



GOOD NEWS

*To keep Tasmanians out of Hospital
& enjoying a healthy life at home.*

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HEALTHY AGEING AT HOME

Tasmania's ageing population is one of our biggest challenges, but also an opportunity to rethink how people are supported to live well at home. More than one in five Tasmanians are now aged 65 and over, making Tasmania Australia's oldest state.

Behind the numbers are people, families and communities, each experiencing ageing differently. Most want care that fits their life, helps them stay active and connected, and focuses on what matters most.

Salveo Healthcare is responding by strengthening its focus on ageing well at home and in the community. This includes listening to our clients, working with other organisations, and delivering much needed falls prevention and exercise programs.

We have also partnered with Community Based Support (CBS), a Southern Tasmanian community aged care provider, to deliver clinical support as an Associate Provider for its Support at Home Program and Restorative Care Pathway. Together, we are making it easier for older Tasmanians to access coordinated nursing, allied health and community support at home.

"For CBS clients, the care Salveo Healthcare delivers is more than convenience. Clinical care delivered at home, alongside their



everyday supports we provide, helps keep people independent for longer" says Allyson Warrington, CEO, CBS.

Care may include nursing, wound care, health checks, physiotherapy, exercise support and help to regain or maintain independence. By supporting people earlier and in the community, these services can help keep Tasmanians well and reduce avoidable hospital visits.

For 92-year-old Colin Wilkinson, Salveo Healthcare delivering services in Support at Home has meant nurses visiting twice a week to care for wounds on his leg.

"Excellent support," Colin said. *"They're caring and they do their job without any fuss and bother."*

Without the nurses, Colin said they *"couldn't have done it ourselves. They attend home, which is great"*.

As Tasmania looks ahead, healthy ageing at home will rely on connected support that helps people live well. •

HUMANS OF SALVEO HEALTHCARE



**Terry Reid, 73,
Glenorchy**

Health Reset
Program graduate

Terry reminds us that healthy ageing is not about having an easy road, but about how you keep going. His career as a ranger took him to some of Tasmania's wildest places, and his love of the bush runs deep. After heart surgery, vision loss and other health challenges, Terry stays curious, values his independence and keeps a "glass half full" outlook. Recently, he proved that spirit by walking up to the old hut he cared for over many years.



**Abby Angeles,
Registered Nurse**

Meet Abby, a Registered Nurse Care Manager who helps people feel informed, empowered and confident in their health. She supports

clients to understand their bodies and make simple lifestyle changes for long-term wellbeing. Abby has enjoyed being part of Salveo Healthcare's growing aged care services, meeting new clients and hearing how much they value the team's guidance. Her wellbeing tip is to slow down and check in with yourself daily. Outside work, Abby enjoys oat lattes, yoga, Pilates, hiking and camping.

CEO UPDATE



Shaping the Future of Salveo Healthcare

Salveo Healthcare is planning for the future so we can keep providing high-quality, person-centred care. We are starting a strategic design process to improve our current services, develop new programs and create a clear roadmap for 2027 and beyond.

This work will see some changes in how our teams are structured as we move towards a more integrated, multi-disciplinary way of working. We are also looking at new and improved models of care in areas such as chronic disease management, Hospital in the Home, preventative health, wellbeing programs, ageing well and community-based healthcare.

Our commitment to care is not changing. This work is about making sure our services stay strong, relevant and helpful for clients now and in the future.

We will keep sharing updates and look forward to involving clients, staff, partners and stakeholders as this work progresses.

**Darren Mathewson
Chief Executive Officer**



DID YOU KNOW?

Chronic pain is best managed, not just medicated. Stay active with gentle exercise, pace your activities, practise relaxation and mindfulness, prioritise sleep, and seek support when needed. Visit painaustralia.org.au for more info.

WHAT CONNECTED CARE LOOKS LIKE

When healthcare is connected, people feel supported instead of left to work things out on their own. At Salveo Healthcare, it is about our nurses, midwives, health coaches and allied health team working together, while also working with clients' GPs and other support services in the community. We often hear that navigating health systems and services can feel confusing, especially when people are managing more than one health need, so connected care helps people get the right support at the right time.

For Registered Nurse Tina, connected care starts with seeing the whole person, not just their illness. A nursing visit may be for wound care, a health check or care planning, but it can also show what else is happening for a client, including how they are managing at home, whether they feel confident, and what extra support would help them live safely and independently.

"A common goal for many clients is to stay safely in their own home for as long as possible," Tina said. "Connected care means noticing risks early, such as poor balance, reduced strength, fear of falling or a recent fall, then making sure the right people and services are working together. I can help link clients with Falls Prevention and Exercise Treatment Programs that build strength, balance, mobility and confidence. This support can reduce falls risk, help prevent injuries, and give clients



the best chance of staying safe, independent and connected to their home and community."

Our Postnatal Service takes the same approach. Midwives support new parents with feeding, recovery, baby health and emotional wellbeing, while also helping families find more support when they need it. In our Workplace Wellbeing, Falls Prevention and Exercise Treatment Programs, health coaches help people set goals, build strength and confidence, and stay connected to their GP, allied health professionals and community programs between sessions.

For our clients, connected care means they do not have to manage their health alone. They can feel listened to, known and supported, with the right people working together around them. •

PARTNERING WITH OUR COMMUNITY:

AGEING WELL AT HOME FORUMS

The first stage of our Healthy Ageing at Home project is coming to an end, with Consumer Advisory Council forums held in Hobart, Launceston and online, alongside client surveys. These conversations have helped us hear directly from clients and community members about what supports healthy, independent ageing at home. The findings will help shape what we do next, guiding future services, resources and ideas so they reflect what matters most to Tasmanians as they age. Thank you to everyone who has taken part.



Photo credit: Eat Well Tasmania

ASPARAGUS & SPRING GREENS QUICHE

Thanks to Eat Well Tasmania for this recipe featuring spring greens for a great breakfast, lunch or light dinner! Serve hot with vegetables or cold with salad. Visit eatwelltas.org.au/recipes to find more seasonal recipes.

Cooking time: 50 mins. Serves 6.

Ingredients

6 eggs
½ cup milk
1 tbsp olive oil
3 cups spring greens (e.g. kale, silver beet, spinach), roughly chopped
150g feta or goat's cheese
1 bunch asparagus, trimmed and cut into bite sized pieces

1 brown onion, chopped
1 tbsp fresh rosemary, chopped (or 1 tsp dried)
1 tbsp fresh thyme, chopped (or 1 tsp dried)
½ cup mushrooms, sliced
Wholemeal short-crust pastry
Salt and pepper

Method

Step 1 Preheat oven to 180°C.

Step 2 Whisk eggs and milk together in a bowl.

Step 3 In a medium saucepan, over medium heat, add olive oil then sauté onions, mushrooms, rosemary and thyme for 5-7 minutes. Remove pan from heat and stir through chopped greens until wilted.

Step 4 Grease a 24cm quiche dish and line with pastry. Pour in veggie mix and evenly spread over base.

Step 5 Top the veggie mix with asparagus and crumbled goat's cheese or feta. Pour the egg mixture evenly across the dish. Season with salt and pepper.

Step 6 Bake for 40 minutes or until set.

SIGN UP NOW

Exercise Treatment Program

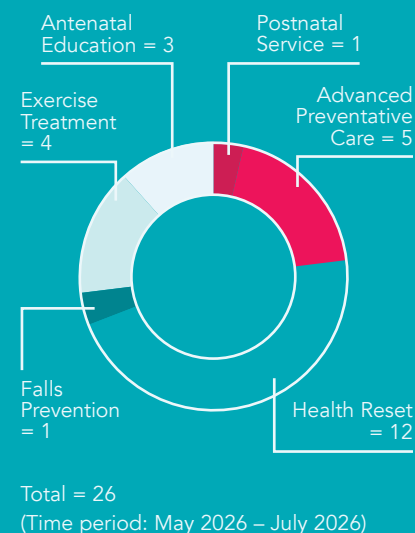
You can now self-refer.

Free individually tailored exercise program helping older Tasmanians build strength, balance and confidence. 14-week program. Free for eligible Tasmanians.

Visit exercisetreatmentprogram.com.au or call us on 1300 655 530

CONSUMER CARE DASHBOARD

Program Feedback



Client Reported Incidents

1. Falls
2. Hospitalisations
3. Infections

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Have feedback?

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