

## **Dementia Support Australia (DSA) visiting Norfolk Island – June 28th to July 4th 2021**

Dementia Support Australia (DSA) is a service led by HammondCare that brings together expertise in dementia care from across the aged care industry. It is federally funded and provides support across Australia, including the Norfolk Island Community.

DSA aims to improve the quality of life for people living with dementia and their carers. We do this by working in partnership with the person living with dementia and their care network to understand the triggers that led to changes in behaviour.

DSA offers non-pharmacological and pharmacological advice and support to clients and to their carers. DSA also provide education and training to aged care facilities and organisations that care and work with people living with dementia. DSA will also attend the Norfolk Island Health and Wellbeing Expo at Rawson Hall in September 2021.

The DSA team is a multi-disciplinary team consisting of Registered and Mental Health Nurses and Allied Health Professionals with significant experience working in dementia and aged care settings.

If you have been diagnosed with dementia and would like to speak to the team from DSA while they are visiting Norfolk Island, please make an appointment with your GP at NIHRACS GP clinic on 24134 or self-refer by contacting their 24/7 free helpline 1800 699 799.

If you are a carer of someone with dementia and would like to meet with DSA for advice while they are visiting Norfolk Island, please call the Hospital Social Worker Maria on 22091, mobile 50593 or alternatively call DSA to self-refer.

## **Food Security Survey Summary**

Food security is an internationally recognised term. It can be described as access by all people at all times to sufficient food for an active and healthy life. Research has shown that people living in remote locations are more at risk of food insecurity and that it can impact on their nutritional status.

This survey was designed by the NIHRACS Dietitian with the goal of obtaining information about food security on Norfolk Island, focussing on the past 12 months. The survey was released early in April 2021 and was available for completion until early May.

115 people responded to the survey. Given that each respondent was representing a household, the results are likely to provide a good representation of the community. Twenty nine per cent of respondents said they had children or young people in their household. Seven per cent (8 respondents) indicated they were affected by food insecurity, based on the slightly modified question used in Australian food insecurity research. Another 2.6% (3 respondents) were unsure if "In the last 12 months was there any time you or anyone in your household did not have enough food or did not have enough money to buy adequate food?" This figure is slightly above the average Australian food insecurity reported rate of 5%.

A series of questions asked about obtaining to core food groups, these being breads, cereals, rice and pasta; fruit; vegetables; meat, chicken, fish, eggs; legumes and dairy foods. The results indicate that more than half of the respondents had trouble obtaining all core food groups except meat, fish, chicken and eggs and legumes. This finding could indicate potential nutritional concerns for the community.

Respondents provided lots of comments with some common threads being: shipping and freight issues; scarcity of and high demand for local supplies of fruit and vegetables; lack of core foods at times at the supermarkets; difficulties in meeting special dietary requirements, eg gluten free; high cost of food that has been airfreighted.

One of the goals of this survey was to explore what strategies people used to ensure their household does not run out of core foods. 106 respondents answered this question. The common threads from these responses are: growing own vegetables and fruit, having chooks for eggs; buying in bulk and storing, planning ahead; online buying, though most commented on the inconsistency of delivery; bringing back supplies when going off island or asking others to bring over or send food items by mail; making the most of what is available; going early to the weekend markets and visiting roadside stalls; sharing with family and friends.

This survey provides evidence of food insecurity issues on the Island in the last 12 months. It is of concern that a high proportion of people indicated they had trouble obtaining the majority of core food

groups. These foods are fundamental to providing adequate nutrition for all members of the community. If these healthy foods are being substituted for by less healthy foods, there is a risk not only of inadequate intake of essential nutrients but also unhealthy habits forming that can lead to chronic health conditions.

A report on the survey results has been provided to the NI Administrator's office for consideration with a recommendation that core food supply to the community be prioritised in any future food supply planning. Many thanks to everyone who responded to the survey, your participation is much appreciated.

### **Latino dancing**

Health and wellbeing program is welcoming people to come and try Latino dancing with Valeria "Val" Dorrego. Valeria has provided the following about the new program...Come learn a few moves, enjoy the upbeat Latin American music and share some laughs. Dance along, follow my lead or invent your own ways. The idea is to move as many muscles as we can, and have fun!

All genders and ages welcome at the weekly classes, start time is from 5.30pm each Monday at SDA Hall on New Cascade Road . Remember to bring your water bottle and comfy shoes.

Cost is \$5 per person, children are free.

### **NICHE Program**

The Free Norfolk Island Community Health Empowerment (NICHE) Program has commenced. Registered Nurse Vanessa Bakker is the temporary NICHE Program Coordinator and can be contacted Monday – Wednesday at the Health and Wellbeing office on 22687. The NICHE Program is a free program designed for people who are living with one or more chronic (longer term) health conditions. The program will help participants to learn more about their health and condition(s). The Coordinator will assist people to gain more confidence in managing their own health and in making positive lifestyle changes. The program will work closely with the GP Clinic, especially the Chronic Disease Nurse and GPs as well as other health professionals to ensure that everyone is up to date on participants' health, keeping them at the centre of care. For more information please call Vanessa or Karen on 22687.



### **Norfolk Walkers – Heart Foundation Walking Group**

The Heart Foundation walking program has been running successfully for nearly 2.5 years. We are keen to welcome new members to this free program. All new members receive a free Heart Foundation T-shirt or cap and new stock of T-shirts have arrived. Come along, you are welcome to bring your dog or children and there are different walking distances to choose from. The group meets every Sunday at 8am near the Kingston pier. For more information contact the Health and Wellbeing office on 22687.

### **General Practice Clinic Update**

Due to the current restrictions due to the risk of COVID-19 the main entry to NIHRACS is currently locked however the General Practice clinic is still open for business for all your health care needs and our emergency department is still operating. To decrease the risk of COVID-19 our processes have changed and Medicare is providing funding for telephone consultations where our Doctors can provide their

services without you having to present to NIHRACS. It is a legislative requirement that GPs and Other Medical Practitioners (OMPs) working in general practice can only perform a telehealth or telephone service where they have an established clinical relationship with the patient. There are limited exemptions to this requirement. If the assessing Doctor decides you need further medical intervention they will inform you on what to do next. To book appointments please phone our reception on 24134. Please continue to help us to reduce the risks of coronavirus on our small community by taking advantage of our telehealth services.

Please call 24134 for appointments only during opening hours.

If you require medical assistance outside business hours please phone the hospital on 22091. In cases of emergency please dial 000.

### **Flu Vaccination**

This week the GP Clinic vaccinated nearly 500 people, the majority in the 3 days of Flu Vax clinics at the SDA Hall. Thanks to everyone involved, such a great effort. If you missed out on getting your flu jab, you can still get one but you need to contact the GP Clinic on 24134 to arrange an appointment.

### **GP Staffing Update**

The following locum GP's will be joining our team:

Dr Clive Bishop 21<sup>st</sup> April – 1<sup>st</sup> June

Dr Geoffrey Cox 19<sup>th</sup> May – 2<sup>nd</sup> July

Dr Frank Reed 20<sup>th</sup> May – 10<sup>th</sup> June

### **Upcoming Clinic/Specialist Appointments**

Please note that all specialist appointments will require a referral letter from your GP prior to booking an appointment.

Smoking Cessation Clinic Every Second Tuesday afternoon (no referral required)

Nutrition and Dietetics Clinic Every Thursday afternoon

Prof Gonski (Geriatrician) Every Friday afternoon

Laura Lengel (Speech Pathologist - Adult) 31<sup>st</sup> May – 4<sup>th</sup> June

Karen Vogel (Occupational Therapist – Adult) 31<sup>st</sup> May – 4<sup>th</sup> June

Lisa Wilkes (Podiatry) 11<sup>th</sup> June – 18<sup>th</sup> June

### **How long should you book your appointment for?**

Most appointments with your GP only require 15 minutes. If you have multiple issues or you think they are complex and will require extensive discussion, please let our receptionist know that you would like a **long appointment**. This will ensure you have the time needed with your GP and will assist us in managing the GPs time and patient flow.

### **Updating Your Details**

When you next visit the GP Clinic you will be asked to update your details. This is to maintain accurate information on your medical record and therefore assist with your consultation. Please arrive for your appointment 5 minutes prior to your appointment to allow time to complete. We thank you for your assistance in this important task.

### **Test Results and Referrals**

Test results can be obtained in a booked consultation. Referrals to specialists must be made during a consultation.

### **Walk-ins**

The GP Clinic operates on an appointment basis. Walk-ins are accepted, however there may be an unavoidable wait as priority is given to patients who have a booked appointment with their Doctor. All patients should present to reception with their current Medicare Card. At times you may experience a waiting period due to doctors tending to urgent or complex medical issues. We apologise for any inconvenience.

## **Skin Check Clinic**

As part of a complete early detection strategy, we recommend that you see your GP once a year, or more often if you are at a higher risk of skin cancer, for a full-body, professional skin exam. To make a booking please mention 'skin check' when making the appointment – phone 24134.

## **Child Health Clinic**

Child Health Clinic will now be run from the GP Clinic every Thursday, 8:30am to 4pm. This clinic is for 0 – 5 year olds and includes: Developmental Assessment, Baby Growth Checks, Emotional and Social Development, Breastfeeding Support, Settling/Sleep Support and Introducing solids.



## **Smoking Cessation Clinic**

It's hard to stop, but with help and support, you **can** quit smoking.

Quitting smoking can be one of the most difficult, yet rewarding, things a person can do. Most smokers say they would like to quit, and may have tried at least once. Some are successful the first time, but others try a number of times before they finally give up for good.

It might take time, it can be hard as your body has become dependent on nicotine, but many people have succeeded in giving up smoking. Become one of them by making a quit plan

The clinic will provide a proven approach to assisting people who wish to either quit smoking or cut down. Every cigarette not smoked is doing good for smokers' health. The clinic uses a multidisciplinary approach to match individual needs.

To make a booking for the smoking cessation clinic call the GP Clinic on 24134.

## **Heart Health Check**

Do you know what your risk of having a heart attack or stroke is? Having a regular Heart Health Check with your GP will help you better understand your risk of a heart attack or stroke.

Most importantly, your GP and nurse can support you to lower this risk. A Heart Health Check is a 20-minute check-up with your GP to assess your risk of having a heart attack or stroke.

Anyone 45 years and over or 30 years and over for Aboriginal and Torres Strait Islander peoples should have a regular Heart Health Check with their doctor.

To make a booking for a heart health check please call the GP Clinic on 24134.

**All patient information is treated as confidential**