Please note: This booklet may contain images of Aboriginal and Torres Strait Islander people who have passed.

Acknowledgement
Southern NSW Local Health District (SNSWLHD) acknowledges the Gundugurra, Ngambri, Ngarigo, Ngunnawal, Pejar, Onerwal and Yuin Nations as the Traditional Custodians of the land covered by the SNSWLHD.

In the true spirit of Reconciliation and through embracing the values of SNSWLHD: Collaboration, Openness, Respect and Empowerment, we acknowledge and pay our respects to the traditional custodians of the land.

We would also like to acknowledge Aboriginal and Torres Strait Islander Elders, community members and SNSWLHD colleagues for their ongoing contribution to society and their commitment to improving the health and wellbeing of both Aboriginal and Torres Strait Islander people.

SNSWLHD also wishes to acknowledge Mid North Coast Local Health District for permission to use concepts in the original booklet.
This booklet has been provided to:

**My Aboriginal Health Worker is:**

__________________________

Hospital

__________________________

Phone number

__________________________

Email

__________________________

HEALTHY HAPPY STRONG
Use this page to write anything you want to ask your Aboriginal Health Worker

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Help when you are in hospital

Aboriginal Health Worker

Nurses and office staff can contact the Aboriginal Health staff for you.

We have Aboriginal Health Workers located in our hospitals, covering Batemans Bay, Bega (South East Regional Hospital), Bombala, Braidwood, Cooma, Crookwell, Goulburn, Jindabyne (HealthOne), Moruya, Narooma, Queanbeyan and Yass.

Our Aboriginal Health Workers are able to provide support and can help you with your whole of hospital journey.

The Aboriginal Health Workers can help with your discharge.
Use this page to write anything you want to ask your Aboriginal Health Worker or follow up team. Remember you can ask questions if you’re not sure about anything and write them down here.
When you are going home -
if you would like a home follow up

At home follow up

• A follow up team will phone you at home within two working days after you leave hospital to see how you are managing

• Ask for help - that’s what we are here for

• If you are 15 years of age or older and
• If you have one of the following chronic diseases
diabetes
heart disease
kidney problems
respiratory/lung issues
Use this page to write anything you want to ask about your medications - including getting something to help with your pain
When you are going home - medications

Medications

- Ask your Aboriginal Health Worker, nurse or doctor if your medications have changed.
- If they have, ask for a medi-list, this is a list of all your medications.
- The medi-list includes your dose, when to take your medication and any side effects or reactions with other medications you might take.
Use this page to write anything you want to ask about your prescriptions
When you are going home - prescriptions

Prescriptions

- Close the Gap (CTG) scripts are not able to be written by the hospital doctors, only your doctor can write them.
- Your medication/prescriptions will need to be filled before your medications run out.
- Tell the Aboriginal Health Worker, nurse or discharge planner if you are worried about being able to get the scripts filled in time.
- Please let your doctor or pharmacist know if you want your medications in a blister pack or Webster pack.

A typical Webster pack
Use this page to write anything you want to ask about your appointments
When you are going home - appointments

Appointments

- Ask your nurse or discharge planner to make appointments for you
- If you are worried about transport or cost of your appointments talk to your Aboriginal Health Worker, nurse, discharge planner or social worker about help, including

Aboriginal Medical Service
Your local hospital for ComPack
Grand Pacific Health
Use this page to write anything you want to ask about help at home
Help at home

- We can arrange for services to visit you at home or the services you have now can be increased.
- Equipment can be arranged to support you - including walking aids, crutches, shower chairs.
- The nurses and community health staff will show you how to use and care for the equipment and explain any costs.

When you are going home - help at home
What do you do if you’re not feeling any better, have ongoing pain or actually getting worse?
Use these pages to write anything else you can think of that you want to ask us about

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The small dot in the centre represents the child. The child is being cradled by its mother and the mother and child being cradled by the father/partner. The orange circle signifies the strong family unit.

The people outside the family unit represent service providers and community who work closely with families supporting them.

The orange circles flowing out from the centre represent the positive ripple effect that strong family/community has on the growth of a family.

The bright colours represent the joy/hope that comes with having a strong family/community.

The blue stream represents water which is significant to our survival.
Artwork by Alison Simpson
Useful information

HealthDirect GP helpline
24 hour 7 days a week help
1800 022 222

Mental Health helpline
1800 011 511

Rural Adversity Mental Health Program
131 114

Ambulance NSW
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Southern NSW Local Health District