

ECHO GAZETTE

Helping our community enjoy independent lives in their own homes.



MANAGING YOUR MEDICATIONS



ECHO's Support Workers

and Nurses caution our clients about the danger of having medications they're not currently using scattered through various cupboards or drawers.

If you don't have a dedicated location for only the medications you need that day, you might accidentally take an incorrect medicine and make yourself unwell.

Medicine cupboards are also a magnet for your grandchildren, or other young children visiting your home. A child 'exploring' and inadvertently swallowing something from your medicine cupboard may make themselves very ill, potentially requiring urgent medical attention.

Best practice is to ensure any medicines are out of the reach of children at all times. We strongly recommend a locked cupboard or drawer to store extra doses of your tablets or liquid medications. The key should be removed from the lock so no children can get in.

It is also good practice to regularly remove any medicines you're not currently prescribed and take them to a pharmacy for destruction. This reduces the risk of accidentally taking the wrong medicine.

The accidental taking of an incorrect medicine is more common than you might think. We want to make sure it doesn't happen to you.

If you have any questions, don't hesitate to ask us.

A few words from the CEO



We are now past the shortest day of the year, but still have a couple of months to go before the end of a very cold Winter.

While you're trying to get warm you can sit too close to a fire or heater and suffer burns which require medical treatment.

I met an elderly gentleman this week who did just that. He didn't realise he was burning until a large blister formed on his thigh some time later.

Please take care to leave some distance between you and the heater. It could save your life, or at least a lot of discomfort.

ECHO is also introducing a new Health and Wellness service for our Home Care Package clients. Do ask your Client Advisor for some information about this.

Until next time ...

Stuart Diggins
CEO

Some important messages from the ECHO Board

At its last meeting on Thursday 29 June, the Board asked that the following messages be conveyed to clients and staff.

Client Survey

The Board thanks the nearly 70 clients who have taken the time to complete the 2023 Client Satisfaction Survey in the past few weeks. This represents 28% of the random sample of 250 clients who were sent the survey.

Information gathered provides important feedback which will be acted upon as a part of ECHO's program of continuous improvement.

Stay Warm

With the 2023 Winter being colder than normal, clients are urged to pay particular attention to keeping themselves warm, to minimise their chances of contracting colds and flu.

Get Vaccinated

The uptake of flu vaccinations reportedly remains low in Perth. This means people are leaving themselves open to potentially very dangerous influenza infection.

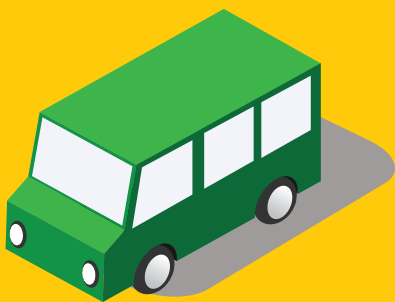
The Board encourages anyone not yet vaccinated against influenza to have this jab as soon as possible.



Do you know a driver with some time to spare?

We're looking for volunteers for bus and car transport of ECHO's senior citizen clients to appointments, shopping and social outings. The buses are 12 seaters that only require a standard car licence. It's an opportunity for a person to give back to their community, and it's often very rewarding.

Email your interest to volunteer.coordinator@echocommunity.org.au



ECHO Transport Bookings

ECHO's transport service is always in high demand. To enable us to schedule as many transport services as possible, it is very important that you book *at least one week ahead* of the day you need transport. It's a way to help us to help you.

Get in touch with ECHO

Phone 9271 7011
Email info@echocommunity.org.au
Website www.echocommunity.org.au
Office 72 Toowong Street, Bayswater WA 6053

ECHO

The logo for ECHO, featuring the word "ECHO" in a bold, white, sans-serif font. To the right of the text is a circular graphic containing three stylized human figures in orange and yellow, representing a community or group.