

WINTER 2022

THE MISSING FACTOR

OVERSEAS TRAVEL GUIDE
2022 HFV CAMP PHOTO BOOK &
UNDERSTANDING DISABILITY &
AGED CARE SERVICES



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HFV is committed to Child Safety.
Our Child Safety Statement is available for review
on our
website www.hfv.org.au

The Missing Factor is the official publication of the
Haemophilia Foundation Victoria (HFV) with four
issues annually.

Opinions expressed in The Missing Factor do not necessarily reflect
those of the foundation, HFA or the Haemophilia Treatment Centres.
The content of this publication is provided for information purposes
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the information which is provided.

HFV is funded through the Department of Health and Human Services
under Blood Borne Virus Sector due to the historical impact of con-
taminated blood products on the haemophilia community.

HFV supports our diverse community and our magazine reflect topics
that impact our community including bleeding disorders, BBVs, mental
health and positive health promotion.

Editor: Yarrow Ruane



Haemophilia Foundation Victoria
acknowledges the support of the
Victorian Government.

PRESIDENT'S REPORT

Winter has arrived!

Wind, rain and cold... Perfect time to curl up with a blanket, hot chocolate and the latest issue of our newsletter!

As we all are too aware COVID is still very much impacting on our lives. Many in our community have been struggling with colds and flu as well as COVID. We hope that wherever you are, you are safe and well. However, as we all learn to live with our 'new normal,' we at HFV are very excited to now be able to be out and about with you.

The community camp was a huge success! It was so delightful to be able to meet new people attending for the first time, as well as reconnect with so many we haven't seen for too long. There has been so much positive feedback and we are truly heartened that the months of planning were appreciated by you as our members. For those that didn't make it... The next one is already booked! Save the date as 17-19 March is the time for more fun in 2023.

We are also so happy that the Men's retreat is back in our calendar where it belongs! The 2023 date and location will be locked in soon.

As a committee, we are always considering better ways to engage with our community and HTCs. We have a few new ideas in development so if you are intrigued to find out more, please contact the team to have a chat. Yarrow is working behind the scenes to diversify our communication tools and Andrea, as always, is streamlining processes and systems to increase our time for what we all agree is our priority... Engaging with you. Connect, support and empower. Three

words with mighty power. So as you keep yourselves warm and safe take a moment to consider what you may need from HFV and what you may be able to do to help. All on the committee are volunteers and the staff work way above and beyond their paid hours to continue to deliver the services of HFV. We need your support - your financial membership fees, your ideas on future directions for program delivery and your feedback on what we are already doing (as well as what you want us to be doing). Remember that we are only ever a phone call or email away.

Be safe and warm and look forward to seeing you at one of our planned activities (and if you don't know what they are...you need to read the newsletter!)



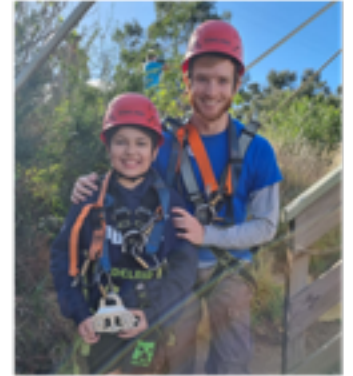
Leonie Demos

HFV President

2022 CAMP PHOTO BOOK









Ask Us: Overseas Travel

By Alex Coombs & Jane Portnoy

Dear Ask Us,

I am planning my first overseas trip now that the borders are open.

I have been saving hard, and want to see the world. Do you have any hints or tips, particularly given that I have a severe bleeding disorder? I'm also concerned about travelling with COVID out and about!

From "Unwordly Traveller"

Hey Unwordly Traveller,

We guess that the COVID enforced lockdowns and restrictions we've all endured over the last few years have given you time to save and ponder the travel adventure that awaits. You can make your trip very special, and we don't want any unexpected glitches to spoil the whole thing.

Of course, sometimes the unexpected happens, so making sure that you are prepared helps...

TRAVEL INSURANCE

Travel insurance is strongly advised for those with bleeding disorders, severe and otherwise. If you need treatment, care or hospitalization overseas, this can be expensive - especially in countries that don't

have a Reciprocal Health Agreement with Australia.

Does your bank or credit card company offer you discounted travel insurance?



There is a comprehensive resource published by the government on the Smartraveller website:

<https://www.smartraveller.gov.au/CHOICE-travel-insurance-guide-COVID-19#:~:text=Several%20travel%20insurers%20now%20offer,to%20medical%20and%20repatriation%20costs.>



HFA has also recently put together advice for travellers:

<https://www.haemophilia.org.au/publications/national-haemophilia/2022/no-217-march-2022/travelling-during-covid-19>



MOBILE DATA

Make sure that you have checked out data packs for your smart device, and worked out what one suits you. You can often use local WiFi, but sometimes you also need maps, translation apps and currency converters in addition to access to your phone calls. You will also need access to MyABDR if you are recording your treatment.

Global roaming can be very expensive, so it is best to know what the charges are before you go. Often you can get a local plan/SIM card or pay for a travel pack from your Australian provider.

HAEMOPHILIA TREATMENT & OTHER HEALTH CONDITIONS

Make sure you speak with your Haemophilia Treatment Centre (HTC) medical staff about your trip as early as possible, as they may have local knowledge on some of the countries you plan to travel through. Please request a medication and treatment travel letter with as much

notice time as possible, and discuss what else you might need to take with you (e.g. a cooler bag/small esky for your treatment). Your HTC medical staff will advise if you need to make a clinic appointment, especially if it's been awhile since the team have seen you.

Also research the details of the nearest local HTC in countries of intended travel. You can also contact your own HTC for advice if something happens while you are away.. But be mindful of the time differences between Australia and other countries!



Research what vaccinations you may need. This can be particularly important when travelling to some areas in Asia.

<https://www.betterhealth.vic.gov.au/campaigns/travel-and-holidays>



Research the local rules in your destination countries on mask wearing & Covid vaccination cover?

<https://www.haemophilia.org.au/publications/national-haemophilia/2022/no-217-march-2022/travelling-during-covid-19>

Ask Us: Overseas Travel

By Alex Coombs & Jane Portnoy

LANGUAGE

Can you speak the local language? A translation app on your smart device, or a list of local phrases can be really helpful. What is the local word for hospital? Ambulance? Police? Can you seek out local medical care if you or a travel buddy needs it?

Having a few phrases in the local language can also be a way of making local contacts and to see things beyond the usual tourist magnets.



PLAN FOR COVID & BLEEDS

Are you travelling with a buddy?

What would you do if one of you got COVID or needed to isolate?

Does your buddy know about your bleeding disorder?

Do you have a plan for if you get an injury?

PACKING LIST & TIPS:

- ◆ your ABDR & Medicare card with you
- ◆ treatment if you need it
- ◆ a Medication & Treatment Travel letter from your HTC
- ◆ passport, Covid vaccination evidence on your smart device & printed smart device chargers & converter plugs for the local power outlets
- ◆ spare padlocks & keys for your bags & copies of the keys to the bag padlocks you use
- ◆ as inconvenient as it may be, carry your backpack in front of you
- ◆ use a money pouch or “bumbag” keep your valuables out of sight under your clothing

Don't forget to enjoy yourself, relax, take in the sights, sounds, foods & culture!

ALEX & JANE'S TOP TRAVEL TIPS



Share Your Plans

Share your travel plans with your family, make sure someone has a copy of ALL your documents, including passport, vaccinations, and your itinerary. Upload a backup to the cloud or equivalent.



**CLOUD
STORAGE
TIPS**



Pack Light

Pack lightly, as a heavy suitcase is more challenging and can be expensive if you go shopping for the local trinkets.. Fridge magnets or snow globes can be so appealing! Or that bargain “antique” Buddha head from Bali, authentic sports T from your overseas soccer club, or must-have travel coffee mug.



**BANNED
GOODS**



Know the Border Rules

Not everything you buy overseas can be brought in Australia due to the strict quarantine rules that protect Australia from overseas pests and microbes. Wood items, especially from some parts of Asia, may contain pests hidden under the paint etc.

You should declare any items you purchased overseas. You will be given a Declaration form on your return flight into Australia to complete. Be honest and up-front at all time - fines can be expensive and Australian Border Force sniffer dogs will welcome you home at the airport. They are not just there to be cute! They also sniff out illicit substance.



**CAN YOU
BRING IT?**

CURRENCY

See your local bank or existing credit card company for advice. You can use your own existing debit and credit cards overseas but beware of these being lost, stolen, fraudulently used and/or copied in local ATMs. There are also fees for currency conversion.

You can buy travel cards and load them with a certain amount of spending money to limit potential losses whilst you take in the sights. Pick pocket thieves abound in some countries overseas - they can be so fast that you don't notice! Here are some suggestion to look into:

- ◆ thecurrencyshop.com.au/travel-cards
- ◆ travelex.com.au/travel-money-card
- ◆ commbank.com.au/travel/travel-money-card.html

Alex Coombs and Jane Portnoy are Social Workers at the Ronald Sawers Haemophilia Centre at Alfred Health. This article was written for “The Missing Factor,” 2022.

New Haemophilia Foundation Australia Education Resource:

Haemophilia Foundation Australia

HFA has published a new education resource, Haemophilia testing in women and girls: your questions answered. It's a comprehensive booklet about genetic testing and factor level testing in haemophilia for women, girls and parents of girls.

There are often many questions and things to think about when checking to see if a woman or girl is affected by haemophilia.

- What is involved in genetic and factor level tests?
- Who should have them, and at what stage in their life?
- How is haemophilia passed on in a family - and what if there is no family history?
- And why do some women and girls have bleeding symptoms or haemophilia and others do not?

HFA developed the booklet to answer these and other questions in collaboration with women and parents in our community, HTC's and genetics and legal experts. It includes infographics, tables and personal stories.

Article printed with permission from Haemophilia Foundation Australia.

Download the booklet from the HFV website at:

tinyurl.com/HFV-Female-Genetic-Testing



If you would like a print copy, contact HFA at:

hfaust@haemophilia.org.au

or 0398857800

and ask them to post you a copy.

Thanks to everyone who contributed to the development of this resource, and a special mention of Jane, Sharri and Michelle for sharing their personal stories.

We invite you to take a look at the resource and pass it onto anyone you think would find it helpful.

And look out for the short and simple version which is coming soon!

Haemophilia testing in women and girls

Your questions answered

Genetic testing • Factor level testing



UNDERSTANDING DISABILITY AND AGED CARE SERVICES

*By Alex Coombs and Jane Portnoy,
Social Workers at the Ronald Sawers
Haemophilia Centre at Alfred Health*

Q: I'm a bit confused by the Disability Support Pension (DSP) which I get, the National Disability Insurance Scheme (NDIS) and My Aged Care. Does one affect the other? I live with my mum who is getting older and slower every day and we are both beginning to have problems and might need help.



A: It can be daunting to unravel the government benefits schemes and services available to people with bleeding disorders and their family as they grow older. This question is common among our clients.

We are all growing older and some days it seems the acceleration is faster than others. Disability and aged care services can be a minefield of terminology, acronyms, official websites and guidelines. Waiting in the queue on the telephone for answers can seem endless and be very tiring. With that in mind, we have outlined answers to some of the issues raised in this question.

DO I HAVE A DISABILITY?

If you have a bleeding disorder, it is important to understand the difference between a medical condition and a disability.

When you are applying for government benefits or services, the terms 'haemophilia', 'von Willebrand disease', 'inherited bleeding disorder', and 'genetic disorder' are considered to be medical conditions. When you give your medical history, you will disclose these if asked to ensure your records are accurate

Having a medical condition is not deemed a 'disability' in itself, but you may develop a disability as a consequence of this medical condition, or your bleeding disorder can contribute to your disability.

FIRST THINGS FIRST - GETTING STARTED



MYGOV PORTAL

W: my.gov.au

- MyGov is the online portal that allows you to access Centrelink, the ATO (Australian Tax Office), Medicare, and many other public services including your NDIS or MyAged Care account.
- Using MyGov is almost mandatory if you want to interact with Centrelink.
- You will need to create an MyGov account with a reference number and password.
- Keep these details secure and handy whenever you make inquiries.

CENTRELINK

W: centrelink.gov.au

T: 13 2300

Monday to Friday

8 am to 5 pm

- Login to MyGov to access your Centrelink account.
- Centrelink delivers Centrelink (Australian Government) social security payments and services to Australians.
- To find more information about Centrelink payments and services, go to:
servicesaustralia.gov.au/

INDIGENOUS CALL CENTRE:

Ph.1800 136 380

Monday to Friday

8 am to 5 pm

DISABILITY SUPPORT AND SERVICES

DISABILITY SUPPORT PENSION (DSP)

W: www.servicesaustralia.gov.au/individuals/services/centrelink/disability-support-pension

T: 13 2717

H: Monday to Friday, 8 am to 5 pm

The Disability Support Pension is your income. It is means tested and based on your inability to work full-time or part-time.

You are eligible if you are aged between 16 and 64 years and experience a reduced participation capacity due to a physical, intellectual, or psychiatric condition.

To meet the medical criteria, individuals applying for the DSP must be manifestly medically eligible or have a disability or medical condition that is:

- fully diagnosed, treated and stabilised
- has a minimum impairment rating of 20 points under the Impairment Tables of the Social Security
- and have been assessed as unable to work or be retrained for any work of at least 15 hours a week in the next two years

The DSP allows you to work part-time/casually up to a certain level of gross pay (pre-tax amount). Centrelink will advise you of the

allowable pay level or you can check on the Services Australia website. You must report any gross pay you have earned and the number of hours worked fortnightly to Centrelink, and then they will reduce the pension payment accordingly.

Your DSP amount received does not affect the NDIS funding.

Please note your local Centrelink office should have a social worker available to clarify any questions if you still feel confused after talking with the front counter staff. Make an appointment (if this is permissible under COVID restrictions) to sit down and raise your questions or concerns about your entitlements or your application. This can include an appeal against a decision to refuse your application, if this occurs.

ASSESSMENT OF YOUR CLAIM

Centrelink will assess your impairment as part of the general medical rules for Disability Support Pension (DSP)

Go to:
<https://www.servicesaustralia.gov.au/individuals/services/centrelink/disability-support-pension/how-we-assess-your-claim/impairment-rating>

MEDICAL EVIDENCE

Centrelink requires medical evidence if you claim the Disability Support Pension (DSP) or have a medical review. Follow this link to ensure you provide the evidence required.

Go to:
<https://www.servicesaustralia.gov.au/individuals/services/centrelink/disability-support-pension/how-we-assess-your-claim/medical-evidence>



DISABILITY SUPPORT AND SERVICES

THE NATIONAL DISABILITY INSURANCE SCHEME (NDIS) & NATIONAL DISABILITY INSURANCE AUTHORITY (NDIA)

W: <https://www.ndis.gov.au/>

T: 1800 800 110

H: Monday to Friday, 8 am to 5 pm

The NDIA is the agency that administers the NDIS.

The NDIS is the scheme that provides the funding for your services, support and equipment/modifications to the home/car etc. which will enable you to be as independent as possible.

Eligibility:

- As an applicant you must be under 65 years of age.
- If you are successful in accessing the NDIS and you later turn 65, you will be able to continue to have NDIS support

Having haemophilia as a medical condition in itself will not suffice. It is about the impairments associated with haemophilia and other inherited bleeding disorders that impact on your day-to-day functioning and capacity to be independent.

This must be impressed upon when you complete your **Access Request form**. You need to identify your goals and needs and have a physiotherapist/occupational therapist/medical officer

assessment to support your request.

To get started, you can go to the NDIS website to download an Access Request form or call the contact number to request a form to be sent to you.

Go to <https://www.ndis.gov.au/how-apply-ndis/what-access-request-form#access-request-form>

Complete this form in consultation with your GP initially or your specialist(s).

DISABILITY GATEWAY

W: disabilitygateway.gov.au

T: 1800 643 787

Monday to Friday

8am to 8pm AEST

The Disability Gateway has information and services to help people with disability, their family, friends and carers to find the support they need in Australia.

AM I ELIGIBLE?

Go to www.ndis.gov.au/applying-access-ndis/am-i-eligible

NDIS - WHAT TYPES OF SUPPORT ARE FUNDED?

Go to <https://www.ndis.gov.au/understanding/what-ndis->

NDIS GOALSETTING

Go to www.ndis.gov.au/participants/creating-your-plan/setting-goals

TRANSITIONING TO MY AGED CARE & THE AGE PENSION

THE TRANSITION FROM NDIS TO MY AGED CARE

Currently there is no automatic transition from NDIS to My Aged Care.

Upon turning 65 years old, if you have been on the NDIS funding, you have a choice to move to MyAged Care or remain on the NDIS.

These are two separate pools of funding initially dependent on the age of the applicant. Discussions with the Federal Government to open up the NDIS to those over 65 as well who have a disability are on-going.

In short to be eligible for the NDIS you will need to apply before turning 65 years of age and have functional impairments brought on by a developmental, intellectual or mental health disability or an acquired disability such as from an accident or illness, which restricts your ability to lead an independent life. It provides funding for in-home supports such as support workers, equipment and home modifications. Once approved for a NDIS funding budget, it is for life.

Currently My Aged Care is for those 65 years and

older (50 years or older for Aboriginal or Torres Strait Islander people) whose independence is impacted by the aging process and its effects and where it reduces their capacity to continue their self-care. You may need in-home services to continue to live in your existing home. Some may consider relocation to supported accommodation in either an aged care home providing different levels of support or in a retirement village. If you acquire or develop a disability after 65 years of age you currently cannot apply to the NDIS for additional funding.

TRANSITIONING TO THE AGE PENSION

On reaching Age Pension age (see under Age Pension below for your respective attainable date) and if you are in receipt of an eligible payment, you can apply for a transfer to the Age Pension, which is simpler and easier than completing a full Age Pension claim.

Centrelink will send you an invitation to transfer 13 weeks before you reach Age Pension age. Qualifying for the Age Pension depends on your circumstances and the

payment you currently get. On contact with Centrelink's Age Pension staff, you will need to tell them if you:

- want to apply to transfer to Age Pension or not
- have superannuation, because any superannuation you have may affect your rate of payment.

Please ensure you complete the process to the end to ensure continuity of your benefits and entitlements.

Go to:
www.servicesaustralia.gov.au/individuals/topics/transfer-age-pension/31161



AGED CARE SUPPORT AND SERVICES

AGE PENSION

W: <https://www.dss.gov.au/seniors/benefits-payments/age-pension>

T: 13 2300

Monday to Friday

8 am to 5 pm

The Age Pension is the main income support payment for people who have reached the Age Pension age:

- On 1 July 2021, the Age Pension age increased to 66 years and 6 months for people born from 1 July 1955 to 31 December 1956, inclusive.
- If your birthdate is on or after 1 January 1957, you'll have to wait until you turn 67. This will be the Age Pension age from 1 July 2023.

There are range of eligibility requirements associated with the Age Pension that are based on age, residency and means test qualifications.

MY AGED CARE

W: www.myagedcare.gov.au/

T: Ph 1800 200 422

My Aged Care is a referral and information system for anyone aged 65 years and older (50 years or older for Aboriginal or Torres Strait Islander people).

This is not the Age Pension available from Centrelink.

This is where you or your family go to begin the process of seeking appropriate services, equipment, and specialist aged care assessments of your needs that will assist in keeping you or your aging family member at home and independent for as long as possible. It is also the point at which you can request an in-home assessment for possible nursing home placement or what other supported residential options exist and including access to planned respite stay for the ageing person.

You can still seek out your family GP after accessing My Aged Care as well.

Once your register, it is important you keep the reference number you receive handy at all times to make further enquiries.

WHERE TO GET MORE HELP

You may be wondering where you can go and who to talk to for more help. Links and contact numbers have been provided above to help you to look further into your respective claim area.

If you need more help?

Haemophilia Treatment Centre (HTC) social workers and counsellors can support you with gathering information in making your application, referring you on to Centrelink helplines, Centrelink social workers and other community advocacy services.

This article was adapted by HFA for the Getting Older Info Hub in September 2021 from Ask us: Q & As with Alex and Jane, Alfred Hospital HTC Team. The Missing Factor, September 2019. The adapted version is reprinted with permission.

For more information on services for getting older, visit the HFA Getting Older Info Hub: www.haemophilia.org.au/getting-older



Are you caring for a loved one?

The free Time Out program provides respite for unpaid carers who look after parents, partners, adult children, or other family members, so that they can have some time out to attend to their own personal needs.

Find out more or make a booking through Travellers Aid at travellersaid.org.au or by phone on 9068 8187.





World Hepatitis Day – 28 July

World Hepatitis Day will be marked internationally on 28 July 2022 and is one of the World Health Organization's seven official global public health days.

It is an opportunity to come together to step up national and international efforts to eliminate viral hepatitis, in particular hepatitis B and hepatitis C. The global and Australian theme for World Hepatitis Day 2022 is **Hepatitis Can't Wait**.

Many people don't know that they have hep C -

you could be at risk if you have a bleeding disorder and ever had had a blood product before 1993.

Or some people have been cured but still need follow-up for their liver health, especially if they have cirrhosis.

Do you think this might be you? Or someone you know?

By talking to our friends, family or a doctor about testing, treatment and liver health checks we can work towards the

goal of viral hepatitis elimination by 2030.

On World Hepatitis Day we are reminded not to wait - know your hep C status, have treatment to cure hep C, where possible, and follow up on your liver health after treatment.

Keep an eye out on our website and social media for more information and activities in the week leading up to 28 July.

Article written by Haemophilia Foundation Australia and printed with permission.

FIND OUT MORE

Australian World Hepatitis Day website - www.worldhepatitisday.org.au
HFA World Hepatitis Day page - www.haemophilia.org.au/world-hep-day



MONTH TO GO!

Notices & Information

IT'S TIME TO RENEW YOUR HFV MEMBERSHIP

With the end of financial year creeping up, it's time to renew your HFV membership for the coming financial year.

We have enclosed membership renewal and/or donation forms in the same envelope as your magazine. Please return the form to HFV as per the instructions detailed.

If you have not received the appropriate form, or need to update your address in our database, please let our office know as soon as possible.

We look forward to another year in service of this wonderful community.

HFV REGIONAL VISITS ARE RETURNING

We have heard you all loud and clear! Regional visits will be starting back up again in the second half of 2022.

Our first day of regional visits will take place in Gippsland on Sunday 2nd October. There will be a morning tea in Traralgon, followed by an afternoon tea in Warragul.

Come along, meet new people, reconnect with old friends, and get back into the community spirit! This may be an especially good chance for those of you who were unable to attend camp this year.

We won't hold our breath for a sunny day but plenty of hot coffee (and hot chocolate) will be flowing.

Times and venue TBC.

SIGN UP FOR E-NEWS

We've gone digital!

Sign up for our e-news mailing list to receive updates on upcoming events. Subscribers will also receive a PDF copy of the quarterly newsletter.

Scan the QR code or sign up [here](#):



PS. Opting out is also easy, so you never have to worry about unwanted emails.



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Hampton East VIC 3188
Phone: 03 9555 7595
Mon - Thurs 8.30am - 4.30pm
* Due to the NBN we can no longer offer a fax service
info@hfv.org.au **www.hfv.org.au**

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Chris Phong
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VICTORIAN HAEMOPHILIA
TREATMENT CENTRES



Henry Ekert

Haemophilia Treatment Centre

Royal Children's Hospital, Flemington Road, Parkville
P. (03) 9345 5099 E. he.htc@rch.org.au

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Janine Furmedge | Clinical Nurse Consultant
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Wade Wright | Social Worker

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Haemophilia Treatment Centre

The Alfred, 1st Floor, William Buckland Centre
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P. (03) 9076 2178 E. (03) haemophilia@alfred.org.au

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Susan Findlay | Secretary
Alex Coombs | Haemophilia Social Worker
Jane Portnoy | Hepatitis C & Haemophilia Social Worker
Abi Polus | Physiotherapist
Frankie Mullen | Physiotherapist
Catherine Haley | Physiotherapist
Diana Harte | Psychologist
Debra Belleli | Data Manager

Membership Annual Fees:

\$33.00 Standard family membership
\$16.50 Concession / Allied (Youth Free)
\$55.00 Organisational member
* No joining fee for new members joining at the Standard Family Membership rate.

Ambulance Subscription Subsidy:

To ensure all people with haemophilia have ambulance cover, the Foundation will subsidise Ambulance Subscription Fees to the value of half the family fee.
(Members who have Health Care Cards which also cover their dependants, are automatically entitled to free Ambulance transport for themselves and their families.)

To obtain an Ambulance Subsidy:

Forward subscription receipt (or a copy) to the HFV Office with your contact details. Subsidies will be paid on a reimbursement basis.

MedicAlerts

MedicAlerts: A subsidy of 50% of the first purchase price of any MedicAlert, (with the subsidy payment being up to \$30 in value and not including the annual fee) is now available. To obtain a subsidy, forward a cover letter and receipt to the HFV Office.

Live Well Funding:

Live Well Funding is open to all current financial members who can apply for funding for any activity or one off item that will assist in the management of their conditions such as mobility support aids, meditation, massage etc.

Care and Counselling:

This is available through your treatment centre.

Magazine:

Your quarterly magazine offers information and details of upcoming events.

MEN'S GROUP

Our current group meet for their Annual Men's Retreat - a much needed weekend away that included massages, relaxation and meditation. In 2022, 11 members attended the retreat, including a Tasmanian! Many promised to return after making powerful connections with their peers. There are also opportunities to meet for brunch and lunch during the year.

WOMEN'S GROUP

The group meets once a year over lunch and each alternate year get to enjoy an event with a twist. They have previously learnt circus skills, African drumming, attended relaxing massages, high tea on the Yarra and lunch on the Tram Restaurant. If you have an idea for a ladies day, let us know! We are always looking to try new things.

YOUTH GROUP & BLUE SHIRTS

After a successful reunion at 2022 community camp (with lots of new leaders coming on board) the Blue Shirts will be meeting up in September 2022 for an Amazing Race through the Melbourne CBD. HFV have lots of leadership opportunities available for young people looking to have fun and challenge themselves.

GRANDPARENTS GROUP

WE ARE CURRENTLY LOOKING FOR A NEW CONVENOR FOR THIS GROUP. IF YOU ARE INTERESTED PLEASE CONTACT THE HFV OFFICE.

KIDS EVENTS

We have opportunities for kids to connect throughout the year. In the second half of 2022, we will be offering an indoor climbing day. This is an inclusive morning games session for kids with bleeding disorder, their sibling and their parents can join in too!

HFV WINTER DIARY DATES 2022

SAT 13 AUGUST

KIDS CLIMBING IN BERWICK

WED 21 SEPTEMBER

BLUE SHIRTS AMAZING RACE IN CBD

SUN 2 OCTOBER

GIPPSLAND REGIONAL VISIT
TRARALGON MORNING TEA
WARRAGUL AFTERNOON TEA

OCTOBER

BLEEDING DISORDERS AWARENESS MONTH



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