

My Health Record supports carers

Do you provide care and support to family members or friends with a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue or who are frail or aged?

There is nothing more important in our lives than our health and the health of those we care for.

Carers are an integral part of Australia's health system and are the critical part of our aged, disability, palliative and community care systems.

My Health Record provides many valuable benefits for carers. It:

- ✔ supports and assists carers and those they care for to ensure better connected care;
- ✔ gives carers better oversight of healthcare services being provided;
- ✔ gives carers and their dependents the ability to see their prescribed medications and test results;
- ✔ gives carers the capacity to upload important health information including allergies and adverse reactions; and
- ✔ enables the carer to share the dependent person's health information with their healthcare providers.



My Health Record forms the cornerstone of a safe, secure and better health system for all Australians.

To register someone you care for or yourself for a My Health Record, visit

 myhealthrecord.gov.au

 **1800 723 471**



Australian Government
Australian Digital Health Agency



My Health Record



Meet Donna.
She is a public health professional and carer to Marnie.

“ Marnie’s care is complex. My Health Record is an opportunity for me to ensure that all of her health care providers are working together as a team, rather than in silos. ”



Meet Dr. Meredith Makeham.
She is a General Practitioner, Clinical Professor and the Chief Medical Adviser Australian Digital Health Agency.

“ It’s so helpful to have a system like My Health Record that can keep provider, carer and patient information all on the same page together ”

My children and I have always been very close as I’m a single mum. The eldest is now 21, Marnie is 20 and I have another daughter who is just about to turn 18. One afternoon, my youngest daughter phoned me to say Marnie’s collapsed – she can’t walk.

After Marnie’s brain haemorrhage, she spent nearly 3 months in intensive care – but she just kept meeting every little milestone. She had the base of her skull removed and a tracheostomy placed because the implication was, if she survived, it was going to be a very long journey. She spent 15 months in total in hospital during this time.

It was really important for Marnie that she had a My Health Record. It was also really important for me as her carer. With others participating in Marnie’s care, if I’m not around and if they need to take Marnie to the doctor, or if she is hospitalised, the information is there for her.

At the age of 16 or 17, most people don’t consider having a My Health Record. But sometimes, things happen unexpectedly. For Marnie, she’s been a complex case – we had a number of interactions with the health system and visited Westmead hospital over 400 times. In that period, the procedures and blood tests she’s had are numerous.

My Health Record provides me with the security and confidence that Marnie will be managed appropriately by all healthcare professionals.

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One of the frustrations for people who are carers for loved ones or other people, is they just don’t have access to that person’s health information. If we could all see the same health information, we can work much more effectively as a team and support the person who we are trying to care for.

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