

# mecc

making every contact count



**BPP** | Better Practice Project

**SA Collaborative Projects Symposium 7 July, 2017**

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SA Health



# MECC is a partnership **NOT** a funded program

MECC commenced in South Australia in 2017 as a joint partnership between:

- 🌐 Meals on Wheels SA
- 🌐 Aged and Community Services Australia
- 🌐 SA Health

with support from **local councils**.

Initial trial sites involve:  
Pt Augusta, Whyalla,  
Holdfast Bay & Marion Councils

Activities for  
Older People





Government of South Australia

SA Health



Almost every local government Public Health Plan raised the issues of:

- Ageing in Place, &
- Social isolation.

Older people more likely to be admitted to hospital

Certain behaviours ↑ risk of admissions eg falls, dehydration plus Australian research shows that malnourished patients had a longer hospital stay (15 vs 10 days)

# Why?



Aligned with "more than just a meal" philosophy

**BPP** | Better Practice Project



Aligned with Better Practice Project objectives



Councils want  
to increase  
social  
connections



# MECC - UK



2008 - National Health Service (NHS)

2012 - NHS recommends **all healthcare organisations** should *make every contact count*

**WHO?** - anyone who is in direct contact with the general public:

*“a very brief intervention can take from 30 seconds to a couple of minutes.*

*It enables the delivery of information to people, or signposting them to sources of further help. It may also include other activities such as raising awareness of risks, or providing encouragement and support for change”*

**WHY?**

*“the idea is that members of the public will be more likely to engage in a brief and honest exchange about their health with someone just like them as them, as opposed to a health professional”*

# MECC is a conversation

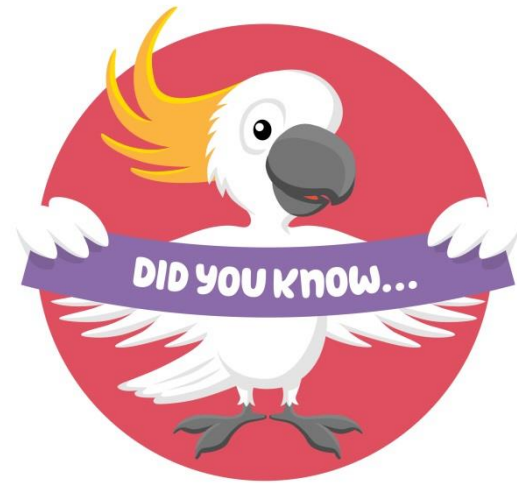
- 🌐 MECC is about recognising opportunities to talk to people about their health and wellbeing
- 🌐 Not adding to busy workloads - it is about enhancing the conversations that are already taking place.
- 🌐 There are tens of thousands of staff and volunteers working with older people in South Australia (7000 in MoWSA knocking on the doors of 5000 customers)



If each of them had a conversation about health and wellbeing once a fortnight - with a customer, family member or friend - it would create more than a **million opportunities** a year to improve health and wellbeing across the community.



# How does MECC work?



- Training aims to provide staff and volunteers with the confidence to engage in these conversations.

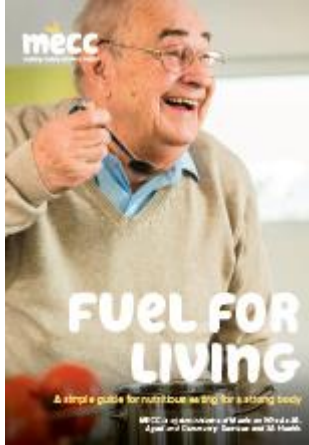


- The MECC brochures deliver simple health messages to encourage people to change their behaviour, and to direct them to local services that can support them.



# MECC - Older People

Addresses lifestyle issues that can make the greatest improvements to health and independent living :



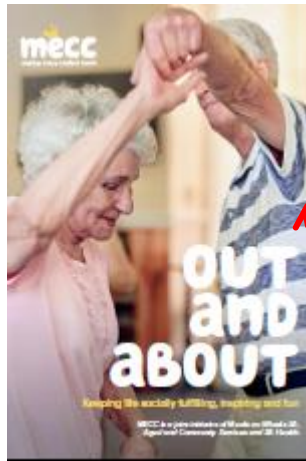
Healthy Eating



Physical Activity



Hydration and Managing in the Heat




Social Connections




Falls Prevention

All themes build on and support each other

2 months per theme



Healthy Life

NEXT EXIT 



*Where did we start?*





**December 16** First meeting Meals on Wheels and SA Health - Agreement re MECC



**Jan - March 17** - Partnered with Better Practice Project. Engaged Matt Haren **Evaluator** Meals on Wheels component and Master of Public Health Student for Holdfast Bay. Developed brochures and engaged graphic artist.



**May 17** First Training in Pt Augusta and Whyalla

- Meals on Wheels
- Local government staff and programs
- SA Health staff and a Lavender Lady from the hospital



**May 17** Training with Meals on Wheels sites

- Holdfast Bay and Glenelg.



**June 17** Trained Holdfast Bay Maintenance staff and volunteers



# What's different?

## Meals on Wheels

- High degree of trust
- Short conversation (meals can't go cold)
- followed up at future visits



Holdfast Bay Maintenance  
Staff and Volunteers  
High degree of trust  
Longer visit  
Follow up utilises existing  
council communication  
mechanisms for Community  
Services

Where to next?



Want to put your hand up for  
MECC?



We hope to involve new partners  
and to broaden MECC to  
different age groups.

If you would like to get involved  
please contact:



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