

Yes,

I would like to support
Asthma Foundation SA



Title	First Name	
Family Name		
Position		
Organisation		
Address		
City/Suburb	State	Postcode
Phone	Mobile	
Email		

Payment details

- Full Annual Membership **\$ 35.00** (inc GST)
- Concession Annual Membership **\$ 20.00** (inc GST)
- Corporate Membership **\$295.00** (inc GST)
(includes onsite Workplace Training)
- Tax-deductible Donation **\$**
- Total** **\$**

Payment method

I enclose my cheque or money order
made payable to **Asthma Foundation SA**

or debit my:

- Visa Mastercard Amex Diners

Card number

Expiry CVV Signature

Name of Cardholder

Return to: Asthma Foundation SA
PO Box 2035, Hilton, SA 5033

or pay online at: asthmasa.org.au

Asthma Foundation SA is committed to the protection of private information. A full copy of the AFSA Privacy Policy is available online at asthmasa.org.au or by calling 08 8238 9300.

- I have left AFSA in my Will
- I would like information about leaving AFSA in my Will

AFSA Structure

AFSA is independently incorporated and works collaboratively with Asthma Foundations in each State and Territory under the umbrella of Asthma Australia. A volunteer Board of Directors consists of 12 community leaders who provide strategic direction. Dedicated and qualified professionals make up the operational team responsible for implementing the strategic plan and project managing an extensive range of respiratory health services.

The Need

Over 2 million Australians have asthma and many quickly find themselves struggling to breathe. Unfortunately many people don't recognise asthma symptoms or realise how serious asthma can be.

Our Mission

Working together to help people with asthma and linked conditions to breathe better.

Our Purpose

To provide information, education, training and advocacy in the community and to promote research.



Asthma First Aid

- 1** Sit the person upright
- Be calm and reassuring
 - Do not leave them alone



- 2** Give medication
- Shake the blue reliever puffer*
 - Use a spacer if you have one
 - Give 4 separate puffs into the spacer
 - Take 4 breaths from the spacer after each puff



*You can use a Bricanyl Turbuhaler if you do not have access to a puffer and spacer
Giving blue reliever medication to someone who doesn't have asthma is unlikely to harm them

- 3** Wait 4 minutes
- If there is no improvement, repeat step 2



- 4** If there is still no improvement call emergency assistance (DIAL 000)
- Tell the operator the person is having an asthma attack
 - Keep giving 4 puffs every 4 minutes while you wait for emergency assistance



Call emergency assistance immediately (DIAL 000) if the person's asthma suddenly becomes worse

To find out more contact
Asthma Foundation SA:

1800 645 130
asthmasa.org.au

Translating and Interpreting
Service: 131 450

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Supported by the Australian Government



It's time to
take asthma
seriously.

Asthma Foundation SA
300 South Road, Hilton 5033
PO Box 2035, Hilton 5033

p 08 8238 9300 f 08 8238 9303

Breathe Better Information Line
1800 645 130

asthmasa.org.au

ABN 29 187 159 478

Principal Partner

Santos
We have the energy.

Asthma Foundation SA (AFSA) is a not-for-profit organisation established in 1963, providing services for people with asthma.

Becoming a Member of AFSA provides you with discounts, newsletters and updates. You'll also be supporting the organisation that aims to support every South Australian who struggles for breath.



What is asthma?

A person can survive weeks without food, days without water, but only a few minutes without air.

Over 2 million Australians have asthma. Unfortunately, many people don't recognise the symptoms or realise how serious asthma can be.

People with asthma have sensitive airways. When exposed to certain triggers their airways narrow, making it harder for them to breathe. A severe asthma attack can become life threatening within a matter of minutes. Recurring breathlessness caused by asthma can be debilitating, depressing, limiting and unpredictable.

Asthma is serious, but it can be controlled.

Could it be asthma?

Do you ever:

- Feel breathless or wheezy?
- Wake up coughing or wheezing?
- Struggle to keep up with your normal activity?

See your GP and ask about asthma.

Effective asthma management

- Know and avoid your asthma triggers.
- Know your symptoms and how to treat them.
- Use medications correctly.
- Ask for and follow your written Asthma Action Plan.

Asthma facts

- Asthma is one of Australia's most widespread chronic (long term and persistent) health problems.
- Asthma affects 1 in 9 Australian children and 1 in 10 adults.
- Indigenous Australians are twice as likely to have hospital visits for asthma.
- Australian deaths caused by asthma are high on a worldwide scale.
- Asthma is a major cause of school absenteeism, child emergency department attendance and admission to hospital.

How AFSA helps

AFSA provides support to individuals with asthma, plus education and training for professionals and in the community.

Community Support Services

Breathe Better Information Line (1800 645 130) is a free telephone information service open Monday to Friday, 9am to 5pm, staffed by trained respiratory health educators.

Community Information Sessions provide practical information on how to 'live well' with asthma, chronic lung conditions, eczema and allergy/anaphylaxis.

One-on-one Consultations with professional asthma educators who support individuals, families and carers with effective respiratory health management information.

Asthma Control Packs provide vital information about asthma control and first aid, including wallet-sized emergency card and action plan.

Website (asthmasa.org.au) provides comprehensive, easy-to-access respiratory health information and links.

Daily Pollen Count alerts those who suffer from asthma, allergies and hayfever of the likelihood of being exposed to pollens. The count is published on the AFSA website, Channel 9 News, The Advertiser and on social networking sites Facebook and Twitter.

AFSA Shop (300 South Road, Hilton) stocks a wide range of respiratory health products including nebulisers, spacers and dust mite protection. 10% discount for AFSA Members.

Education and Training

Do you know what to do in an asthma emergency? It only takes one hour and you could save a life.



Schools and Preschools training provides information for school and preschool staff about asthma management and how to respond in an emergency. Once training is completed, schools and preschools can attain 'Asthma Friendly' status by adopting

ASFA best practice guidelines. This program is supported by the Australian Government.

Child Care and Children's Services training teaches childcare staff how to effectively manage an asthma emergency, and how to provide a safer and more supportive environment for children with asthma.

Workplace training is delivered onsite, teaching employees how to recognise and respond to an asthma emergency, and providing strategies to achieve a safer workplace. Supported by ETSA Utilities.



Sport and Recreation Clubs training teaches coaches, officials, administrators and volunteers what to do in an asthma emergency. Supported by Clubs SA.

Education and Training for Health Professionals

ASFA supports GPs, nurses, pharmacists, pharmacy assistants, medical students and health workers to offer the best possible asthma treatment, management and advice. Courses include Respiratory Management, Emergency Asthma Management and workshops on COPD, Spirometry and Eczema. All courses attract continuing nurse education (CNE) points.



Membership and Donation Form

Asthma Foundation SA is a not-for-profit, registered charitable organisation. Donations are tax-deductible and Membership supports AFSA's important work.

Membership benefits

- 10% discount on all AFSA shop products including nebulisers, spacers and dust mite bedding protection.
- AFSA Membership Pack containing Membership card, AFSA publications and news.
- Annual subscriptions to AFSA's newsletter *Every Breath Matters* and the Asthma Australia publication *Asthma Update*.
- 10% discount on State Swim swimming schools.

Donations

AFSA does not receive any state government funding and less than 15% of funding comes from the Federal Government. AFSA relies on public donations, bequests and the support of corporate partners to fund its core community programs and services. Your donation will help AFSA continue to help more South Australians breathe better.

More information

Tick if you wish to receive more information about:

- Corporate Membership
- Asthma Friendly Children's Services program
- Asthma Child & Adolescent Program
- Community Information Sessions
- Health Professional Courses and Workshops
- Leaving a Gift in Your Will to AFSA
- Regular Giving / Workplace Giving
- Making my organisation 'Asthma Friendly'