



As I get “older” I’ve noticed my body doesn’t feel as strong or recover as it once did. What should I do?

We all get older and our body does “age” in different ways which are a normal part of life. These can be influenced by many aspects of our living such as our diet, exercise, genetics, mental wellbeing, pre-existing conditions, prescribed medications and treatments, and our lifestyle choices – recreational drugs and alcohol consumption, risky behaviour activities that we are not physically set up for etc. It may be an idea to consider your lifestyle and assess if you are as active as you previously were? Are there changes that you can make yourself that may benefit you? For example increase sleep, regular exercise, a healthy diet? Have you discussed any concerns with your friendly HTC physiotherapist, haematologist or rheumatologist? There are of course services around to help too.

a/ Do you have a good relationship with a GP or even been to a GP for your non-bleeding disorder related health care?

We recommend all clients/patients have the backing of a local GP in addition to attending to your annual review and booked clinics as needed at the Alfred HTC. If you feel “out of sorts” and it’s not bleed related, please attend and consult with your

GP or local medical practice. They will be able to also contact the HTC if they have questions about your bleeding disorder.

b/ If you think it’s an acute bleed related issue:

Consult the HTC nurses, present to the Alfred Emergency department or closest regional Emergency department if you live out of metro area. If it is a chronic bleed related issue, such as ongoing swelling or pain in the absence of acute bleed symptoms, or regular bleeding in a certain joint contact the HTC and book in to see a member of our team, we can direct you to who is best to see over the phone and make an appointment for you.

c/ Do you think it’s musculoskeletal in nature, feeling like it’s a pain that does not resolve in a few days with RICE?

Discuss with the HTC physiotherapist if they are free, and book an appointment with the physiotherapist at the HTC. Physiotherapy have a half day of sessions 4 times a week Monday to Thursday at the HTC at present.

What if I need help or services? (You do need to be an Australian citizen first and foremost).

1/ under 65 years of age

- See your GP or HTC medical offi-

cer/ social worker

- Think about what is the problem and what you think would help out?
- What’s your goal or need?
- Contact your local council depending on what you need. Ask to speak to their Home and Community Care/Welfare services
- Consider applying to the National Disability Insurance Scheme, and an Access Request application will be sent to you.
- Visit this link <https://www.ndis.gov.au/what-consider-i-apply/am-i-eligible>
- call 1800 800 110 to discuss and arrange for the initial registration.

2/ 65 years of age and over

- See your GP or HTC medical officer/social worker
- You will need to apply to your local council depending on what you need
- Have you had or thought about an Aged Care assessment?
- You may be eligible for a package of in-home care and services
- Contact the MyAgedCare 1800 200 422 or
- login to the link <https://www.myagedcare.gov.au/>

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