Aged Care Essentials (ACE)
WNSWLHD Aged Care Education Reference Network ACERN

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NSW Falls Network Forum, May 2014
Why ACE?

- Geriatric syndromes – delirium, falls, incontinence & frailty - very prevalent with high morbidity & poor outcomes
- Mainly preventable if identified & managed appropriately
- Four shared risk factors – older age; baseline cognitive and/or functional impairment; impaired mobility
Aim of ACE

• To provide updated care and management practices, screening tools and care planning for the appropriate and best practice options in the care of older patients/clients in WNSWLHD.
Context of ageing in Western NSW LHD

- 2nd most sparsely populated LHD ≈ 1 person/sq km (271,000/250,000 km); 9.4% Aboriginal population
- Minimal growth = 2% 2006-2011
- Areas closer to Sydney growing; beyond Dubbo declining
- Largest growth is 65+ = 17% growth 2006-2011 (6,500 people)
- TACP – 32 residential; 42 community packages
- 14 MPS with Residential Aged Care
# WNSWLHD Total Falls

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Falls</th>
<th>Percentage 75 years &amp; over</th>
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</thead>
<tbody>
<tr>
<td>2011</td>
<td>1833</td>
<td>70%</td>
</tr>
<tr>
<td>2012</td>
<td>1800</td>
<td>63%</td>
</tr>
<tr>
<td>2013</td>
<td>1815</td>
<td>63%</td>
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WNSWLHD Geography & Health Service sites
ACE Training sites 2013

Far West LHD
- Tibooburra
- Wilcannia
- Broken Hill
- Menindee
- Ivanhoe
- Wentworth
- Balranald

Western NSW LHD
- Goodooga
- Lightning Ridge
- Collarenebri
- Bourke
- Brewarrina
- Walgett
- Coopambool
- Gulargambone
- Nyngan
- Warren
- Trangie
- Narromine
- Wellington
- Dubbo
- Peak Hill
- Rydal
- Orange
- Lake Cargelligo
- Trundle
- Condobolin
- Eulomina
- Tullamore
- Forbes
- Cowra
- Grenfell
- Network with Vic

NSW Government
NSW Health
Western NSW Local Health District

= Training Conducted
= Attended Training

Our Health District
Living Well Together
ACE Training Reach

![Map of Western NSW LHD and Far West LHD with symbols indicating training conducted and attended.]

= Training Conducted
= Attended Training

NSW Government
Health
Western NSW Local Health District

Our Health District
Living Well Together
Summary of ACE

- 203 participants (56 Acute, 54 community, 73 MPS, 8 Mental Health, 13 other)
- 74 x RN; 45 x EN; 18 x AIN; 14 x Manager +AH
- Modules – Delirium; Cognitive Decline; Frailty; Incontinence; Falls
- Networking amongst participants
- Strengthening of relationships amongst CNC’s
- CNE Education
- 2014 FaDE
What Next for ACE & ACERN?

• 5 sites June/July 2014
• Falls & Delirium (FaDE) VC series extension
• Finalise CNE Package
• Review impact on falls statistics over time
• Potential supply package to FWLHD
• Negotiations with HETI to make available

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