



Government of **Western Australia**
Department of **Health**

Patient**First**

At home



Help us
to help you
in hospital

Managing your condition

Follow the instructions given to you in hospital about your medications and exercises.

It is common to feel sad or down as if you are having trouble coping after serious illness or major surgery.

Contact your GP as soon as possible if you have any concerns about your condition.

You may also find it helpful to talk to someone about how you are feeling, like a friend, health professional or patient support group.

Be medicine-wise at home

- Keep a list of all medicines you take, including over-the-counter medicines, vitamins, and herbal medicines.
- Use a dosage box from the supermarket or chemist to help you remember to take your medicines.



- Keep medicines out of reach of children and pets.
- Ask your local chemist to dispose of your unused or out-of-date medicines.
- Ask your local chemist for a list of your regular medications or to put your medicines into an easy to use Webster-pak® for you. This shows you how to take the right medicine at the right time.
- Visit NPS Medicinewise at www.nps.org.au to download the smart phone app to manage your own medicine list.

Preventing falls at home

Falls can also happen at home or when you are out and about. Prevent falls with the following simple steps:

- Keep active – ask your doctor what physical activity you can do to improve your balance and fitness.
- Walk tall – good posture can prevent falls.
- Watch for hazards such as uneven paths, dim lighting and slippery surfaces.
- Use handrails.
- Be aware of moving pets.
- Keep frequently used items within easy reach.
- Use non-slip rugs and mats.
- Keep walkways clear.
- If you do fall, discuss with your GP so you can take steps to reduce your risk of falling again.

Support for carers

When you have returned home from hospital, you may require extra help from family or friends. Information about how they can plan to care for you at home, or what other support might be available to assist them, call Carers WA on 1300 227 377.

Further resources

Choosing Wisely Australia – www.choosingwisely.org.au

For advice on what to ask to your doctor or healthcare provider.

NPS MedicineWise – www.nps.org.au/topics/how-to-be-medicinewise/managing-your-medicines/medicines-list/medicinelist-smartphone-app

Find out how to keep an up-to-date list of all your medications.

Stay On Your Feet – www.stayonyourfeet.com.au/everyone

For more information on how to prevent falls, see page three.



This document can be made available in alternative formats on request for a person with disability.

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