



Media Release – 28 March 2018

Seniors take charge of their own health

Older Australians are being urged to consider their ongoing health and the benefits of having a My Health Record during NSW Seniors Festival which is about to launch across NSW. (4- 15 April)

My Health Record is an individual's safe and secure digital health information, easily accessible by healthcare providers involved in your care including GPs, pharmacists and hospitals. All Australians will have a My Health Record by the end of 2018 unless they choose not to.

Australian Digital Health Agency CEO Tim Kelsey said the expansion of My Health Record nationally this year will deliver a system that provides universal functionality, clear and concise content and, critically, a safe and secure clinical health service for all Australians.

"My Health Record can reduce the risk of medical misadventures by providing treating clinicians with up-to-date information."

"The benefits of digital health for patients are significant and compelling. Digital health can improve and help save lives," Mr Kelsey said.

Many older Australians who have seen the numerous advantages, are getting onboard early.

Seeing the benefits of airplane aviation maintenance records for many years, Ian Gillies didn't have to be sold on the idea when he was first told about My Health Record by his general practitioner. He said, "My Health Record gives you the facility to go in and immediately investigate what your maintenance record has been like as a human being."

Ian was discharged from a four day stay in an interstate hospital after a medical emergency at a son's birthday, "on the basis that as soon as I got home I would see my own doctor."

It was a major advantage after leaving the hospital with no written information that "with the My Health Record of course it was available within a minute" of walking into the doctor's office.

His GP, Dr Chris Moy said "I was able to look at the My Health Record and there was a discharge summary with information about what he had, and what he needed done and that was gold in this situation. It was information that I would not have otherwise had and which made all the difference to his care at that stage."

Ian sums it up by saying "It's a marvelous system, I'm glad I signed up for it two or three years before. It looks after me and that's what it's for."



Many senior citizens are now using the My Health Record to manage their prescriptions and list their allergies while having their medical conditions and test results viewable by relevant health care professionals. Individuals themselves can also add to the online record which can assist in emergency situations.

“My Health Record provides me with an opportunity to upload a copy of my Advance Care Plan so I know that my wishes will be respected, if I were to find myself in a position where I’m unable to communicate”, said Dot Price a 70 year old retired teacher.

Individuals can get more information or register now for a My Health Record by going to myhealthrecord.gov.au or phoning free call 1800 723 471.

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For further information please contact Carolyn Massingham, Communications Coordinator on 8811 7611.