



INFORMATION FOR THE COMMUNITY

LIFE...Live it Save it!

Retiree Education Program for Multicultural Communities

A free downloadable community education program developed by the Ambulance Service of NSW (Ambulance) for retirees aged 55 and over is now available in five different languages – Arabic, Chinese, Greek, Italian and Vietnamese.

The Program, running since 2006 only takes a couple of minutes to understand, so please read on.

THE PROGRAM

Community consultation with retirees aged 55 and over discovered an alarmingly low level of understanding or lack of urgency concerning medical emergencies – even more so in families where English is their second language. We found the main reasons they don't undertake life-saving courses are:

1. Language barrier
2. Time
3. Cost
4. Exams or assessments

The LIFE...Live it Save it! program will only take one hour to complete, is free of charge; and has no exams.

Research has revealed that over 70 percent of all cardiac arrests occur in the home. Your community group's decision to participate in the "LIFE ... Live it Save it!" Program may save the life of someone they know.

PROGRAM CONTENT

The program educates the community on:

- > the signs and symptoms of medical emergencies



- > the importance of calling Triple Zero (000) immediately and the questions they will be asked
- > information on following Ambulance Call Taker instructions prior to ambulance arrival

FREE DOWNLOAD

Available for free download from the Ambulance website in all of the five languages (www.ambulance.nsw.gov.au) are the following material:

- > **Advertising poster** (to alert club members to the opportunity)

- > **Registration form** (participants advice they will attend)
- > **Instructional booklet** (step by step guide on how to conduct a session)
- > **Fridge referral guides** (contains warning signs for some life threatening illnesses)
- > **Certificate of Attendance** (keepsake for participants)
- > **Facilitator and Participant Evaluation Forms** (returned to Ambulance Public Affairs for program assessment).

LIFE...Live it Save it!

Retiree Education Program for Multicultural Communities

We hope this self-learning Program will increase the community's knowledge of medical emergency awareness and provide confidence to follow instructions from Ambulance Call Takers.

Once this material has been downloaded you can contact Ambulance via email at community@ambulance.nsw.gov.au or phone 9320 7795 to request the accompanying free DVD and pillowcases which are important to the Program and are currently only available in English:

- > **Instructional DVD** (real life stories and basic CPR information)
- > **CPR Buddy pillowcases** (pillowcase that participants use to practice CPR and take home as a keepsake)

We hope this self-learning Program will increase the community's knowledge of medical emergency awareness and provide confidence to follow instructions from Ambulance Call Takers.

SESSION FACILITATOR

The facilitator is a community group representative who coordinates the running of the program. All facilitator's can utilise the instructional booklet with an easy to follow written script so no prior experience is required.

SESSION STRUCTURE

The Program is facilitated by members of the community with no Ambulance interaction, although in rural locations during quieter periods, Paramedics may wish to become involved but this is purely at their discretion.

Ideally the number of people participating in each session would not exceed 20.

A typical session would include:

- > welcome and introduction
- > viewing of instructional DVD (24 minutes)
- > practical CPR component and self critique
- > conclusion

Participants need to bring along a standard sized bed pillow to the session. They will be provided with a CPR training aid referred to as a 'CPR Buddy' pillowcase. The pillowcase has a human torso screen-printed on the front, much like a mannequin and participants get to practice basic CPR skills at the end of the session on their CPR Buddy—and continue to practice when they return home.

IS THIS AN ACCREDITED COURSE?

The Program is an awareness course only and a strong recommendation is made for all participants to follow up the session by enrolling in a first aid course with an accredited first aid provider. Ambulance has briefed major accredited first aid providers who are very supportive of our Program.

IS THIS PROGRAM SUITABLE FOR YOUR COMMUNITY GROUP?

Community group members must be over the age of 55 to be eligible for the program.

If your community group is interested in the 'LIFE...Live it Save it!' education program, visit our website at www.ambulance.nsw.gov.au and look under 'Community Info'.

Any enquiries can be sent to email: community@ambulance.nsw.gov.au or phone 9320 7795.