

## Public Submission Cover Sheet

Please complete this sheet and submit with any attachments to the Sustainable Health Review Secretariat

### Your Personal Details

*This information will be used only for contacting you in relation to this submission*

<b>Title</b>	Mr <input type="checkbox"/> Miss <input type="checkbox"/> Mrs <input type="checkbox"/> Ms <input checked="" type="checkbox"/> Dr <input type="checkbox"/> Other <input type="checkbox"/>
<b>Organisation</b>	Holistik SOULutions
<b>First Name(s)</b>	Kit
<b>Surname</b>	Scott
<b>Contact Details</b>	████████████████████

### Publication of Submissions

*Please note all Public Submissions will be published unless otherwise selected below*

- I do not want my submission published
- I would like my submission to be published but remain anonymous

### Submission Guidance

**You are encouraged to address the following question:**

**In the context of the Sustainable Health Review Terms of Reference listed below, what is needed to develop a more sustainable, patient centred health system in WA?**

- Leveraging existing investment in Primary, Secondary and Tertiary healthcare, as well as new initiatives to improve patient centred service delivery, pathways and transition;
- The mix of services provided across the system, including gaps in service provision, sub-acute, step-down, community and other out-of-hospital services across WA to deliver care in the most appropriate setting and to maximise health outcomes and value to the public;
- Ways to encourage and drive digital innovation, the use of new technology, research and data to support patient centred care and improved performance;
- Opportunities to drive partnerships across sectors and all levels of government to reduce duplication and to deliver integrated and coordinated care;
- Ways to drive improvements in safety and quality for patients, value and financial sustainability, including cost drivers, allocative and technical efficiencies;
- The key enablers of new efficiencies and change, including, research, productivity, teaching and training, culture, leadership development, procurement and improved performance monitoring;
- Any further opportunities concerning patient centred service delivery and the sustainability of the WA health system.

### Submissions Response Field

**Please type your response into the field below. Alternatively you may provide your submissions as a separate attachment (Suggested Maximum 5 pages).**

- 1) An Accessible integrative Holistic Health care system is needed to help people HEAL & get their holistic health needs met, mentally, physically, emotionally, spiritually, sexually, socially, financialy, environmentaly & culturally, whilst healing chronic addictions, pain, dis ease, abuse, domestic violence & systemic psychosocial issues. Psychosocial, homelessness & addiction issues are literally like canaries in the coal mines in our communities. Remembering that homelessness & addiction issues aren't the problem, they are the end result of the problem(s).
- 2) Love, care & look after staff & employees well, and in turn they will be in a better position to love, care & look after the individuals needing healthcare support. People cannot serve from an empty burnt out cup. Heathcare professionals need to be 1st n foremost sustained & looked after well. If people are employed under the right conditions - fair/rewards/incentives and good work culture then those delivering the care will themselves be sustained  Too many services crippled by people who care being worked too hard because of cut funding & strained resources.
- 3) Healthcare staff that work Healthy hours that best suit their body and minds optimal energy levels, rather than being rostered on doing hours & shifts that are unsustainable. Some people are morning people, some are night owls, some work well doing split shifts, Let health care professionals have better choice & control around optimal work hours. Shorter shifts & share the load with SO many individuals unemployed & underemployed applying for work in the health sector.
- 4) More healthcare service providers that operate outwidth the typical Monday - Friday, 9-5 model and outwidth the outdated penalty pay rate structure, we live in a world that is 24/7 and healthcare is also 24/7, have a universal healthcare system & culture that models health, healing, holistic health, wellness, freedom & equity, rather than modeling sickness, burnout, dis ease, exploitation & greed.
- 5) Supporting individuals with better health literacy, holistic health literacy & culturally diverse healthcare services.
- 6) Health services being dyslexic friendly & layman in their approach & use technology more to make health literacy education Fun & accessible for all.
- 7) Health is more than Hospitals, more support services & relaxing restbite options are needed for prevention and intervention in mental health, rather than individuals ending up in hospital. Support individuals to look after themselves & their wellbeing (health CARE) with holidays & restbite, rather than individuals ending up in sick care in ED & psyche wards. Same if we don't look after our vehicles with regular servicing & appropriate fuel, they end up breaking down. Our bodies & minds are similar, and thus need looked after well to prevent breakdowns & burnout.
- 8) Mental Health care needs a more holistic approach for each individual, addressing & supporting their physical, emotional, spiritual, sexual, social, financial, environmental and cultural health & wellness.
- 9) Less BeaurOCRAZY, less red tape & less hoop jumping when "meeting criteria" - more collaboration, more

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integrative & coordinative care between hospital & community supports.

10) Stop the Funding cuts to mental health services & Not for profit sectors. Better integrate mental health with Health. Health & Holistic health covers a Wide range of things for supporting the Human Body and Being. Same same like a supermarket like IGA, Coles or Woolworths, a wide range of groceries options are available for individuals to choose from to support their nutritional needs, similar approach can be used for Health & Health care options.

11) Work with individuals, families, carers & front line individuals who are dealing with challenges & struggles, and work with them to heal & bridge the gaps, and they be empowered to be part of working together to heal & find the solutions to Sustainable health.

12) Efficient & effective collaborative Data sharing between all health provider services, clinical and holistic. Improved technology (culturally & linguistically appropriate) where hospitals paperwork is online vs in paper format in folders, efficient use of MyGov

e-health records between drs, OT's, physios, chiro, massage / all health care providers.

13) Work with others to Heal chronic cultural issues of low socio-economic inequality, abuse, exploitation and inequity.