



PORTLAND
DISTRICT HEALTH

Your Health Service, Our Community

MEDIA RELEASE

iPads help PDH clients learn about their health

A new program at Portland District Health will help people to answer the question 'you say I have what?'

With funding from United Way Glenelg, PDH has introduced three new iPads to improve health literacy for patients who want to know more about their condition.

The iPads are proving to be particularly useful for children who can access information from websites and Apps on the iPads.

As part of the "You say I have what?" project, the iPads are being used in the PDH Consulting Suites and by the health promotion team.

PDH Director of Primary and Aged Care Fiona Heenan said the iPads were particularly helpful in giving people easy-to-understand details about their chronic diseases.

"Our speech therapists and occupational therapists are using them in the Consulting Suites or take them to schools and home visits," Ms Heenan said.

"Children in particular enjoy using iPads and they can use them to access information from peak bodies such as Diabetes Australia, Speech Pathology Australia or the likes of the Better Health Channel," she said.

"From a health promotion perspective we can document people's stories of what they're doing in Sea Change.

United Way Glenelg Executive Officer Nicole Angelino said the iPads were giving every client of PDH equitable access to online resources and educational tools.

"We can often become overwhelmed with medical jargon," Ms Angelino said. "If clients can access information regarding their illness they can become active participants in their own self-care and well-being."

The "You say you have what?" project is funded by the generous support of local people who donate through the United Way Glenelg Workplace Giving program. Make a difference to by becoming a donor by contact Nicole Angelino on 0410 51 3305 or via email mail@unitedwayglenelg.com.au