

MY HEALTH MY VOICE

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Dying Well Community Panel

Late last year North Western Melbourne PHN (NWMPHN) organised a Dying Well Community Panel to help us to understand community needs in end of life care.

Most people want to be cared for and die at home with their family and friends, but not many people currently do.

We had 27 people from a range of backgrounds take part in the community panel. They were asked 'What does dying well look like and how can we help people achieve this?'

After working for two and a half days the panel came up with 16 recommendations to improve end of life care.

"I feel after the weekend I have accomplished something," said one panel member. "I feel I have played a part in something bigger."

We are now using the recommendations to help decide how we support services to provide end of life care.

You can view a video of the workshop at nwmphn.org.au/palliative-care

For more information please contact Cikie Lee at cik.lee@nwmphn.org.au or Margo Roest at margo.roest@nwmphn.org.au or call (03) 9347 1188.

Get involved

The Australian Government is funding a free counselling service for aged care residents. We are helping design the service and would like to hear from aged care residents and their families about what the service should look like.

You can help by:

- Completing either the online survey for aged care residents: www.surveymonkey.com/r/RACResidents OR
- the online survey for families and friends of residents: www.surveymonkey.com/r/RACFamilies by 22 February 2019
- Taking part in a workshop on 28 February 2019 at 1pm-5pm.

If you would like to take part in the workshop, or for a paper survey, please contact Aisling at aisling.rogers@nwmphn.org.au or on 9347 1188.

phn
NORTH WESTERN
MELBOURNE

An Australian Government Initiative

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.

To subscribe or unsubscribe from this newsletter please email us at myvoice@nwmphn.org.au or call (03) 9347 1188.

(03) 9347 1188
www.nwmphn.org.au

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TIME FOR A LIFE CHECK

Australians are living longer. That means there's a lot more life to enjoy. Are you prepared for the years to come?

'Life Checks' is a 10-minute quiz created by the Australian Government. It helps you to assess your current health, finance, work life and social life.

It then gives you information and resources to help you make positive changes to ensure in later life you:

- have good physical and mental health
- have enough money to live the life you want when you stop working
- have the skills to be able to work as long as you need or want to
- stay connected with others to avoid loneliness and isolation

To find out if you're prepared for getting older, take the Life Checks quiz at lifechecks.gov.au



WHAT IS SAFESCRIPT?

SafeScript is a new tool for doctors and pharmacists. It is used to help keep you safe.

SafeScript shows your doctor and pharmacist high-risk medicines that you have received.

It will not stop you from receiving the medicines you need. This will still be up to your doctor and pharmacist.

SafeScript is for all Victorians and is different to MyHealth Record.

For more details about SafeScript go to:

www2.health.vic.gov.au/public-health/drugs-and-poisons/safescript/consumers-and-families



HEALTHY RECIPE - MEXICAN CORN

Ingredients:

- 6 corn cobs
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon smoked paprika
- chilli flakes or hot sauce
- 2 tablespoons Parmesan cheese, grated
- 2 tablespoons coriander stalks and leaves, finely chopped
- 1 lime, cut into wedges

Method

1. Heat a BBQ, griddle pan or frypan until very hot.
2. Pull corn skins back but leave attached to make a handle. Remove the corn silks.
3. Cook on high heat, turning often, until lightly charred all over (10 - 15 mins).
4. Mix olive oil, smoked paprika and chilli flakes (if using), then brush corn with paprika oil, sprinkle with parmesan and coriander and serve with lime wedges.

Recipe: livelighter.com.au

