HEALTHCARE POLICY in Chorzów – best practices

Ł. Żółciak – Silver-Learners Meeting,
Stockport, 15.03.2018

Demographic Situation – Percent of People 60+

POLAND

SILESIA

CHORZÓW

We predict that number of seniors in Chorzów will **increase to 35% in 2020!**

Healthcare Policy is one of our main challenges

3 Pillars of Healthcare Policy in Chorzów:

1. Information
2. Education and Promotion
3. Prevention of Health

Center of Senior Information

- One Step Shop where senior can get help with getting arrangments in municipal institutions

Center of Medical Information

- Place where senior can get help with scheduling sooner visits and consultations with medical specialists

CENTRUM INFORMACJI
SENIORALNEJ

CENTRUM INFORMACJI
SENIORALNEJ

Municipal Medical Meetings

Education meetings with doctors once a month. Meetings are open and free. Every meeting is with another branch of medicine specialist

Municipal Day of Health Promotion

1. Medical Expo - almost 50 exhibitors from medical companies, ambulatories and medical shops
2. Lectures and meetings
3. Opportunity for free medical analysis
4. Workshops for seniors in topic of healthy lifestyle

Prevention Activities in Senior Academy

1. Yoga
2. Gymnastics with elements of rehabilitation
3. Gymnastics with stretching for seniors

Action Activation

Once a month we have got Action Activation for seniors. Topics are divided for blocks, one of this is about healthcare prevention. It’s another opportunity for educate seniors. For Example seniors have meetings with doctors, dieticians, personal health coaches

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Health Prevention

Chorzów is leader in region. In 2018 we are going to spend 340 000 PLN submission for Health Prevention Programmes which is the highest amount of money in Silesian Region for Healthcare Policy

Our main program for senior is injections of flu vaccines

Conclusion

Our society will be getting older and older. Number of seniors are increasing almost every day. We have to solve and plan a few issues:

1. Complex Healthcare Policy should be focused on seniors more and more.
2. We have to increase number of Health Prevention Programmes and increase amount of money for that.
3. We have to work with National Healtcare Fund for solutions to make seniors life easier (shorter queue for specialists, complex care, more geriatrics wards)

CHORZÓW
wprawia w ruch