

Services for Older People



Merri Community Health Services

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Merri Community Health Services provide individually planned and coordinated community care services designed to meet older people's daily care needs in the community.

Rights of older people:

- Independence
- Participation
- Care
- Dignity
- Self-fulfilment

You have the right:

- To be involved in deciding which care services are the most appropriate for your needs;
- To be given enough information to help you make informed choices about the services you receive;
- To be given a written care plan of the services that you will receive;
- To receive services that take account of your lifestyle, cultural and religious preferences;
- To be able to take part in social activities and community activities as you wish;
- To be treated with dignity and have your privacy respected.

Case Management Services

Case Management Services aims to support frail aged people and younger people with disabilities to remain living in their own homes. In partnership with the person and his/her carer, the Case Manager coordinates and purchases a range of services such as respite, personal care and transport, to promote the person's independence, physical health and emotional well being.

For further information phone (03) 9388 9933

Activity Programs

Activity Programs are designed to help older people and people with disabilities stay healthy and active by engaging in interesting and fun individual and group activities. Activities include physical exercise (such as tai chi and walking), arts and crafts sessions, gardening and discussion groups on ways to improve health and wellbeing. There are a range of activities tailored for people's individual needs and interests, for example, specific cultural groups, book clubs and outing groups.

For further information phone (03) 9388 9933





Commonwealth Respite and Carelink Centre / CarerLinks North

These services provide free information and assistance to carers and the broader community in 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, counselling and practical assistance in finding and booking respite services. Brokerage funds are available to purchase respite services, including emergency respite, unavailable from mainstream providers. Information and Response Workers are available to assess and respond to carers' needs. Specialised services include:
 - the Dementia Education and Training for Carers program
 - the Older Families Support and Planning program supports ageing carers of people with a lifelong disability
 - Aged carer support respite program providing support to carers of people with dementia or who are frail aged

Information Regarding these and other carer services is available by phoning 1800 052 222 or (03) 9495 2500 – 24 hour emergency respite is also available via this number.

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.


For further information phone (03) 8387 2333

Allied Health

The Allied Health Services Program at Merri Community Health Services 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 Pathology

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 condition such as diabetes, arthritis or heart and lung disease. Living Well clients benefit from learning more about their condition and how to manage it.

For further information on our Allied health services phone (03) 9388 9933.

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 phone (03) 9387 6711 for further information.



For further information and appointments:

• Phone Service Access on (03) 9388 9933

Merri Community Health Services Limited

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www.mchs.org.au

Published November, 2010

