

SELF CARE

International Day of People with Disability *The Health Column*

In Australia, 18.6% of females and 18% of males have disability.

Disability covers many areas and often the term is misunderstood.

'Disability' is an umbrella term covering impairments, activity limitations and participation restrictions. A person may also be seen to be 'with disability' if he or she has had impairment in the past, or based on a personal or group standard or norm. One in five, or more than 4 million Australians, have some form of disability. In Australia 18.6% of females and 18% of males have a disability.

Disability in Australia

- Disabilities range from relatively minor to severe.
- The likelihood of living with disability increases with age – 40% of 65-69 year olds are living with disability, while 88% of people aged 90 and over have a disability.
- One in six Australians are affected by hearing loss.
- Vision Australia (the leading national provider of blindness and low vision services in Australia) estimates there are currently 357,000 people in Australia who are blind or have low vision.



National Disability Insurance Scheme

The National Disability Insurance Scheme (NDIS) supports people with a permanent and significant disability that affects their ability to take part in everyday activities. The NDIS is gradually being rolled out nationally over three years from 2016 to 2019. The NDIS works with people to identify the supports needed to achieve goals in many aspects of life, such as independence, involvement in the community, education, employment, and health and wellbeing. It also focuses on early intervention where getting early support can reduce the impact of disability. Further information on the scheme is available at: www.ndis.gov.au/

Families and carers

Families and carers are recognised as important partners in the support of people with disability. One of the aims of the NDIS is to support carers in their caring role. While the focus of an NDIS plan is the person with disability, the support from the participant plan may also have direct or indirect benefits for families and carers.

International Day of People with Disability ~ December 3

The United Nations is a major driver of the recognition of equality for people with disability. The International Day of People with Disability is an initiative of the United Nations that aims to increase public awareness, understanding and acceptance of people with disability, as well as celebrate the achievements and contributions of people with disability.

Get involved – ‘leave no one behind’

This day is held annually, on 3 December, and has been supported by the Australian Government since 1996. Each year the United Nations announces a theme – the theme for 2017 is ‘*Transformation towards sustainable and resilient society for all*’. The main principle of this theme is to ‘leave no one behind’ and empower people with disability to actively contribute to society. There are numerous ways to get involved on this day, from running your own event to putting up a display about disability issues at your workplace or school. For ideas and further information visit www.idpwd.com.au/

The International Day of People with Disability is unique among community awareness days. It unites disability organisations, businesses, federal, state and local governments and the community. The day is a collaborative effort to celebrate and acknowledge the experience and expertise of people with disability.



Your Self Care Pharmacy:



Your pharmacy

Your local pharmacy is your health destination and can provide products and services to assist people with disabilities.

These include:

- mobility aids
- compression garments
- medicine management services
- home delivery.

If you live with disability, or if you care for someone who does, visit your local pharmacy and find out what they can offer.

Carers play a huge role in supporting people with disability to lead fulfilling lives. The Pharmaceutical Society of Australia recognises that carers also need support and have developed a Self Care Fact Card titled *Carer support*, available at Self Care pharmacies. This provides information on how we can better take care of carers. Other Self Care Fact Cards may also be useful depending on your individual situation – ask your pharmacist. For the nearest Self Care pharmacy location phone the Pharmaceutical Society of Australia on 1300 369 772, or go to www.psa.org.au/selfcare, then click ‘Find a Self Care pharmacy near you’.