



## ELEANOR CLINIC

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### Information for senior citizens

These are uncertain times. But there are quite a few things we know that you should take to heart.

#### **Social distancing**

This is vitally important – even more so for people over 75 years or those who have medical conditions such as diabetes, high blood pressure, heart or lung disease, smokers, or the immunocompromised.

**Don't leave your house unless you have to and limit contact with others living outside the home. The grandchildren you love so much? Make sure you have many more years with them by keeping away from them for now.**

Keep a distance of 1.5 – 2m from others when not at home or with visitors. As hard as this is, this includes family and grandchildren. This is difficult but it's an effective way of staying well.

**Remember: Regular hand washing is very important**

#### **Stay at your best health**

Make sure have this year's flu vaccination! There might also be other vaccinations you might benefit from at the current time. Speak to us and we'll sort it out for you.

Why bother about it? Unfortunately, the flu and other bugs will still be around this year – corona-virus or not. And we certainly have a vaccination against the flu and some other nasties!

#### **What help is available?**

- Eleanor Clinic offers **telehealth** (phone consultations). These can be bulk billed for certain groups (over 70, ATSI over 50, if you have a chronic disease, are pregnant, a parent of a child under 12 months or if you are immunocompromised.) If you are not eligible we offer telehealth for a private fee.
- Check if your pharmacy can home deliver your medications.
- Switch to online shopping even for your groceries or get a friend, relative or neighbour to help you.



- If you have a need for regular injectable medications, ask us if we can come to you.

### **Other things to consider**

Have a thought about **Advanced Care Planning**. This is where you write down your medical wishes if you were to become seriously unwell. Have you discussed these with your loved ones? If there is a plan in place, **make sure you give a copy to your doctor at Eleanor Clinic** or to talk us about it and we can do it together.

Now more than ever: we are a community, even if we have to stay apart for a while. Pick up the phone, use video calls, make a buddy system – make sure someone outside your home is **checking in** on you daily via phone during this time.

### **What if I get sick?**

Contact us on 9318 4666 and we can advise you on the best action to take. Other resources are 13HEALTH (phone 13 43 25 84) for **non urgent** health advice or 000 for **urgent** advice.

Have a look at our website [eleanorclinic.com.au](http://eleanorclinic.com.au) for more useful links or follow us on Facebook [fb.com/eleanorclinic](https://www.facebook.com/eleanorclinic).

**We will get through this together.**