

Multicultural Health Service– CALD ‘Moving On’ Chronic Disease Self-Management Program

Description

‘Moving On’ is a chronic disease self-management program adapted for consumers from a culturally and linguistically diverse (CALD) background.

It is a joint project between:

- Nepean Blue Mountains Local Health District (NBMLHD)
- Nepean Blue Mountains PHN (NBMPHN),
- Arthritis and Osteoporosis NSW (AONSW).
- NSW Connecting Care Program

Programs run for 3 hours per week for 7 weeks by trained bilingual health professional and bilingual lay leaders



Objectives and Aims

The program aim for Multicultural Health was to

- Adapt and deliver the core content of the ‘Moving On’ developed by AONSW for CALD populations in a culturally engaging and appropriate way
- Train bilingual health and community lay leaders to deliver the ‘Moving On’ program.
- Document and analyse the modifications to the program to ensure integrity of the program.
- Ensure that the same positive outcomes were achieved for the CALD communities as intended with the original education program.

Achievements

- Six programs were delivered across the 4 Local Government Areas
- Specific communities targeted were Maltese, Greek and Filipino and a multicultural group with English as the language of instruction.
- Minimum of 15 participants per program with some groups having 20+ participants
- 94% of enrolled participants completed the program.
- The program boosted participants’ confidence and reduced feelings of isolation and despair.
- Participants and leaders observed improvement in self-management of conditions.

Future Directions

- Identify new CALD groups through Chronic disease data to run programs
- Build the capacity of NBMLHD workforce by identifying and training bilingual staff as ‘Moving On’ leaders.
- Involve health consumers as partners by incorporating their feedback and advice in all aspects of the program.
- Use the ‘Moving On’ program as a platform to build community infrastructure and ongoing ‘groups’ to support CALD communities and ensure sustainability
- Ensure the ‘Moving On’ program has a referral pathway through the NBMLHD Connecting Care Program.

Program Outcomes

Outcomes for the CALD population include:

- Increase in healthier and more empowered CALD individuals and community groups
- Improved health literacy and understanding of medical terminology and services
- Increased confidence in individual decision making about their own health

Outcomes for NBMLHD include:

- Decrease in hospitalisation and associated costs due to better self-management
- Increased capacity of NBMLHD staff trained as ‘Moving On’ leaders
- Strengthening of health service partnership across the district.

Fast Facts on ‘Moving On’

- Only CALD specific Chronic disease self-management program running across NSW
- 90% of participants reported overall health benefits
- Extensive innovations were made in the delivery of the Moving On program by the Leaders as cultural adaptations

Fast Facts on CALD Communities

- 22% of the total NBMLHD population are born overseas
- Penrith LGA record the highest numbers at 34,081
- These communities are scattered over a large geographical area - with no particularly large language groups.