

COMMUNITY NEWSLETTER

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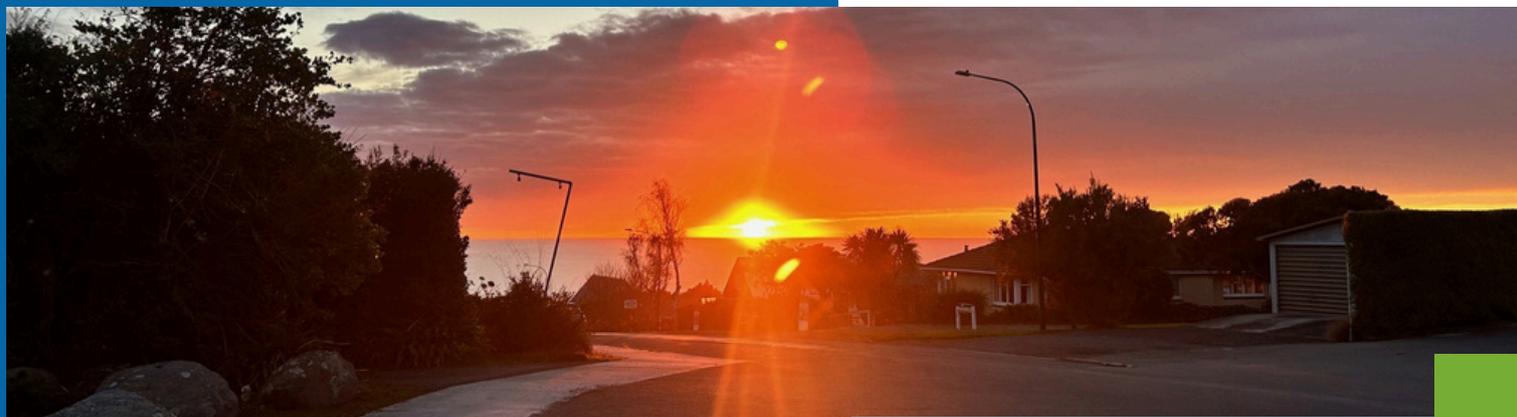
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Kaikōura Health

June 2024



Renewing your drivers licence when you are over 75 years

Drivers must renew their drivers licence at age 75 years, 80 years and every 2 years after that. You must prove that you are medically fit each time you renew your drivers' licence once you reach 75 years.

An appointment at Kaikoura Healthcare for a drivers' medical includes time with both a nurse and doctor if you are booking for your **80 year or older licence renewal**. This **costs \$95** to see a nurse and doctor. For **other licence renewals it is \$65** as you only see the doctor.

Please ensure you tell the receptionist booking your appointment, that you require a Drivers' Licence Medical. For renewals 80 years and over, the nurse will complete testing, including eyesight testing and then your doctor will discuss your present state of health with you. They will then recommend whether you are:

- medically fit to drive
- medically fit to drive with conditions (e.g. correcting lenses, time of day restriction, distance restriction)
- medically fit to drive subject to an on-road safety test
- to be referred to a specialist e.g. optometrist or occupational therapist driving assessor - your doctor will advise you of results
- not medically fit to drive - your doctor must advise Waka Kotahi and your licence will expire on your birthday
- if your doctor decides you are medically fit to drive, he or she will provide you with a Medical certificate for driver licence

01/02

Health Promotion in June

Toi Te Ora Public Health publishes an annual Calendar of Events that promotes local, national and international events related to health. In June, check out ...

01-30 : Move Your Butt Month

<https://bowelcancernz.org.nz/move-your-butt>

05 : World Environment Day

www.un.org/en/observances/environment-day

12 - 18 : Men's Health Week

www.menshealthweek.co.nz

14 : World Blood Donor Day

www.nzblood.co.nz

19 - 25 : National Volunteer Week

<https://nationalvolunteerweek.nz>

28 : Matariki (Maori New Year)

www.matarikifestival.org.nz

JULY ISSUE:

- Renewing prescriptions
- Kaikoura Physiotherapy

E raka te maui, e raka te katau; A community can use all the skills of its people.

MyIndici patient portal

MyIndici is a safe secure patient portal accessed by **app/website that provides you with a convenient way to access your health information online. Patients registered on the portal are able to book doctors appointments, order repeat prescriptions (long term medication only), update personal details and view *test results online.

To register with MyIndici patient portal, you must be an **enrolled patient** of Kaikoura Healthcare, and over the age of 18 years.

IF YOU ARE NOT REGISTERED FOR MYINDICI or would like to know more information about the portal, contact us today and talk to one of our friendly receptionists who will be able to help.

You will need to provide an email address, proof of identity, mobile phone number and confirm your date of birth. We need proof of identity for the protection of your privacy.

*please note that test results will only show from the date of full access registration and will only be visible once they have been seen by your doctor.

**you can download MyIndici2.0 from the app store or google play for your smartphone or access the patient portal through the website using your email.

Introducing Drs Wivien Langendijk & Alexander Louisse ...

We are happy to announce two new doctors have joined the Kaikoura Healthcare team for the next 12 months.

What do you do?

Alexander; I'm a fully trained GP from the Netherlands with previous working experience in Emergency and Pulmonary medicine.

Wivien; I just started working as a GP at Kaikoura Healthcare.

Why did you get into this role?

Alexander; Working as a GP gives you the opportunity to connect with the community and make a difference on a day-to-day basis. Especially working in a rural setting is an amazing opportunity to practice at the broadest of scopes.

Wivien; I like the broad scope of medicine and the fact that people share so much with you makes it really interesting and you can help people better once you get to know them.

If you could be anywhere in the world right now, where would you be & why?

Alexander; Well, after travelling to the other end of the earth, Kaikoura is the only possible answer to that one!! From my experience so far a lovely town with wonderful people and breathtaking scenery, honestly what more could you ask for?

Wivien; Well being on the other side of the world is already really cool! But if anything is possible then I would like to be dropped on top of Mount Everest just to enjoy the view.

What is your top health tip?

Alexander; Be kind to yourself and make achievable health goals. One step at a time will get you there!

Wivien; Enjoy the little things and stay positive.



STAFF SPOTLIGHT continued

We are also happy to introduce you to our new Health Coach , Jo who has joined the team recently.

Jo Dell, Health Coach

What do you do?

I am a Health Coach. I work closely with Madi Somerville - Health Improvement Practitioner. My role is to support individuals and Whanau experiencing challenges that impact on their health and wellbeing. Educating with self-management tools to better understand ways to overcome the challenges. These can be anything from Taha Tinana-Physical, Taha Whanau-Family, Taha Wairua-Spiritual, Taha Hinengaro-Mental Wellbeing.

Why did you get into this role?

I believe, if you always do what you have always done, then you always get what you have always got. It's important to challenge ourselves for growth. If I can help others to achieve the same, then I am truly privileged to do so.

If you could be anywhere in the world right now, where would you be & why?

Right now, I am very happy and truly blessed to be in such a beautiful region of the Motu-country, Kaikoura, how special it is.

What is your top health tip?

You have one life, make the most of it. Your body is your temple, and everything in moderation. Live, Laugh and do what makes your heart sing, do you.