

I live independently, with support workers visiting. How can I manage my medication supply from home during the coronavirus pandemic?

Maintaining a supply of your regular and new medication is important. During this time, when we are being asked to limit our community access, there are exceptions:

- To attend medical appointments.
- For essential shopping, such as for food and medication.
- Exercise.

If you have been advised to stay at home, it is important to follow the instructions you have been given about accessing the community.

There are several ways you can obtain a prescription and receive your medication.

- If your regular support person is not available or is unable to assist with medication, ask a trusted family member or friend.
- Many pharmacies are currently assisting with home delivery of medication and some will also liaise with your regular GP if a repeat prescription is required. If you have a local pharmacy which you use on a regular basis, try phoning them to ask what services they are offering.
- If you require a repeat prescription, GPs are available using Telehealth. Phone the practice centre and ask how you can speak to a doctor about a repeat prescription.
- Contact your local city or shire council as they have volunteers who may be able to connect you with community service programs to assist in pickup and delivery of your prescription medication.
- There are online services, such as Doctors on Demand, who can organise scripts and home delivery but be aware that there is a fee.

Reference

Australian Government Department of Health (2020). [Fact Sheet Coronavirus \(COVID-19\) National Health Plan. Primary Care-Home Medicines Services to support the response to COVID-19](#)