

CARE ARMY

Welcome to the Care Army. We banded together as the Mud Army through the 2011 floods and we're banding together again, right now, to help care for all Queenslanders during the coronavirus outbreak, especially those most at risk - our seniors.

<p>There are three simple ways all friends, family and neighbours can help.</p>	 <p>Reach out for a chat and stay connected</p> <p>It's incredibly important to stay connected with our seniors in this time of isolation – we need to watch out for their mental health, contribute to their happiness, and just remember to have regular chats.</p>	 <p>Make sure our seniors have enough food</p> <p>We can see the stress that comes with access to food by watching the recent panic-buying. Let's help our seniors by picking up groceries for them or teaching them about online shopping if they're not already a dab-hand.</p>	 <p>Make sure they have access to all their medication needs</p> <p>Many Queensland seniors need to visit the pharmacy more than others. When they're self-isolating, they'll need our help to pick up medications and provide telehealth information when needed.</p>
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Try these activities today, or make up your own:

<p>SUPER(MARKET) FRIENDS</p> <p>If you're heading out for supplies, get a list from your neighbour and keep them stocked up.</p>	<p>HELPING HAND</p> <p>Fill out the enclosed 'I'm here to help' card and place it in your senior neighbours post box.</p>	<p>QUESTION TIME</p> <p>Encourage kids to interview grandparents over video-chat and record it.</p>
<p>COLOURING CARE</p> <p>Get two of the same colouring-in books and both kids and grandparents can colour-in together.</p>	<p>DELIVER GIFTS</p> <p>Make a weekly drop-off for your grandma/pa filled with things they'll love and entertain.</p>	<p>POSTCARDS FROM NEXT DOOR</p> <p>Create your own post cards and send them to senior neighbours or relatives.</p>
<p>DINNERCAST</p> <p>Share a weekly family meal over video-chat – you can even cook together.</p>	<p>SKILLS SHARE</p> <p>See if your neighbour has a skill that can help with homework – it's just a phone call away.</p>	<p>SWEET DREAMS</p> <p>Get kids excited for bedtime with virtual bedtime stories from relatives, delivered over video-chat.</p>

CARE ARMY

YOUR VOLUNTEERING ROLE

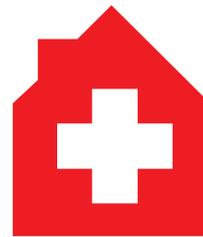
Thank you for volunteering to be a part of the Care Army.

Your role will help ensure more than 1 million Queenslanders most at risk from COVID-19 are supported during this time.

That is, those who are over 70, over 65 with a chronic health condition or over 50 if they're of Aboriginal or Torres Strait Islander descent.

We're all part of the Care Army – in our family and our community.

And we can all step up to ensure our family, friends and neighbours have access to food, medical services and social support.



How can you help?

The Care Army is based around the three pillars of social life, food, and medical. Page one includes tips and creative ways to provide support in these areas.

Specialised information and support for seniors

During your activities in the Care Army, you might find that some seniors need specialised information or support.

The **Seniors Enquiry Line (1300 135 500)** provides personalised information and referrals on a range of matters of interest to older people, including financial and legal issues, scams, frauds and household assistance.

The service operates 9 am – 5 pm weekdays and is available to older people and anyone seeking information on matters that may affect an older person they know.

The **Elder Abuse Helpline (1300 135 500)** provides confidential information and referrals for older people experiencing abuse and anyone who suspects that an older person they know may be experiencing abuse.

The service operates 9 am – 5 pm weekdays (voice messages can be left outside these hours).

Staying healthy while supporting others

It is important that while volunteering you follow the health advice to stay healthy.

- Clean your hands regularly with soap and water or alcohol-based hand rubs.
- Cover your nose and mouth with a tissue or bent elbow when coughing or sneezing.
- Avoid touching your face, nose and mouth. And avoid shaking hands.
- Stay home as much as possible, especially if you are sick.
- Practice social distancing, which includes staying 1.5m away from others as much as you can.

Share your story

Much like the Mud Army in 2011, we will remember the efforts and dedication of the Care Army for many years to come.

You have a unique opportunity to make new friends and networks, gain new skills and experience, challenge yourself and build confidence.

So, why not document your experiences along the way? Keep a journal or share your stories and photos on social media using #CareArmy – but please be mindful of other people’s privacy and ask their consent first.

What are the symptoms of COVID-19?

Symptoms reported in identified cases of COVID-19 novel coronavirus include fever, a cough, sore throat, fatigue and shortness of breath.

What should I do if I suspect I have COVID-19?

See a doctor immediately if you have these symptoms, have travelled overseas or interstate in the past 14 days, or have had contact with a confirmed case of COVID-19 coronavirus.

Before your appointment, call ahead and advise of your symptoms and recent travel so necessary precautions can be taken.

For information on COVID-19 coronavirus, visit www.health.qld.gov.au/coronavirus.

Support and advice

Care Army

www.covid19.qld.gov.au/carearmy

1800 173 349

Health advice

Queenslanders needing urgent health advice can phone 13HEALTH (13 43 25 84).

Where you can speak directly with a registered nurse 24 hours a day, 7 days a week.

In an emergency situation, please call Triple Zero 000.

Mental health support

You can talk to a mental health professional on 1300 MH CALL (1300 642 255) 24 hours a day, 7 days a week, or visit the Federal Government resource, Head to Health: COVID-19 Support.



Are you self-isolating? I can help.

My name is

I live nearby at

My phone number is

Please **PHONE** or **TEXT** me if you need help with any of the following:

 **Someone to talk to**  **Grocery shopping**  **Medicines or urgent supplies**

Novel coronavirus (COVID-19) is contagious.
Avoid physical contact (stay 1.5m away from people).
Wash your hands regularly.
Items should be left on the door step.

covid19.qld.gov.au/CareArmy

Unite against **COVID-19** 



Queensland Government



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