

What are Allied Health Services and what can they do for me?

Allied Health refers to services that play a part in optimising your day-to-day quality of life, degree of independence and reduce the risk of further problems. Our services aim to work with you to develop a personalised plan that supports you to achieve your goals so you can live your life to your full potential. These East Wimmera Health Services are mainly offered at Campus Centres, with some being offered off site in homes and community.

How can I access Allied Health Services?

All enquiries and referrals for Allied Health Services are through our Central Intake service. Fees for service will be advised. You can contact us by:

- Ph: 54 772 222 / fax 54 772 131
- E: intake@ewhs.org.au
- Or Call in to any campus reception

You will then have a brief telephone conversation with a Community Health Nurse at a time that suits you. From the discussion, referrals that you agree to will be made.

Community Health Nursing offers you a range of individual and group services and support for women, men and youth. These services can include general health checks, pap smears, quit smoking support and health coaching.

Diabetes Education service offers support and education for you and your families/carers to assist you to manage pre-diabetes, type 1 and 2 diabetes or gestational diabetes. The service will work with your GP or Specialist to help you understand and manage your condition.

Dietetics supports you to understand and achieve a balanced diet, weight loss or gain. Also, helping you manage your diet in relation to food allergies and health conditions such as heart disease, diabetes, cancer or digestive problems.

Occupational Therapy (OT) supports people of all ages to participate in their activities of everyday life. OTs will work with you to improve your independence and adapt to changes in your life related to illness, injury, or the effects of ageing.

Physiotherapy supports people of all ages to do more and do better. Diagnosis and treatment of muscles, joints, spinal and sport injuries, neurological conditions e.g. stroke, multiple sclerosis, dizziness, falls and balance, heart and lung problems and long term pain.

Physical Activity Support Worker (PASW) works in collaboration with our Physiotherapist. We can provide you with short-term one on one support where extra ongoing assistance is required. Referral to the PASW is through our Physiotherapist.

Podiatry can provide: a range of foot and lower leg related care. Our services are available to people who have a medical need and people with disabilities who have a health care card.

Social Work and Counselling services can assist people of all ages to manage and treat any personal and practical difficulties you may be experiencing. They can meet with you at campus centres or at another prearranged place if preferred. The service is completely confidential and no fees apply.



Our Mission: To provide health services that support healthy communities.

Our Vision: To be one of the healthiest communities in rural Victoria.

Our **Compliments, Concerns or Complaints (CCC)** system helps us to evaluate and improve the quality of our services. You can choose to:

- Speak to any EWHS staff member in person.
- Obtain a Feedback Form from any Campus Reception.
- Download a Feedback Form from our website www.ewhs.org.au

Culture, Communication and Language:

Any difficulties you may have with understanding and speaking about your needs should not prevent you from accessing our services – please be aware that we can offer additional support and options to assist you.

Privacy and Confidentiality: We recognise that personal information which we obtain from you is confidential and we will:

- Only use this information for the reasons that it is collected
- Share it with only those that you consent to.

If you require an advocate to speak on your behalf please contact the RIAC Regional Information and Advocacy Council on 1800 221 944 for information and support

These services are jointly funded by the State and Federal Governments.

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Campuses are located at:

Birchip Campus
28 Duncan Street
Birchip 3483
Ph: 5477 7100

Charlton Campus
94 High Street
Charlton 3525
Ph: 5477 6800

Donald Campus
1A Aitken Avenue
Donald 3480
Ph: 5478 6200

St. Arnaud Campus
52 North-Western Road
St. Arnaud 3478
Ph: 5477 2100

Wycheproof Campus
19 Grandview Street
Wycheproof 3527
Ph: 5478 0700



East
Wimmera
Health
Service

Cultivating Healthy Communities

Allied Health

Phone: 5477 2222

Fax: 5477 2131

Email: intake@ewhs.org.au

