

## INTRODUCING 'STAYING HEALTHY LIVING WELL'

**Staying Healthy Living Well** is a new, **FREE** 12-week program; helping you to understand more about your health, and to share with you ideas, tips and approaches to becoming more confident in monitoring your health and general wellbeing at home.

Delivered by Feros Care and funded by Central and Eastern Sydney PHN – you'll be provided with a senior friendly, easy to use touch-screen computer and measuring devices so you can record your vital signs (like your blood pressure, oxygen levels and blood sugars) each day.

The results will be transmitted securely and privately to your Telehealth Nurse who will monitor and speak with you regularly. Feros Care will also provide you with a print out of your results so you can share and discuss with your GP or specialists during routine visits.

All this, without leaving the comfort of home – through our simple technology.



Talk to your GP or health care professional about being part of the **Staying Healthy Living Well** program.



The **Staying Healthy Living Well** program will support you to confidently manage your health through health education, one-on-one coaching and monitoring from Feros Care's experienced registered nurses – all from the comfort of your home. At the completion of this free, 12-week program you will better understand your own health and the factors that affect it.

## INTERESTED IN THE STAYING HEALTHY LIVING WELL PROGRAM?



If you'd like to participate in the **Staying Healthy Living Well** program please contact Feros Care to register. Alternatively, your GP or other health professional may refer you.

If you'd like to speak with Norfolk Island Health and Feros Care about the program, please call **22687**.



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Health & Wellness • Home Care • Aged Care  
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## INTRODUCING STAYING HEALTHY LIVING WELL

**Health support, monitoring  
and coaching from the  
comfort of home.**



This program is funded by Central and Eastern Sydney PHN  
Available in Central and Eastern Sydney and Norfolk Island

# WHO IS ELIGIBLE FOR THE STAYING HEALTHY LIVING WELL PROGRAM?

It's most suitable for people aged 70 years or more who would like to better understand and manage their health and health conditions.



Blood pressure monitor

## What's included?

- A touch-screen computer that's senior friendly and easy to use
- All the vital signs monitoring equipment
- Training and ongoing support to use the touch-screen computer and equipment
- Internet access
- Monitoring by a Telehealth Nurse
- Fortnightly one-on-one coaching sessions with a Telehealth Nurse
- Group health education in a friendly, fun online environment
- Recommendations to other local services and supports to keep you independent and more connected



Weighing scales



Pulse oximeter



Blood glucose monitor



Thermometer

## What's involved in setting it up?

All of the equipment will be set up for you by our friendly Telehealth team who, together with your Telehealth Nurse, will teach you how to use it. The equipment has been designed to be simple and easy to use – suitable for all levels of computer experience, even those who have had none!

## Is there a cost for the program?

No. The program is funded by Central and Eastern Sydney PHN and delivered by Feros Care.

## Do I need a high-speed internet connection?

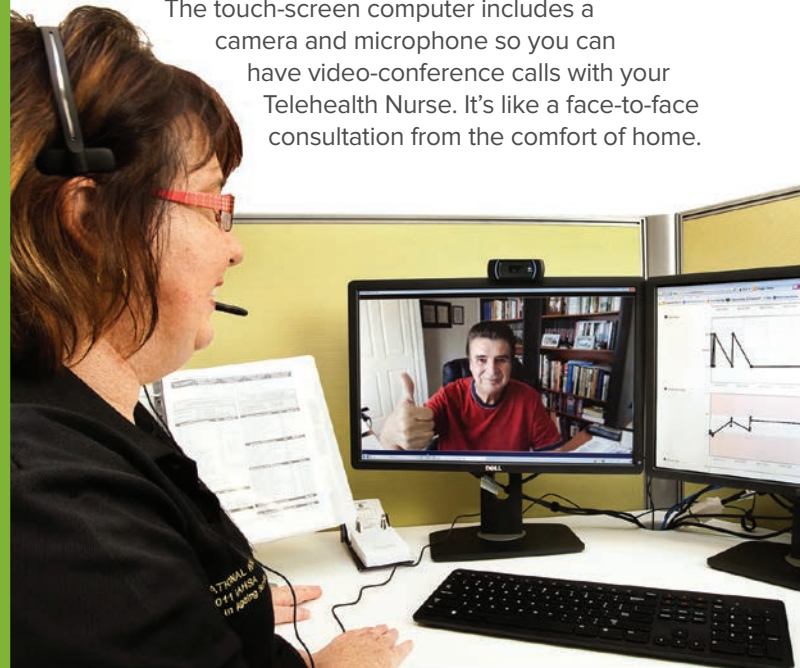
No. Feros Care will provide you with internet access during the program if available in your area.

## Is the technology difficult to use?

No. The whole system has been especially designed for people with no previous computer experience. It's like using a bank's touch-screen Automatic Teller Machine or TV remote control. You'll be shown what to do when the system is set up for you, and ongoing support is available.

## How does video conferencing work?

The touch-screen computer includes a camera and microphone so you can have video-conference calls with your Telehealth Nurse. It's like a face-to-face consultation from the comfort of home.



## What if I feel unwell or my vital signs are different to normal?

It's important to know that the touch-screen computer is not an emergency service. If you feel unwell, please speak with your GP, seek medical attention, or call an ambulance.

## Will my privacy be respected?

Yes. Your Telehealth Nurse and the Feros Care team will always contact you by phone to make an appointment for any home visits. Similarly, if you have a video conference with your Telehealth Nurse an appointment or phone call will be made first.

You can also rest assured that all of your health information will be kept completely secure.

## Who is Feros Care?

Feros Care is committed to care and we've been proudly caring for people for almost 30 years. We're a non-profit organisation, supporting people from 7 to 100+ to live healthier, better connected and more fulfilling lives through people centred aged care and disability services.

## THE BENEFITS OF STAYING HEALTHY LIVING WELL

At the end of the 12-week program you will:

- Have a better understanding of your health and health conditions
- Understand the lifestyle factors that may affect your health, and set goals in order to improve your overall health and wellbeing
- Feel confident in managing your health conditions, with the support of your GP and health care professionals
- Feel more confident with Technology