

# Be Inspired Foundation: Creating access to wellness for disadvantaged and young Australians living with cancer, major trauma, or chronic disease

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## BACKGROUND:

- Integrative health combines conventional and management with complementary and allied health services in a patient centred manner to reduce mortality and morbidity.
- Many services are unavailable or unaffordable for disadvantaged young Western Australians living with chronic disease, major trauma, or cancer.
- In contrast to passive treatment and pharmacotherapy, active rehabilitation is the most effective form of treatment for many chronic conditions as it addresses the entire biopsychosocial spectrum of the disease.
- AR can result in lifelong health benefits and increase short and long-term quality of life.
- The not for profit organisation 'Be Inspired Foundation' (BIF) was founded in 2014 to help facilitate these services.

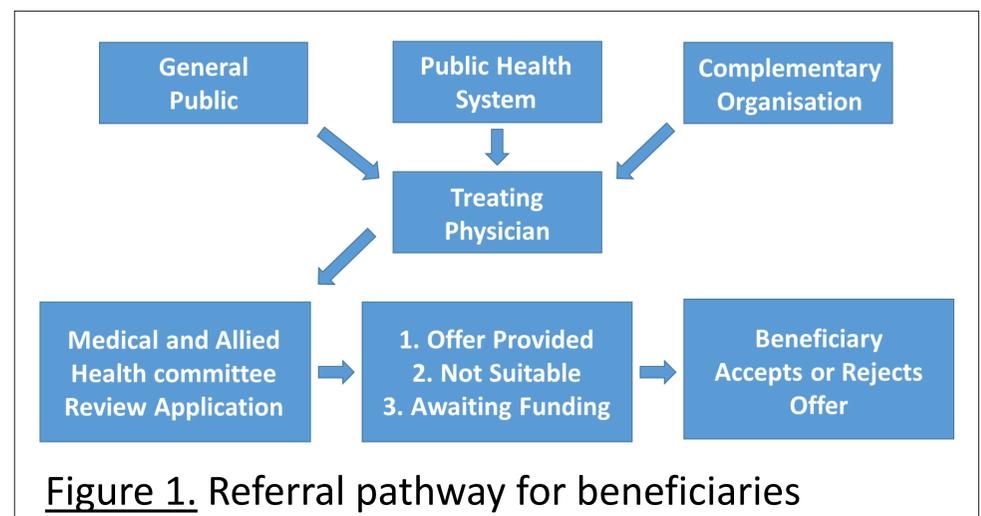


## AIM:

- The aim of the Be Inspired Foundation is to provide the opportunity for disadvantaged youth in Western Australia living with long term impairments to adopt lifelong coping strategies and improve their quality of life.
- This will be achieved through the provision of scholarships for active rehabilitation (exercise rehabilitation, diet advice and counselling) treatment plans which will help beneficiaries reach maximum medical improvement and reduce permanent impairments with minimal to no 'out-of-pocket expenses'.

## METHODS:

- Eligible beneficiaries include:
  - youth under 18 living in WA, and
  - low socioeconomic (Health Care Card), and
  - would benefit from active rehabilitation.
- Multiple entry pathways are available (Figure 1)



- Each BIF treatment plan will be managed on a case-by-case basis.
- Plans will be created in a multidisciplinary setting and will require sign off by all stakeholders including the beneficiary's legal guardian, the BIF case manager, the treating clinicians, and each of the allied health practitioners providing service.
- Ongoing evaluation will ensure uptake and beneficial outcomes are achieved.

## CONCLUSION:

- BIF is a relatively new Western Australian organisation, however, we acknowledge that access to AR should not be bound by state borders. Therefore, we are looking to work nationally with accredited health care providers registered with peak national bodies such as Exercise and Sports Science Australia.

To find out more about the Be Inspired Foundation or to partner with us please contact:

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