We’re rolling out Telehealth – not all services are available just yet – but with your help in letting your GP Doctors and Health Workers know you would like to try the Telehealth service, we will get more people involved in Telehealth sooner!

Speak to your local GP Doctor or Health Worker and find out how it can save you time, money, stress and most importantly, broaden the types of care close to home.

See your GP Doctor/health worker, visit our website or call 02 6809 6829
wnswlhd.health.nsw.gov.au/telehealth

There are several ways you can have a Telehealth appointment:

1. At your local hospital
2. At a GP Doctor or health clinic
3. At home

Telehealth won’t replace face to face appointments – these will always be available – but will give you the options and advantages of enjoying Specialist care close to home.

How Telehealth can help you:

• Save travel time to appointments
• Save on accommodation expenses
• Reduce the stress and strain on your loved ones and carers who have to travel with you or look after family members at home while you go to an appointment
• See a Health Specialist sooner
• With your permission, your local health worker, nurse or GP may attend your appointment as support. They may also assist by asking and answering questions you or your health specialist may have
• Give you Specialist care at your local hospital rather than transferring to a large hospital away from home
• Receive regular care close to home

Not familiar with technology?
You can visit your local GP Doctor’s surgery or health clinic where all the equipment will be set up, tested and someone will be on hand, ready for your Telehealth consultation.

Want to try it out?

’ASK about Telehealth’

Speak to your local GP Doctor or Health Worker and find out how it can save you time, money, stress and most importantly, broaden the types of care close to home.

There is an alternative...

ASK about...

Just plain tired?

Facing care on your own?

Expensive motels?

Traveling 100’s km’s?

Long wait time?
Once we get to know you, you may be able to continue your treatment at home.

You can see a Health Specialist at your Dr’s clinic – with or without your Doctor or Nurse.

Seeing a Health Specialist at your local Aboriginal Medical Service with your Aboriginal Health Worker.

Accessing outpatient services from a major hospital in your own town, with your local health professional.

Major hospitals - Dubbo, Bathurst, Orange & Health Specialist Consulting Rooms.

Telehealth teams that could include Health Specialists, Doctors, Nurses, Physiotherapists, Psychologists, Occupational Therapists and friendly co-ordinators.

Hear Their Stories:

**Julie Saves Over Six Hours Travel Time (and Cost!)**
To see Julie’s health specialist means 6 hours travel for a 30 minute appointment. By using Telehealth at her local hospital together with her nurse, Julie saves not only her time – her nurse is clear on care & Julie’s brother saves time off work to drive her too.

**George Sees His Health Specialist Sooner**
George needs to see a health specialist in Dubbo which means an 8 hour return trip and a wait of 3 months. With Telehealth, his consultation is scheduled much sooner and George pops into his local clinic for the appointment.

**Kelly Can Receive Specialist Pregnancy Care - Locally**
Kelly trusted her Aboriginal Health Worker June, and wanted her help to have a healthy pregnancy. June attended Kelly’s Telehealth antenatal appointments, answering any questions and supporting Kelly with continued care close to home.

**David Sees His Doctor in His Pyjamas!**
Instead of travelling a four hour return journey for ongoing treatment David uses Telehealth, and sees his care team – the Specialist Doctor, Nurse, Physiotherapist and Psychologist all in a one hour session, from the comfort of his lounge room via his smartphone and own internet connection.

**You Don’t Need to Know Computers to Use Telehealth**
Merl was not familiar or comfortable with computers so didn’t think that she would be suited to Telehealth. However a Telehealth appointment is as simple as turning up at her local clinic. The computer is ready and her regular Health Worker is there to help and answer questions.

**What Did the Surgeon Say I Was Supposed to Do?**
Steve found it difficult to remember his Surgeon’s instructions for care after surgery. Steve’s local GP Doctor participates in the follow up Telehealth appointment with his surgeon, helping Steve manage his care close to home.