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Blairgowrie Vic 3942

Productivity Commission
GPO Box 1428
Canberra City ACT 2601

Enquiry into Caring for Older Australians

The special needs of those with Multiple Chemical Sensitivity (MCS) needs to be addressed. 24.6% of surveyed reported sensitivity to chemical odours, and 2.9% of respondents reported having been diagnosed with chemical sensitivity. (New South Wales Adult Health Survey 2002).

Less medication and medical intervention is needed by those with MCS who live a less- polluted-lifestyle.

I am diagnosed with Multiple Chemical Sensitivity so that my capabilities and quality of life are affected according to the level of chemical pollution.

A low-chemical, less-polluted home is important:

On reading of two physicians with food and chemical sensitivities (who used no medication) who practiced medicine (100 hours per week in the first case, and when over 80 years of age in the second case) illustrate to me the value of their less-polluted home, office, food and water.

These physicians had earlier been ill for many years.

(Rea WJ 1997. CHEMICAL SENSITIVITY volume 4, Tools of Diagnosis and Methods of Treatment, pages 2854 2858. Boca Raton, FL: Lewis Publ)

My own home is purpose-built to be low chemical. I've spoken to others who have adapted/renovated their existing home.

With low-care aged accommodation, a patient with MCS is best catered for in their own home with government assistance (eg. A Carer Pension etc.)

When high-care aged accommodation is needed, these are the priorities that I see:

- 1 Insecticide-free rooms, or Integrated Pest Management.
- 2 Rooms free of fragrance chemicals.
- 3 Fragrance-free, low allergy cleaning products.
- 4 Staff who are fragrance-free and non-smokers.
- 5 Staff educated about chemical sensitivities.
- 6 No gas exhaust.
- 7 No VOCs.
- 8 Low chemical bedroom.
- 9 Outdoor sitting area that is unfragranced, with no weedkiller chemicals.
- 10 Furnishings of natural materials or well outgassed (5 years).
- 11 Clean air and water, or both filtered. (Doors & windows open to fresh air).
- 12 Particular bedding: eg. Woollen under blanket & fragrance-free laundering of cotton sheets.

13 Air conditioners that don't recycle fragrance chemicals.

Consultation is of benefit with the allergy support group of over 20 years: Allergy and Environmental Sensitivity Support and Research Association Inc. (www.aessra.org aessra@aessra.org PO Box 298 Ringwood 3134).

Consultation with owners of purpose-built low-chemical accommodation (through AESSRA) is also of benefit.

Your sincerely

Name Withheld

Centre for Epidemiology and Research, NSW Department of Health.
New South Wales Adult Health Survey 2002, NSW PUBLIC HEALTH BULL 2003;
14 (S-4). www.health.nsw.gov.au/public-health/phbsup/adult_health_survey.pdf

Rea WJ 1997. CHEMICAL SENSITIVITY vol 4, p2854 2858. BocaRaton FL: Lewis Publ.

WHAT'S IN YOUR PERFUME? FRAGRANCES AND SCENTED PRODUCTS?
AESSRA PO Box 298 Ringwood 3134 www.aessra.org