



Winner Australian Human Rights Award 2001
Winner National Violence Prevention Award 1999
Nominee, French Republics Human Rights Prize 2003
Nominee, UN Millennium Peace Prize for Women 2000

To: Senate Community Affairs Reference Committee on Planning
Options and Services for People Ageing with a Disability

From: Margaret Cooper, Women With Disabilities Australia

Date: 30/11/10

Topic: References requested

Self-management

Funding for self-management of some conditions has already occurred in Australia via the Australian Government 2006-7 budget initiative "Promoting good health, prevention and early intervention (Jordan & Osborne, 2007)." This initiative was designed to achieve two goals, involvement of citizens in their own health and education of appropriate professionals in encouragement of self-management.

Stanford University researchers found some benefit in using patients' self knowledge to reduce hospitalisation and improve health care behaviours in a cohort with diagnoses of heart disease, stroke, respiratory disease or arthritis (Lorig, Sobel, Stewart, Brown, Bandura, Ritter, Gonzales, Laurent, & Holman, 1999, cited in Jordan & Osborne, 2007). Both a reduction in visits to doctors and improvement in the subjective outlook of arthritis patients occurred as a result of self-management programs (Barlow, Turner & Wright, 2000, cited in Shaw & Baker, 2004).

Two negative professional issues emerged following the introduction of the British Expert Patients' Program (EPP). Expert Patients had to undergo a training program to assist them in understanding and working with the medical perspective. Firstly health professionals were reluctant to engage with trained Expert Patients. Secondly the numbers of patients enrolled in the EPP was unsatisfactory in Britain because general practitioners were not convinced of benefits to themselves or patients (Kennedy, Gately & Rogers, 2004 cited in Jordan & Osborne, 2004). Doctors may have been unduly influenced by negative stereotypical images of demanding patients (Shaw & Baker, 2004).

Positive results in Australia, from a medical perspective, will depend on five factors; locally delivered services, better referral processes, quality assurance measures, flexible patient education processes and effective training of health professionals (Jordan & Osborne). From the perspective of people ageing with disabilities, acknowledgment by professionals and service providers, of clients' skills in survival and self-management, would be very supportive. Appropriate aged care or medical advice might then be accepted more readily.

Barlow, J., Turner, A. & Wright, C. (2000.) A randomised, controlled study of the Arthritis Self-management programme in the UK. *Health Education Research*.15 (6) 665-680.

Jordan, J. & Osborne, R. (2007). Chronic disease self-management education programs: challenges ahead. *Medical Journal of Australia*. 186 (2) 84-87

Kennedy, A., Gately, C. & Rogers, A. (2004). National evaluation of the expert patient programme. Manchester: UK. Cited in Jordan & Osborne (2007).

Lorig, K., Sobel, D., Stewart, A., Brown, B., Bandura, A., Ritter, P., Gonzales, V., Laurent, D & Holman, H. (1999). Evidence suggesting a chronic disease Self-management program can improve health status while reducing Hospitalisation – a randomised trial. *Medical Care*. 37 (1) 5-14 cited in Shaw, & Baker (2004).

Shaw, J & Baker, M. (2004). Editorial. "Expert patient" – Dream or nightmare

Osteoporosis

Risk factors of osteoporosis for people who are mobility impaired are greater than non-impaired peers.

Haziza M, Kremer R, Benedetti A, Trojan DA. (2007). Osteoporosis in a postpolio clinic population. *Arch Phys Med Rehabil.* 2007 Aug ;88 (8):1030-1035

Garland, D., Steward, C., Adkins, R., Hu, S., Rosen, C. , Liotta, F. and Weinstein, D. (1992). Osteoporosis following Spinal Cord Injury. *Journal of Orthopaedic Research.* 10. 371-378

Menopause

Women used Hormone Replacement Therapy (HRT) at a higher rate than women in the general community. The use of HRT was not associated with better physical functioning or emotional wellbeing. Hysterectomy rates for respondents were significantly higher than non-disabled women.

Kalpakjian, C., Tate, D., Quint, E. (2004). *Women with Polio: Menopause, Late Effects, Life Satisfaction, and Emotional Distress. Final Report*
Ann Arbor: University of Michigan Health System