



Sustainable Rural Health Project

BULOKE | LODDON | GANNAWARRA

KERANG

Get involved and help shape our local health system

BULOKE | LODDON | GANNAWARRA



Local people co-designing local solutions

Working together to build sustainable rural health care services

To safeguard health care services in the region, now and for future generations, Murray PHN together with Boort District Health, Inglewood & Districts Health Services, East Wimmera Health Services and Northern District Community Health are co-designing new health care services to address gaps caused by workforce shortages.

Input from a variety of people including professionals, communities and health care consumers and carers is critical to the success of the Sustainable Rural Health Project.

Working together will ensure the new services align with local needs and priorities, build on existing services and fill service gaps, which are key factors in ensuring they can be continued over the long term.

Why local solutions are important

To stay healthy and well, people in our region need to be able access health care when they need it and close to home. They need to trust that services will stay in the community both now and for future generations.

However, there are challenges we need to find solutions for if we are to improve health care in our region over the longer term.

In rural areas it can be difficult to attract and retain health and medical professionals. This means people may have to travel away from their homes and families to get the care they need. A lack of public transport, or no care available out of hours, add more barriers to accessing care when it's needed most.

Plus, the region's population is ageing, with almost one-third of residents now aged 65 years and over. As people age their health care needs generally increase, further stretching services.

You can be part of the process

Local people know what services are needed and how services can be made easily accessible and valued by communities.

The opportunity to develop locally tailored services will make the best use of available resources and have trialled the biggest impact on community needs and priorities.

New services will be co-designed and trialled over the next two years and we will be seeking input from a range of community members throughout the co-design research process.

Everyone is encouraged to stay up-to-date with the project and take up opportunities to be involved. The more people who participate, the more tailored and successful the services will be.

Leading the way for rural Australia

The Sustainable Rural Health Project will help health services to work together and create services that encourage doctors, nurses, and allied health professionals to live and work in our rural region.

New services will be trialled using up-to-date research, including some that might look a bit different to normal. For example, medical clinics run by specialist primary care nurses, called nurse practitioners. Nurse practitioners work closely with GPs to provide similar services. They help to increase the number of patients who can be seen in a day and extend a communities' access to services where there is no GP.

As the research pilot site, the Buloke, Loddon, Gannawarra region will lead the way to addressing major rural health challenges which will also help other small rural communities in other parts of Australia and overseas.



To stay up-to-date on the project or to get involved visit:
murrayphn.org.au/SustainableRuralHealthProject

