

Services for People with Disabilities



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Merri Community Health Services aspires to advance the inclusion and participation in the community of persons with a disability.

The aim of the service is to assist people with disabilities in a flexible and responsive way to maximise their choice and independence.

We seek to enable people with a disability to access services as part of their local community and foster partnerships and co-ordination with other local services.

Case Management Services

Case Management Services aims to support younger people with disabilities and frail aged people so they can 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 Commonwealth Respite and Carelink Centre / CarerLinks North on 1800 052 222 or (03) 9495 2500.

Activity Groups

Activity Programs are designed to help older people and people with disabilities stay healthy and active by engaging in interesting and fun 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.

Activity Programs are accessed via Service Access on: (03) 9388 9933.



Commonwealth Respite and Carelink Centre / CarerLinks North

These co-located services run by Merri Community Health 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, counselling 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:
 - the Young Carers program supporting carers aged under 25, especially those still at school
 - 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 service also works to develop, enhance and support respite services in the region.

These services can be accessed by calling 1800 052 222* or (03) 9495 2500 – 24 hour emergency respite is also available on these numbers.

*Freecall from landlines. Mobile calls at carrier rates.

Interchange North West

Interchange North West provides recreational activities for children and young people with disabilities.

- The Recreation Program offers a range of fun, community based activities including age & ability based youth groups, school holiday programs & camps
- This service is available to families with children and young adults with disabilities who live in the municipalities of Moreland and Hume.
- For further information phone Commonwealth Respite and Carelink Centre / CarerLinks North on 1800 052 222.

The Human Relations Program for young people with special needs

The Human Relations Program delivers innovative educational group sessions for young people aged 8 - 25 with an intellectual and/or learning disability. Eight week programs are run in mainstream secondary and primary schools, special schools, special development schools, day programs and other community settings. Merri Community Health Services provides this program in the 14 municipalities included in Melbourne's North West Region.

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. Information regarding the following services is available from the Service Access team on: (03) 9388 9933.

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, heart and lung disease. This service helps individuals to make lifestyle changes and to increase independence in managing one's own health.

Individualised Planning and Support Program

This service assists people with disabilities to identify their individual needs, goals and aspirations and plan the support services needed to enable them to live fulfilling lives in the community. Referrals to this service are made through the Department of Human Services – Disability Client Services Intake and Response on (03) 9412 2741.

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

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