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# Let's Talk

*Conversations for better health and wellbeing*



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*Presenter: Jade Ryall*

# Flourish Australia's Back On Track Health (BOTH) Program

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‘Persons with disabilities have the right to the enjoyment  
of the highest attainable standard of health  
without discrimination on the basis of disability’.

United Nations Convention on the Rights of Persons with Disabilities



# Flourish Australia's Back On Track Health (BOTH) Program

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*What did people tell us?*



### Information Sheet: Finding a Doctor

It is important to find a Doctor you feel comfortable with about any physical health needs or concerns.

**How do I find a Doctor?**  
Friends and family may have helpful suggestions. Doctors and other medical professionals will suit your needs. Doctors with particular areas of interest and expertise may be helpful.

You can visit the National Health Services Directory for a list of Doctors who provide services in your area.

When choosing a Doctor, it can be helpful to consider:

**Location and opening hours**  
Consider where you would most likely want to go for home, work or at another convenient location.

Consider what time(s) you would prefer to visit and if you can ask what hours they are open and closed.

**Cost**  
If the cost for seeing a Doctor are a concern, ask about appointments and ways to pay.

**Feeling comfortable**  
It is important to feel comfortable talking about your health. Consider if you would prefer to see a female Doctor, or if language or cultural preferences that are important to you.

After meeting with the Doctor and talking to your support worker, if you are not sure you can always visit the right one.

**What resources can Flourish Australia provide me to help with my appointment?**

- Physical Health Cards - to review your physical health and identify any concerns you have.
- My Health Needs 'To Do List' - to write down any needs, questions and/or concerns you have that you would like to talk to someone about.
- My Health Needs Checklist - to review your physical health and write down any questions you have.
- Physical Health Website - to find physical health information and write down any questions you have.

You can ask your support worker for a copy of these resources or for support to access the physical health website.

Adapted from RACGP - Choosing a GP <https://www.racgp.org.au/choose-a-gp/>

### Information Sheet: Annual Physical Health Check

Having a regular health check at least once a year is one way to keep your health on track.

**What is included in a physical health check?**  
The Doctor may:

- help you to understand your body and how to look after it
- ask about your medical history
- ask about your lifestyle for example smoking, nutrition
- measure your weight
- listen to your heart and lungs
- examine to look for lumps or other abnormalities
- check your blood pressure
- order blood tests to measure your cholesterol, blood sugar, and other things
- recommend or provide screening tests such as cervical screening

**Do I need to do anything to prepare for an Annual Health Check?**  
To help prepare for the appointment, review your health history and think about questions that you would like to talk to the Doctor about.

To remember everything you want to talk about write down your questions that you would like to talk to the Doctor about.

Book a longer appointment so the Doctor has enough time to answer your questions and to do any tests.

If you don't have a Doctor and need to find one visit the National Health Services Directory website and enter a postcode to find a list of Doctors working in your area. <https://about.healthdirect.gov.au/nhsd>

**Who could assist me to prepare for my appointment?**  
Flourish Australia support worker, a friend or family member can help you prepare for the appointment.

**What resources can Flourish Australia provide me to help with my appointment?**

- Physical Health Cards - to review your physical health and identify any concerns you have.
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### Information Sheet: Medication reviews

**What is a medication review?**  
The goal of a medication review is to understand why you are taking a medication, the opportunity to learn what the medication is for and if it is helping you. A medication review is a good start to understanding if your medication is useful.

**How regularly should I have my medication reviewed?**  
It depends on your needs. Once you are satisfied that you are getting the most out of your medication, you need to see the Doctor every 3-6 months.

**Who is involved in reviewing my medication?**  
You, the Doctor, pharmacist and others involved in your care.

**How do I make an appointment to have my medication reviewed?**  
Contact your Doctor or Psychiatrist.

**Some things to think about before I have my medication reviewed:**

Is the medication causing weight gain, sleepiness or other side effects?

Is the medication helping you, do you need to take a higher dose?

Is it hard for you to remember when you need to take your medication?

Do you need to have a blood test or you heart rhythm checked? Do you need to have some parts of the body checked?

**What questions would I like to ask about the medication?**  
Write down any questions you have on the back of this page!

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### Information Sheet: Smoking cessation

Reducing or stopping smoking is possible. With the right information and support, you could reduce or stop smoking for good.

**Who can I talk to about reducing or stopping smoking?**  
Speaking to your Doctor about reducing or stopping smoking is a good start.

You can also connect with the following services for information and support:

- Call Quitline 13 78 48 or text 'call back' to 13 78 48
- Download the My QuitBuddy App
- Find community smoking support programs
- Visit the following websites:
  - Quitnow [www.quitnow.gov.au](http://www.quitnow.gov.au) or
  - Icanquit [www.icanquit.com.au](http://www.icanquit.com.au)

Ask your Flourish Australia support worker, a friend or family member to assist you to plan or prepare for an appointment with your Doctor or connect with services or programs that could help you.

**What resources can Flourish Australia provide me to review my health and plan for an appointment?**

- Physical Health Cards - to review your physical health and identify any concerns you have.
- My Health Needs 'To Do List' - to write down any needs, questions and/or concerns you have that you would like to talk to someone about.
- My Health Needs Checklist - to review your physical health and write down any questions you have.
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## diabetes

- Do I have Diabetes?
- If yes, do I manage my Diabetes well?
- Do I struggle to manage any aspects of my Diabetes?
- Am I at risk of Diabetes? e.g. using medications to manage my mental health, overweight, have a family history.
- Have I ever been tested for Diabetes?

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## going to the toilet

- Does it feel uncomfortable when I urinate? e.g. a burning or stinging sensation.
- Does my urine have an unusual smell or colour? e.g. brown or green.
- Do I get constipated or strain to go to the toilet?
- Do I often have diarrhoea?

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## my teeth and gums

- Do I like the look of my teeth?
- Do I get toothaches?
- Do I have any wobbly teeth?
- Do I brush my teeth each day?
- Do I use dental floss/tape/piksters?
- Do my gums ever bleed when I eat or brush my teeth?
- Does my breath have an unusual or unpleasant smell?
- Do I see the Dentist regularly?

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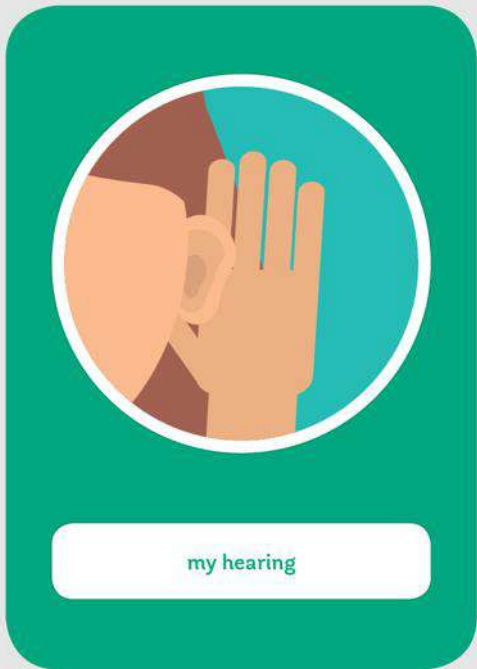
## my sleeping

- Do I often fall asleep during the day?
- Do I often wake up during the night?
- Is it difficult for me to fall asleep?
- Do I wake up feeling tired?

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## my hearing

- Do I have any problems with my hearing? e.g. hearing people talking or when listening to the T.V.
- Do I have any noise or ringing (Tinnitus) in my ears?
- Do I need my hearing tested?

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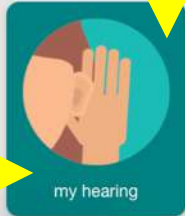


### Organisations and Services

- Australian Hearing  
[www.hearing.com.au](http://www.hearing.com.au)
- Australian Tinnitus Association  
[www.tinnitus.asn.au](http://www.tinnitus.asn.au)
- Better Hearing Australia  
[www.betterhearingaustralia.org.au](http://www.betterhearingaustralia.org.au)
- Deaf Society NSW  
[deafsocietynsw.org.au](http://deafsocietynsw.org.au)
- Deaf Society Queensland  
[www.deafservicesqld.org.au](http://www.deafservicesqld.org.au)

### What they offer

- Information and resources
- Schemes
- Book a free hearing check
- Locate your nearest hearing centre
- Find the Hearing Bus
- Links to services
- Advocacy
- Book and interpreter
- Auslan information
- Directory of services
- Community programs
- Sign language classes
- Individual, group and residential lifestyle support groups



# My Health Needs 'To Do List'

I would like to talk to you about...


Because...


When I saw the Doctor they said...


Version Jan 2019

These are the things I would like to talk to someone about:

My Health Need	I want to talk about these things (X)	Because...
1. Taking care of myself		
2. Being Active		
3. My Breathing		
4. Chest Pain		
5. Regular or Intense Pain		
6. My Energy Levels		
7. My Sleeping		
8. My Joints		
9. My Walking and Balance		
10. My Legs		
11. My Feet		
12. My Weight		
13. My Appetite and Digestion		
14. Diabetes		
15. Going to the toilet		
16. Bruising and Bleeding		
17. My Skin		
18. Passing out or Fainting		
19. Headaches		
20. My Memory and Concentration		
21. My Sexual and Reproductive Health		
22. Smoking		
23. Alcohol		
24. Other Drugs		
25. My Eyesight		
26. My Hearing		
27. My Teeth and Gums		
28. My Allergies		
29. Men's Health		
30. Women's Health		
31. Screening Tests		
32. Personal Safety		

Want more information?

Call 1300 779 270

Email [info@flourishaustralia.org.au](mailto:info@flourishaustralia.org.au)

[flourishaustralia.org.au](http://flourishaustralia.org.au)

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Healthdirect Australia is a 24-hour telephone health advice line staffed by Registered Nurses to provide health advice 1800 022 222. Calls from landlines are free. Mobile telephone charges may apply.

# What did we learn?

## Card and Website Evaluation



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# Let's Talk

*Conversations for better health and wellbeing*



*Thank you for listening*

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# Any questions?



Where mental wellbeing thrives