

You may choose more than one of the following:

Wages or salary

Profit or loss from a business or rental property

Any government pension, benefit or allowance

Any other regular source

1. **Wages or salary**
(including from own incorporated business)
2. **Profit or loss from own unincorporated business or share in a partnership**
3. **Profit or loss from rental property**
4. **Dividends or interest**
5. **Any government pension or allowance**
6. **Child support or maintenance**
7. **Superannuation or annuity**
8. **Workers' compensation**
9. **Other**

You may choose more than one of the following:

For child's health

The right thing to do

Reminder notifications from the Register

Payment

Child must be immunised to go to child care or school

Local access to clinic or doctor

More awareness of immunisation schedule

Promotion through TV, radio, other media or clinics

Other



MODERATE EXERCISE

- Any exercise which caused a moderate increase in heart rate or breathing

VIGOROUS EXERCISE

- Any exercise which caused a large increase in heart rate or breathing

You may choose more than one of the following:

Sunscreen

Umbrella

Hat

Clothing

Sunglasses

Avoided sun or limited time spent in the sun

Other

1. **All of the time**
2. **Most of the time**
3. **Some of the time**
4. **A little of the time**
5. **None of the time**

You may choose more than one of the following:

a. **Sleeping tablets or capsules**

For example -

Temaze or Normison

Mogadon or Alodorm

b. **Tablets or capsules for anxiety or nerves**

For example -

Valium or Antenex

Serepax

c. **Tranquillisers**

For example -

Aldazine or Melleril

Serenace

Zyprexa

Risperdal

Stelazine

Largactil

d. **Antidepressants**

For example -

Dothep or Prothiaden

Zoloft

Endep or Tryptanol

Lovan or Prozac

Deptran or Sinequan

Aurorix

Aropox

e. **Mood stabilisers**

For example -

Epilim

Tegretol

f. **Other medications for your mental health**

1. **Always**
2. **Usually**
3. **Sometimes**
4. **Seldom**
5. **Don't know**

You may choose more than one of the following:

Admitted to hospital as an inpatient

Visited outpatient clinic

Visited casualty or emergency

Visited day clinic

Consulted doctor

(General Practitioner or specialist)

Consulted other health practitioner

For example -

Chemist

Dietician or nutritionist

Herbalist

Hypnotherapist

Naturopath

Nurse

Had day(s) away from work or school

Had other days of reduced activity

Taken vitamin or mineral supplements

Used natural or herbal medicines

You may choose more than one of the following examples of heart and circulatory conditions.

Include: Other heart and circulatory conditions not listed here

Rheumatic heart disease

Heart attack

Stroke

(including after effects of stroke)

Angina

High blood pressure or hypertension

Hardening of the arteries, atherosclerosis or arteriosclerosis

Fluid problems, fluid retention or oedema

High cholesterol

Rapid or irregular heartbeats, tachycardia or palpitations

Heart murmur or heart valve disorder

Haemorrhoids

Varicose veins

Other heart or circulatory conditions

You may choose more than one of the following:

Losing weight

Exercised most days

Taken vitamin or mineral supplements

Taken natural or herbal medicines

Other

You may choose more than one of the following:

Work

Study

Other day to day activities

You may choose more than one of the following:

Astigmatism

Short-sightedness or Myopia

(Have difficulty seeing things in the distance)

**Age-related sight problems or
Presbyopia**

Long-sightedness or Hyperopia

(Have difficulty seeing things up close)

Other

You may choose more than one of the following:

Astigmatism

Short-sightedness or Myopia

(Have difficulty seeing things in the distance)

Long-sightedness or Hyperopia

(Have difficulty seeing things up close)

Other

You may choose more than one of the following:

Hayfever

Sinusitis or sinus allergy

Other allergy

Anaemia

Bronchitis

Cystic fibrosis

Emphysema

Epilepsy

Fluid problems, fluid retention or oedema

Exclude: those due to a heart or circulatory condition

Hernias

Kidney stones

Migraine

Osteoporosis

Psoriasis

Stomach ulcers or other gastrointestinal ulcers

Thyroid trouble or goitre

Tuberculosis

You may choose more than one of the following examples:

Amputation or loss of limb

For example - arm, foot, finger

Back - slipped disc or other disc problems

Back pain or back problems

Behavioural or emotional disorders

Deformity or disfigurement from birth

For example - club foot, cleft palate

Other deformity or disfigurement

For example - effects of burns

Dependence on drugs or alcohol

Difficulties in learning or understanding

Feeling anxious or nervous

Feeling depressed

Gallstones

Incontinence

Paraplegia or other paralysis

Speech impediment

Conditions that recur from time to time.

Conditions that have lasted for a long time and that may have been adjusted to.

Conditions which are under control because of long term treatment or taking medication.

Any accidents

For example-

- falling over
- being hit by something
- hitting something
- vehicle accidents

OR

Any harmful incidents

For example -

- bites or stings
- being attacked by another person
- choking
- near drowning

Any exposure to harmful factors

For example -

- swallowing poisons
- inhaling fumes
- loud sounds
- electric shock

Anything else which resulted in injuries such as these:

- cuts
- burns and scalds
- bruising
- dislocations, sprains and strains
- internal injuries
- fractures and broken bones
- other injuries

Consulting a health professional

Seeking medical advice

Receiving medical treatment

Reducing usual activities

Treating the injury by,

For example-

- using a band aid
- using a bandage
- using an ice pack
- using a heat pack or rub
- applying antiseptic
- taking medication
- bed rest

You may choose more than one of the following:

Vehicle accident

For example -

car accident, motorbike accident, train accident or any other type of vehicle accident

Low fall (falling 1 metre or less)

For example -

falling, slipping or tripping

High fall (falling more than 1 metre)

For example -

from a bed, window ledge, climbing frame

Hitting something or being hit by something

Attack by another person

Near drowning

Exposure to fire

Exposure to chemicals

Bite or sting

Other event requiring some action

Fractures and broken bones

Dislocations, sprains, strains, torn muscles or ligaments

Internal injuries

Include: organs in the chest, abdomen, pelvis and brain damage

Open wounds

For example -

cuts, scrapes, puncture wounds or amputation

Bruising

Burns and scalds

Concussion

Choking

Include: smoke inhalation

Poisoning

Include: illness or other harmful effects of swallowed poison, drug overdose, inhaled fumes, insect stings or venomous bites

Other injuries

Include: crushing injuries, foreign bodies, self inflicted injuries

1. **Sports activities**

Include: organised team and individual sports

2. **Leisure activities**

Exclude: organised team and individual sports

3. **Resting, sleeping, eating or other personal activities**

4. **Being nursed or cared for**

5. **Attending school, college or university**

6. **Domestic activities**

7. **Other**

1. **Sports activities**

Include: organised team and individual sports

2. **Leisure activities**

Exclude: organised team and individual sports

3. **Resting, sleeping, eating or other personal activities**

4. **Being nursed or cared for**

5. **Attending pre-school, school, college or university**

6. **Domestic activities**

7. **Other**

01. **Inside own or someone else's home**
02. **Outside own or someone else's home**
03. **At school, college or university**
04. **Residential institution**
For example -
dormitory, barracks or nursing home
05. **Health care facility**
06. **Sports facility, athletics field or park**
07. **Street or highway**
Include: public roads and associated footpaths
08. **Commercial place**
For example -
shop, office, hotel, railway station
09. **Industrial place**
For example -
factory
10. **Farm**
Include: land under cultivation, grazing property, timber plantation
Exclude: farm house
11. **Other**

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For example -
factory
10. **Farm**
Include: land under cultivation, grazing property, timber plantation
Exclude: farm house
11. **Other**

You may choose more than one of the following:

Inpatient stay in hospital

Emergency or casualty department

Outpatient clinic at a hospital

You may choose more than one of the following:

Doctor or General Practitioner

Exclude: doctors seen as part of a hospital inpatient stay, outpatient visit and emergency or casualty visit

Injury Clinic

Include: sports or occupational injury clinic

Exclude: hospital inpatient, outpatient and emergency or casualty

Acupuncturist

Audiologist

Chiropractor

Nurse

Optician or Optometrist

Osteopath

Occupational Therapist

Physiotherapist or Hydrotherapist

Speech Therapist or Speech Pathologist

Aboriginal Medical Centre

First Aid Post or Officer

Poisons Information Centre

You may choose more than one of the following:

Aboriginal Health Worker

Accredited Counsellor

Acupuncturist

Alcohol and Drug Worker

Audiologist or Audiometrist

Chemist (for advice only)

Chiropodist or Podiatrist

Chiropractor

Dietician or Nutritionist

Herbalist

Hypnotherapist

Naturopath

Nurse

Occupational Therapist

Optician or Optometrist

Osteopath

Physiotherapist or Hydrotherapist

Psychologist

Social Worker or Welfare Officer

Speech Therapist or Speech Pathologist

1. **Hospital only**
2. **Ancillary only**
3. **Both hospital and ancillary**

You may choose more than one of the following:

Profit or loss from own unincorporated business or share in a partnership

Profit or loss from rental property

Dividends or interest

You may choose more than one of the following:

Wages or salary

Government pension or allowance

Child Support or maintenance

Superannuation or annuity

Any other regular source

01. **Australian Age Pension**
02. **Newstart Allowance**
03. **Mature Age Allowance**
04. **Service Pension**
(DVA)
05. **Disability Support Pension**
(Centrelink)
06. **Wife Pension**
07. **Carer Payment**
08. **Sickness Allowance**
09. **Widow Allowance**
(Widow B pension)
(Centrelink)
10. **Special Benefit**
11. **Partner Allowance**
12. **Youth Allowance**

You may choose more than one of the following:

War Widow's Pension

(DVA)

Disability Pension

(DVA)

Carer Allowance

(Child Disability Allowance)

(Centrelink)

Overseas pensions or benefits

Parenting Payment

Other

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