

### So that we can have a yarn with you...

- Let the staff know that you are an Aboriginal or Torres Strait Islander person.
- Make sure the hospital has your correct address and telephone number.
- Make sure the hospital has a family member phone number that can be contacted.

### Always remember

If you are unwell, contact your Doctor or  
Aboriginal Medical Service or  
call the Ambulance 000.



### Aboriginal Health



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South Eastern Sydney Local Health  
District

**Just calling  
to have a yarn**



**and  
see how ya doin'**

**Information about our 48 hour  
follow up service for Aboriginal  
and Torres Strait Islander people**



**Are you an Aboriginal or Torres Strait Islander person?**

**Are you 15 years old or older?**

**Are you sick with or have problems with your**

Sugar  
(Diabetes)

Heart  
(Heart disease, Stroke)

Breathing  
(Asthma, Lung disease)

These problems are known as Chronic Diseases.

**Would you like...**

Someone to give you a call

and yarn with you

to see how you are?

**What is the 48 hour follow up service?**

After you are discharged from Hospital, you will receive a phone call from a staff member within 2 days of leaving the hospital, this is called the

**“48 hour discharge service”**

A staff member will give you a call and have a yarn with you about:

- How you are feeling?
- Are you managing at home?
- Did you understand the instructions the doctors gave you when you went home?
- Do you need some extra help?
- Have you made your doctor’s appointment?
- Have you been able to go to the chemist to have your script filled?
- Putting you in contact with health workers outside of hospital if required
- Offer you information about services to help you with your recovery

If you miss the call you can call us back at the Northern Network Referral Centre on: 02 9369 0400.