



ASK US

Q AND A'S WITH ALEX & JANE - ALFRED HOSPITAL HTC TEAM



Here is a list of previously feature articles by Alex Coombs and Jane Portnoy (Social Workers, Haemophilia & Other Inherited Disorders Team, Alfred Health) and provide advice and guidance for patients that attend the Ronald Sawers Haemophilia Treatment Centre. These articles are now accessible on our website.

- Hospital appointments during Covid-19
- Life in lockdown
- Sleeping issues
- Ageing and bleeds
- Understanding the Disability Support Pension (DSP), NDIS & MyAged Care
- Mental health and loneliness
- Are you a country patient?
- NDIS and bleeding disorders
- Health issue with ageing with haemophilia
- Transitioning to the Alfred
- Disclosure at work

Please go to www.hfv.org.au/publications/local-resources-publications/alfred-htc-question-and-answer-resources

Mental health and loneliness - March 2019

Having a chronic illness makes a person more likely to suffer with mental illness particularly anxiety and depression.

The challenge is to build up your skills along the way. As issues come up find a positive way to deal with them. If there are hurdles to jump, work out what will help, who can support you and what are your options. We know that some people manage certain things better than others.

How can you be one of the ones that gets through rather than struggle with various challenges?

Having support from your own network and/or professional help can make a huge difference. It is important to remember that you do have strengths, and often finding these and building on them is your pathway through a current difficulty.

Health issue with ageing with haemophilia - June 2018

What are the specific issues for men aged 35+?

Men over 35 are well known for not seeking medical care for themselves. They are usually busy with work or family commitments and prioritizing themselves is challenging.

However we know that early action can reduce the severity of the problem, and shorten the recovery time. This stage of life is when many men and women have dependents relying on them, financially, with practical care and in their relationships. Taking time off for a medical appointment, a visit to the hospital or to recover can seem impossible.

As for specific issues, this age group face the same challenges as the general population, including family planning. A common request by men is for a vasectomy which is complicated by their bleeding disorder.

Are there different issues for men aged 65+?

The haemophilia population aged over 65 did not have access to adequate treatment as children. They may have significant musculoskeletal issues and may need to retire early which can cause significant financial stress. Some may also be carers for ageing partners.

They have also had long and complicated relationships with medical care, and not all of it has been easy. Many have negative or traumatic memories of hospital, recent and from long ago, and these can add to a reluctance to address any health concerns. On the positive side they are able to put more time into their own health and can get good results from their own active involvement in their health and physical activity.