



Media Release

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Western Sydney's older population 'HOPP'ing towards a stronger future

Western Sydney's unique Healthy Older People Partnership (HOPP) is leaping towards better health outcomes for older residents, as more than 35 local service providers and community organisations come together to support stronger networks and greater awareness for healthy living in later life.

Launched in 2013, WentWest has been part of the HOPP initiative which seeks to reduce various risks and injuries from falls, supported by evidence which suggests increasing strength and balance exercises can assist older people in living more independently.

Through the partnership, many new services have integrated strength and balance programs into their regular offering resulting in over 3,000 older people and service staff already benefiting through the HOPP program.

Services or community organisations interested in supporting their clients should contact Trish Nove, on (02) 9840 3630

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For more information please contact:

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About WentWest

WentWest's focus on providing better health care in the community was strengthened with its appointment as a Tranche 1 Medicare Local in July 2011 to now operating as the Western Sydney Primary Health Network. WentWest has built on its experience as a Division of General Practice in supporting GPs and their practices, connecting health services to meet local needs, and striving for better health outcomes for western Sydney.

The population living in western Sydney is culturally, linguistically and socio-economically diverse, and we also have the largest urban Aboriginal community in Australia. WentWest works closely with doctors, allied health professionals, the Local Health District and many others to improve the coordination of local health and human services for these patients and their families.