



BUCKETTS WAY Neighbourhood Group Inc.

May 2023 Newsletter



SENIORS WINTER FIRE SAFETY – ARE YOU WINTER SAFE?

Being physically impaired or frail due to advanced age can significantly affect your ability to survive if unfortunate enough to be caught in a home fire. Nearly 50% of house fire fatalities are aged 65 years and over.

Fire and Rescue NSW recommend this simple safety checklist to help keep seniors fire safe this winter:

- Have an adequate number of appropriate smoke alarms installed that are tested regularly.
- Don't fight the fire - get out and stay out and dial '000' immediately.
- Know two safe and clear ways out of every room in your home.
- Make sure all keys to all locked doors are readily accessible.
- Have an escape plan in case of fire and practice it regularly.
- Never ever leave cooking unattended.
- Never ever smoke in bed.
- Place screens in front of open fires.
- Be careful of loose fitting garments near heaters and cooking appliances.
- Make sure heaters and their cords are not a trip hazard.
- Consider using wall mounted heaters or oil-filled column heaters.
- Keep portable heaters away from curtains, tablecloths and bedding.
- Place drying clothing at least 1 metre from heaters or fireplaces and never leave unattended.
- If you use a clothes dryer clean the lint filter each and every time you use it.
- Don't overload power points and switch off when not in use.
- Always handle candles or any other open flame with care.

Fire Safety Tips

- To test an electric blanket lay it flat on top of the bed, then switch it on for five minutes before putting it on the bed for use to confirm that it is okay.
- Use only authorised installers of fixed heating appliances.
- Oil, gas or wood heating units may require a yearly maintenance check.
- Only use fuses of recommended rating and install an electrical safety switch.
- If possible, in the kitchen keep a fire extinguisher and fire blanket placed near the exit.
- Never leave burning candles or any open flame unattended.

If you need help with maintenance or domestic chores to make your home winter-safe please speak with your BWNG Case Manager to find out how we can help.



Remember: In an Emergency Call Triple Zero (000)

This information is
from Fire & Rescue
NSW

www.fire.nsw.gov.au



Scan this
code for
more
information

COVID-19 UPDATE

As detailed on our Facebook page early in May, the BWNG Admin Team experienced an outbreak of COVID-19.

This didn't affect our Support Workers/Community Team.

While COVID-19 transmissions do remain high in our community, we are remaining vigilant.

Support Workers regularly undergo Rapid Antigen Testing and don't attend work if they have any symptoms.

We will contact you if there is any risk to you, as the most infectious period for COVID-19 is before any symptoms present.

In these cases, we will call you to advise you've been in contact with a COVID-positive person, although we can't tell you who it is.

All you need to do is monitor for symptoms. Additionally, we can provide you with some Rapid Antigen Tests if you'd like.

Please reach out to us if you have any questions or concerns. Phone Rachel Zimmerman, Pandemic Officer on 6558 2454.



MEALS ON WHEELS UPDATES

You will notice that this month's hot Meals on Wheels menu has a new layout.

In response to your feedback we have altered our offerings to give you greater choice and flexibility.

Firstly, in addition to our frozen dessert menu we will now be offering home-made desserts, which is good news for anyone who has been craving old-fashioned favourites such as baked custard, golden syrup dumplings or rice pudding.

The home-made desserts will be available Tuesday through to Friday each week for a small fee.

Secondly, you will now be able to choose your preferred accompaniments to go with your main course.

The options are:

- Potato & vegetables
- Rice and greens
- Chips and salad.

When placing your order please tick your preferred accompaniments next to your meal choice.

If you don't select any of the options we will serve your meal with mashed potato and vegetables.

We look forward to receiving your feedback on these changes.

If you have any queries please speak to our Meals on Wheels Coordinator Leanne.

Ph: 6558 2454.

PALLIATIVE CARE WEEK – 21 to 27 May 2023

National Palliative Care Week (NPCW) is an annual event organised by Palliative Care Australia and supported by the Department of Health to raise awareness and understanding about palliative care and the importance of Advance Care Directives (AKA 'Living Wills') for all Australians.

The theme of this year's NPCW is *Matters of Life and Death* which acknowledges the contribution palliative care can make to a persons' quality of life but also aims to normalise conversations about topics like death and dying.

These may be uncomfortable conversations, but we encourage you to take this opportunity to speak to your loved ones about your preferences, and take steps towards Advance Care Planning by visiting www.AdvanceCarePlanning.org.au

ELECTRONIC PRESCRIPTIONS AVAILABLE

An electronic prescription is a digital version of a paper prescription. They are a safe and convenient alternative to paper prescriptions. You can choose to receive an electronic prescription from your healthcare provider when you next need a prescription, or you can request for it to be sent to your Active Script List (ASL).

The majority of pharmacies are set up to dispense medicines using an electronic prescription.

During your consultation

- If you choose to receive an electronic prescription, your doctor will send an SMS or email to your mobile phone. It will contain a link to a 'token' which contains your prescription information. **Please speak to your healthcare provider for other options if you do not have a mobile device.**
- You will receive a separate token for each medicine you are prescribed.
- Check that you have received your token before you finish the consultation.
- Alternatively, if you have signed up for an [Active Script List \(ASL\)](#) you can ask your doctor to send your electronic prescription straight to your list.

Getting your medicine from the pharmacy

- Visit the pharmacy of your choice and present your token. They will scan the token, provide you with the medicine and offer professional advice.
- To save time, you may forward your token directly to the pharmacy to have it ready for collection.
- If you are unable to go into the pharmacy, you can forward your token to a friend/family member/carer to collect your medicine on your behalf.

Obtaining and storing repeat prescriptions

- If you have repeats on your prescription, your pharmacy will send you a new token by SMS or email to use when you require more medicine.
- You will need to use this new token at your preferred pharmacy when it is time to get your next supply of medicine.

If you accidentally lose or delete the SMS or email with your electronic prescription token, you can ask for it to be resent.

For original prescriptions, contact the prescriber. For repeats, contact the pharmacy that issued the repeat.

What are the benefits?

Most medicines can be prescribed using an electronic prescription. The message with a link to your electronic prescription is stored on your digital device, so you can access it whenever you're ready - saving you time, streamlining the process and improving medicine safety.

- There is no need to carry paper and this reduces the risk of losing scripts.
- Electronic prescriptions provide a more convenient option if you travel frequently.