

Promoting Health, Promoting Divisions

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of General Practice



takingaction Divisions of General Practice Network Forum 2004



YP TAI CHI

PROMOTING HEALTH, PROMOTING DIVISIONS

**YORKE PENINSULA DIVISION OF GENERAL PRACTICE
SOUTH AUSTRALIA**

Commonwealth Department of Health and Ageing

Rural Chronic Disease Initiative

Innovative Rural Project

the idea...

Usually sounds simple!

Usually consists of several smaller ideas (sub-ideas)

Is sometimes of an un-identified origin...and

Often the various people involved have different thoughts as to how the idea will be developed

the challenge...

Has usually been in existence for some time...and

Is often the catalyst for the new idea

In this case...

An identified lack of safe exercise options for community members combating chronic disease

With additional components of

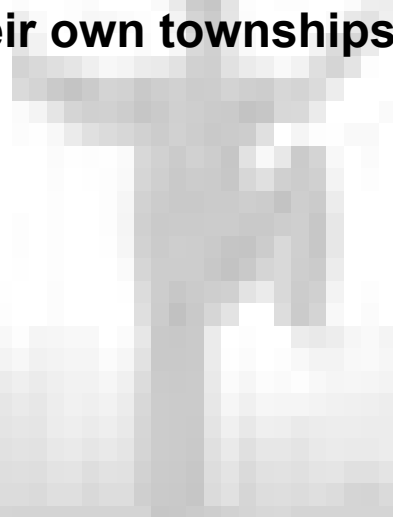
Geographical isolation

Cost/availability of transport

Fees for classes at alternate venues

the plan...

For the Division to implement a community focussed project that prepared members of the community to conduct Tai Chi classes in their own townships



key issues...

What...or who is “the Division”?

What part do GPs play in community development projects?

What happens when the money runs out?

What does the project change?

resources...

Community involvement

Existing clubs and associations

Rural culture

Motivation toward self responsibility

GP and Division support

Support from other Health professionals

Outcomes...

20+ Tai Chi groups

A financially independent Incorporated body “ YP Tai Chi Inc”

GPs able to refer patients to local groups

Large number of people and organisations involved

**Profile of Division has grown in terms of community awareness
and involvement**

Resource map produced



Tai Chi Groups - Yorke Peninsula



WALLABOO

Star of the Sea Nursing Home
Staff Group
Residents group

The Station: Community Mental Health Centre

MOONTA

Moonta Health and Aged Care
Residents Activity group (Monday am)
Community group

WATLAND

The Village—Residential Care
Residents group open to public (10:30 am Thursday)

Community group Tuesday 9pm, RSL Hall

MINLATON

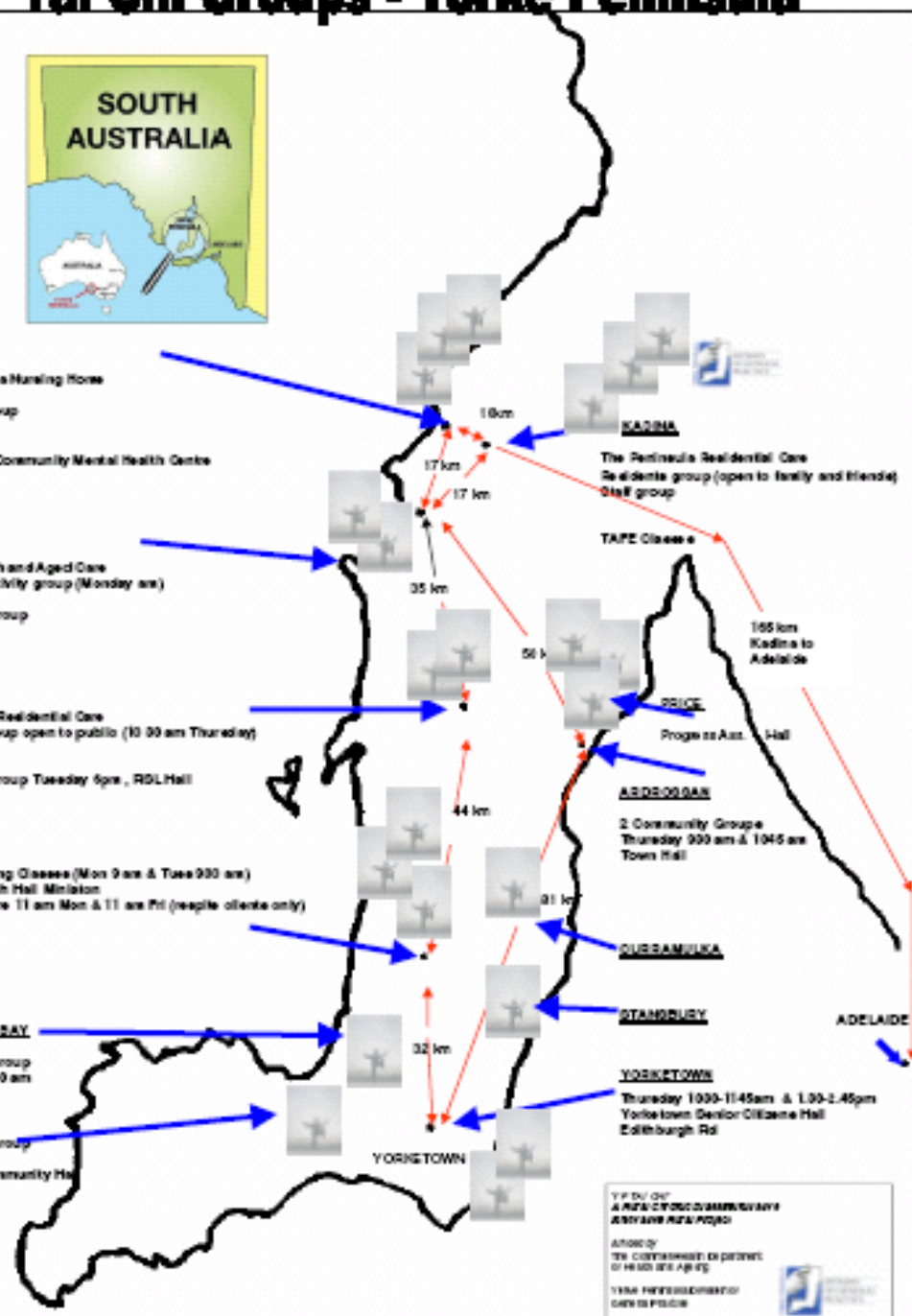
2 Active Ageing Classes (Mon 9am & Tues 9:30 am)
Uniting Church Hall Minlaton
Share and Care 11 am Mon & 11 am Fri (respite clients only)

HARWICK BAY

Community Group
Tuesdays 10:30 am

PT TURTON

Community Group
9pm Wed
Pt Turton Community Hall



YORKTOWN
Thursday 10:30-11:45am & 1:30-2:45pm
Yorktown Senior Citizens Hall
Edinburgh Rd

YORKTOWN
A RURAL COMMUNITY GROUP
ADVANCED AGING PROGRAM

Agency
The commitment to promote
of Health and Ageing

YORKTOWN
Senior Citizens Hall
Edinburgh Rd