

## **Sensory Room available for Community use**

### **What is a Sensory Room?**

Sensory rooms are specially designed environments that provide a sensory experience to people, young and old, with a wide variety of different abilities. Traditionally, sensory rooms were used for relaxation and de-escalation, when people with autism, emotional and behavioural difficulties, sensory processing disorder, or other special needs would find themselves overwhelmed and in need of a safe and distracting place to return to a state of calm. Although sensory rooms are often still used for relaxation, they can also be used in conjunction with various therapy modalities.

The Norfolk Island Sensory Room project is the result of a collaboration between NI-Connect and Norfolk Island Health and Residential Aged Care Service (NIHRACS). It is housed and administered by NI-Connect and funded and overseen by the Health and Wellbeing Team from NIHRACS.

To book a session in the sensory room, contact NI Connect on 23380. Bookings are accepted for Monday to Friday, between the hours of 9.00am to 5.00pm. Sessions will be in 30 minute blocks, with multiple sessions able to be booked if the person requires longer than 30 minutes.

## **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. 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.

## **GP Staffing Update**

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

Dr Jeff Lindenmayer 2<sup>nd</sup> July – 6<sup>th</sup> August

## **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

Dr Kerrigan (Paediatrician) 19<sup>th</sup> - 23<sup>rd</sup> July

Prof Hooper (Endocrinologist) 9<sup>th</sup> – 13<sup>th</sup> August

The COVID-19 outbreak occurring across Greater Sydney and its surrounding areas remains a critical issue not just for NSW but for Norfolk Islanders. Given the transmissibility and contagiousness of this disease and the risk of bringing this into the NI community, it has been confirmed that any visiting specialist services originating from the affected areas will be postponed until the completion of the lockdown period. With respect to visiting specialist services provided via NIHRACS, this will impact Ophthalmology and Paediatric Occupational Therapy. NIHRACS will work with the visiting clinicians to

ensure patients continue to receive the right care, in the right place at right time; whilst considering the risks to NIHRACS staff and the broader NI population.

### **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.

**All patient information is treated as confidential**