopt healthy ageing approaches that encourage physical activity and positive wellbeing.