

Dealing with challenges and change

Sharon Caris

In our June 2021 issue of *National Haemophilia* you may have read about some of the challenges and changes faced by people with bleeding disorders and their carers, and how they have addressed this.

Change can have a big impact on our lives and being able to recognise and adapt to it is a really important tool for our wellbeing.

HFA has adopted the **Embracing our changing world** theme for our upcoming national conference, and there will be sessions on change and coping with change that are practical for everyone.

The COVID-19 pandemic has raised so many issues and concerns for people, especially during lockdowns. Our way of life may have changed because we can't get out and about as much, we may not be able to see family, friends and our other support people as often as before, including our health professionals who have provided support and care.

At our April 2021 webinar on adapting to change for World Haemophilia Day, Nicoletta Crollini (Haemophilia Social Worker at RPAH, NSW) and Jane Portnoy (Haemophilia Social Worker at the

Alfred, Victoria) talked about the importance of resilience, self-care and seeking support. You can also read a report of this webinar in the June edition of *National Haemophilia*.

ADAPTING TO CHANGE WEBINAR

Watch the video and read the report of the Adults adapting to change webinar at <https://tinyurl.com/HFA-adapting-to-change>

Jane noted the importance of seeking help if you are concerned about your mental health; and suggested talking to trusted people in your social network or your health professionals such as at your Haemophilia Treatment Centre (HTC) or your general practitioner or other trusted health professional. Some community services also offer online chat and telephone services when you have concerns and feel you would like some support. There is also online support available for mental health.

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| ONLINE | Organisation | Telephone | Website |
|-----------------------|--------------------|--------------|---------------------|
| MENTAL HEALTH SUPPORT | Beyond Blue | 1300 22 4636 | beyondblue.org.au |
| | Lifeline | 13 11 14 | lifeline.org.au |
| | MensLine Australia | 1300 789 978 | mensline.org.au |
| | Headspace | 1800 650 890 | headspace.org.au |
| | Kids Helpline | 1800 55 1800 | kidshelpline.com.au |

From the President continued

The Getting Older Report has also identified the need for services and financial support and advocacy around insurance discrimination. This work is ongoing. Don't forget the **Getting Older Info Hub**

where you will find information on a range of issues that arise for those of us who are aging – www.haemophilia.org.au/getting-older.