



# GOOD NEWS

*To keep Tasmanians out of Hospital  
& enjoying a healthy life at home.*

Issue 02 | December, 2025

## NORTH WEST FALLS PREVENTION PROGRAM KICKS OFF

**Salveo Healthcare's new Falls Prevention Program is helping older people in North West Tasmania get stronger and stay independent.**

The program was created because falls are the most common injury that lands Australians in hospital.

Thanks to funding from Healthy Tasmania, an initiative of the Tasmanian Government, the program is free for participants. Salveo Healthcare manages the program with its delivery partner, Healthy Business, a trusted provider of community health programs. Local data showed a real need for support in the North West first.

People who join the program learn how to make their homes safer and get stronger through exercises that improve balance and walking. The program also offers a chance to meet new friends and enjoy working together in a group. Classes include education on what to do if you have a fall, so everyone can stay safe and independent.

The program runs for six weeks, with weekly group classes tailored to each person's ability. Participants also receive a weekly phone call from a health coach, who helps set personal goals and provides support. At the end of the program, simple tests show how much each person has improved in strength and movement.



Falls Prevention Program Devonport

The first group in Devonport has finished the program and loved it. They said exercising together was more fun and motivating than doing it alone. Results from physical testing show improvement. Many made new friends and felt proud of what they achieved.

Anyone living in North West Tasmania who has an illness or injury that makes it hard to move or do daily activities can join. The program is for people aged 60 or older, or 45 and over if you are an Aboriginal or Torres Strait Islander person. Doctor's approval is needed.

To sign up, visit [fallsprevention.net.au](https://fallsprevention.net.au) or call Healthy Business on 1300 655 530. A health worker can also help you join.

This program is a great way to stay mobile, make friends, and keep your independence! •

## HUMANS OF SALVEO HEALTHCARE



**Mary Parsissons,  
Consumer  
Advisory Council  
Representative**

Advanced  
Preventative  
Care Program client

Meet Mary Parsissons, a proud Tasmanian who has spent her life helping others—from nursing and midwifery to President of Lifeline International. Mary stays active by participating in what life has to offer including book club, ukulele group, and organising community outings. She manages stress with relaxation techniques and values strong social connections, especially with her friends, former colleagues and family. Mary believes in being engaged in her own health, following health advice, and asking questions. Her motto: “Keep active. Keep active. Keep active!”



**Melissa,  
Nurse Care Manager**

Melissa is a Registered Nurse who has helped many clients and colleagues over seven years. She enjoys visiting clients, helping them manage their health, and teaching them how to understand health information. Melissa loves seeing her clients succeed and take charge of their wellbeing.

When she’s not working, Melissa spends time at her beach house with family and dogs. She likes walking on the shore, boating, and fishing. Her favourite way to stay well is being outdoors to relax and recharge.



**STAY COOL  
THIS SUMMER**

### DID YOU KNOW?

**Although people over 65 are at higher risk of heat-related illness, there are things you can do to stay cool.** Keep indoors with air conditioning, drink water, wear light clothing, and take cool showers.

## CEO UPDATE



**We are excited to contribute to the next stage of Tasmania’s 20-Year Preventive Health Strategy consultation.** This

could be a game changer for our state. We will share what we find out with our clients, including how you can get more information and we will ask for feedback from our Consumer Advisory Council.

Our nurses are critical to Salveo Healthcare, even more as we grow and add new services like allied health (e.g. physiotherapists) to our workforce. Nurses connect clients, families, and health teams, making sure everyone gets the care they need. They often spend more time with clients, offering advice, health checks, and support. Nurses help people manage their health and recover after illness or surgery. When nurses help coordinate care, people often have better health and are happier with their care.

In the meantime, we continue to work towards ensuring each of our clients feels empowered to live well.

**Darren Mathewson  
Chief Executive Officer**

# NEW PREVENTATIVE HEALTH PROGRAM LAUNCH

**Salveo Healthcare, in partnership with St Lukes, is excited to announce that we will soon launch a new preventative health program.**

This short term program is designed to equip people with the skills to live healthier lives and avoid preventable hospital visits.

The new program will focus on supporting people who live with chronic conditions focusing on Diabetes, Heart Failure, Ischaemic Heart Disease, and Chronic Obstructive Pulmonary Disease (COPD). These conditions contribute to many avoidable hospitalisations in Tasmania, but with the right support, many of these hospital stays can be prevented.

Preventative health care means taking action before problems get worse. In this program, it may include making healthy lifestyle changes, like eating better, managing medications, being more active, and quitting smoking. The program will support each individual with where they are at in their health journey, through education, goal setting and health coaching. Our aim is to give everyone the tools and confidence they need to take charge of their wellbeing.

We are proud to be working with St Lukes on this new program. By partnering together, we can reach more people and provide even better



support across Tasmania. Our team will use proven methods to help people stay well at home and in their community.

This program differs in many ways from our existing Advanced Preventative Care Program and will be available to more people, even those newly diagnosed with one of the chronic health conditions.

Stay tuned for more information about when the program will start and how you can get involved. At Salveo Healthcare, we believe that with the right support, everyone can take steps to live a healthier, happier life. We look forward to helping our community meet their health goals and enjoy better health for years to come. •

## PARTNERING WITH OUR COMMUNITY: CAR BRANDING AND GOOD NEWS

We want to thank the Consumer Advisory Council for their helpful feedback on two important projects. First, their advice helped us choose a car branding design for the Salveo Healthcare fleet that is easy for clients to recognise but not too bold. Look out for our cars on the road! Second, we asked for feedback on this newsletter, Good News! People said it's easy to read and understand. We have made the articles more educational in this issue and always welcome feedback from any of our readers.



Photo credit: Eat Well Tasmania

## BERRY BISCUITS

Thanks to **Eat Well Tasmania** for this recipe featuring summer berries – visit [eatwelltas.org.au](http://eatwelltas.org.au) for more seasonal foods and recipes.

**Prep time:** 30 mins.

### Ingredients

¾ cup oats

¾ cup wholemeal flour

6 tbsp brown sugar

½ tsp baking soda

½ tsp cinnamon

1 large egg

2 tbsp peanut butter or tahini (heaped)

4 tbsp olive oil

1 tbsp vanilla extract

1 cup of fresh or frozen berries e.g. blueberries, raspberries, strawberries

### Method

**Step 1** In a medium bowl combine the oats, flour, sugar and cinnamon, stirring.

**Step 2** In a large bowl add egg, oil, vanilla and butter. Whisk until smooth.

**Step 3** Add dry ingredients to the wet and stir with a wooden spoon until just combined.

**Step 4** Place in the fridge for 15 minutes.

**Step 5** Shape mixture into balls and place on greased baking tray. Gently press berries into the balls of mixture.

**Step 6** Bake at 180°C for 10-15 minutes.

**Step 7** Allow to cool for about 15 minutes before eating.

### Have feedback?

Fill in the Feedback Form at [salveohealth.com.au](http://salveohealth.com.au), email [general@salveohealth.com.au](mailto:general@salveohealth.com.au) or call 1300 313 375

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### Q&A

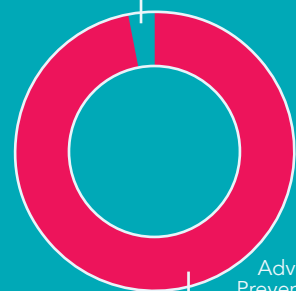
**Q: Is Salveo Healthcare and St Lukes the same?**

**A:** No, however St Lukes is a key partner and supporter of Salveo Healthcare. We deliver the Advanced Preventative Care Program and Private Postnatal Service for St Lukes.

## CONSUMER CARE DASHBOARD

### Feedback received

St Lukes Private Postnatal = 3



Advanced Preventative Care = 96

Total = 99

(Time period: August – October 2025)

### Client Reported Incidents

1. Falls
2. Hospitalisations
3. Infections

We focus on supporting our clients to reduce the risk of these incidents.

