

Services for Adults



Merri Community Health Services

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These services aim to keep people active and healthy as well as provide treatment and advice to help people regain their health.



Psychosocial Rehabilitation for People Living with a Mental Illness

A range of programs are provided from the Vic Place, Coburg site and also on an outreach basis including:

Day Programs

- The Exchange Program –
Support for people with a mental illness through activity based interventions such as art, music, cooking, and computer and gym programs. This runs on a 10 week rotating program with four 2-week breaks during the year.
- Support for Day to Day Living in the Community (CRISP) –
Designed to complement the Exchange program, and aims to break down barriers for people with a mental illness who may be reluctant to engage with existing day program activities.

Outreach

- Avalon
Outreach support for people living in private accommodation.
- Linx
Outreach to residents of Supported Residential Services (SRS's).

Supporting Accommodation for Vulnerable Victorians Initiative

Supporting Connections

Support for SRS residents and proprietors.

Facility Cost Relief

Financial assistance for SRS's in the North and West of Melbourne to ensure they remain viable.

Personal Helpers and Mentors Program

This Program is designed to support people living with a mental illness in the community who wish to improve their lives and maintain their recovery.

Victims Assistance and Counselling Program (VACP)

This Program provides support, case management and counselling to people in the Northern sub region of Melbourne who are victims of violent crimes

Integrated Family Services

As part of a consortium in Hume and Moreland, this service provides support and case management to families with complex needs.

Counselling

Counselling and Support for adults in the city of Moreland, in Coburg, Brunswick and Fawkner.

RAFT

Providing Family Therapy for families in the Northern sub region of Melbourne with a member who uses alcohol and other drugs problematically.

Integrated Family Violence

Provides support and counselling to those affected by family violence in the Moreland LGA.

Health Promotion and Research

This Unit promotes good physical and mental health and wellbeing through activities such as walking groups and community gardens. We are also involved in community based research partnerships with institutions such as The University of Melbourne.

Allied Health

The Allied Health Services Program at MCHS offers a variety of individual and group based services to support our community members to maintain their health and wellbeing.

We offer the following services:

Diabetes Education

A program that provides education and advice to help manage diabetes, assisting individuals to understand diabetes and make informed lifestyle and treatment choices.

Dietetics

The Dietetic Service offers nutritional assessment, advice and information on dietary needs in relation to health conditions.

Nursing

The Community Health Nurse works closely with individuals in the community to assess and manage a wide variety of health conditions.

Occupational Therapy

Occupational Therapy services provide assessment and advice to help people achieve maximum independence at home. The Occupational Therapist may recommend equipment and/or adaptations to the environment to enable the client and carer to manage their daily activities.

Physiotherapy


Physiotherapists assess and treat individuals following illness or injury to their muscles or joints. Physiotherapists work with the client and offer a range of services including exercise to manage their injury and improve their function to achieve the best possible result.

Podiatry

Podiatrists are skilled health professionals trained to deal with the prevention, diagnosis, treatment and rehabilitation of foot and lower limb conditions.

Speech Therapy

Speech Pathologists assess and manage a wide variety of communication and swallowing difficulties.



Living Well Program

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 individuals to make lifestyle changes and to increase independence in managing one's own health.

Hospital Admission Risk Program (HARP) Partnerships in Health

HARP Partnerships in Health is a service for people with chronic and complex medical conditions who frequently present or are at risk of presenting to hospital and require intensive service coordination. The program aims to ensure clients are having their health care needs met in the community. It is designed to ensure people receive the right care in the right place at the right time.

HARP Partnerships in Health is a group of agencies made up of Merri Community Health Services, Doutta Galla Community Health Service, Melbourne General Practice Network, the Royal District Nursing Service and the Royal Melbourne Hospital. The program operates across the cities of Melbourne, Moonee Valley and Moreland, and the suburb of Broadmeadows.

Commonwealth Respite and Carelink Centre / CarerLinks North

These co-located services provide free information and assistance to carers and the broader community in the Northern Metropolitan sub-region of Melbourne (which includes the municipalities of Banyule, Darebin, Hume, Moreland, Nillumbik, Whittlesea and Yarra).



- Carelink is an information service aimed at helping people live independently at home.
- Our services for carers include support, counseling and practical assistance in finding and booking respite services. Brokerage funds are available to purchase respite services unavailable from mainstream providers. Information and Response Workers are available to assess and respond to carers' needs. Access to emergency respite after hours is also available. Specialised services include:
 - Aged carer support respite program providing support to carers of people with dementia or who are frail aged
 - the Mental Health Respite program supporting carers of people of all ages with a mental illness
 - the Older Families Support and Planning program supports older carers of people with a lifelong disability
 - Disability respite pathways program providing support to carers of children and adults with disabilities
 - the Young Carers program supporting carers aged under 25, especially those still at school
 - Individualised Support Program assists people with disabilities to plan the support services they need in order to live fulfilling lives in the community.
- The service also works to develop, enhance and support respite services in the region.

These services can be accessed by calling 1800 052 222 or 9495 2500 – 24 hour emergency respite is also available on this number.

General Dental Services

Dental services are available to all clients who have a current Health Care Card or Pension Card. Waiting lists for Dental services vary depending on the client's age and dental requirements. Please contact 9387 6711 for further information.

For more information on these services, or if you require an appointment, contact Merri Community Health Services today.

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