



Canterbury City Council Becomes a Companion Card Affiliate

The Mayor of the City of Canterbury, Cr Robert Furolo MP, said he was delighted Council's aquatic centres at Canterbury and Roselands were now National Companion Card affiliates, helping to remove the financial barrier for people with a disability who require lifelong attendant care.

"People with a disability who require a carer, often need to pay for themselves and a carer to attend an event or performance, making participation expensive and often out of reach," Mayor Robert Furolo said.

"In 2008, the National Companion Card was introduced enabling eligible people with a disability to participate at venues and in activities without incurring the cost of a second ticket for their carer.

"The card helps remove one of the financial barriers for people with disability and increases their social inclusion and confidence.

"That's why I'm delighted Council has pro-actively taken the positive step to introduce and accept the Companion Card at our aquatic centres at Canterbury and Roselands.

"People with a disability who are holders of a Companion Card will now be entitled to two for one entry at our recreational facilities when accompanied by a carer.

"It's a fantastic initiative, which will promote the equal participation rights of people with a disability, boosting their recreational opportunities in our City.

"This is just another way that the City of Canterbury is encouraging people with a disability to participate in social and recreational activities in our community.

"We're also looking at ways of making our bus shelters more accessible to people who use wheelchairs and we're making our parks and ovals more accessible by improving pathway surfaces and upgrading accessible toilet facilities.

"I encourage people with a disability to take advantage of the Companion Card and enjoy our fantastic recreational facilities," Mayor Robert Furolo said.

For more information on Council's Disability Services and Programs call our Disability Services Worker on 9789 9432 or visit www.canterbury.nsw.gov.au.

About the Companion Card

To obtain a card, applicants must complete a cardholder application form and provide medical information and verification by a service provider or registered health professional about the need for lifelong attendant care support. To apply for a Companion Card, call 1800 893 044 during business hours or go to www.companioncard.gov.au.

Travelling overseas with PBS medicine during Easter

Medicare Australia and NPS MedicineWise are reminding Australians travelling overseas during the Easter break to follow advice about taking Pharmaceutical Benefits Scheme (PBS) medicine out of the country.

Human Services Portfolio General Manager, Hank Jongen, said Medicare Australia is committed to minimising the unlawful exportation of PBS medicine.

"It's illegal to take PBS medicine overseas unless it's for your personal use or the use of someone travelling with you," Mr Jongen said.

"People caught taking medicine overseas illegally can face fines of up to \$5,000 and two years in prison.

"If you're leaving the country, pack a letter from your doctor detailing your medicine, dosages and stating that it's for your personal use. You should also leave the medicine in its original packaging for easy identification.

"Following this advice will help you avoid unnecessary disruptions to your Easter travel."

NPS MedicineWise Clinical Adviser Dr Danielle Stowasser said supply, storage and dosages of medicine should also be considered prior to travelling.

"Crossing time zones can throw out daily medicine regimes, so speak to your doctor about how to manage your medicines while you're away," Dr Stowasser said.

"Remember some medicines need to be stored in special conditions as exposure to heat and/or sunlight can reduce their effectiveness so make sure you factor this into your travel plans.

"Finally, always carry a medicines

list on you with the names of the medicines you are taking, the active ingredients, dose and strength. Be aware that medicine brand names are often different in other countries, even though the active ingredient is the same."

For more information about travelling with PBS medicine call 1800 500 147 or visit www.medicareaustralia.gov.au

To download a printable medicines list free-of-charge, visit www.nps.org.au/medicineslist

NPS MedicineWise - a not-for-profit organisation funded by the Department of Health and Ageing - provides tools, information and tips to help people make better decisions about medicines and medical tests.



Teen teeth care this Easter

Human Services Portfolio General Manager, Hank Jongen, today reminded eligible Australian teenagers to book a Medicare-subsidised dental check following the Easter chocolate eating splurge.

"Easter is traditionally a period where we keep lots of chocolate around the house, but it's also a time to remember that if you're going to be eating sweets, you should also consider your teeth," Human Services Portfolio General Manager Hank Jongen said.

"Medicare Australia's Teen Dental Program gives a rebate of up to \$159.85 for teens to receive an annual preventative dental check. This consists of an oral examination, and may include X-rays, a scale and clean, fluoride treatment, oral hygiene instruction, dietary advice and fissure sealing.

"Families with eligible teenagers should have already received their dental voucher in the mail and should take it, along with their Medicare card, to the dentist and get a check-up."

Since its introduction, the Medicare Teen Dental Plan has provided over 1.1 million dental checks to Australian teenagers aged 12-17 years.

For more information about the Medicare Teen Dental Plan and eligibility requirements, go to www.medicareaustralia.gov.au or call Medicare Australia on 132 011.

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