

11 September 2018

## My Health Record helps carers at Nepean Disability Expo

At this weekend's Nepean Disability Expo, carers will have the opportunity to learn more about My Health Record and how it can assist them in caring for loved ones.

Following a successful trial in 2016 that included the Nepean area, a My Health Record is being given to every person in Australia by the end of this year. My Health Record is an individual's online summary of key health information which is easily accessible by doctors, specialists, and hospitals. With shared health summaries, hospital discharge summaries, prescribed and dispensed medicines digitally accessible to authorised health practitioners, there is no need to worry about forgetting important information, like medication names and dosages – it is in My Health Record.

Individuals can give carers access to their My Health Record which gives them the ability to view and upload important health information including allergies and adverse reactions. It allows them to have oversight of healthcare services being provided to ensure that they get better connected care.

Donna Sedgman, public health professional and carer to her 21 year old daughter Marnie who suffered a brain haemorrhage, says "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.

"Marnie is a complex case – we have had a number of interactions with the health system and visited Westmead Hospital over 400 times. My Health Record provides me with the security and confidence that Marnie will be managed appropriately by all healthcare professionals," she said.

Donna will be at the Nepean Disability Expo on Saturday 15 September at 2:00pm talking about how My Health Record can help carers to keep on top of the important health information of the people they care for. Visitors to the Expo are also invited to visit Booth 8 to meet the My Health Record team from the Nepean Blue Mountains Primary Health Network to learn more about how to access their records.

Residents of the Nepean Blue Mountains area may already have a My Health Record. To learn more visit [myhealthrecord.gov.au](http://myhealthrecord.gov.au) or call 1800 723 471. If you do not already have a record and would not like one created for you, you have until November 15 to opt out.

### For interviews or further information contact:

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**The Nepean Blue Mountains PHN is a programme run by  
Wentworth Healthcare – a not for profit organisation which  
works to improve health for the communities of Blue Mountains,  
Hawkesbury, Lithgow and Penrith.**