



PeopleBank News

IT'S SUMMERTIME...

... ARE YOU PREPARED?

With a hot, dry summer predicted, and the possibility of weather hazards such as heatwaves, bushfires and smoke on the horizon, will you be prepared for the season ahead?

The health and social impacts of adverse weather events which can cause poor air quality, respiratory distress, heat, or loss of homes, is sadly well known. So now with the hottest months almost here, Sydney North Health Network is encouraging everyone to take necessary precautions and prepare. At most risk to adverse weather events, are young children, older adults and people with medical conditions so it's important to have necessary medications, scripts and your GPs contact details on hand in case of emergency.

Did you know?

Extreme heat events are responsible for more deaths than all other natural hazard events combined.

Prepare for summer with these helpful resources

ABC EMERGENCY abc.net.au/emergency

Up to date information from the national ABC Network about bushfires, storms, flooding and other emergencies from around Australia. Plus useful advice to protect yourself, your family and your property.

HAZARDS NEAR ME APP nsw.gov.au/emergency/hazards-near-me-app

Download the NSW Government's official Emergency app to view current emergency warnings and advice for fires, floods and other disasters in NSW.

BUREAU OF METEOROLOGY www.bom.gov.au

When you know your weather, you know your risk.

AIR QUALITY NSW airquality.nsw.gov.au

In coming months, smoke from hazard reduction burns and bush fires may be experienced across NSW impacting air quality.

SNHN EMERGENCY CHECKLIST

Prepare yourself with this checklist of the essentials you and your family will need in the case of an emergency.

WHAT'S NEW

WHAT IS VOLUNTARY ASSISTED DYING?

Voluntary assisted dying will be accessible in NSW to eligible people with a life limiting illness from 28 November 2023. To be eligible, an individual must have an advanced and progressed terminal disease or medical condition that is expected to cause intolerable suffering at the end-of-life stage. Most people will not be eligible for voluntary assisted dying, but for those who do make the choice there is a coordinated process that must be followed.

General Practitioners (GPs) are the first contact point, but it is up to each individual GP to choose whether they will provide voluntary assisted dying services.



>> Download government community resources

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WHAT IS VOLUNTARY ASSISTED DYING? (CONTINUED)

If your GP does not provide the service, there is a state-wide service you can contact called Voluntary Assisted Dying (VAD) Care Navigators. VAD Care Navigators are available to assist both the community and health professionals.

Places like residential aged care homes, hospitals and other similar places do not have to provide voluntary assisted dying services, but they must not inhibit access. This means they must allow access to patients by a participating medical practitioner. These facilities must also publicly share if they choose not to participate in voluntary assisted dying services. For example, this means, that an aged care home must inform you before you choose to access their care.

Before the end-of-life phase, palliative care can provide symptom relief and a range of other support services. There is excellent palliative care services in Northern Sydney, and people are encouraged to talk to their medical team about palliative care options.

The NSW Health website has [useful information on VAD](#). You can also contact the VAD Care Navigators Mon-Fri from 8:30am-4:30pm on [1300 802 133](tel:1300802133) or NSLHD-VADCareNavigator@health.nsw.gov.au.

MYMEDICARE

A NEW VOLUNTARY PATIENT REGISTRATION MODEL

MyMedicare is a new voluntary patient registration model. It aims to formalise the relationship between patients, their GP and general practice helping to achieve better health outcomes for the patient.

MyMedicare is for Australians with a Medicare card or Department of Veterans' Affairs (DVA) Veteran Card and registration is free.

SNHN 2022/2023 ANNUAL REPORT

Our Annual Report is now available! [Download](#) your copy here.



When you register in MyMedicare, it will notify your general practice that you have chosen them as your regular care team. Additional funding will be available from the government to help them provide the care you need.

MyMedicare patients will have access to:

- Greater continuity of care with your registered practice, improving health outcomes
- Longer Medicare Benefit Scheme (MBS) funded telehealth consultations with your GP.
- Triple bulk billing incentive for longer MBS telehealth consultations for children under 16, pensioners, and concession card holders, from 1 November 2023
- More regular visits from your GP and better care planning for people living in a residential aged care home, from August 2024
- Connections to more appropriate care in general practice for people who visit hospital frequently, from mid-2024.

If you choose not to register, you'll still be able to access the same quality of care from your healthcare providers.

 [FIND OUT MORE](#)

MARY POTTER RETIRES FROM THE COMMUNITY & CLINICAL COUNCILS

Our
heartfelt
thanks

Sydney North Health Network extends its heartfelt thanks to Mary Potter, a retiring member of both the SNHN Community Council (founding member) and the SNHN Clinical Council.

Mary's distinguished background as a microbiologist coupled with her invaluable experience as a health consumer positioned her uniquely allowing her to champion for healthcare improvements both at a systemic level and in enhancing the patient experience.

SNHN deeply appreciates Mary's unwavering dedication to health advocacy, her wealth of knowledge and generous guidance that she shared with all members of the Council and the SNHN organisation.

As Mary embarks on this new chapter, we extend our sincerest well wishes for a fulfilling and restful retirement.



GO 4 FUN: A FREE PROGRAM *for* CHILDREN

Go4Fun is a free NSW Health program for children aged 7-13 years who are above a healthy weight, and their families. The program aims to help families learn about eating well and staying active.

The program includes: face-to-face sessions once a week for 10 weeks during the school term, facilitated by qualified health professionals, group learning and game based activities.

The benefits of Go4Fun include:

- Significant, positive changes in health related behaviours
- An equitable program that's free to all eligible children, especially those most in need
- A practical solution you can recommend to patients. Referring health professionals receive a report highlighting improvements at the end of the program.



HOW TO REFER: Families can also refer directly using the [online registration form](#), or by calling [1800 780 900](tel:1800780900).

FIND OUT MORE: Find out more about the program at go4fun.com.au.



THIS FESTIVE SEASON... ...BE KIND TO YOURSELF & OTHERS



As Christmas and the New Year rapidly approaches, remember to be kind to yourself and others particularly when planning what you will do this festive season.

The added pressure of the end of the year festivities when many of us may already be feeling tired or overwhelmed can affect our mental health in many ways. Here are some tips to help you take care of your mental health during the festive season.



- Change Your Expectations and Keep Things in Perspective
- Be Mindful and Live in the Moment
- Talk About Your Feelings
- Manage Conflict
- Limit Alcohol, Eat Well and Keep Active
- Help and Care for Others in your Community

DON'T FORGET SUPPORT IS AVAILABLE IF YOU NEED IT

If you're facing a difficult time over the Christmas and New Year period, it's important to reach out and get support. It could be as simple as sending a text to a friend, making a phone call or inviting someone over for a cup of tea for a chat. If you do need extra support see the links to the Mental Health Services brochure and SNHN's Commissioned Services Guide which provides information on services that can support mental health.

 [SNHN COMMISSIONED SERVICES GUIDE](#)

USEFUL LINKS

CAREFINDERS
yourside.org.au/what-is-care-finders/
Care finders is a free service that can help vulnerable older people who have no one else to support them, navigate the aged care system and find support services to improve their quality of life.

Email: carefinder@yourside.org.au
Call: (02) 8405 4484
(9am - 5pm Mon-Fri).

>> Visit Website

CANCER SCREENING
cancercouncil.com.au/cancer-prevention/screening
Information about screening and detecting early changes in your body.

>> Click here for more

ED WAITING TIMES
emergencywait.health.nsw.gov.au
A great resource for wait times in NSW public hospitals.

>> Click here for more

TALK TO US

Do you live in the Northern Sydney region and want to keep up to date with local health and community news or have a question about the PeopleBank newsletter?

Simply email the SNHN Community team at Community@snhn.org.au with your request and we will be in touch.