



2020-21 Annual Report



AsthmaWA



Most people take breathing for granted, unless you are someone who lives with a respiratory condition. Asthma WA aims to improve health and wellbeing, keeping people well in the community and ultimately decreasing preventable emergency department presentations, hospitalisations and deaths.

Who we are

OUR PURPOSE

Helping Western Australians breathe better.

OUR MISSION

Leading the education and empowerment of Western Australians to take control of their respiratory health.

OUR VALUES

Respect, Integrity, Collaboration, Commitment, Excellence.

About Asthma WA

Asthma WA is the leading Western Australian community organisation providing free education and support programs to people with asthma and chronic obstructive pulmonary disease (COPD), and those who care for them.

We also provide education and training in group settings for health professionals, including doctors, practice nurses, pharmacies, as well as community groups such as schools, sporting clubs, workplaces, child-care centres and prisons.

Asthma WA is a registered charity that has been helping Western Australians breathe better for over 55 years.

We strive to empower and change behaviours so people can self-manage their condition in the community and improve their quality of life.



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Asthma WA acknowledges the Whadjuk people of the Nyoongar nation, the traditional owners of the lands where our offices are located.

Message From Our President and CEO

In the 2020-21 financial year, our focus has been expanding our services to include accurate diagnosis and early intervention, particularly for those most vulnerable, that integrate with our existing education and support programs.

It is estimated that respiratory conditions affect one in four Australians, with the burden on individuals significant as treatment is often long-term. Through extensive consultation with the WA Department of Health, WA Primary Health Alliance, Asthma WA's Clinical Advisory Group, Allied Health Professionals and most importantly, those who access our services, we are aware that many people are still falling through the cracks.

There is still a distinct lack of accessible and affordable services, often with long wait times and limited integration, resulting in disjointed care. Our aim is to act as the conduit between primary and tertiary care, supporting GPs, specialists, and the hospitals. We hope this will lead to early and accurate diagnosis and better self-management to improve health and wellbeing and decrease preventable emergency presentations, hospitalisations and deaths of people with asthma, chronic obstructive pulmonary disease (COPD) and related conditions.

To meet this need, we are proud to have launched two new services in 2020-21. Our Paediatric Respiratory Hub was developed after hearing from many families the struggle they have experienced trying to get a diagnosis and action plan for their child. This is the first service of its kind in Australia bringing together lung function testing, consultation with a paediatric respiratory specialist and asthma education all in the one appointment.

Since 2016, Asthma WA has been supporting people with COPD in regional and rural areas of Western Australia. Through additional funding support from WA Primary Health Alliance, we have also been able to expand this service into the metropolitan area, making our services more accessible to the broader community. Since this expansion, we have observed an increase in people with either a misdiagnosis of their condition, or the comorbidities of both asthma and COPD crossover further highlighting issues due to limited service availability.

This program will be further expanded in FY22, with a new COPD Integrated Discharge and Community Support Program being rolled out across the public hospitals in the metropolitan area. The program, in collaboration with Silver Chain, aims to increase the capacity of community-based care for people with COPD through educating patients to pro-actively manage their condition with support from the Asthma WA Respiratory Education Team.

To further reduce the gaps in service provision we will also be expanding our Lung Function Clinics so more people can access important testing to support the management of their respiratory condition.



In an increasingly competitive environment where obtaining support through corporate grants and other channels is tightening, the Asthma WA Board has recognised the importance of fundraising in our long-term financial sustainability strategy. This will be a focus for FY22 and more can be read about the generous support we have received this year in the Treasurer's Report.

We would like to thank the efforts of our Treasurer, Melvin Nunes, who joined our Board earlier this year, for his excellent coordination of our Finance Committee and contributions to our financial strategies. We also welcomed Kerrie-Anne King who joined the Board in November and is also a Finance Committee member, bringing with her great experience and insights in accounting and finance. Thank you also to the existing Board members and the Clinical Advisory Group for sharing their expertise throughout the year.

To our incredible staff and volunteers, thank you for your dedication and versatility in a continually evolving environment. You play an integral role in supporting people with asthma and COPD right across our vast State, delivering impact and improving lives.

Thank you to everyone who has supported us throughout the year. We are proud to share with you our 2020-21 Annual Report which showcases our progress in a great year of connection and growth for Asthma WA.

Chris Bath
President

Donna Rendell
Chief Executive Officer

Asthma and COPD in Australia

One in Nine
(2.7 million)

Australians live with asthma, including over 237,000 in Western Australia. Over 46,000 people have COPD.¹



In our vulnerable Indigenous community **this figure is almost twice as high**

MORTALITY RATES IN 2019

436

Australians died from asthma⁵



Asthma mortality rates are higher for:

- people living in remote areas
- people living in areas of low socio-economic status
- Aboriginal and Torres Strait Islander peoples⁵

7,491 Australians died from COPD⁵



COPD

is a chronic lung disease that effects 14% (one in seven) people aged 40 or over³

This figure increases to

29% of Australians aged 75 or over

QUALITY OF LIFE

Whilst not everyone with asthma is hospitalised, poor management contributes to a

decreased

quality of life, poor sleep quality, fatigue, and depression¹

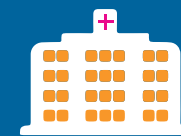


People with COPD are

more likely

to experience greater bodily pain than those without the condition⁴

HOSPITALISATIONS



80%

of hospital admissions due to asthma are potentially avoidable²

Every year approximately

40,000

Australians are hospitalised due to their asthma²

and

76,600

people aged 45 years and over are hospitalised due to their COPD⁴



71.6%

of people with asthma

do not have an Asthma Action Plan⁶



52%
of young people with asthma are at risk of mental illness

The average person with asthma has

2

more days off work than a someone without the condition and in children it is the leading reason for school absenteeism

1. Australian Bureau of Statistics (ABS) 2018; National Health Survey: First Results, 2017-18. ABS Cat no. 4364.0.55.001. Canberra: ABS

2. AIHW 2019, Separation statistics by principal diagnosis (ICD-10-AM 10th edition), Australia 2017-18. Canberra: AIHW

3. Toelle B, Xuan W, Bird T, Abramson M, Atkinson D, Burton D, James A, Jenkins C, Johns D, Maguire G, Musk A, Walters E, Wood-Baker R, Hunter M, Graham B, Southwell P, Vollmer W, Buist A, Marks G, 2013; Respiratory symptoms and illness in older Australians: The Burden of Obstructive Lung Disease (BOLD) study. Med J Aust: 198:144-148

4. AIHW 2020, Chronic Obstructive Pulmonary Disease (COPD) Web Report. AIHW Car no. ACM 35. Canberra: AIHW

5. Australian Bureau of Statistics (ABS) 2020; Causes of Death, Australia 2019. Canberra: ABS

6. Australian Government Productivity Commission 2018. Report on Government Services

Living Well with Asthma and COPD

In the past year, we have developed and established two new services, both as a result of ongoing feedback from our consumers.

Australia's first Paediatric Respiratory Hub launched in September 2020 and we recently began an Integrated Hospital Discharge and Community Support Program for people with COPD in collaboration with Silver Chain.

Asthma WA has been supporting people with COPD since 2016 in the regions, however since our expansion into metropolitan Perth, we are seeing an increase in people with either a misdiagnosis of their condition, or a crossover of both asthma and COPD. This reflects the findings and recommendations outlined in the WA Department of Health's Sustainable Health Review and Respiratory Health Policy Position paper as an area of emerging need with limited services available.

In response to this and living in a world with COVID-19, we also redesigned our existing services to meet the everchanging needs of our community, with a sharp focus on diagnosis and early intervention.

Our aim is to build capacity in the community to decrease

avoidable emergency department visits, hospital admissions and readmissions and do so in a way that is accessible for all through a variety of mediums including telephone, face to face clinics, telehealth video conferencing and online resources.

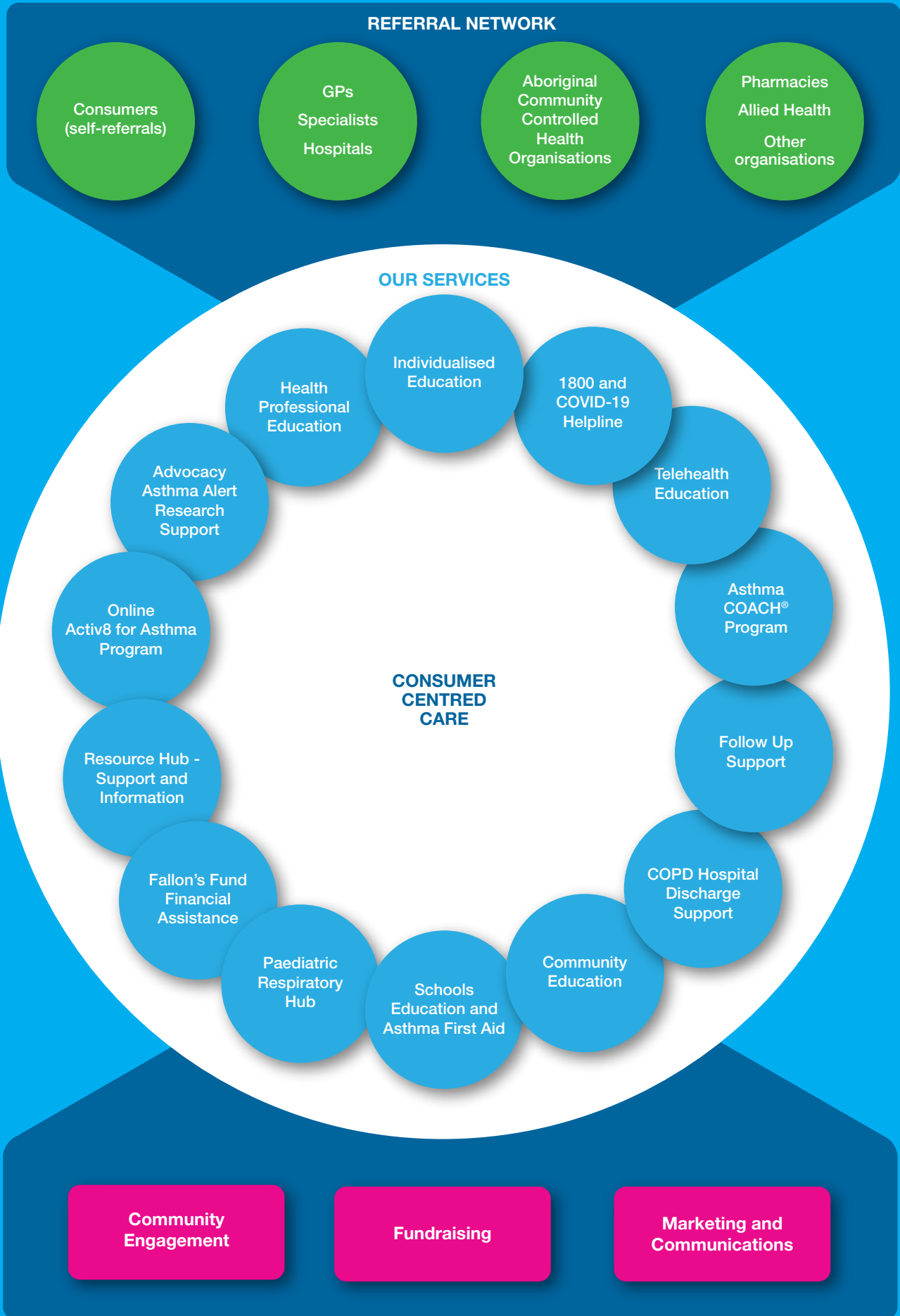
We have also expanded our service delivery capacity and expertise through the development of a multidisciplinary workforce with a variety of clinical and non-clinical backgrounds, including registered nurses, respiratory scientists, health promotion, and other allied health. The diversity of skillsets enables us to work closely with hospitals and other health professionals, as well as provide guidance and support for our consumers with complex health needs.

New upskilling opportunities were also introduced allowing us to better engage with health professionals across our State. These included a range of education webinars, high quality videos and other resources. Through greater awareness and connection with health professionals, we seek to help them and their patients to achieve better respiratory health outcomes.



All services continue to be provided free of charge thanks to the generosity of our funding partners and donor family.

Asthma WA Service Model



PAEDIATRIC RESPIRATORY HUB

Asthma can be difficult to diagnose, especially in young children. Our Respiratory Health Team regularly hears from families about the challenges they have faced in obtaining an accurate diagnosis for their child, having gone through multiple appointments with various health professionals, often with lengthy wait times. It is a particularly confusing and stressful time as they try and manage their child's respiratory condition, while also taking on the additional financial and emotional burden from taking time off work and school.

In September 2020, the Paediatric Respiratory Hub was launched, providing a unique 'one-stop' clinic where children and their families are able to access lung function testing with immediate analysis, a review by a respiratory specialist and a consultation with an Asthma WA Respiratory Health Nurse in the one appointment.

This combination of key services provides greater support to families desperate for a formal diagnosis and then arming them with the education to manage the condition with confidence. This service is bulk-billed, helping to alleviate some of the financial burden also encountered by the families we support through the program.

The Paediatric Respiratory Hub operates up to three days a month from clinic rooms at Cockburn Integrated Health. In its first ten months of operating, 159 children have been supported by this service and referrals to the program continue to grow.

"Prior to the Paediatric Respiratory Hub being formed, there was a big gap, I believe for families that have children with asthma. The main reason for that is there was nowhere to go for paediatric lung function. There was also a lot of confusion when kids jumped in and out of hospital and seeing their GP without the two really meeting."
- Dr Stephen Oo, Paediatric Respiratory Specialist



"The Paediatric Respiratory Hub has really helped our family and given us a place to go where we can get good advice, it's easy to access and get everything done at one place with reasonable time frames to be able to get in and not wait too long...Getting the right advice and speaking to specialists in one spot has been really great and I would definitely recommend it to friends and family." - Jess, mother of Mia - consumer of the Paediatric Respiratory Hub

This service is made possible thanks to funding from Channel 7 Telethon Trust, Stan Perron Charitable Foundation and our donor family, and the generous support from South Metropolitan Health Service, Cockburn Integrated Health Perth Children's Hospital Respiratory Department, and Fiona Stanley Hospital Paediatric Department.

Proudly supported by



STAN PERRON
CHARITABLE
FOUNDATION

COPD SERVICE EXPANSION & COVID-19 HELPLINE

During the height of uncertainty around COVID-19 in 2019-20, Asthma WA received funding from WA Primary Health Alliance to offer additional telephone support to people with concerns about the impact of the virus on their pre-existing respiratory condition.

In 2020-21 our COVID-19 Helpline received 814 calls, with peak periods during times where our State was in lockdown or people were experiencing isolation.

Common queries raised centred around mask wearing and exemptions, vulnerability of people living with asthma and other respiratory conditions and understanding COVID-19 vaccinations.

Additional funding was also provided by WA Country Health Service to take proactive steps to reconnect with people who had previously accessed our services, but not been in contact for some time, to check that their condition was under control and if they needed any extra support.

As demand for this service tapered off, funding was redirected towards a new service designed to support people with COPD when discharging from hospital. The COPD Integrated Discharge and Community Support Program was established at Sir Charles Gairdner Hospital and assists consumers to improve their self-management skills and confidence, links into their GP, and seeks to decrease their risk of returning to hospital. In July 2021 this service will extend to other metropolitan locations in collaboration with Silver Chain.

Proudly supported by



Since 2016, Asthma WA has been using telehealth technology to provide support to rural and remote regions of Western Australia. With increased anxiety for many people with respiratory conditions following the arrival of COVID-19, telehealth technology has been invaluable, allowing us to maintain connection with our community when our face to face services have been suspended.

Our Respiratory Health Team have undertaken 414 telehealth sessions over the course of the year, with our team also introducing other video options where the ability to see people as well as speak to them makes a huge difference to providing a fully individualised education session as well as adequate device technique assistance.

“Overwhelmingly, the clients I spoke to, were surprised that I was just calling to check in, and they were grateful for a call! They were thankful to have a Respiratory Health Educator in contact with them and those that were having respiratory issues of any concern were encouraged to book a review with their GP and to book a free education session at Asthma WA.” – Asthma WA Respiratory Health Educator

“This presentation is key to managing asthma and reducing the risk of a life-threatening attack” – Silver Tree Steiner School Parkerville

“Demonstration and practical, hands on opportunity to use medications was invaluable” – Aquinas College Salter Point

“Practical demonstration gave me confidence to deal with an asthma emergency” – Success Primary School

CHILDREN AND YOUTH SERVICES

We put the consumer at the centre of our service design and delivery, ensuring we review and adapt our services in consultation with children and young people as well as those who care for them. We continually seek feedback on the types of services we are providing and how they are delivered to improve the experience of our young consumers and achieve better health outcomes for the longer-term.

A core objective is to help young people to become more confident in managing their condition and improve quality of life for the entire family. This includes providing education and support to not only children but also those people who support them at home and in the community.

School/community focused programs:

Providing training and education in asthma management

and first aid in the school setting gives teachers and other education staff the knowledge and skills to manage an asthma emergency within their own environment. While COVID-19 restrictions have impacted how these sessions could be delivered this year, it was reassuring to continue having so many education staff and students involved in asthma education upskilling opportunities this year.

Other consumer-focused services for children and young people include:

- Activ8 for Asthma – an online training program designed for Sport Coaches
- Manage My Asthma Kids Club – online resources, information and activities for children with asthma
- Paediatric Respiratory Hub – a one-stop-shop providing lung function testing, a review with a respiratory specialist and consultation with an Asthma WA Respiratory Health Nurse.



RESPIRATORY HEALTH TEAM COMMUNITY ENGAGEMENT

Community education continues to be a vital part of our role, not only to support those with a respiratory condition, but also to decrease the stigma and complacency in the wider community.

With greater understanding of the impacts of asthma and COPD, we can decrease judgement, encourage inclusion and compassion, and improve mental and physical health outcomes for people with these respiratory conditions. Knowing asthma first aid, may even save a life!

Asthma WA provides community education in workplaces, sports clubs, gyms, childcare centres and even prisons.

These sessions may be delivered in different formats and we cover topics such as symptoms, triggers, medications and management, understanding asthma and COPD action plans and what to do in an asthma emergency.

In vulnerable communities where asthma and COPD are more prevalent or access to vital services is limited, our Respiratory Health Team has been working alongside a number of community services to ensure these populations get the education and support they need to manage their respiratory condition and improve their quality of life. Such organisations include Street Doctor, Arche Health, Moorditj Koort and other important Aboriginal Community Controlled Health Organisations and community service programs.

Asthma and COPD is more prevalent in socioeconomically disadvantaged areas and among Aboriginal and Torres Strait Islander populations.

Source: Australian Institute of Health and Welfare (2020); Chronic Respiratory Conditions Web Report. AIHW Canberra, Cat. No: ACM 33.



To join Asthma WA's Consumer Advisory e-Network, email ask@asthmawa.org.au

ASTHMA WA ADVISORY GROUPS - CLINICAL AND COMMUNITY

Asthma WA aims to be a voice for the respiratory community, ensuring we seek input from those with a respiratory condition, and those that treat people with a respiratory condition.

Asthma WA's Clinical Advisory Group, consists of a mix of respiratory health professionals from the following fields:

- Respiratory – adult,
- Respiratory – paediatrics,
- General Practice,
- Physiotherapy (Pulmonary Rehabilitation),
- Immunology/Allergy,
- Speech Pathology,
- Chronic Care Coordination, and
- Pharmacy.

The Clinical Advisory Group provides valuable input into Asthma WA's service planning, helping to evaluate current programs and services offered by Asthma WA as well as identifying priority areas for new programs and services.

They also advocate on behalf of Asthma WA and the respiratory community, monitor new research and directions in the care of the respiratory community and contribute to communications as part of our community engagement.

Asthma WA has begun recruiting volunteers with respiratory conditions to be a part of a Consumer Advisory e-Network that will be engaged primarily by email to provide feedback on Asthma WA resources, publications and services. With these insights, we seek to ensure their concerns, needs and issues are being heard.



ACTIV8 FOR ASTHMA

Exercise is a common trigger for children with asthma. Activ8 for Asthma is an online training course developed to better support children and young people with asthma in their pursuit of playing sport. It is suitable for coaches, trainers, volunteers, parents, teachers or anyone that is working with children in sport.

The course builds confidence, knowledge and skills that encourage kids to participate in sport and not let their asthma hold them back.

Over 540 participants have successfully completed the course since it was first offered in 2019. Over 90% of participants rate their confidence in managing children with asthma in sport as 'good to high' in post course evaluations.

Participants in this program come from a broad range of sporting codes including swimming, basketball, netball, cricket, running, hockey, soccer, football, athletics and more.

Recognising the ongoing importance of asthma education in sports, the Activ8 for Asthma program remains available online for people to register and complete. This program was made possible thanks to the support of Channel 7 Telethon Trust.

Proudly supported by



"I found the course clear and easy to follow. I found the questions assisted my understanding of each section. I am now much more confident regarding my knowledge of kids with asthma and what to do in emergencies."
Activ8 for Asthma participant



"I did not know that I didn't have to suffer like this forever. And I didn't realise how much my asthma was limiting me...I honestly think the referral to Asthma WA saved my life." – Meaghan

COACH®, ASTHMA AUSTRALIA PROGRAM

The national asthma COACH® program is a comprehensive coaching and support service for people with asthma, where personal goals and treatment gaps are explored over regular calls with an experienced Respiratory Health Educator. This program includes two to five sessions and can run for up to six months with the aim to maximise a person's wellbeing, improve their asthma control and reduce their exacerbations and risk of going to hospital.

Funding for the COACH® program is provided by the Australian Government Department of Health, thanks to the support of Asthma Australia. We work closely with Asthma Australia to ensure that all people enrolled in this program are receiving current and consistent information regardless of their location in Australia.



HEALTH PROFESSIONAL ENGAGEMENT

Maintaining strong relationships with health professionals is crucial in providing holistic support to our consumers. Asthma WA has continued to build relationships with health professionals across the major hospitals, medical centres and other allied health groups.

Our Learning and Development arm has also been working in collaboration with Respiratory Physicians and Asthma WA's Respiratory Health Nurses to further expand our resources and upskilling opportunities for health professionals. This includes the development of a webinar schedule, with targeted sessions and interactive simulations on a range of topics relating to asthma and COPD.

External health professionals have also been invited to present in some of these sessions, sharing their expertise and knowledge with the participants. Further to this, Asthma WA has co-authored a number of online articles with external health professionals on a range of topics such as medication updates and new programs.

While COVID-19 restrictions have limited our ability to hold face to face education sessions throughout the year, we were able to deliver a respiratory workshop in Manjimup in March 2021, which was attended by GPs, nurses, physiotherapists and allied health members from the region. This was coordinated in collaboration with Cystic Fibrosis and Dr Pam Laird from Telethon Kids Institute and Perth Children's Hospital and provided an overview of asthma, COPD, cystic fibrosis and chronic wet cough/bronchiectasis.

In April 2021, this same team visited the Pilbara region to run a series of workshops with health professionals, community groups and pharmacies and was sponsored by the Town of Port Hedland.

Asthma WA's health professional education and upskilling program will continue to be developed over the coming year to create more resources to assist health professionals in keeping up to date with asthma and COPD management and best practice.



Asthma WA accepts partnerships and funding from pharmaceutical companies in line with our Partnerships and Sponsorships and Working with Pharmaceutical Companies Policies which require that we conduct our fundraising relationships in an ethical manner and in line with the requirements of the Therapeutic Goods Association and Medicines Australia Code of Conduct.

Our resources, campaigns, programs and materials are not influenced by our pharmaceutical partners. Asthma WA

maintains full control over this content to ensure we remain impartial and do not endorse any individual product or service.

The following pharmaceutical companies supported us this financial year:



Increasing Clinical Support Capacity

Asthma WA now employs two registered nurses, which has enabled us to provide a more comprehensive clinical support service to an increased number of people throughout Western Australia. Our Clinical Nurse Educator, Kate, and our Respiratory Health Nurse, Jacqui, job share this full-time role, made possible through the generosity of the McCusker Foundation.

Kate and Jacqui's clinical knowledge and expertise has been a driving factor in helping us build close collaborations with Perth metropolitan hospitals and clinical service providers, further enabling us to increase our reach and support for people in the community.

Hospital staff can refer their patients directly to us, giving us the opportunity to provide education and support at a time when they are often still quite unwell. We focus on the linkage back to primary care, access to other services, and offer a friendly voice at the end of the phone/videoconference when they need support.

This service is vital for our clients and for improving their quality of life and mental health. Contacting them soon after their diagnosis or discharge from hospital when they often feel vulnerable and alone and providing them with education and support can give them confidence and decrease anxiety.

From our West Perth office, our nurses support people across Western Australian via face to face and telehealth as well as home visits for people who are unable to leave their home for various reasons or their condition makes attending appointments in the health service environment particularly difficult.

With this service now available five days a week, we have more than doubled our capacity in the past 12 months and decreased waiting times.



Proudly supported by

McCusker Charitable Foundation

"This position is a strong health advocacy role, applying best practice knowledge to practical life situations to empower and arm our clients with the tools to live better lives. Holistic person-centred support is key." – Jacqui, Respiratory Health Nurse

The Importance of Individualised Education

“One session with Asthma WA has honestly changed my life. They told me things that no doctor or pharmacist has ever explained in my 35 years of taking these medications. They had the time to explain it and didn’t rush. And then they called me a few months later, just to check in”. – Rachel

Our team of Respiratory Health Nurses and Educators provided more than 1,800 personalised one-on-one education sessions throughout WA this year. An integral part of each session is a review of prescribed medications, how the medication acts to relieve symptoms and device technique. Our team also discusses environmental issues like allergies and pets and provides information and support on diet, smoking cessation along with practical tips to make life easier.

The importance of having someone to speak to when you are struggling with a health condition cannot be underestimated. It can be a lifeline for some, especially for some parents of young children trying to navigate the asthma journey for their child which is not always straight forward. Asthma WA offers support, comfort, and knowledge. It might be regarding their signs and symptoms of the condition, their medications, or how long to leave things before seeking help from a doctor or hospital. This is such a relief for some parents, and even adults with asthma.

RACHEL’S STORY

Our Respiratory Health Nurse, Kate, met 66-year-old Rachel* who lives on a pension. Rachel saw a respiratory specialist nearly 10 years prior who prescribed her two medications. Over the years, Rachel had continued to use these medications and was not aware they had since become available as a combined single treatment in one device, which was not only convenient but also much cheaper.

After her consultation with Kate, Rachel returned to her doctor armed with questions about this medication and now has a new prescription which saves her \$40 a month. She has also reported much better health and improved diet in her follow up sessions, and other positive

lifestyle changes. Simply being able to take the time to spend with people like Rachel, to look at all aspects of their life, as well as regular follow ups where required, can have a great impact.

**Name and photos changed for privacy*



What Our Service Users are Telling Us

Each year we survey those who have accessed our services, to better understand their needs so we can continuously improve and develop new services as required.

In our most recent survey, it was encouraging to see an improvement in peoples' understanding of their condition and how to manage it.

However, there are still many people who don't have an up-to-date Asthma or COPD Action Plan, which may be why 26% of people are still ending up in hospital.

This highlights the ongoing need for greater awareness and education on the importance of these tools and how to use them.



87% learned new information about asthma/COPD

85% now manage their condition in a different way

84% have a better understanding of their triggers

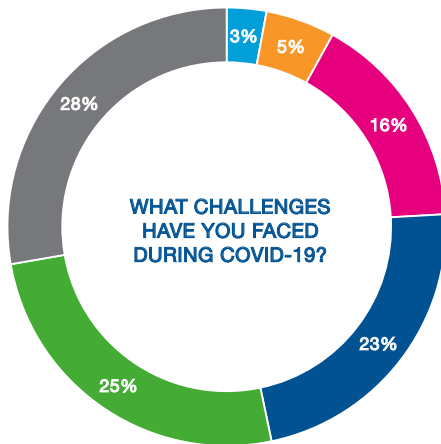


67% had an Asthma Action Plan

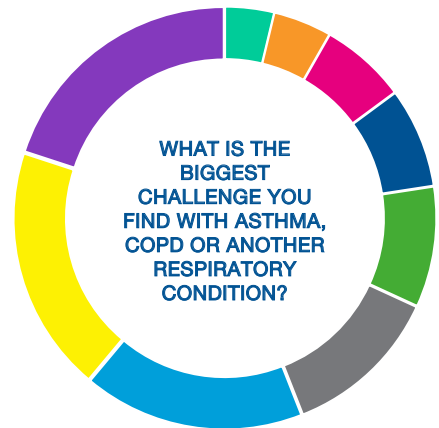
54% had an COPD Management plan

While some people are still experiencing challenges due to COVID-19, there was a sizeable improvement from the previous year.

This year, playing sport was the biggest challenge, followed closely by last year's top responses of feeling of overall wellbeing and sleep.



- I lost my job due to COVID-19
- I can't afford my asthma medication due to COVID-19 related financial stress
- I have been unable to see my GP or respiratory specialist, to review my respiratory condition
- My asthma medication has been out of stock
- I have experienced symptoms of anxiety or depression
- Other

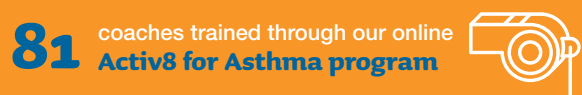
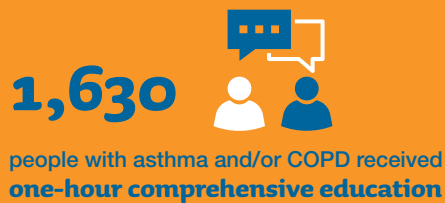


- Relationships
- Work
- Agreeing to Outings
- Sleep
- Study
- Travel
- Cost of Healthcare
- Feeling of Overall Wellbeing

If you or a family member is experiencing any of the same challenges, please contact our Respiratory Health Team, who can help you to identify what changes you can make in your life, to live well and take back control of your breathing.



Our Impact



Community Engagement - Making Every Breath Count

The last 12 months have shown a number of changes in the way that people and businesses support charities, while also presenting challenges on how non-profits are able to interact with their supporters during a volatile time across the world.

Our Community Engagement Team has been focused on building our core fundraising programs while exploring meaningful ways to engage with the Western Australian community and build new community fundraising initiatives. Through this, the team has investigated digital fundraising opportunities that will enable us to remain connected with our community with a new virtual peer to peer event launching later this year that aims to shine a light on respiratory conditions and raise the profile of Asthma WA.

Towards the end of 2020 we began introducing our Bust Out in Blue initiative to schools as a new way to encourage students to be more aware of asthma and be supportive of their peers who are living with the condition. It is a positive campaign that promotes compassion and inclusion, with the opportunity to raise funds that will help Asthma WA to support more children and their families in Western Australia.

We have also been fortunate to participate in a number of community events over the course of the year that has allowed us to interact directly with the community and promote the important work of our Respiratory Health Team. These special events not only help raise the profile of Asthma WA but also help us to connect with new people who may not have been aware of how we can support them.

Throughout the year we have engaged with various media outlets to further raise awareness of Asthma WA and create more conversations around asthma and COPD. We were successful in achieving some great media coverage as well as responding to media opportunities, particularly those relating to smoke and air quality.

Over the last 12 months, we have created strong foundations for our future philanthropic and community engagement activities. We deeply value the support we receive from our donor family, funders and partners that has helped make this possible. It is with their trust and continued confidence in the work we do that we can continue providing our vital services to the Western Australian community and pursue new ways to reduce gaps that are preventing people from accessing the support they need to live well with asthma and/or COPD.

GIFTS IN WILLS

A bequest to Asthma WA leaves a legacy of hope for Western Australians living with respiratory conditions. We are saddened by the passing of some of our valued supporters and deeply appreciate their generosity and foresight by leaving a gift in their Will.

Harry Frederick Carter Perpetual Charitable Trust

OUR VALUED VOLUNTEERS

Thank you to those who have generously given their time and energy to support our important work.

Alexa Faeldan

Gemma Richardson

Breana Quinn-Schofield

Gavin Mazzucchelli

Natasha Brandon

Reann Brown





Bust Out in Blue event

OUR SUPPORTERS AND PARTNERS

GOVERNMENT FUNDING PARTNERS

WA Department of Health
 WA Primary Health Alliance/PHN
 WA Country Health Service

PROJECT PARTNERS

Channel 7 Telethon Trust
 Alcoa 'PEACH'

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MAJOR PROJECT DONOR

Tim and Leonie Baldock

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 FMG

INDUSTRY PARTNERS

Asthma Australia

FOUNDATION AND TRUSTS

McCusker Charitable Foundation
 Stan Perron Charitable Foundation

OTHER SUPPORTERS

Town of Port Hedland
 Lions Club International
 Combined Charities
 Keith Munday



Telethon Weekend 2020



Rock 4 Fallon's Fund community fundraiser

ASTHMA ALERT

The Asthma Alert was established to better understand how our community is impacted by smoke events and provide information and tools for good asthma management. It also aims to promote resilience and empower people to take responsibility for their respiratory health by making their own decisions on how they respond to information that could affect them.

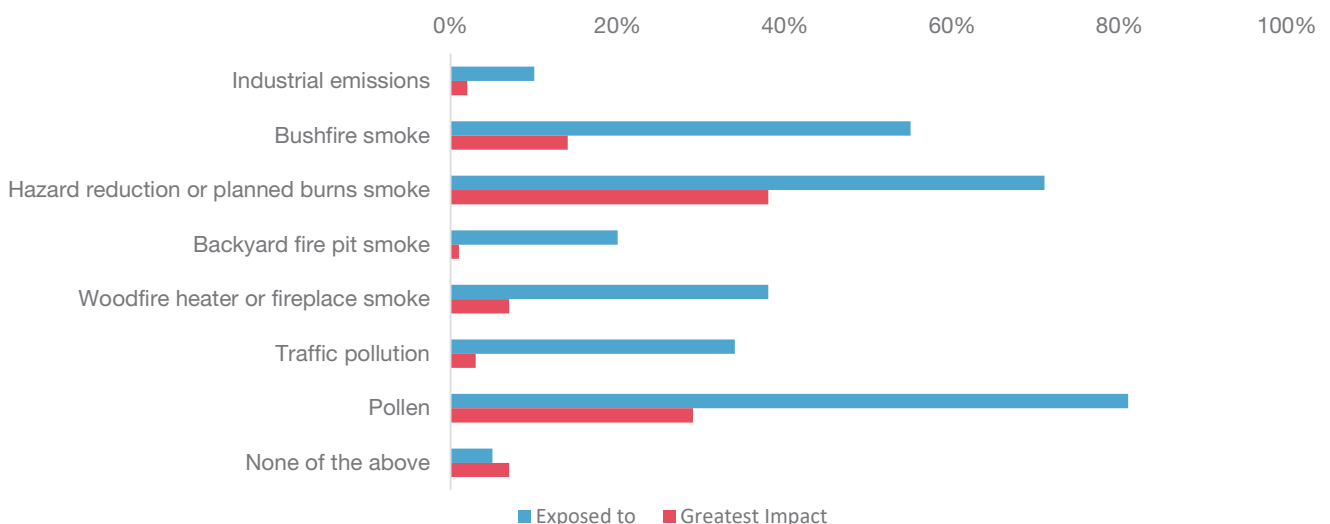
Leveraging existing infrastructure, Asthma WA worked in consultation with the Department of Fire and Emergency Services, the Department of Biodiversity, Conservation and Attractions' Parks and Wildlife Service, the Bureau

of Meteorology, WA Department of Health, and the Department of Water and Environmental Regulation to develop the Asthma Alert via a Facebook group which has grown to more than 1,700 members since it launched in early 2020.

Two surveys were conducted prior to the Asthma Alert commencing and again after nine months to gather insights on the key issues affecting our community, where they source information, and identify any changes in behaviour and confidence from those who were involved in the program.

Recognising that smoke is one of many contributors to poor air quality, in the second survey, we sought to identify the most common sources and understand their impact on people with asthma and other respiratory conditions.

SOURCES OF POOR AIR QUALITY AND THEIR IMPACT



When asked about which actions they take in preparation for potential smoke exposure, the results from both surveys were similar with most respondents stating they kept their reliever medication within easy reach. It was reassuring to see an increase in those taking their preventer medication as prescribed, jumping from 25% in the first survey, up to 65% in the second. Many

other strategies were implemented by the respondents to prepare for and reduce the impact of exposure to smoke such as reducing outdoor activity, increasing their reliever dose, staying home from work or school, taking a prescribed oral corticosteroid and seeing their doctor for a review of their condition.

How the Asthma Alert Impacted people

Of those who responded to the second survey who had also visited the Asthma Alert Facebook group, it was found that the program was beneficial with some room for improvement.

80% had improved knowledge of what to do if there is smoke in the air

74% found the Asthma Alert Facebook group to be useful

78% said the Asthma Alert provided options on how to personally respond to smoke events

73% felt more resilient

82% acted on information they had seen/received through the group

88% felt more prepared



WHAT SURVEY RESPONDENTS SAID

"I think the group is great. I'd love advance warning of planned burns and conditions, but I understand these decisions are dependent on other agencies and are made on the day, based on changing factors"

"It would be helpful if alerts were tailored to specific areas and you could choose to receive them or not. It would also help if the alerts could pre-empt the smoke too."

"The information provided is very good, especially reminders to stay calm as I'm very nervous of any smoke."

Feedback from the community and Asthma Alert members remains consistent, highlighting the need for an early warning system and geographical real-time air quality updates along with greater awareness on where to access (simple) information that would enable them to exercise choice on how they respond and manage their own health.

The Asthma Alert has provided us with a great opportunity to learn what is most important and helpful to our community so they can better manage their

respiratory health and live better. Asthma WA will continue working with each the different levels of community and government as we advocate to improve air quality monitoring and reporting as a crucial part of keeping our community safer.

Proudly supported by



Australian Government

Our Financial Snapshot

TOTAL ASSETS

\$4,217,266



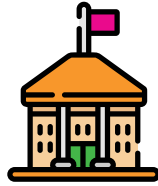
NET INCOME

\$2,080,050



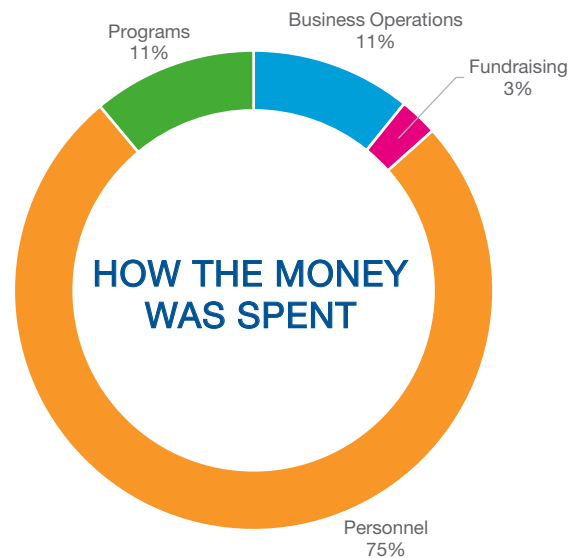
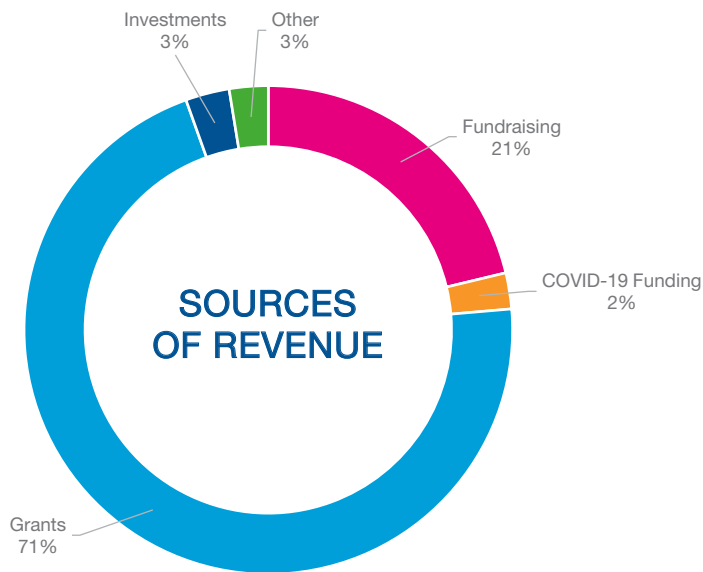
GRANTS

\$1,486,606



FUNDRAISING

\$445,432



TOTAL LIABILITIES

\$395,583



WORKFORCE

\$1,525,638



Asthma WA has finished the year 2020-21 with a surplus of \$210,609, with the organisation remaining relatively financially stable during the COVID-19 pandemic. To view the full Asthma WA financial statements and Auditor's report, please visit asthmawa.org.au

Our Board and Leadership

OUR BOARD

Asthma WA is led by a skills-based Board of Directors who volunteer their time and expertise each month, overseeing the strategy and governance requirements.



Chris Bath
President



Cathal Smith
Vice President



Melvin Nunes
Treasurer



Richard Clark



Dr Petra Czarniak



Andrew Joseph



Kerrie-Anne King



Steve Mummery

FINANCE, AUDIT, INVESTMENT AND RISK MANAGEMENT COMMITTEE

- Melvin Nunes, Chairperson
- Andrew Joseph
- Kerrie-Anne King
- Donna Rendell (CEO)
- Sarah McKenna (CFO)

PATRON

The Honourable Kim Beazley AC
Governor of Western Australia

FINANCIAL SUSTAINABILITY COMMITTEE

- Chris Bath, Chairperson
- Kerrie-Anne King
- Richard Clark
- Cathal Smith
- Donna Rendell (CEO)

VICE PATRON

Dr Ken Fitch AM



OUR MANAGEMENT TEAM

- Donna Rendell, Chief Executive Officer
- Sarah McKenna, Chief Financial Officer
- Jenny Howson, General Manager Health & Regional Services
- Freya Barr, Marketing and Communications Manager
- Chandra Woodley, Partnerships Executive
- Rael Rivers, Learning and Development Manager

From left to right: Sarah McKenna, Jenny Howson, Donna Rendell, Freya Barr, Chandra Woodley, Rael Rivers



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