

# MY HEALTH MY VOICE

ISSUE 19, DEC 2018

Having  
a say

talking about  
Aged Care

improving  
health  
services

Listening  
to you

planning for our  
children's  
future



## Care navigation comes to Richmond

North Richmond Community Health (pictured above) is employing Care Navigators to help improve access to care for their patients.

Care Navigators help people find their way through the health system.

They can find services a person might need, and then assist them to access those services by providing transport, financial support and follow up.

Care Navigators also help keep people connected to their community and advocate for their needs.

The North Richmond Community Health trial is aimed at supporting people with issues related to mental health, alcohol and drug issues, suicide risk as well as physical health issues.

The Care Navigators will seek to improve communication and collaboration between these different parts of the health system to improve referral pathways and care for their clients.

You can find out more about North Richmond Community Health at their website - [nrch.com.au](http://nrch.com.au)

### We need your help!

We are funding community programs to help people in our region to feel less lonely. We are looking for a community member to be part of the panel which will decide what program to fund.

The panel will review applications from community organisations in February 2019. You will then attend a meeting to decide on the best applicant. You will be paid for your time reading the applications and attending the meeting.

If you are interested or to find out more information, please contact Jesse Osowicki on 9347 1188 or [jesse.osowicki@nwmphn.org.au](mailto:jesse.osowicki@nwmphn.org.au)

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*My Health, My Voice* is a newsletter of North Western Melbourne PHN, a non-profit organisation working to improve health care in our local communities.

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## THE WHOLE YOU

Living with a chronic (long-term) disease can be hard. It not only affects our physical health but our emotional wellbeing too.

Edith James (pictured right) has lived with diabetes for 25 years. She says if it's not detected in time there can be a lot of complications.

To help us understand how we can better help people with chronic disease, we interviewed people who have a chronic disease such as asthma, diabetes and heart disease.

We also interviewed health providers such as doctors, nurses and allied health to hear their views.

We found out that feeling lonely or isolated was a common issue for people with a chronic disease.

With the help of those we interviewed, we now have some ideas on how we can help people to feel less lonely and more supported.

We will give more updates on this project in 2019. Stay tuned!



## ANTIBIOTIC AWARENESS

Antibiotic resistance is when bacteria change, so that they can no longer be killed by antibiotics.

This means that antibiotics will not work when they are needed. The more we use antibiotics, the more chances bacteria have of becoming resistant.

The good news is that antibiotic resistance can be slowed by using antibiotics only when needed.

This makes sure that antibiotics continue to work now and in the future.

With the help of members of the People Bank, we have developed a handout for doctors to give to their patients.

It gives tips on what you can do to help prevent antibiotic resistance.

You can get the handout at [nwmpnhn.org.au/wp-content/uploads/2018/10/Antibiotic-patient-handout.pdf](http://nwmpnhn.org.au/wp-content/uploads/2018/10/Antibiotic-patient-handout.pdf)

More information is also here: [www.nps.org.au/medical-info/consumer-info/antibiotic-resistance-the-facts](http://www.nps.org.au/medical-info/consumer-info/antibiotic-resistance-the-facts)



## HEALTHY RECIPE

### Turkey salad wrap

Preparation/cooking time: 10 minutes

Serves: 1

#### Ingredients

- 1 small carrot, peeled, grated
- 1 wholemeal wrap
- 1 tablespoon 97% fat-free mayonnaise
- 50g lean sliced turkey breast (left over roast turkey or sliced deli meat)
- 4 cucumber ribbons, shaved

- 1/3 cup shredded red cabbage
- coriander sprigs (optional)

#### Method

1. Place wrap on a clean work surface, spread mayonnaise down middle of wrap. Top with turkey, cucumber, tomato, carrot and cabbage. Top with coriander sprigs. Wrap to enclose filling and serve.

Recipe provided by [Diabetes Victoria](#)

