



Better Health Team

The Merri Community Health Services Better Health Team is a multidisciplinary team of clinical specialists who provide a variety of services and programs.

The Better Health Team is comprised of

- Dietitians
- Speech Pathologists – Aged & Disability
- Diabetes Nurse Educators
- Community Health Nurses
- Key Workers – Living Well Program

Dietetics

The dietitian service offers nutritional assessment and advice for diet related health conditions.

Advice on all dietary needs from information on food choices to individual nutritional assessment is provided. The dietitian service offers both individual consultations and group education programs such as the Diabetes Education Program.

Services are provided to:

- Children – advice and assistance is provided for issues such as fussy eating, poor weight gain, overweight and with general healthy eating tips
- Adults – advice and assistance is provided for conditions such as diabetes, weight loss and high cholesterol

The Home and Community Care (HACC) Dietitian provides a service specifically for those in the community who are frail, aged or disabled, and also to their carers.

Speech Pathology

Speech pathology provides assessment and management of communication or swallowing difficulties. These difficulties can occur for many reasons, including stroke, degenerative disease (eg Parkinson's disease, Motor Neuron disease) head injury, surgery, dementia, voice impairment or hearing loss.

Speech Pathologists provide services to aged or disabled individuals experiencing difficulty with:

- Speech and language
- General communication
- Swallowing
- Cognition
- Voice

Community Health Nursing

Community Health Nurses work to create a healthy and happy environment for individuals, families and groups. Programs offered by our nurses include:

- Women's health – individual assessment or education and training
- Men's health – individual assessment or education and training
- Drug and alcohol - personal assessment and service co-ordination
- Health assessment

- Aged care support
- Health promotion/prevention initiatives through education and screening sessions
- General health support, counselling, referral and advocacy

Living Well

Living Well is a program designed to provide support and lifestyle coaching to individuals in the early stages of, or newly diagnosed with, a chronic health condition such as diabetes, arthritis or heart and lung disease. The program helps clients to make positive lifestyle changes, become more independent and better self-manage their condition.

Key Workers in the Living Well program are qualified health professionals with additional training to support and coach individuals.

Key worker services include:

- Assisting clients to complete a health and lifestyle evaluation
- Identifying health and lifestyle issues impacting on a client's condition
- Goal setting
- Providing liaison with doctors and other health services
- Organising referrals to other services, including group programs, as appropriate
- Development of a plan to support clients in dealing with their health condition

Diabetes education

Diabetes education assists individuals to:

- Understand their diabetes and make informed lifestyle and treatment choices
- Incorporate physical activity into daily life

- Understand and effectively use diabetes medications, including insulin
- Monitor blood glucose levels and use the results to improve diabetes control
- Prevent and treat high and low blood glucose levels
- Manage diabetes care when sick
- Reduce the risk of diabetes complications
- Manage the demands of diabetes with the demands of work, family and social life

Who can use these services?

- Referral for programs and services can be made by individuals (self-referral), carers, health professionals including doctors and other service providers
- For information on the specific criteria of individual programs call the Service Access team

How much does it cost?

- Session fees are \$12.50 per session, \$8 per session for Health Care Card and Pension Card holders

Services are available at:

- 11 Glenlyon Road, Brunswick
- 93 Bell Street, Coburg
- 79 Jukes Road, Fawkner
- 5D Cromwell Street, Glenroy
- Some services are provided in the home as appropriate

For further information and appointments:

- Phone Service Access on (03) 9388 9933