

3.0 BEING A HEALTHY STATE



2036

**WILL MARK
SOUTH AUSTRALIA'S
BICENTENARY.**

Obviously, we have much to be proud of and grateful for, but I think most South Australians feel things could be a lot better. Where we once led the nation, we now follow. We need to reclaim our greatness.

2036 is more than just a date, it's a destination. A destination of hope and prosperity for South Australians, where we can have the life we want in the State we love. A destination where we can provide a better future for our children. A destination where our economy encourages opportunity and rewards effort and risk. A destination where possibility is available to all, not just a few.

That vision of 2036 inspires and excites me. However I'm not waiting until the election in 2018. Planning and delivering on the vision of 2036 must start now. And from our end it has.

In the lead up to the State election we will deliver a clear, consultative and responsible pathway to recovery and success.

This is the first step in our plan for a better South Australia. Please read it, talk about it with your friends and family.

Or, talk to me.

**I am Steven Marshall -
Leader of the State Liberals.**

2036 STARTS NOW.



marshall2036.com.au

OUR HEALTH SYSTEM SHOULD PROVIDE THE VERY BEST CARE TO PATIENTS AND PUT THE WELLBEING OF SOUTH AUSTRALIANS FIRST - AT EVERY STAGE OF THEIR LIVES.

3.0

We Believe

- You are entitled to world-class, accessible and effective health care which supports your health and wellbeing
- You should be empowered to make the best decisions for you and your family's health, supported by health professionals
- You need whole-of-person care which helps you live a healthy life and intervenes early to prevent or minimise ill-health and disability
- Your community and local health professionals are best placed to design and deliver health services for your community, not head office bureaucrats
- As a taxpayer, your health care needs to be efficient, effective and sustainable so that services are there when you need them

How we will achieve this together

- 3.1 Protecting your health
- 3.2 Delivering person-centred care
- 3.3 Caring for mind and body
- 3.4 Making health care accessible across the city and across the State
- 3.5 Decentralising the control of health services
- 3.6 Reducing waste and bureaucracy

3.1 Protecting your health

Health is key to leading a fulfilling life. Only when we are healthy, can we be active in things we enjoy, spend time with those we care about and be around to see the next generation grow.

For most South Australians, living healthy lives is fundamentally about looking after ourselves – through diet, exercise, spending time with our family and friends, and making sensible choices in life.

“Real transformation in health comes when we support people to stay healthy, not wait until they are sick”

Every South Australian should be supported to be health aware and responsible through pro-active services such as health information, screenings and vaccinations.

People should be supported by health professionals to identify any particular risks that they may face and informed of any actions they can take to avoid the onset of illness.

A government’s role is to make it as easy as possible for people to make healthy choices, and to be there when extra care is needed.

Some people need help to access, affordable healthy food. Some need access to ongoing support to avoid a chronic condition triggering other health issues.

Unhealthy choices by some should not be able to negatively impact on the health of others. For example, smoking in public places needs to be actively discouraged and we must be vigilant to protect children in the care of people who abuse alcohol or drugs.

It is vital that governments at all levels work with the community to support healthy local communities.

We need to plan the development of our communities so that neighbourhoods are safe and healthy. Neighbourhoods need to have safe roads and provide readily available opportunities for physical activity, like walking and cycling.

We believe that a sustained focus on public health will ensure that the environment in which we live is free of contamination and the foods that we eat nourish us rather than harm us.

No matter where in South Australia you choose to live, you should be confident that the government has prioritised your ongoing good health. Access to health information and screening should be available throughout the State.

As we move towards 2036, we want South Australia to be the healthy State that nurtures health and wellbeing.

Real transformation in health comes when we support people to stay healthy, not wait until they are sick.

3.2 Delivering person-centred care

We believe that you should be the focus of your health care.

With the support of health professionals, you, your family and your community need to be empowered to choose the care that best suits your needs and your life goals.

We believe in a health system that identifies potential health issues early and works to address them before hospitalisation or other more significant measures are required.

It is in our own best interests to stay out of hospital – it also helps make our health services sustainable. Hospital care is very expensive. If people get the support they need early, fewer people will need to be hospitalised, the pressure on overcrowded hospitals will be eased and it will cost less money to maintain the State's health services.

Intervening early can prevent ill-health or minimise its impact.

Care coordinated by your local GP, for example, can help you manage risk factors, identify early warning signs and access treatment early when the prospects of full recovery are brightest.

“Health services need to engage patients in their care and respect their wishes on treatment options”

Even when intensive health support is required, care and treatment should be provided in a way which maximises both your health outcomes and quality of life. Care delivered at home or in the community will often avoid the need for expensive, disruptive hospitalisation and allow you to remain at your home and with your family. Community-based care can make it possible for a person to live and die with dignity in their own home, if they choose.

Health services need to engage you in your care and respect your wishes on treatment options.

We need our health services to be responsive and accountable. We need a transparent health system which ensures that clients have confidence in the care they are receiving, have opportunities to be actively involved in the planning of their care and to pursue complaints.

We also believe that in order for our health system to be truly person-centred, health plans and policies must be developed in collaboration with our communities and health consumers.

We believe that you should be the focus of all government health care. You need clear pathways through the maze of government and private health providers. Only when health care providers work collaboratively, with their clients as the focus, will you get the best care, the best experience and the best prospect for the earliest recovery.

3.3 Caring for mind and body

Your health care needs to support you to stay healthy as a whole person. The health and fitness of your mind is vital to your wellbeing and fulfilment. Your physical health will affect your mental health and vice versa.

All of us need to keep mentally fit and healthy to achieve our full potential.

One in three of us will face a mental health challenge at some point in our lives; yet this aspect of our wellbeing is still so often stigmatised, ignored or untreated.

The South Australia of 2036 needs to be able to provide the best possible care and support for people who are dealing with a mental health challenge. Prevention and early intervention, as with any health issue, can reduce mental ill-health.

South Australians deserve a mental health system that is able to provide meaningful support to them as individuals, their families and communities.

“The health and fitness of your mind is vital to your wellbeing and fulfilment”

Services in this area need to better reflect the impact on people and treat mental health needs with the same weight as other health issues.

Over time, there needs to be a rebalancing of resources towards mental health.

Some people make poor decisions in relation to their health. We need to strengthen services to support South Australians to free themselves from illicit drugs and to control their use of other drugs to avoid negative health impacts.

Suicide is a drastic choice with devastating effects that ripple throughout the community. We believe that more can be done to lower South Australia’s suicide rate. Services to prevent suicide need to be strengthened so that those at risk of taking their own lives are given the support they need.

3.4 Whole of City – Whole of State

South Australians are entitled to world-class, whole-of-person health care which supports their health and wellbeing. The health system must be able to provide the best possible health care for everyone in our community, regardless of where we live or what support we need.

All health services need to be accessible through a fully integrated network of metropolitan and country general hospitals and other health services.

The public, private and not-for-profit sectors need to work together to deliver the best care and the most accessible care. From a Royal Flying Doctor Service in the far north of the State to an inner Adelaide public health clinic, our health services need to work together to maximise the care for South Australians.

The health sector needs to work with other sectors, such as aged care and disability services, to support the health of all South Australians and, where hospitalisation is necessary, minimise the disruption to other care and support.

Particularly when a health issue is yet to be diagnosed, patients need access to a broad network of emergency departments – people should not be put to the risky task of self-diagnosing their symptoms and needing to know which hospital to go to for a particular condition.

Hospitals must be able to provide world-class health care as quickly as possible, without ramping or long waiting times for surgery.

Not everybody's needs are the same. Aboriginal South Australians and people from other culturally diverse groups need to have their health needs met in a culturally appropriate way. Veterans value an awareness of their service culture and shared experiences.

More South Australians are living longer, healthier and active lives. As our population ages, extra pressure will be put on our health system. By 2036, the oldest baby-boomers will be 74 years old and forty per cent of South Australians will be over 65 years of age – we need to plan now for health services that support people in healthy positive ageing.

Medical research and training should be integrated with the delivery of quality health care. Research offers the hope of better health outcomes for you and your family and an assurance of quality in services, with a strong, sustainable pool of quality health workers.

“Hospitals must provide world-class health care as quickly as possible, without ramping or long waiting times for surgery”

3.5 Local control of health services

Our health services and hospitals are a diverse network which need to work together. The best outcomes will not be achieved by dumbing services down to a lowest common denominator, through a one-size-fits-all approach.

Government needs to respect the unique culture and context of each health service and work with them and their communities to maximise their positive impact. Rather than top down control from head office, local clinicians and teams need to be fully engaged in service development.

South Australia is a large state with a dispersed population. Through boards for each Local Health Network, we can ensure governance brings together community values, the hands-on knowledge of clinicians, and the expertise of community members.

We want to draw on the experience and insights of local people and local clinicians - so often it is these people who best understand the unique needs of their community and the best response to those needs.

We want you and your community to be able to fundraise for your local health services confident that all of the money raised will be spent as intended and not be hoarded or siphoned off by bureaucrats.

“We want to draw on the experience and insights of local people and local clinicians”

3.6 Reducing bureaucracy and waste

South Australians expect their health care to be efficient, effective and sustainable. After all, it is our taxes that keep our State's health system running and providing care.

Waste not only denies us the opportunity to improve our health services – it threatens existing services.

We believe that reducing unnecessary waste across the health system will allow us to improve services and provide better health outcomes for South Australians.

Unnecessary administration not only costs millions of dollars, it spawns bureaucratic processes which get in the way of the delivery of frontline services where they are needed most.

Previous government mismanagement of health projects including IT and construction have led to massive cost blowouts and a waste of taxpayer funds. We believe that a responsible government must deliver what was promised on time and within budget. It is a sad reality that we could have rebuilt the Repatriation General Hospital with the blow out in the cost of the new Royal Adelaide Hospital project.

Labor wants to manage the State's health budget by cutting hospital beds and frontline health professionals – yet over the last decade Labor has created the largest, most centralised health administration in Australia.

“South Australians expect their health care to be efficient, effective and sustainable”

As health knowledge and technology rapidly change, we need to enable the health workforce to continue to evolve their professions, their training and scope of practice. Fully engaging the professional expertise of each doctor, nurse, allied health and other health professional will help us recruit and retain the best people and deliver the best possible care.

Innovation in the health sector is opening up opportunities for greater efficiencies and better health outcomes.

THANK YOU FOR TAKING THE TIME TO READ OUR PLAN TO RECLAIM SOUTH AUSTRALIA'S GREATNESS.

Let me know your thoughts, stay connected,
and let's take the first step toward 2036 together.

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