



Better Health Team

The Better Health Team is a multidisciplinary team with clinical specialists across a variety of programs.

The Better Health Team comprises:

- Dietetics
- Speech Pathology – Aged & Disability
- Diabetes Nurse Educator
- Community Health Nursing
- Key Workers – Living Well Program

Services can be home based or centre based according to individual client need and program.

Service Access & Eligibility

Most residents of the City of Moreland are eligible provided they meet individual program criteria. Nursing home, hostel and compensable clients (eg TAC/Workcover) are not eligible.

Merri Community Health Services charges a service fee for access to these services. This fee will be waived in circumstances of financial hardship.

Referrals to the Better Health Team are made via the Service Access Unit. Referrals can be self referrals; GP referrals; other medical/ nursing/allied health.

The Better Health Team operates within strict principles of privacy and confidentiality. Clients will be provided with further privacy information by the Service Access Unit.

Dietetics

Advice on all dietary needs from information on food choices to individual nutritional assessment.

The Dietetics 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 Dietetic Service offers both individual consultations and group education programs such as the Diabetes Education Program.

Children e.g. fussy eaters, poor weight gain, overweight, general healthy eating tips,

- Adults e.g. diabetes, weight loss, hypercholesterolemia,
- The Home and Community Care (HACC) Dietitian provides a service specifically for those in the community who are frail aged, disabled and also to the carers of the client group.

Speech Pathology

Assessment and management of communication or swallowing difficulties.

Communication and swallowing 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.

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

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

Community Health Nursing

A range of nursing services to encourage good health.

The Community Health Nurse works to create a healthy and happy environment directed towards individuals, families and groups. Programs offered by the Community health nurse 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.
- Outreach health assessment
- Aged care support
- Health promotion/prevention initiatives through education and screening sessions.
- General health support, counselling, referral and advocacy.

Diabetes education

Education and advice to help manage diabetes.

Diabetes education assists individuals to:

- Understand 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.

Living Well

Supporting you to manage long term health problems.

The Living Well Program is a service that aims to support people living with a long term health conditions such as diabetes, arthritis, heart and lung disease. This service helps to make lifestyle changes and to increase independence in managing one's own health.

Living Well Program staff are trained allied health or nursing practitioners working as Key Workers. The Key Worker will work with you to:

- Complete a health and lifestyle assessment
- Liaise with your local doctor and other health providers
- Organise referrals to appropriate services including group programs
- Develop a plan to support you in dealing with your health condition

For more information about the Living Well Program, please refer to the separate fact sheet.