



Penshurst and District Health Service

Community Services Needs Analysis Community Report

May-June 2009

Demographics

- Total Responses: 190
- Gender: 40% Male 60% Female
- Age Range: There was an even spread of responses across the 20-80+ age ranges with over 55% of responses in the 40-70yr age ranges.
- Geographical: 43% of respondent were from the Penshurst township with the remainder being spread across rural property or other small towns (29.3%), Dunkeld (19.9%), Glenthompson (5.5%).
- Health Status: 78% of respondents rated their health as excellent or good with only 2% rating as poor or very poor.
- Medical Conditions: The top 5 medical conditions respondents were being treated for were Arthritis/Osteoarthritis (35.5%), Heart Disease (31.6%), Respiratory/Breathing issues (27.6%), Diabetes (26.3%), and Obesity (14.5%)
- Service Utilisation: 95% of respondents had utilised services at some time and 63% indicated they expected to utilise services again in the future. 60% of service users indicated they had self referred to the service with only 21% indicating they had been referred by another health professional.
- Service Knowledge 70% of respondents felt some to most community members were aware of the services offered but surprisingly 18% of respondents felt people in the community would not be aware of the services.

Service Utilisation

- PDHS service utilised Podiatry (15.5%), Strength Training/exercises (7.7%) Physiotherapy (7.1%) and Diabetes Education (4.2%) were the services most utilised by respondents at the Penshurst Campus.
- Services utilised Elsewhere Physiotherapy (10.1%) Podiatry (8.3%), Men's Health Services (7.1%) Women's Health Services (4.1%) and Counselling (3.6%) were the services most utilised by respondents at the other health services.

Services like

To see at PDHS

Respondents indicated they would be most likely to participate in Women's Health Services (32.1%), Men's Health Services (27.7%), Weight Support (21.4%), Counselling/Social Work (17%), Support Groups (12.6%), and Mental Health (12%) if they were provided by PDHS.

Barriers to

Service access

59% of respondents identified no barriers in accessing services provided at PDHS, with the 41% who did contributing them largely to a lack of knowledge and publicity of the services available, transport issues, age of population, and access to reliable medical services in Penshurst

Accessibility of

Services

Approximately 1/3 of respondents were unsure of accessibility of services for people from differing age, income, and genders. Of the 2/3 who did respond the majority indicated that services were highly accessible to all groups, with fulltime workers being the only group identified as having access issues. Suggestions made to improve these issues were improved transport options, child minding services, and increased variety of hours which services are provided.

Community Education

Community

Education Sessions

Respondents indicated interest in a range of community education sessions being delivered through PDHS. The topics which received the most responses of interested or very interested were Weight Loss (52) Women's Health Topics (50), Preparing for old age (44) Stress Management (40) Heart disease (37) Depression (36) and Men's Health (33)

Times for

sessions/services:

Respondents clearly indicated participation in services or community education sessions would be best supported when conducted Monday – Friday either during school/business hours or after school/business hours.

PDHS Response

Overall the number of responses met the expectations of the Health Service in conducting the survey. The demographics provided a relatively balanced response across gender, geographic locations and age ranges giving validity to the results. In response to the results a program for delivery of services and community education has been developed which aims to address some of the key issues identified above and which will be evaluated at the end of its

implementation. Please refer to the Penshurst and District Health Service Community Services Action plan attached.

Penshurst Community Health Program

November 2009- October 2010

Topic	Month	Key Community Events
First aid for parents	November 09	
Weight loss	January 09	Australian Healthy Weight Week
Stress Management	February 10	
Farm Health	March 10	
Health Assessments	April 10	World Health Day
Heart Disease	May 10	Heart Health Week
Men's Health	June 10	Men's Health Week
Diabetes	July 10	Diabetes Week
Women's Health	August 10	
Prep Old age	September 10	Dementia Awareness Week
Depression	October 10	Beyond Blue Anxiety and Depression awareness week
Evaluation of program and planning for 2011		

Program Plan

- Run two sessions per month (one during business hours and one week night)
- Sessions will be promoted in the Penshurst District News and Dunkeld Newsletters.