

many conditions. If they require special equipment or supplies, it might be wise to take a selection with you, for example, pack your tennis shoes or a sketch pad and a few colours.

Every post is different, every posting is different. Be prepared. Acquire information wherever it is offered, use what you need and store the rest.

iv. Elders

From time to time it may be necessary to take an elderly dependant with you on a posting. They, too, need to be as involved as is feasible in the move and have their needs anticipated. Unless they are experienced travellers, they will be anxious and bewildered, upset at the coming loss of familiarity and angry at being a burden. Some precious minutes of your time, a few feasible chores and lots of reassurance will be necessary.

It is possible they will become over anxious about their health; resistant to the idea of change; act the saintly, sighing martyr; criticize you or your spouse's career; or have a medical setback.

Their routines should be disturbed as little as possible. Lack of sleep, noise, confusion and a change of habits can distress them unduly.

WHERE TO SEEK HELP

Locating community support services can be a frustrating activity, and once you locate them, there may be a long waiting period. Some situations you may be able to resolve yourself, but if you need it, assistance is nearly always available if you seek it. Remember, no one will know that you are in need of help if you do not ask for it.

At Post

- speak to the post medical officer, if there is one; if there is not one at post, there will be Health and Welfare doctor assigned to the region who will make regular visits to the post; for this information speak to the senior Admin person at post; if the situation warrants it, he/she could be consulted immediately by phone, fax or a special visit.
- the Community Coordinator will have a list of community resources
- depending on the country to which you are posted, it may be feasible to go directly to community resources as you would at home

At Home and Abroad