

Helping older adults, and the people who care for them

Older adults are a priority population for North Western Melbourne Primary Health Network (NWMPHN). Through extensive research, collaboration and funding, our organisation drives multiple projects aimed at improving health outcomes for people aged 65 and over living in its catchment.

These initiatives are designed for clinicians, residential aged care homes (RACHs), and community members – including some that involve all three cohorts. NWMPHN works with a range of stakeholders to support the physical and mental health of older adults.

Here are our main activities concerning older people, with links to more information.



For everyone

Winter planning and vaccinations

We work with community, general practice, pharmacists and RACHs so older adults can receive COVID-19 and influenza vaccinations, backed by seasonal health management plans.

[Learn more](#)

Improving residential in-reach services

We work with major hospitals, and the Victorian Virtual Emergency Department, to provide telehealth support from doctors and nurses for older adults in aged care or living independently.

Connecting people with services

We promote our initiatives, and other activities for older people, through conversations, email newsletters, social media, sector media and local newspapers.





For community members

Care finder services

We commission service providers to offer navigation support and assistance for at-risk older adults needing to access aged care services and other community supports.

[Learn more](#)

Mental health for older adults in the community

We facilitate access to free psychological supports for older adults with, or at risk of, mild to moderate mental illness.

[Learn more](#)

Precious Time

We have developed Australia's most comprehensive website for people with life-limiting conditions, their families, friends and carers.

[Learn more](#)

Early intervention initiatives for healthy ageing

This program uses early intervention initiatives for management of chronic conditions to help older people live at home for longer.

[Learn more](#)

Dementia Directory

This is a collection of Melbourne-based organisations that offer support and respite for people with dementia and those who care for them. It complements information available on the My Aged Care and NDIS websites.

[Learn more](#)



For residential aged care homes (RACHs)

Allied health in RACHs

We work with physiotherapists, occupational therapists and exercise physiologists to provide gentle exercise sessions for older adults through a program shown to reduce the risk of falling.

[Learn more](#)

After-hours toolkit and capability building

We have prepared a suite of resources to help RACH staff to more effectively care for residents who fall ill overnight or on weekends and public holidays.

[Learn more](#)

Mental health support

We facilitate access to free psychological supports for residents with, or at risk of, mild to moderate mental illness.

[Learn more](#)

Digital health support

We help RACHs implement or upgrade telehealth facilities and equipment so residents can consult virtually with primary health care professionals.

Electronic medication management

We assist RACH staff to use the electronic National Residential Medication Chart to prescribe, supply, and claim Pharmaceutical Benefits Scheme (PBS) medicines.



For clinicians

Dementia pathways

Our HealthPathways Melbourne team regularly reviews and updates dementia-related treatment and support guidelines for use by clinicians.

[Learn more](#)

Aged care pathways

Our HealthPathways team also reviews and updates treatment guidelines for conditions associated with ageing for use by clinicians. Case studies provide real-world illustrations.

[Learn more](#)

Greater Choice for at Home Palliative Care

We provide resources and training for primary health care providers to understand how people can be supported to spend their final days at home.

[Learn more](#)

Workforce development

In collaboration with RACGP and specialist organisations we design education sessions to help clinicians diagnose and manage conditions that impact older people.

For more information:
nwmpnhn.org.au/older-adults

