

## Making appointments for Community Health

No referral is needed for any of the Community Health services. Members of the Yarriambiack community can self-refer to Community Health services.

To book a Community Health appointment phone your local Rural Northwest Health campus

*Warracknabeal - 5396 1238*

*Hopetoun - 5083 2000*

*Beulah phone - 5396 8200*

As some of our services are in high demand, appointment allocation is decided on a prioritisation system, giving first priority to people who;

- Have short or long term illnesses or disabilities
- Are frail and elderly
- Hold a pension card or a health care card
- Have a low income

## Compliments/Comments/Complaints

We welcome your comments, suggestions and compliments, as well as complaints.

This can be done by completing the RNH compliment/comment/complaint form found in your client information provided and forwarding it to the Community Health Team Leader.

Service users have the right to refuse or cancel services at any time. If you do refuse services you can access services at a later date.

**Fees may apply.**



**Free Call  
1800 667 301**

*Rural Northwest Health  
Warracknabeal Campus*  
Dimboola Road,  
Ph: 5396 1238

*Hopetoun Campus*  
12 Mitchell Place  
Ph: 5083 2000

*Beulah Campus*  
Cnr Henty Highway & Bell Street  
Ph: 5396 8200

**www.rnh.net.au**

Nurse on Call 1300 606 024

**Emergency 000**



Date Feb 2016



# Community Health

### What is Community Health?

Community Health provides health services, information and education to promote health and wellbeing in our communities.

#### We aim to:

- Provide reliable quality services
- Provide professional services that are both client and community responsive
- Provide individuals and groups with direct and confidential health services
- Provide services which focus on the wellbeing of the whole person
- Promote aspects of health care and prevention
- Provide affordable community health care

#### Who can use these services?

People of all ages of the Yarriambiack community are eligible to access community health services.

However, priority of access will be given to people who;

- Have short or long term illnesses or disabilities
- Are frail and elderly
- Hold a pension card or a health care card
- Have a low income



## What Community Health offers?

**Physiotherapy** - provides services to aid in the prevention and treatment of various injuries, aches and pains. Provides assistance in the rehabilitation of neurological, cardiorespiratory and orthopaedic conditions.

**Exercise Physiology** - provides specialised exercise based programs for injury rehabilitation and chronic disease management, including diabetes, heart health, falls prevention and weight management.

**Podiatry** - provides a comprehensive service to diagnose, prevent and treat foot disorders. Diabetes specific clinics are available.

**Social Work/Counselling** - provides individual counselling for people of all ages requiring emotional and social support as well as information and strategies for problem solving and crisis intervention.

**Speech Pathology** - provides assessment, diagnosis and treatment for children aged 0-6 and adults 18+ with speech, language, swallowing, voice or fluency difficulties.

**Dietitian** - provides information and consultation on issues relating to diet and nutrition - including diabetes, weight loss, allergies, child nutrition and underweight.

**Occupational Therapy** - provides assistance to maintain independence in daily living skills, including home assessments and equipment prescription and hire.

**Community Health Nurse** - provides health information and education sessions on health for groups, schools and individuals, men's programs, health screenings and Tai Chi.

**Diabetes Nurse Educator** - works with individuals and groups within the community to promote a better understanding of diabetes. Clients are supported in ways to self-manage that suits their lifestyle and minimises complications.

**Midwifery/Domiciliary service** - Midwives are able to provide antenatal care for pregnant women in conjunction with their GPs and Obstetricians. Midwives are able to book expectant mothers into WHCG (Horsham) to deliver their babies. Following the birth, the Domiciliary Midwifery service provides in home support for mother, baby and the family.

**Continence Nurse** - provides strategies and support to improve on or manage incontinence. Delivers group education on lifelong continence maintenance.

**District Nursing** - provides nursing care in the home; treatments include medications, palliative care, wound management and assistance with personal care. Post-acute care is also offered following an acute hospital admission to assist in the transition back into the community.

**Massage Therapy** - helps to relieve muscle aches, pain, stiffness and tension to promote relaxation and wellbeing.

**Asthma Educator / Spirometry Service** - provides lung function tests for people with asthma and other breathing problems. Education and assistance on the use of asthma devices, and techniques to assist and support with all breathing difficulties.

**Day Program Groups** - provides social support for the frail, aged and members of our communities with disability, in a day program setting.

***"Reliable local service  
with helpful staff"***

*centred on you*