



## UTILISING HCANZA ACCREDITED HEALTH AND WELLNESS COACHES TO IMPROVE THE HEALTH OF NDIS PARTICIPANTS

As the habit change specialist, the Health and Wellness Coach plays an important role in the collaborative care team, helping NDIS Participants initiate and sustain lifestyle changes improving their overall health and well-being. Health and Wellness Coaches bridge the gap between practitioners, carers and NDIS participants, empowering participants to build capacity to take control of their health, promoting greater physical, mental and social health and well-being, and fostering independence.

### **About Health Coaches Australia & New Zealand Association (HCANZA)**

Our Mission: Co-Creating Universal Health and Well-being

*"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The extension to all people of the benefits of medical, psychological and related knowledge is essential to the fullest attainment of health."* (Principles as set out in the World Health Organization's Constitution Preamble)

HCANZA is the peak industry body for Health & Wellness Coaches (H&W Coaches) in Australia and New Zealand. Our internationally recognised regulatory standards ensure quality training, scope of practice, and code of conduct, aligned with similar bodies in the USA, UK, Ireland, and Canada.

HCANZA supports H&W Coaches, general practitioners (GPs), and allied health professionals in achieving a shared vision of universal health and wellness. We collaborate with stakeholders to integrate H&W Coaches into care teams and community programs, addressing chronic disease management from a patient-centred perspective.

Through partnerships with medical organisations and educational institutions, HCANZA has created strong educational frameworks. These frameworks equip H&W Coaches with skills to promote self-management and prevent lifestyle-related diseases with their clients. Our focus on accreditation recognition, ethical guideline adherence and member compliance-based professional development, ensures high standards of care are maintained.

HCANZA is at the forefront of empowering individuals through capacity building and alleviating the strain on healthcare systems.

### **How can HCANZA Accredited Health and Wellness Coaches benefit NDIS Participants?**

People with disability are more likely to have poor health due to, or made worse by their disability, and associated lifestyle risk factors. While the needs of individual NDIS participants can be complex and challenging, HCANZA Accredited Coaches offer a diverse array of client-centred benefits through:

#### [Personalised Health Plans](#)

Developing individualised health and wellness plans tailored to the specific needs and goals of participants, and proactively managing health programs to support the health of patients, helping to prevent and reduce the impact of chronic illnesses.

#### [Chronic Disease Management](#)

H&W Coaches assist in supporting the health of those with chronic diseases, providing health strategies and tactics, and lifestyle changes, enhancing outcomes to improve quality of life and reducing the need for medical interventions.

#### [Goal Setting and Achievement](#)

Through active listening, empathy, and collaboration H&W Coaches provide the ability for the client to set the most appropriate and realistic goals and provide support, motivation and accountability to achieve these goals, fostering accomplishment and empowerment.

### [Skill Development](#)

H&W Coaches teach self-management skills that enable participants to take charge of their health, mitigating the risk of deteriorating health and promoting independence and long-term well-being.

### [Mental Health Support](#)

By addressing lifestyle factors to support mental health, H&W Coaches can help clients reduce stress, anxiety, and depression, contributing to better mental health outcomes and improved cognitive function.

### [Integration into Care Teams](#)

H&W Coaches work collaboratively with healthcare providers, ensuring a holistic and coordinated approach to the person's health care, and assist the NDIS participant to navigate complex health advice.

### [Community Engagement](#)

H&W Coaches encourage and facilitate engagement in community activities and programs, helping participants build social connections and reduce isolation, leading to improved health and well-being outcomes.

### [Preventive Health Education](#)

H&W Coaches provide education on preventive health measures, helping participants improve health literacy and understanding of how to maintain their health and to avoid potential health issues.

### [Support for Caregivers](#)

H&W Coaches offer support and guidance to caregivers, helping them better manage participant health.

### [Enhanced Quality of Life](#)

Overall, H&W Coaches aim to enhance the quality of life for NDIS participants by promoting healthier lifestyles, greater independence, and improved physical, mental and social health.

By focusing on an individual's capacity building rather than solely providing healthcare support, H&W Coaches foster resilience and self-reliance among those they assist, promoting sustainable healthy habits and ultimately reducing the burden on healthcare and disability resources.

HCANZA Accredited H&W Coaches are supporting NDIS participants nationwide in one-on-one and group settings. They are helping people with various disabilities and medical conditions, including mental illness, neurodiversity, psychosocial disabilities, intellectual and cognitive impairments, brain injuries, vision and hearing impairments, physical disabilities, amputations, and chronic pain.

Survey responses from HCANZA H&W Coaches working with NDIS participants have reported better health literacy, healthier food choices, improved exercise and mobility, effective weight management, reduced stress, enhanced mental clarity and memory, increased confidence, recovery from burnout, pursuing education, reconnecting with the workforce and obtaining paid employment, reengaging in the community, using technology and improved communication skills.

## **Coaching towards a healthier and happier future**

Following global trends of utilising professional H&W Coaches to empower individuals, HCANZA Accredited Health and Wellness Coaches play a pivotal role in capacity building for individuals with disabilities and their carers. Through trust-building, H&W Coaches help identify strengths and areas for growth. They collaborate with clients to set achievable health goals, offering ongoing motivation, encouragement, accountability, and education on nutrition, exercise, and stress management. By advocating for their needs within the healthcare system and promoting a holistic approach to health, H&W Coaches empower individuals and carers to access support and resources, improving physical, mental and social health, and ultimately quality of life.

Established in 2019, HCANZA brings together rigorous professional membership accreditation, compulsory healthcare provider insurance and peak body governance assurance to enhance the health and wellbeing of Australian and New Zealand citizens. Find out more at: [hcanza.org](https://hcanza.org).

To find an accredited Health and Wellness Coach visit <https://hcanza.org/find-a-coach/>