

## New resource to ease hospital demand

With Adelaide's major hospitals currently under intense pressure, South Australians are being urged to use a new resource to ease demand on emergency departments and the SA Ambulance Service.

"Too many people present at emergency departments because they simply aren't aware of the medical options which are available to them," said Deb Lee, CEO of the Adelaide PHN.

"That is why we have created a searchable website called Adelaide After Hours ([adelaideafterhours.com.au](http://adelaideafterhours.com.au)) which provides key information about medical services right across the metropolitan area including GPs, dentists, pharmacies, hospitals and helplines.

**Importantly, the database doesn't just cover after hours services. It also includes details for services available during regular business hours.**

"GPs are often the most sensible option and they are ready, willing and able to help," Ms Lee said.

The Adelaide After Hours website is the first time all this information has been brought together in one place.

- GPS technology means the site can highlight the nearest suitable provider within a 2km, 5km, 10km, 50km or 100km radius
- People can also search by suburb, postcode or opening times
- The information is available in 16 languages including Greek, Italian, Vietnamese, Arabic and Swahili.
- Additionally, the site contains contact details for the Poisons Information Centre; Kids Helpline; healthdirect; Pregnancy, Birth & Baby Helpline; Beyond Blue and many other services.

"As SA Health has been saying, it's very important that we keep hospital emergency departments available for those who truly need them – like people suffering heart attacks, strokes, or who've been seriously injured," Ms Lee said.

"Please, if you are not suffering from a true emergency have a look at the website and it will guide you to the most appropriate treatment or help.

"We want to ensure people can get the help they need, when they need it," Ms Lee said.

Funded by the Federal Government, the Primary Health Networks (PHNs) have been established with the key objectives of increasing the efficiency and effectiveness of medical services for patients.

Adelaide PHN works closely with SA Health and is now pro-actively communicating with the greater public and stakeholder groups, providing information about medical alternatives to reduce pressure on emergency departments.

To visit the site, click here [adelaideafterhours.com.au](http://adelaideafterhours.com.au)

**Media – for additional information, please contact  
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