

SITE LOCATION	PHONE	FAX
ACCESS & SERVICE CO-ORDINATION INFORMATION & APPOINTMENT SERVICE	8768 5147	8768 5174
PLANNED ACTIVITY GROUPS 7 Mundaring Drive, Cranbourne	5996 5339	5996 6328
BERWICK 28 Parkhill Drive	8768 5100	9704 0043
ADMINISTRATION OFFICE 36 Parkhill Drive, Berwick	8768 5149	8768 5151
COCKATOO , McBride Street	5968 7000	5968 7030
CRANBOURNE , 140-154 Sladen Street	5990 6789	5990 6207
DOVETON , 67 Power Road	9212 5700	9212 5711
PAKENHAM , Cnr Deveney St and Princes Hwy	5941 0500	5941 0542
Dental – Berwick , 28 Parkhill Drive	8768 5141	
Dental , Cranbourne, 140-154 Sladen St	5990 6226	

SERVICES AVAILABLE	Berwick	Cockatoo	Cranbourne	Doveton	Pakenham	OUTREACH
Aged & Disability Day Care Centre			✓			City of Casey
Care in Context			✓			
Chronic Conditions Self Management Support:	✓	✓	✓	✓	✓	
Community Health Nursing	✓	✓	✓	✓	✓	
Counselling for all Ages	✓	✓	✓	✓	✓	
Counselling for Young People	As required	✓	✓	As required	✓	
Dental	✓		✓			
Diabetes Type 2:	✓	✓	✓	✓	✓	
Dietetics	✓		✓	✓	✓	
Drug & Alcohol Counselling (SEADS)	✓	As required	✓		✓	
Educational & Personal Growth	✓	✓	✓	✓	✓	
Family Planning Clinic (Sexual & Reproductive Clinics)			✓	✓		
Financial Counselling	✓	✓		✓	✓	Cranbourne CHS Gr Dandenong CHS
Gambling Counselling	✓		✓		✓	Visy Care Aboriginal Co-Op
Healthy Mothers Healthy Babies			✓			Across all areas
Health For Kids in the South East						City of Casey
Australian Hearing Services	✓					
Housing Workers WAYSS			✓			
Massage Therapy	✓		✓	✓		
Men's Health						
Needle Exchange Program		✓	✓	✓	✓	
Occupational Therapy	✓	As required	✓	✓	✓	
Optometry				✓		
Physiotherapy	✓	✓	✓	✓	✓	
Podiatry	✓	✓	✓	✓	✓	
Rehabilitation Program			✓	✓	✓	
Sexual & Reproductive Health		✓	✓	✓		
South East Advocacy & Support Service (SEAS)			✓		✓	
South East Alcohol & Drug Service (SEADS)	✓	As required	✓		✓	
Speech Therapy	✓		✓		✓	
Women's Health & Wellbeing Service		✓	✓			Bunyip

SERVICE BROCHURE



To access our services and programs please phone
Access & Service Co-ordination on 8768 5147

OUR VISION

Southern Health is an Australian Leader in the planning and delivery of integrated high quality services that improve health status using all available resources to work in partnership with other service providers, consumers, community, government, educators and researchers.

OUR MISSION

Community Health will collaborate with individuals, communities and organisations to enhance the health independence and wellbeing of our diverse and most vulnerable communities and provide safe, effective, innovative and accessible services, with a focus on those with or at risk of poorest health status and those most in need.

OUR VALUES

At Cardinia Casey Community Health Service we will work together with: **I. C. A. R. E**

Integrity
Compassion
Accountability
Respect
Excellence

Act Fairly, Honestly and Openly
Interact with Dignity and Empathy
Take Ownership and Responsibility for Performance
Value Difference and Individual Worth
Aim for and Recognize innovation, Quality and Professionalism

PROFILE OF SERVICES

The Cardinia-Casey Community Health Service

Provides a range of Continuing Care services for children, young people, families, aged and people with a disability.

Who is eligible to use the Community Health Service?

Anyone residing, working or studying in the Shire of Cardinia or City of Casey is eligible to use the service OR anyone not able to access local services because of poor transport accessibility OR local CHS does not provide service (note however that if client insists on accessing a particular service/site they cannot be refused service based on where they reside) However a priority of access assessment applies. Not all services are available at each site.

A scale of fees applies (refer Fees Brochure). Health Care Card holders and other Concession Card holders and low income clients a fee of \$8.30

A separate scale of fees applies to Dental Services and Home and Community Care.

How to contact us

Phone: 8768 5147

Access & Service Co-ordination Information & Appointment Service Officers

are available to answer any questions regarding services offered and can be contacted at the Berwick site on 8768 5147.

Contact the Telephone Interpreter Service

On 131 450 and ask them to telephone us on 8768 5147. This is a free service.

Community Involvement invited through registration of interest. Participation on time limited task groups is offered.

Consumer Feedback is welcome and we encourage you to complete. Available from Reception desks at each site.

Healthy Mothers Healthy Babies Program

The HMHB program works with pregnant women who need extra support accessing antenatal care or who are not engaged in antenatal care. HMHB staff actively outreach to engage women and support them during their pregnancy to enhance health outcomes for themselves and their babies. HMHB staff provide one to one practical support, referral and linkages to relevant services and advocacy for women and their babies.

Chronic Conditions Self Management Support

Diabetes, cardiovascular and respiratory diseases, musculoskeletal (non malignant) conditions". Key workers provide care co-ordination and support clients to achieve their goals, referrals to self management groups (including Better Health Self-Management and treatments).

Counselling Service

Psychologists, Social Workers and Nurse Family Therapists offer counselling, case management, facilitation of groups which aim to encourage maximum health for all. Counselling is available for personal relationships and family issues such as family violence, sexual assault, depression, grief, anxiety, parenting, separation etc. Counsellors are also involved in facilitating workshops in local schools.

Diabetes Type 2

Assessment, care planning and monitoring, self-management support and group interventions including Diabetes Healthy options: 4 week self-management support program (optional sessions including supermarket tours, foot care and stress management).

Dietitian

Dietitian's offer information about food and nutrition to all age groups. We offer individual counselling including advice about lowering cholesterol, weight reduction, children's nutrition and all general eating habits.

Financial Counselling

The Financial Counselling Service provides information about people's rights when dealing with fines, debts and debt collectors - including legal action.

If you find yourself unable to pay bills, loans or fines, financial counsellors will discuss the range of options you might have and can assist you to work out a possible arrangement. Financial Counsellors can negotiate on your behalf with your creditor and will examine your contract and your financial liability.

Health Promotion / Community Development

Cardinia-Casey Community Health Service is committed to Health Promotion / Community Development and the prevention of ill health. How we work in partnership with our community and other organisations is important. Staff can provide a holistic approach to health care and health enhancement with an emphasis on the individual. Health Promotion / Community Development is about supporting community collaboration, and consultation in response to community issues.

Cardinia Seals 10,000 Steps Program & Casey 10,000 Step Program.

Further to Cardinia-Casey CHS's commitment to increasing physical activity options for the community, the 10,000 Steps program is now available in all of the libraries across Cardinia and Casey. Head down to your local library to loan out a pedometer kit, containing a pedometer, local walking maps and a step-log designed to help you to get active and achieve your 10,000 Steps per day! For more information contact Health Promotion Team 5990 6789.

Hearing Assessment Education and Aural Rehabilitation (HEAR)

Hearing Assessment, Education and Aural Rehabilitation for adults. These sessions, by appointment, are run at the Berwick site. Appointments can be made by phoning the Australian Hearing Service on 13 17 97.

Asthma Educator

Childrens Asthma Team is a HARP Program providing free paediatric asthma education to children aged 0-18 years. All children with asthma should have an Asthma Action Plan developed in conjunction with the family GP and use a spacer as a part of this plan. Referrals can be made by the GP, hospital or client through Care Streams Access on 9554 8951.

Massage Therapy

Up to 6 appointments per annum for frail-aged or have a functional disability (or their carers) living in Casey with long term muscle or bone pain (non malignant).

Occupational Therapy

Occupational Therapists assess people's functional independence in activities of daily living and rehabilitate or compensate to maximise overall independence. Interventions can include home assessment/modification prescription of assistive aids, retraining in activities of daily living and education re: strategies to maximise independence despite injury or illness.

Optometry

Optometry offers eye examinations and glasses at low cost for pension/healthcare card holders. This service is available to clients who live in the City of Casey with postcodes 3806, 3805, 3804, 3803, 3177, 3802, & 3976. City of Greater Dandenong clients with postcodes 3175, 3174, 3173 & 3171. The service is provided at the Doveton site in co-operation with the Australian College of Optometry - Ph: 9212 5700. Residents of City of Greater Dandenong should contact the Greater Dandenong Community Health Service first for referral Ph: 8792 2200

Physiotherapy

Physiotherapists can relieve pain and improve movement and function in people of all ages. Individual clinical



appointments are available at all sites. A referral from your GP is preferable because of high community demand for appointments. Group programs are an important aspect of physiotherapy management. We focus on groups to assist clients in achieving their optimum level of activity eg: Gentle Exercise, Strength Training, Hydrotherapy etc.

CARDINIA-CASEY COMMUNITY HEALTH SERVICE

Podiatry

Podiatry involves the prevention, diagnosis and management of foot and lower leg disorders. Management areas include skin, nail, musculoskeletal disorders, paediatric, diabetes assessment and management, provision of orthoses and minor nail surgery along with foot care and advice.

Problem Gambling Counselling and Education

Gambler's Help provides a free counselling service to people affected by gambling, so any person with a gambling problem or their families and friends are urged to contact a counsellor. Free education about gambling in the community is also readily available to community groups.

Sexual & Reproductive Health Services

Two low cost / free medical clinics available to females and males of all ages located in Cranbourne and Doveton. Services include: contraception, infection screening, Pap testing, pregnancy options, emergency contraception, HIV, Hepatitis B & C testing, fertility awareness and pregnancy testing. Implanon insertions available only at the Cranbourne clinic

Speech Therapy

The Speech Pathologist can assess and provide therapy for pre school children (0-5 years) who may have difficulty with:

- Speech (saying the correct sounds)
- Language (putting words into sentences)
- Stuttering

The Speech Pathologist provides information about communication development and difficulties to community groups and keeps in touch with children in local services such as pre-schools and childcare.

The Speech Pathologist can also work with adults who have a communication or swallowing disorder. Communication disorders can involve speech and language or voice difficulties. Speech pathologists work with people, their families and carers to optimise a person's functional communication skills and maximise safety in swallowing.

Women's Health & Wellbeing Service

The Women's Health and wellbeing Service is run by a women's health nurse providing pregnancy testing, pap testing, teaching of breast health examination and breast Health & screening information, unplanned pregnancy options counselling and offers the chance to discuss health issues such as fertility, menstruation, continence, menopause, (Hep B, Hep C, & HIV), contraception and sexual health advice in a friendly and unhurried way.

CO-LOCATED SERVICES

Southern Health Oral Health Service

General dental care and emergency treatment is available for eligible clients as follows:

Adult Dental Service

Pensioner Concession Card, Health Care Card and Health Benefits Card Holders. Co-payments and waitlist apply.

Young people Dental Program

School students in years 7-12 or up to 18 years of age if not attending school. Must be a Health Care Card or Pensioner Concession Card holder, a dependent of a Health Care Card or Pensioner Concession Card holder or recipients of the Education Maintenance allowance. This is a free service.

School Dental Program

All school children prep - grade 6. The service is free if you hold a current Health Care Card, or Pensioner Concession Card or if your child is under a guardianship order. Non cardholders pay a fee of \$28.00 per child per course of care.

Early Childhood Oral Health Program

Preschool 0-5 years of age. The service is free if you hold a current Health Care Card, or Pensioner Concession Card or if your child is under a guardianship order. Non cardholders pay a fee of \$28.00 per child per course of care. Please contact Berwick 8768 5141, Cranbourne 5990 6226 or Pakenham 59412644 for further information.

Chronic Conditions Program

Support for adults with long term health problems including diabetes, cardiovascular, respiratory and non-malignant musculoskeletal conditions. Clients are encouraged to maintain independence and establish self management strategies and activities that promote and improve health. Contact Access Service & coordination Ph: 8768 5147

Care In Context a HARP program providing a free service for children and adults with chronic and/or complex psychosocial health needs who have attended hospital frequently or are at risk of presentation to a Southern Health hospital. This program provides a holistic approach to health issues, links people into appropriate services and supports and improves co-ordination between all services involved in a persons care. The team consists of Care Co-ordinators and Psychologists. Referrals are made by calling the Better Living Better Health Intake line on 9554 8777.

Community Rehabilitation Service

A comprehensive Rehabilitation Program aims to assist clients recover from surgery or



trauma. This intensive program offers input from physiotherapy, occupational therapy, speech therapy, dietetics, social work, nursing, podiatry and rehabilitation specialists.

Housing Program

Support for young people between 15-25 years of age who are homeless or at risk of being homeless. Support is provided in short term houses for a period of 12 months.

South East Advocacy and Support Service (S.E.A.S)

Advocacy and support to the elderly and disabled. Increases access to health and community services to people living in insecure housing or people who have concerns about their living situation. The program is aimed at providing support to clients with complex social and/or medical needs to maintain and improve their quality of life.

South East Alcohol and Drug Service (S.E.A.D.S)

Provides assessment, counselling, alcohol and drug education and referral for individuals, families and groups. Counsellors are able to provide secondary consultations to other professionals and conduct training programs.

South Eastern Centre Against Sexual Assault (SECASA)

SECASA provides both a 24 hour crisis service for adults, children and non-offending family members and follow up counselling for survivors of sexual assault. **1800 806 292**

Services include urgent medical care, phone consultation, joint legal service and after hours family violence service.

PUBLIC HEALTH SERVICE

Needle & Syringe Program

The Needle and Syringe Program operates from our Doveton, Pakenham, and Cranbourne sites Monday to Friday from 9.00am - 5.00pm, and Cockatoo: Monday to Wednesday at the same times. The program and resources are available to:

- Reduce the risk and spread of HIV and AIDS and other blood borne viruses
- Promote the safe use of intravenous drugs and safe sex
- Support the safe disposal of used needles and syringes

The service provides needles and syringes, containers for safe disposal, condoms and information. The Doveton and Cranbourne sites also have available a 24 hour disposal chute. We strongly urge our program users to be responsible and to safely dispose of their used needles & syringe