

My Useful Websites

The following links are accurate and checked at the time of publication, however websites change frequently. The listed websites are not being endorsed by your provider. They are provided as a starting point to locate useful resources to help you achieve a healthy life.

MY SELF-MANAGEMENT SITES

- More information about NDIS support -
<http://www.ndis.gov.au/people-disability/consumer-resources>
https://www.carersnsw.org.au/NDIS/Managing_ndis_supports
- Disability resources -
<http://www.disabilityloop.org.au/index.html>
- Disability policy, practice and advocacy -
<http://www.purpleorange.org.au>

MY SUPPORT WORKERS

- My Place, Perth, Australia on engaging support workers -
http://www.myplace.org.au/downloads/MyPlace_EngagingBooklet_Web.pdf
- Useful forms if you want to engage your own support workers -
<http://pearl.staffingoptions.com.au/Article/TopicResources/20>
- Boundaries in support worker relationships -
https://www.health.qld.gov.au/abios/behaviour/professional/boundaries_pro.pdf

MY NUTRITION LINKS

- Dietary guidelines for Australians -
<https://www.nhmrc.gov.au/guidelines-publications/n29-n30-n31-n32-n33-n34>
- Working out your BMI and appropriate weight -
<http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+weight>
- Free Recipes, resources and meal plans for healthy weight loss -
<http://shapeup.gov.au/recipes>
- Free weight loss resources, recipes and fitness support -
<http://www.sparkpeople.com>

MY MOVEMENT LINKS

- Free coaching for healthy living lifestyle changes -
<http://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/Healthy+living/Get+healthy/>
- Exercise in a wheelchair -
<https://www.1800wheelchair.com/news/how-to-exercise-if-you-are-wheelchair-user/>
<http://www.helpguide.org/articles/exercise-fitness/chair-exercises-and-limited-mobility-fitness.htm>
<http://www.livestrong.com/article/112463-exercises-seniors-wheelchairs/>
http://www.ms.org.au/attachments/documents/ms_practice/strength.aspx
- Exercise in a wheelchair -
<http://www.drssa.org.au>

MY EQUIPMENT LINKS

- Equipment services and assistive technology to help you with life -
<http://ilcaustralia.org.au>
- Second-hand equipment website (free listings) -
<http://theroundabout.com.au/>; www.reusability.com.au
<http://www.e-bility.com/classifieds/buyandsell.php>

MY EMOTIONS LINKS

- Managing emotions -
<http://psychcentral.com/blog/archives/2012/07/03/how-to-manage-emotions-more-effectively/>
- Youth mental health support -
<http://headspace.org.au>
- Beyond Blue adult mental health support -
<https://www.beyondblue.org.au>

MY MEDICATIONS LINKS

- National Prescribing Service consumer medicines information leaflets -
www.nps.org.au/site.php?page=2 NPS Medicines Line (1300 888 763)
- Therapeutic Goods Administration – for consumer medicines information and product information -
<https://www.tga.gov.au>
- MyMed Schedule is a web based application that sends you an alarm to remind you to take your medications (app costs \$1.99 NB prices can change) -
<http://mymedschedule.com>

MY HEALTHY LIVING ASSESSMENT WHEEL

- For additional copies of the Model for Healthy Living wheel -
<http://chreader.org/wp-content/uploads/2014/12/Model-for-Healthy-Living-Assessment-Wheel.pdf>

MY COMMUNICATION

- Dragon Dictation converts speech to text for emails etc it's hands free -
<http://australia.nuance.com/for-individuals/mobile-applications/dragon-dictation/index.htm>

MY APPS

- Free and low cost healthy living apps for your smartphone/iphone that have been checked/recommended by VicHealth -
<https://www.vichealth.vic.gov.au/media-and-resources/vichealth-apps>
- CathNow – Helps you remember to catheterise -
<https://itunes.apple.com/us/app/cathnow/id542728367?mt=8>
- WheelMate –worldwide access to an accessible toilet/restroom -
<https://itunes.apple.com/app/wheelmate/id515277627?mt=8>

MY END OF LIFE PLANS

- Advanced Directives - forms and information to make sure your care needs are met if your condition deteriorates -
<http://www.advancecaredirectives.sa.gov.au>