New website 'saves time - when it really matters'

A new website is now helping to save time - and ultimately people's lives – in Hampshire, Portsmouth and Southampton.

www.sayitonce.info was officially launched in September by **Lawrie McMenemy MBE**, President of the Special Olympics Great Britain and President of Age Concern, Hampshire.

The website has been designed to encourage residents to record their own personal information – and share this easily with health, social care and emergency services when needed.

Part of a project funded by the Department of Health, Say It Once includes forms that give residents more control and choice. This includes a Personal Profile where they can record as much or as little information as they wish. This information is then only shared with others if the individual consents.

Anne Meader, project executive said: "People are often asked for the same information by different health and social care staff – this is frustrating and wastes time. On average, people are asked seven times for the same information.

"The website and forms are designed to help you record your own information so you only have to 'Say It Once'. This single up to date version then becomes the single point of reference for everyone working with you, with your consent."

"One example when time could be saved would be giving the form to paramedics in an emergency so they can see what medical conditions you have or who can look after your dog if you're rushed in to hospital. That could mean the difference between life and death in some situations and certainly reduce your worries about what's important to you in times of crisis. The

information can also include things such as medication, contact details for friends and neighbours and your personal beliefs. You can give as much or as little information as you wish and it's your choice if you allow other people to share it."

For more information on Say It Once:
Call: 01794 519495
Email: contact@sayitonce.info

Website: www.sayitonce.info

The Personal Profile can be downloaded from Download forms
 in several different formats, together with guidance.