



2019-20  
Annual Report



**Imagine being one of the 270,000 people in Western Australia who can't 'just breathe'.**

**Asthma WA empowers people with asthma and chronic obstructive pulmonary disease to take back control of their respiratory health and breathe better.**

## 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

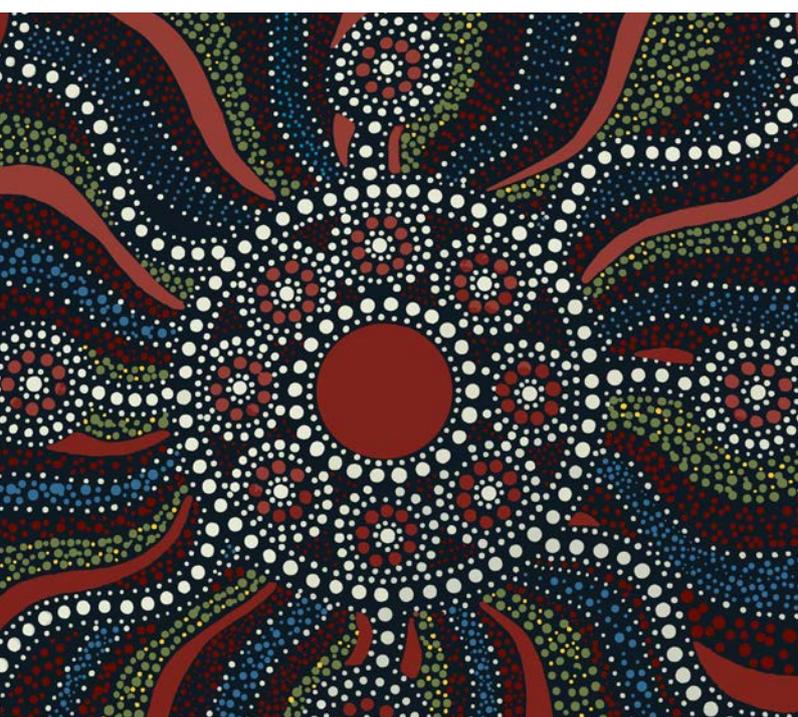
Respect, Integrity, Collaboration, Commitment, Excellence

Asthma WA is the leading Western Australian community organisation providing education and support 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

The last twelve months have presented countless challenges throughout our community, and it has been particularly tough for people with respiratory conditions. We have persevered through some terrible bouts of seasonal smoke, and then before we could catch our breath, COVID-19 arrived, bringing with it immeasurable fear and uncertainty.

Despite the turbulence, Asthma WA has remained steadfast in delivering high-quality, consumer-led services to best support people living with asthma and COPD across Western Australia.

With more than 270,000 Western Australians living with asthma and/or COPD, there continues to be significant complacency about the immediate and long-term impacts of these conditions at all levels of our community. We work continually to raise awareness of these respiratory conditions, through education and support to both individuals and a range of community groups across our state, whilst also providing new upskilling opportunities for health professionals.

As the COVID-19 pandemic escalated and the anxiety within our community grew, we needed to adapt quickly to minimise any disruption to our services and ensure our staff were supported in the transition. Being a smaller organisation with a solid leadership team to guide it, we were able to successfully move our staff to work remotely, while maintaining consistent service delivery by phone and telehealth, as well as introducing new video conferencing options. Our website and social media channels became important sources of information, providing timely, relevant and accurate updates to help our community understand what the virus could mean for them and how to remain well during these uncertain times.

While the pandemic meant that some of our regional visits were postponed and the launch of some new services were delayed, our digital transformation has shone a light on new opportunities to communicate with and support our community.

We still cannot be sure of the longer-term impacts of COVID-19. We are however grateful for the confidence held by our funding partners that has allowed us to continue to expand upon our level of support to some of our state's most vulnerable.

Much of our work depends on the generous support of our donors, volunteers, partners and sponsors. We are thankful for their compassion and commitment to improving the quality of life of those we help each day.



Earlier this year, we welcomed Richard Clark and Andrew Joseph to our Board who have shared their valuable insights in health and finance. At this year's AGM, we will farewell Spencer Broad after 10 fantastic years of service, including eight years as our Treasurer. Spencer has provided strong oversight of financial policies and procedures and financial reporting, the budget process and led the management of the investment portfolio. His contribution over this time has been invaluable. To our Board of Directors, who volunteer their time and expertise to lead us with good governance, we give our thanks.

We would also like to acknowledge our staff for their hard work and determination to keep people safe in our community. The work they do plays an enormous role in highlighting the seriousness of asthma and COPD and makes a genuine difference to the lives of the children, adults and families affected.

As we move into our 57th year of supporting the Western Australian community, we will reflect on who we are and explore new ways to increase our impact in the future as we embark on a new strategic plan.

Thank you to everyone who has been on the journey with us so far.

**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.<sup>1</sup>

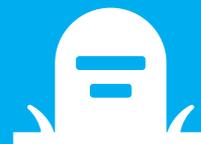


In our vulnerable Indigenous community **this figure is twice as high**

## MORTALITY RATES IN 2018

# 389

Australians died from asthma<sup>4</sup>

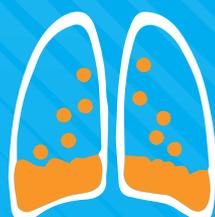


Asthma mortality rates are higher for:

- people living in remote areas
- people living in areas of low socio-economic status
- Aboriginal and Torres Strait Islander peoples<sup>5</sup>

# 7,113

Australians died from COPD<sup>4</sup>



## COPD

is a chronic lung disease that effects 14% (one in seven) people aged 40 or over<sup>3</sup>

This figure increases to **29%** of Australians aged 75 or over

## HOSPITALISATIONS



# 80%

of hospital admissions due to asthma are potentially avoidable<sup>2</sup>

## QUALITY OF LIFE

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

# decreased

quality of life, poor sleep quality, fatigue, and depression<sup>1</sup>



Every year approximately

# 40,000

Australians are hospitalised due to their asthma<sup>2</sup>

and

# 76,600

people aged 45 years and over are hospitalised due to their COPD<sup>4</sup>



People with COPD are

# more likely

to experience greater bodily pain than those without the condition<sup>4</sup>



# 71.6%

of people with asthma

do not have an **Asthma Action Plan**



# 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 principle 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) 2019; Causes of Death, Australia 2018. Canberra: ABS
6. Australian Government Productivity Commission 2018. Report on Government Services

# Health Services Update

The first six to nine months of the financial year were business as usual for our Respiratory Health Team. We continued to develop our services, focusing on providing comprehensive education to people with asthma and COPD, their families and carers as well as the wider community.

However, the emergence of the COVID-19 pandemic saw an upsurge in demand for our support, almost overnight.

Through the quick and generous support of some of our funders we were able to redesign our existing service delivery, establishing a COVID-19 Helpline and providing additional services for people with COPD in the metropolitan area, rather than only rural and remote areas.

Our traditional face-to-face service delivery model was replaced with increased telephone support and expansion of our telehealth service. Through the funding generously provided by WA Primary Health Alliance (WAPHA) we were also able to mobilise our Respiratory Health Team and introduce video conferencing options from home and the office.

Referrals continued through our usual channels, with our Respiratory Health Nurses and Educators also referring helpline callers who needed more support and education than can be provided in the 15-minute call.

Despite the peaks and troughs throughout this last year, we were grateful to keep our services running and continue supporting more than 4,600 Western Australians.

*“My teleconference was very helpful and set me on a pathway to improved health with my asthma. I was impressed with the concern and information given.” Consumer Survey Respondent, 2020*

## COPD SERVICE EXPANSION AND COVID-19 HELPLINE

Asthma WA has long been collaborating with a group of agencies involved in respiratory service provision to establish the need for streamlined services in COPD throughout WA. These agencies include WAPHA, WA Department of Health, Silverchain, Pharmaceutical Society and the Lung Foundation.

Early discussions with these groups identified a major gap in the area of community support and education for people with COPD; an issue identified by WA Country Health Services (WACHS) and WAPHA when the Asthma and COPD Telehealth Service was first established. Asthma WA has been identified as the best agency to provide services in this area for those consumers who do not need the increased support provided by Silverchain when oxygen therapy is required.

Through the growing demand for respiratory services seen during the COVID-19 pandemic, Asthma WA has received 12-months' funding to provide further support for people with COPD in the metropolitan area. This service commenced in August 2020 and it is hoped

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that the 12-month pilot will provide insight into the best method of service delivery to support both primary and tertiary health services, and enable people living with COPD to stay well in the community, with decreased hospital presentations.

We also received funding to establish a COVID-19 Helpline. Through this we were able to increase our telephone support for people calling with concerns about the impact of COVID-19 on their pre-existing respiratory conditions, as well as respond with emotional support during the time of lockdown and isolation. We also reached out to many previous clients with asthma and COPD who we may not have connected with for some time, with staff undertaking 'health check calls' to check in on people and see how they were going. Whilst demand for this service has slowed as COVID-19 has eased in WA, we remain poised to ramp it up again if there are further outbreaks.

## NEW CLINICAL SUPPORT

Through our new service developments, it became apparent that we needed to further develop our clinical support through the expertise of a registered nurse and/or clinical nurse specialist. As such, we appointed a Respiratory Health Nurse in November 2019 on a part-time basis to better manage our clients with more complex needs, and we hope to expand this role in the future.

## CHILDREN AND YOUTH SERVICES

We are developing a comprehensive suite of consumer-led services for young people that have been designed in consultation with our young clients to ensure they are delivered in a manner and method that they want to receive it.

This involves providing self-management education for young people with asthma, as well as education and support for those around them, including schools, community, parents, carers and their peers.

School/community focused programs:

Each year we provide training and education in school settings to ensure that teachers and other school staff understand how to manage an asthma emergency in their own environment. This is provided onsite for schools in the metropolitan area and via videoconference for schools in regional/remote WA. Staff also have the option to complete the education online via Asthma Australia.

Asthma WA also provides in-classroom education for school students, to raise awareness of the seriousness of asthma, and to encourage kids to 'support their mates'. This education is age-appropriate for different levels.

Consumer-focused services:

- Activ8 for Asthma – Online Program for Sport Coaches
- Manage My Asthma Kids Club - online resources, information and activities for children with asthma
- Paediatric Respiratory Hub, pilot service

## PAEDIATRIC RESPIRATORY HUB

The journey endured by children and their parents while seeking a diagnosis to manage their child's respiratory condition can be arduous and at times, frightening. As advocates for the Western Australian respiratory community, Asthma WA set out to improve this experience so that children with respiratory symptoms can have a faster and more concise diagnosis while parents are supported to learn how to monitor and manage their child's respiratory symptoms with confidence.

The concept of the Paediatric Respiratory Hub was developed as a 'one-stop' clinic, bringing together a range of services to help streamline the process and alleviate the stresses encountered by the families we support. In a single appointment, a child is able to combine paediatric respiratory testing, consultation with a Paediatric Respiratory Specialist (if required) along with an education session with an Asthma WA Respiratory Health Nurse or Educator.

In December 2019, we were excited to receive financial support from Channel 7 Telethon Trust and the Stan Perron Charitable Foundation, to begin the development of our Paediatric Respiratory Hub. In collaboration with Paediatric Respiratory Consultants Dr Stephen Oo and Dr Robert Lethbridge, and Respiratory Technician Melissa Flavel, we developed a clear referral pathway and service model, aimed at meeting the needs of paediatric respiratory consumers in the community. This included the plan to operate two clinics in two high-demand locations; Cockburn and West Perth, giving area health services, local and regional GPs and other WA physicians the capability to refer patients. Two clinic rooms were offered by Cockburn Integrated Health CEO, Clory Carrello. The first clinic was set to launch in March 2020, however it was delayed due to COVID-19.

The service launched in September 2020 with strong interest from our community and health sector.

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CHARITABLE  
FOUNDATION





## ACTIV8 FOR ASTHMA

Being active can play an important role in improving a child's asthma and overall wellbeing. It not only helps them to stay fit, but also helps to maintain a healthy weight, strengthen their breathing muscles as well as assist in promoting good mental health and social connections.

Last financial year, through the generous support of Channel 7 Telethon Trust, we developed a free education program designed for sports coaches and those involved in the sporting environment. This program is still available online via our website and continues to be promoted to and accessed by a range of sporting organisations and members.

Since it was established, the program has had 424 coaches participate from a wide range of sports and disciplines including netball, basketball, tennis, football and more. We have even had a number of teachers and youth workers complete the program, demonstrating a thirst to understand and better support young people with asthma across a variety of scenarios.

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## HEALTH PROFESSIONAL EDUCATION

For health professionals, continuing education is vital in maintaining skills and keeping up to date with best practice. This year our telehealth service funding enabled us to continue delivering monthly respiratory upskilling sessions, with 502 health professionals participating from across the state. A variety of respiratory topics were presented from 'Asthma Medications and Device Technique' to the most popular session, 'Severe Asthma Management,' attended by 98 health professionals.

Additionally, throughout the year our Respiratory Health Team have provided upskilling education to hospital staff, GPs, community health centres, Royal Australian College of General Practitioners (RACGP) forums and conferences, university nursing students and Practice Nurse Association workshops. In these sessions we provide comprehensive asthma information and device technique training, as well as the "lived experience" of people with respiratory conditions.

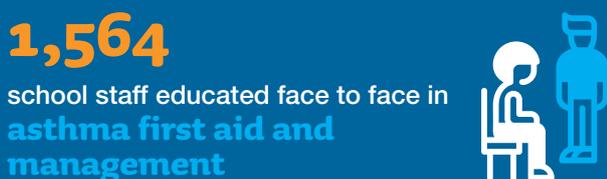
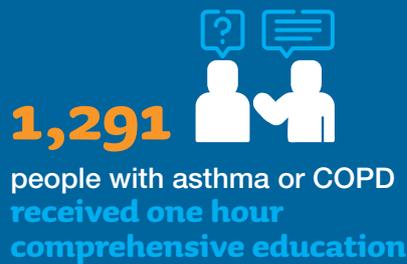
This year, Asthma WA's learning and development arm was established with the view to developing a robust

and proactive training and education service. Planning began in collaboration with Respiratory Physicians and Asthma WA's Respiratory Health Nurse, to develop a series of short videos covering asthma and COPD basics; diagnosis, management, treatment and referrals. These videos will form part of our 'library' of resources for health professionals. We also foresee an opportunity to develop more targeted upskilling, separating general practitioner education from nursing and allied health education.

In December 2019 our Learning and Development Manager met with Cystic Fibrosis WA and a member of the Bronchiectasis Perth Children's Hospital outreach group, proposing the formation of a joint respiratory health professional outreach team to provide upskilling workshops in the Pilbara. After a successful grant application to the Town of Port Hedland, planning began to deliver a workshop in March 2020. However, due to the COVID-19 pandemic this workshop has been delayed for another 12 months. Nonetheless the health professional collaboration between organisations continues.



## Our Impact



# ASTHMA ALERT



In July 2019, we received funding through the Natural Disaster Resilience Program to develop the Asthma Alert pilot service with the objectives to:

- better understand how our community is impacted by smoke events,
- leverage existing infrastructure to determine when and how alerts should be issued in the event of a planned burn or unexpected smoke event from bushfires,
- empower individuals and communities to exercise choice and take responsibility for their health and respond to information that could affect them,
- increase the resilience of our community through awareness of risks and education of asthma and COPD, and
- communicate and partner with those who can effect change.

Research was conducted at the commencement of this project to gather insights into what our community was experiencing and what a service could look like to most benefit those affected.

A survey was sent to members of our community via our database and social media inviting them to share their experiences of asthma and/or COPD, how they are managing their condition, if smoke was a significant trigger for them and what may help reduce smoke exposure and risk.

The Asthma Alert pilot was developed 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 and the WA Department of Health, and launched in March 2020 as a public Facebook group with additional resources provided via our website as a centralised source of information.

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Of the 460 people who responded, 80 per cent had asthma and 20 per cent cared for someone with asthma. Of those who cared for someone with asthma, 11 per cent also had asthma themselves.

## THE FREQUENCY WITH WHICH ASTHMA OR ANOTHER RESPIRATORY CONDITION HAD INTERFERED WITH DAILY ACTIVITIES OVER THE PAST THREE MONTHS

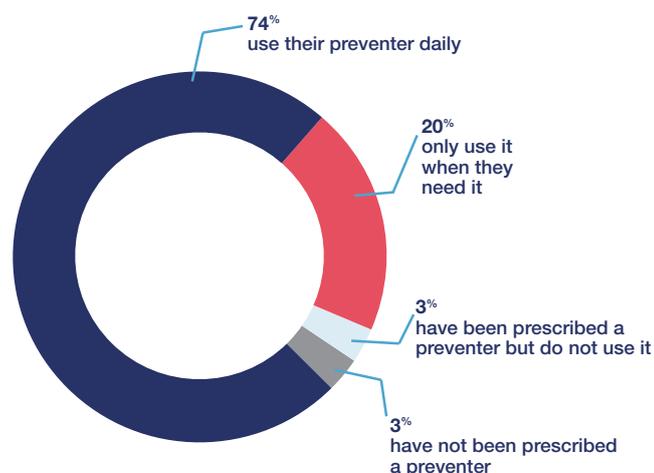


*“Using your preventer as prescribed is your best defense against sudden exacerbations. It may take up to six weeks to reach full effect. It’s important to stick with it and following your Asthma Action Plan.”*

Donna Rendell, Chief Executive Officer

While a large percentage of respondents used their preventer daily, there is still a large portion that only use it when they feel it necessary, if at all.

### USE OF PREVENTER



When asked about how they responded to smoke events:

- half of the respondents confirmed they seek out information about smoke conditions but rely mostly on sensory awareness of smoke, and
- only 25 per cent of people said the information about smoke events was helpful.

Since going live, the group has grown to more than 1,300 members in September 2020, with members coming from locations right across Western Australia.

Feedback from the survey respondents highlighted that an early warning system and real-time updates would be the most helpful in keeping them informed of potential risks. This has been reinforced by members of the Asthma Alert community, demonstrating a real need for evaluating existing air quality monitoring and smoke modelling tools. We will continue working with the different levels of community and government as we advocate for improved air quality monitoring systems and suitable alert mechanisms, to keep our community safer.

### TO PREPARE FOR POTENTIAL SMOKE EVENTS...

**23%**  
of respondents saw their doctor for a review



**71%**  
of people carried their reliever with them



### TO REDUCE SMOKE EXPOSURE...

**62%**  
would stay indoors



**29%**  
would carry on as usual



### SMOKE IMPACT ON PEOPLE...

**74%**  
could not participate in outdoor fitness activities



Almost **60%**  
had additional expenses due to unplanned medication and device purchases



Hospital admissions were **almost double**  
in rural communities



**29%**  
kept children home from school



# Changing WA Health Care For a Healthier and

The WA Department of Health released its final report on the Sustainable Health Review (SHR) in 2019, containing eight Enduring Strategies for Sustainability, underpinned by 29 Recommendations. Asthma WA endorses these strategies and recommendations and was pleased to find that many of our approaches to

service delivery are already in close alignment. This report provides a comprehensive road map for all health delivery across Western Australia, however there are five recommendations that have direct influence on our community-based services.

**Commit to new approaches to support citizen and community partnership in the design, delivery and evaluation of sustainable health and social care services and reported outcomes.**

**Develop a partnership between the WA Primary Health Alliance and the Department of Health, and partnerships between Primary Health Networks and Health Service Providers to facilitate joint planning, priority setting and commissioning of integrated care.**

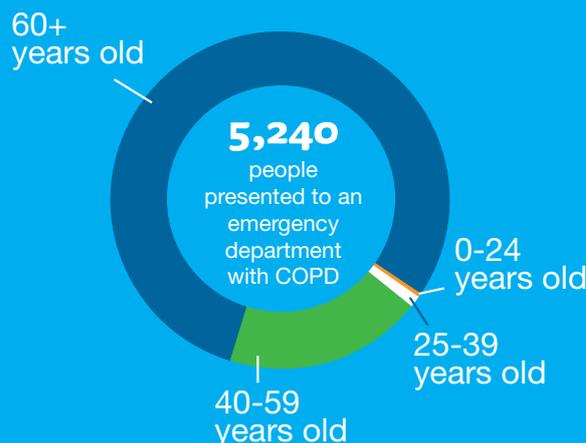
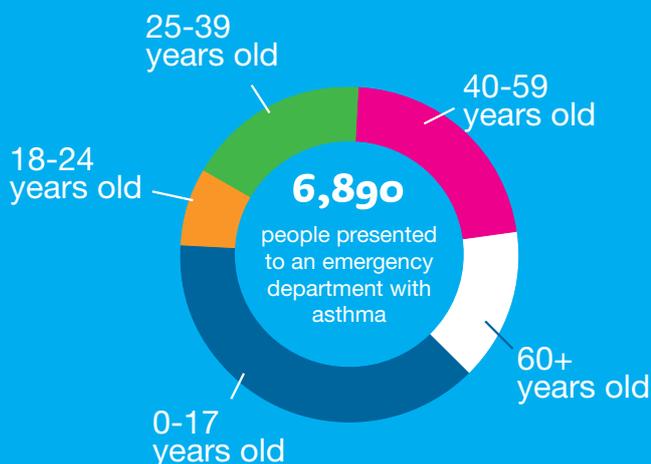
Asthma WA relies on a variety of sources to ensure that all information presented to our consumers is up to date and best practice. Through collaboration with researchers, a newly developed Clinical Advisory Committee, Asthma Australia, Lung Foundation and National Asthma Council, Asthma WA is at the forefront of consumer support in WA. This enables us to ensure that all information is relevant and easily accessible for all Western Australians.

The SHR recognises that community-based care and preventative services are a priority. At Asthma WA our services aim to support the hospital system by decreasing emergency department (ED) presentations and helping people stay well in the community.

*“Each day an average of 500 emergency department presentations could be avoided and 140 hospital admissions potentially prevented with more appropriate care in the community.” (SHR 2019).*

As a prominent and trusted health service provider in WA, Asthma WA liaises regularly with WA Department of Health, WA Primary Health Alliance and a vast array of other health service providers to ensure that our consumer services are holistic and integrated. As a ‘grass roots’ service provider, we are at the forefront of service provision for consumers and their carers and provide a comprehensive yet informal ‘care coordination’ service. We currently collaborate with other chronic condition service providers like Diabetes WA, Cystic Fibrosis Foundation, community physiotherapy and pulmonary rehabilitation services, GPs and respiratory specialists. Our professional relationships and referral processes ensure that consumers are referred to additional services as required, and do not ‘slip through the cracks’.

## WA Emergency Department Presentations in 2019-20



# More Sustainable Future

**Improve timely access to outpatient services through:**

**a) Moving routine, non-urgent and less complex specialist outpatient services out of hospital settings in partnership with primary care.**

**b) Requiring all metropolitan Health Service Providers to progressively provide telehealth consultations for 65 per cent of outpatient services for country patients by July 2022.**

Asthma WA has a suite of services that assist the health system in decreasing hospital outpatients and build the partnership with primary care. Through our individual education sessions and our new and innovative Paediatric Respiratory Hub, we ensure that people are learning to self-manage their condition and triggers, as well as use medication correctly.

Current research shows that 90 per cent of people with asthma and COPD use their medication devices incorrectly.

**Implement models of care in the community for groups of people with complex conditions who are frequent presenters to hospital.**

Asthma WA has developed a comprehensive Case for Support to pilot a program to improve the health outcomes for people with asthma and COPD and decrease hospitalisations by up to 50 per cent, through increased support and care in the community. This cycle of care focuses on correct diagnosis, correct medication, education and ongoing support, and will involve collaboration and engagement with primary health care providers, pharmacists, respiratory educators, as well as support to increase the consumers self-management capacity. With the assistance of the health system, the pilot project's evaluation will strongly suggest an improvement in consumer respiratory health management, leading to a decrease in asthma and COPD exacerbations and emergency department presentations.

Currently, there are no COPD early intervention or support services providing this holistic service.

Asthma WA strongly believes that a model providing early intervention and support to self-manage will enable a person to remain well in the community longer.

In addition to this, Asthma WA has been operating an asthma and COPD education service via telehealth for four years. This service allows people living in rural and remote WA access to our comprehensive education and support service, regardless of location and distance. Our strategic plan further lays out options to expand this service to people in metropolitan Perth, building on our service provision in COPD support, in a manner that is convenient for the consumer as well as cost effective for the organisation.

**Establish a systemwide high value health care partnership with consumers, clinicians and researchers to reduce clinical variation and ensure only treatments with a strong evidence base and value are funded.**

Asthma WA already has strong existing partnerships with WA Department of Health, WA Primary Health Alliance, Telethon Kids Institute and other research bodies. We also have a history of working with clinicians and researchers. As the only consumer body for people with asthma and related respiratory conditions in WA, Asthma WA is perfectly placed to be the conduit for information, education, support and advocacy. We are also well placed to recruit research participants and disseminate important outcomes and updates pertaining to the research.

We have the staff expertise and experience to undertake pilot projects such as our current Channel 7 Telethon Trust funded Paediatric Respiratory Hub pilot service, in collaboration with Fiona Stanley Hospital, Perth Children's Hospitals and Telethon Kids Institute.

Asthma WA is proudly supported by



**Government of Western Australia**  
Department of Health

# What People Are Saying About Our Services

In May 2020, we asked anyone who had accessed one or more of our services in the 12 months prior to complete our annual survey. As this happened to be at the peak of the COVID-19 pandemic in WA, we also wanted to take the opportunity to ask how people were managing through the uncertain times.

The feedback obtained through the survey has shone a light on how we are performing as a service provider,

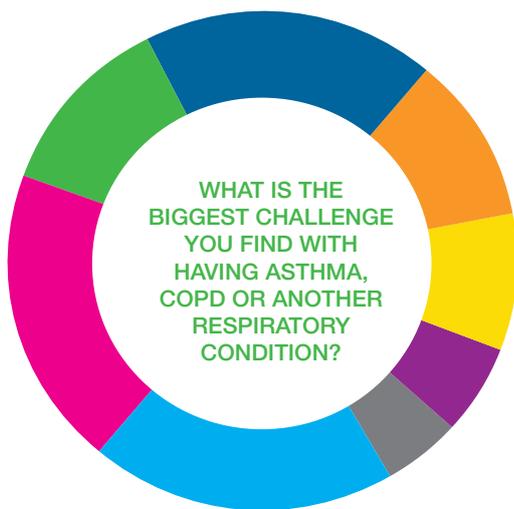
the challenges people are facing, and how they are managing their asthma and/or COPD since speaking with us last.

Every day we see the power of education and how it can improve peoples' quality of life. The responses to our survey were encouraging, giving us valuable insights on what our consumers need and how we can continuously improve.

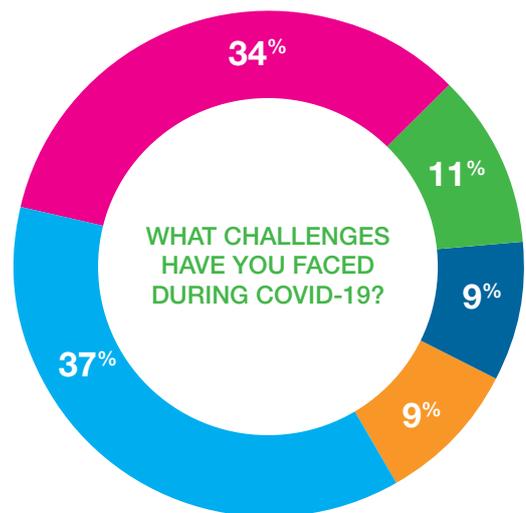
*"The education sessions are fantastic. It's great for kids to learn about their condition and be shown how they can take control and manage it with help from parents and health care providers."*

*"My son's asthma is very mild and seasonal. We are more mindful to ensure we always carry his Ventolin now thanks to our interaction with you this year. Thanks."*

*"You guys are doing a great job especially communicating to the kids."*



- Sleep
- Agreeing to outings
- Feeling overwhelmed
- Travel
- Cost of health care
- Work
- Playing sport
- Other



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

# New Clinical Nurse Educator

Over recent years Asthma WA has extended its services beyond asthma to also support people with COPD. In 2016 we commissioned our Asthma and COPD Telehealth Service so we could reach more people in regional and rural areas of our state. Since then, this service has grown to play a major role in chronic respiratory disease management. It also became evident that a clinical lead was needed to ensure we were always up to date and providing best practice services across our Respiratory Health Team.

In November 2019, we were pleased to receive support from the McCusker Charitable Foundation to appoint Kate as our Clinical Nurse Educator.

With extensive clinical knowledge and respiratory experience, Kate has played a pivotal role in shaping how we deliver our clinical support services, including the introduction of Asthma WA's new COPD support program.

Kate also works closely with some of our more complex and severe asthma clients providing clinical support and mentoring them in self-management, to rebuild their confidence and achieve a greater quality of life. While maintaining regular contact with these consumers and their families, Kate works alongside their medical practitioners to provide holistic care to improve their asthma control, manage any comorbidities, and improve their overall wellbeing.

Asthma WA's learning and development arm provides health professionals with upskilling workshops on asthma and COPD management, asthma first aid and a broad range of respiratory topics. These are delivered face to face as well as via telehealth and webinar platforms. Kate has worked closely with our Learning and Development Manager to tailor education to meet the development needs of general practitioners, nurses, chronic conditions coordinators, allied health professionals and respiratory health educators. Her role in supporting respiratory health education to health practitioners throughout WA has been invaluable.

Kate has developed and delivered upskilling sessions to over 100 health professionals including junior doctors, as requested by WA General Practitioner Education and Training (WAGPET), and more experienced medical practitioners for the Royal Australian College of General Practitioners (RACGP).

Additionally, Kate has worked closely with our own Respiratory Health Team to increase their knowledge

*The Clinical Nurse Educator role is proudly supported by*  
**McCusker Charitable Foundation**



in COPD management, severe asthma and how COVID-19 may affect respiratory patients, with the goal to increase our capacity as an organisation to better support more people in WA.

# Community Engagement and Fundraising

This year we added to our Community Engagement team, appointing a Partnerships Executive and Community Fundraising Coordinator. The evolution of this team has allowed us to better engage with our donors, work alongside our community fundraisers and explore new philanthropic opportunities through corporate partnerships and sponsorships.

Some activities by our passionate community fundraisers were suspended with the changing guidelines around COVID-19, yet the support that we received in response to our Emergency Appeal was overwhelming and enabled us to transition our team to work remotely and maintain our service delivery during a time of crisis. From our team and the people we help, thank you to everyone who stood by us.

Going forward, we will continue to meaningfully connect with our donors and pursue new ways to build upon our community fundraising efforts. In a fast-paced world where technology plays an increasingly important role in communication and engagement, we will seek out new ways of interacting with our community to raise awareness and support for the important work of our Respiratory Health Team.



## 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.

*Enid Barbara Wells*

*HF Carter*

*Dorothea June Smith*

## OUR VALUED VOLUNTEERS

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

*Christian*

*Sue Collett*

*Jess Donaldson*

*Andre Italiano*

*Elsie Tester*

*Natasha Brandon*

*Coralanne Cranston*

*Sasha Glanville*

*Sean McDonell*

## Our Supporters and Partners

### GOVERNMENT FUNDING PARTNERS

WA Department of Health

WA Primary Health Alliance/PHN

### PROJECT PARTNERS

Channel 7 Telethon Trust

Lotterywest

### PROJECT SPONSORS

GSK

### MAJOR PROJECT DONOR

Tim and Leonie Baldock

### CORPORATE DONOR

CBH Group

### INDUSTRY PARTNERS

Asthma Australia

### FOUNDATION AND TRUSTS

McCusker Charitable Foundation

Stan Perron Charitable Foundation

### OTHER SUPPORTERS

Town of Port Hedland

NAB

Lions Club International

Combined Charities

HLS Legal

Council on the Ageing WA



## Meet Lyn who contacted us about her COPD

More than 46,000 Western Australians have COPD which can lead to a decreased quality of life if poorly managed. Lyn connected with Kate, our Clinical Nurse Educator in early 2020, to talk about her condition and concerns around COVID-19.

*I recently called Asthma WA on the advice of a friend because I was very confused about my COPD. It's a mild form of the condition, but as it will progress, I wanted as much information as possible.*

*That's when I rang Kate at Asthma WA. She was absolutely fantastic and spent a lot of time on the phone with me and really explained what COPD is and how it can affect my general day to day life.*

*I had developed a dreadful cough because I wasn't using my Ventolin puffer correctly.*

*Ventolin also gave me the shakes and my heart would start racing so I'd stopped using it. Kate explained how to correctly use it with a spacer, and I don't have that problem anymore. Also, now I have a lot more energy!*

*I had been feeling quite tired. Kate told me this is also quite normal and that it's alright to sit and have a rest to get my energy back and then get going again. Now I don't feel guilty about sitting down and I feel like I'm managing it and listening to my body.*

*Whilst COPD can't be cured, the symptoms can be managed and delay its progression, so we talked a lot about my symptoms, what's normal and what's not so*

*I know when it's time to see my GP again.*

*I'm so very grateful. Kate answered every one of my questions and didn't mind me asking her to explain something again - she was very warm and friendly and so helpful and now I'm feeling a lot more positive about having COPD.*

*I also had concerns about how COVID-19 might affect me and if I should be isolating. I didn't know if I was being over dramatic as my COPD is only mild and there are people a lot worse off than me. But Kate talked me through it and now I feel more confident and in control, plus I was able to calm my son who lives overseas who was getting more and more worried about me.*

*I've already recommended Asthma WA to a couple of friends who were worried about their asthma and suggest anyone with respiratory issues to do the same. It's a great organisation and Kate was just a godsend.*

*Lyn, from Palmyra*

# Our Financial Snapshot

## TOTAL ASSETS

\$4,080,267



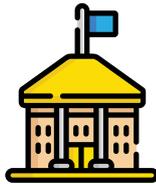
## NET INCOME

\$1,665,453



## GRANTS

\$1,246,793

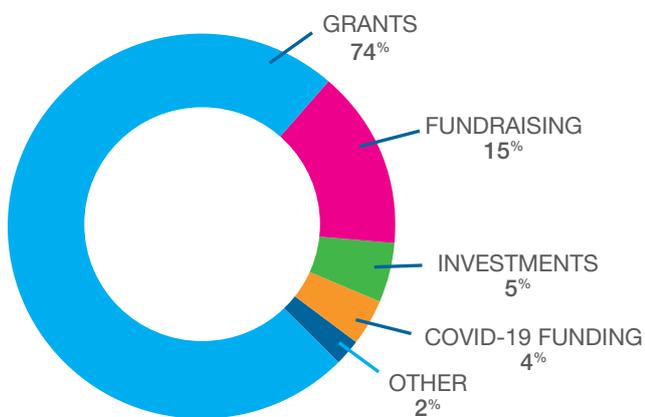


## FUNDRAISING

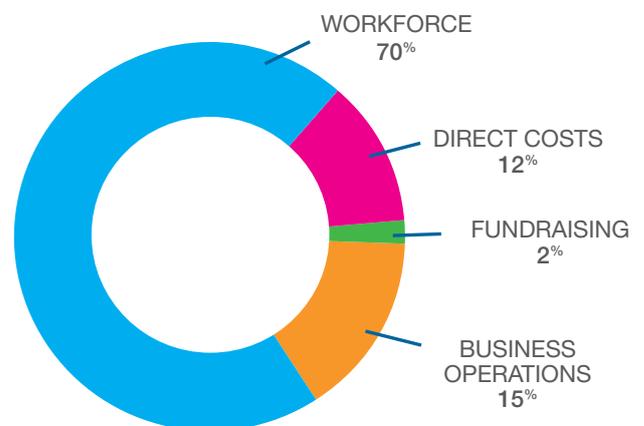
\$252,872



## Sources of Revenue



## How the Money was Spent



## TOTAL LIABILITIES

\$469,193



## WORKFORCE

\$1,292,149



Asthma WA's deficit increased on the previous year, due to expanding our workforce to build our capacity across the organisation.

To view the full Asthma WA financial statements and Auditor's report, please visit [asthmawa.org.au](http://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.

*From left to right, Richard Clark, Spencer Broad (Treasurer), Steve Mummery, Chris Bath (President), Cathal Smith (Vice President), Dr Petra Czarniak, Andrew Joseph*



## FINANCE, AUDIT AND RISK MANAGEMENT COMMITTEE

Spencer Broad, Chairperson

Chris Bath

Sarah McKenna (CFO)

Donna Rendell (CEO)

## INVESTMENT REVIEW COMMITTEE

Spencer Broad, Chairperson

Chris Bath

Sarah McKenna (CFO)

Donna Rendell (CEO)

Paul van de Ven

## PATRON

The Honourable Kim Beazley AC, Governor of Western Australia

## VICE PATRON

Dr Ken Fitch AM

## OUR MANAGEMENT TEAM

Donna Rendell, Chief Executive Officer

Sarah McKenna, Chief Financial Officer

Jenny Howson, General Manager Health and 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, Chandra Woodley, Donna Rendell, Freya Barr, Rael Rivers*

## We honour the following people

Asthma WA would like to acknowledge the passing of several loyal and generous supporters this past year. We pay our respects to the following individuals:

Alan Hamilton – we had the privilege of working closely with Alan over a number of years particularly in his role as the Manager of the Stateside Telehealth Service. Alan was a telehealth pioneer and played a key role in the development of the Asthma WA telehealth service.

Kim Crockford – Kim volunteered for Asthma WA for nearly twenty years, assisting in fundraising activities such as car raffles and mail appeals. The outstanding generosity of our volunteers never ceases to amaze us, Kim will be missed.



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