



WEST
WIMMERA
HEALTH
SERVICE



COMMUNITY CONNECTIONS

EDITION 12
2022

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NEWS, UPDATES AND PHOTOS

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WELCOME!

TO OUR NEW DIRECTORS OF NURSING



West Wimmera Health Service is excited to welcome Angela and Trudie to our Nursing management team.

Angela Naylor, Director of Nursing at Rainbow, commenced on Monday 7 February 2022. Angela brings to the position extensive experience in senior leadership positions across a number of clinical settings. More recently, Angela has coordinated care and repatriation for patients returning to residential facilities following care and treatment in hospital as well as transitioning wards to support the Pandemic response.

Trudie Chant, Director of Nursing at Natimuk, commenced on Monday 15 November 2021. Trudie brings to this position a wealth of leadership experience as a senior nurse, health clinician and hospital administrator in various settings, both public and private. Trudie also has vast leadership experience in strategic and operational settings including corporate governance, quality, policy and planning.



Jean Lupton, our March front cover star, is a resident at our Natimuk nursing home. Thanks Jean!

SEASON 2 HAS ARRIVED!

FARMER

WANTS A HEALTHY LIFE

"The choice you make can
change your life"

New
episodes
available!

Listen to us on Apple, Spotify, at our website
www.wwhs.net.au/Farmer-wants-a-healthy-life
or anywhere you listen to your podcasts!



@FarmerWantsaHealthyLife



@_FWAHL



WWHS

MESSAGE FROM THE CEO



Welcome to the latest edition of our Community Newsletter.

We hope everyone has had some downtime over the festive season and here's to a safe and prosperous 2022 which is all of a sudden well underway!



NEWS FROM THE DESK OF RITCHIE DODDS

Speaking of welcomes, it's great to see we've successfully filled the vacant Director of Nursing roles at our Natimuk and Rainbow campuses. Trudie Chant (Natimuk) and Angela Naylor (Rainbow) have both hit the ground running and we look forward to seeing them grow into their roles and the benefits that their experience and leadership will no doubt bring.

And one more welcome, this time to Dr Alisa Hamid who recently joined our Nhill Rural Doctors team. Dr Alisa brings excellent experience and credentials, and we are grateful she has chosen Nhill for the next chapter of her professional life.

Okay, just one more welcome, or in this case welcomes. Since our last newsletter we will have employed around 30 new staff members across all aspects of our operations. There's not the space here to mention you all by name but all the best in your roles and I hope you will experience West Wimmera Health Service as a great place to work for everyone.

WEST WIMMERA HEALTH SERVICE VALUES



TOTAL CARE

Delivering care that is safe, effective and person-centred, always.



SAFETY

Providing a safe workplace and services free from avoidable harm.



UNITY

Working well together in a great place to work.



ACCOUNTABILITY

Doing the right thing by our stakeholders and ourselves.



INNOVATION

Using our imagination - if there's a better way we will find it.



We're a little bit proud of our Farmer Wants a Healthy Life podcast, the second series of which is now available. As Molly Meldrum used to say on Countdown, do yourself a favour and have a listen to the varied and meaningful life stories that Brigitte Muir OAM so skilfully draws out of our guests.

Work has started on the next iteration of our Strategic Plan. This document will be a blueprint for the services we'll offer for the foreseeable future. So please, when the opportunity arises for you to have your say about it, don't spare the horses.

On the topic of opportunities, how's our Contracts and Procurement Officer Darren Jeffrey's career journey (see page 7). He's worked hard and grabbed his opportunities with both hands to help make WWHS, in his words, "the best employer I have ever worked for".

Don't miss the section on our Dietitians (pages 12 and 13). We all know how important nutrition is to our health and our Dietitians are here to provide advice and support not just with nutrition but other areas including individual dietary counselling, medical nutrition therapy and food service management.

When we set our \$112,000 target to upgrade our Nhill Hospital x-ray machine we thought it was a bit of a stretch. Well here we are with just under \$9,000 to go! Only one acre of land these days.

Thank you to everyone who has contributed and with a bit of a push we should get there soon.

To those in the WWHS community who were recognised on Australia Day for their contribution to our communities, well done and thank you for all you do including Citizens of the Year Trudy Tegelhuter and Col Clee.

There will come an edition of this newsletter when we no longer need to mention COVID-19. Until then another huge shout out to everyone who has helped out with our COVID response including setting up and working in our vaccination and testing clinics, keeping an eye on those isolating with COVID at home and keeping COVID out of our facilities.

And last but probably least, I was most grateful to recently sign a new five-year contract which I trust underscores my commitment to the role, to the success and development of our employees and volunteers, and last but definitely not least, the communities we serve.

“

I hope you enjoy our newsletter and until next time – good health!

”

LET US KNOW WHAT YOU WANT YOUR HEALTH SERVICE TO BE...

We're developing a new Strategic Plan to provide direction for West Wimmera Health Service for the coming years. It will reflect what is important to our communities.

We need your insights into what you need and expect from our health service to deliver best care to you - for healthy communities, healthy lives.

Shape and guide our services for you!

HELP PLAN OUR FUTURE

Your voice makes a difference.

If you didn't have a chance to complete our recent community survey, please get in touch.



LET'S TALK!

Melanie Albrecht
Executive Director
Business and Strategy
melanie.albrecht@wwhs.net.au
03 5391 4222

FROM CHEF IN CHARGE TO CONTRACTS

Darren Jeffrey has had a dynamic career trajectory, which has taken him from cooking up a storm for patients and residents, to managing contracts and purchasing for the entire health service.

In 2016 Darren took up an opportunity to lead our catering and hospitality teams, joining West Wimmera Health Service as Chef in Charge.

Prior to starting in the Nhill Kitchen, Darren had been studying a Bachelor Degree part time, following a dream to one day make a career change. Darren continued his studies, and with the support of the organisation he completed a Bachelor Degree in Business Management – with dual study in Human Resources and Finance.

Darren shares, “From the moment I started, I was always given the opportunity to both utilise my previous skills base but also develop. Support from all levels of the organisation has helped me to build on my knowledge.”

“I have been able to not only develop my understanding of the entire organisation's scope and service, but also grow my experience.”

In 2020 a dream opportunity opened up for Darren, and he was appointed as the new Contracts and Procurement Officer.

“Timing in life is a great thing – after completing my bachelor studies, the position was advertised and after submitting my application was successful.”

“Without sounding corny - I believe West Wimmera Health Service is the best employer I have ever worked for - and believe me I have worked for some good and bad ones over the past 35 years in hospitality!”

Looking to grow your career?

**Visit our website to learn more:
www.wwhs.net.au/about_us/employment**





WORKING TOGETHER TO CARE FOR YOU

Our COVID Care Team swung into action in November 2021 when Covid cases began to appear within the Nhill community. Staff from allied and community health were involved in the response and care provided to affected community members.

Intake workers checked in with people by phone while community nurses undertook health assessments and provided nursing advice. Daily monitoring commenced to ensure all community members isolating at home for fourteen days were okay. Staff also provided options for accessing the food supply and medications that people required and worked closely with the Hindmarsh Shire to ensure these basic needs were met. Our community health nurses and district nurses provided in home care to those most vulnerable and COVID swabbing commenced for many that were isolating with a positive case.

The COVID Care Team provided many hours of work to ensure our communities were kept safe. Cases continued throughout December until the week before Christmas when numbers began to decrease and staff were able to have a well-earned rest.

In January 2022 the new Omicron outbreak began to spread across the whole WWHS catchment and the COVID Care Team was redeployed to assist our communities. This time around, however, the government had changed its advice and those testing positive to COVID-19 now only had to spend seven days at home instead of fourteen. Also we saw an increased use of Rapid Antigen Tests instead of PCRs. We have seen a steady stream of community members come onto our books through January and into February and have continued to make initial contact by phone and to monitor those with more severe symptoms.

West Wimmera Health Service is now privileged to be a part of the pilot program for COVID Monitor which is a new online tool which makes this monitoring of people's wellbeing more efficient and streamlined and also supports people with mild symptoms to self-monitor. Through COVID Monitor, our staff are alerted if positive clients are getting worse so they get the appropriate treatment.

IS IT REALLY URGENT?

I am so glad for the **Maternal and Child Health Line**.

Me too! The 24 hour access allowed us to get the information we needed to care for our sick baby!



Young parents, Ben and Sarah, are woken a little after midnight by their 5 month old Jack. Jack has been unsettled the day prior and has been refusing milk feeds.

Worried Jack may be unwell, Sarah checks his temperature. It reads 37.9 degrees celcius. Panicking, Sarah yells to Ben that they need to rush Jack to a doctor. Ben calmly heads to the kitchen.

Ben returns with the number for the 24 hour Maternal & Child Health Line – 13 22 29 and immediately calls. Mary, an experienced maternal and child health nurse answers the call.

The nurse asks Ben a number of questions to understand Jack's symptoms. Mary reassures the young parents that Jack's temperature is only mildly elevated and not to be alarmed.

The best course of action would be giving Jack a dose of paracetamol and rechecking his temperature after 30 minutes.

Jane reminds the parents that if Jack's condition changes or his temperature increases further then they need to call back for further assessment.

Sarah and Ben are so relieved when Jack's temperature reduces over the next hour and he falls back to sleep.

Three days later, Sarah is excited and surprised to find Jack has cut his first tooth and now understands that some infants can have a raised temperature through this process.

Ben and Sarah were so grateful to have a nurse to call in the middle of the night who could help them, without having to attend their local hospital.



FREEDOM TO LIVE YOUR BEST LIFE

Home modifications are changes to the structure, layout and/or fittings in a home to improve access and safety. This might include installing ramps or grab rails, redesigning the layout of rooms or changing fixtures and fittings.

For some people, home modifications are the difference between staying at home or moving into alternative housing.

West Wimmera Health Service is excited to announce that we have obtained some funding, that enables us to help those who are eligible with the organising and cost of simple home modifications.

The funding is accessible to anyone who is aged over 65 years old, is registered with My Aged Care and lives in the Hindmarsh or West Wimmera Shire.

The home modification funding primarily provides simple home modifications for wellness and safety purposes (i.e. modifications that would incur a cost of less than \$1,000). Up to \$10,000 is available for complex modifications.

Home modifications are provided to improve safety and accessibility and independence within the home environment.

Examples of home modification activities could include:

- access pathways through a property;
- appropriate lever tap sets or lever door handles;
- internal and external handrails (for example, grab rails in the shower);
- ramps (permanent and temporary);
- step modifications; and
- bathroom redesign.



Home modifications require a specialised functional assessment by an Occupational Therapist who will assess your need for home modification, as well as consider alternative solutions that may be more suitable (for example assistive technology and equipment).

We consult with you at every stage of the home modification process.



Whether it's completing everyday tasks, seeing family and friends or just relaxing, the accessibility of your home can have a big affect on your daily life. For many people, home modifications can increase independence and help them make the most of their home.

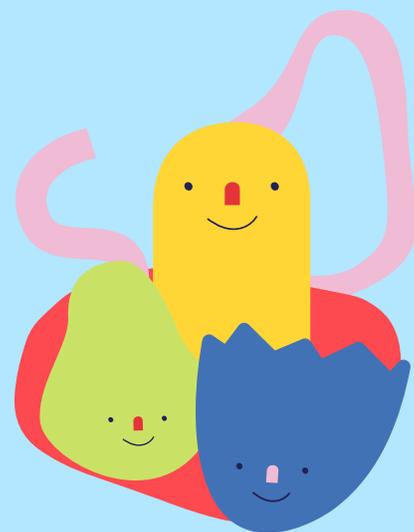
WANT TO GET STARTED?

To start your assessment for home modification funding, you can contact My Aged Care in the first instance on 1800 200 422.

Alternatively, you can reach out to our friendly Intake team on 5391 4292 to help guide you through the process.



MEET OUR DIETITIANS



Hello, my name is Georgia!

I was inspired to become a Dietitian because I am fascinated by the role that food and nutrition can play in improving chronic disease and managing other health conditions. Oh, and I am also a big foodie!

I love my job because I can combine my passion for food and nutrition with my desire to help others, and that every day I get to meet lovely new faces from a variety of backgrounds and travel around the Wimmera and beyond.

A big part of my job that I love is translating nutrition science into practical strategies that clients can adopt. A challenge that keeps us on our toes is debunking the wealth of nutritional misinformation out there these days!

I believe that my role makes a difference to our customers and community because I am able to support members of our community in reaching their health goals through food and healthy lifestyles across a range of settings.

I am all about advising clients which foods they can eat more of - rather than cutting foods out! Whatever your health needs are, more times than not, food and nutrition can play a part in treatment and management.

Dietitians are university qualified nutrition professionals. They assess nutritional needs and help people manage their health through food choices.

A Dietitian can help you manage a variety of conditions, such as:

- Cholesterol
- Blood Pressure
- Heart Disease
- Iron Deficiency
- Impaired Glucose Tolerance and pre-diabetes
- Diabetes
- Weight
- Food allergies and intolerance's
- Sports performance
- Pregnancy nutrition
- Polycystic Ovarian Syndrome (PCOS)
- Bone health
- Low appetite
- Diverticulitis
- Reflux / heartburn
- Gout
- Digestive symptoms and Irritable Bowel Syndrome

No referral is needed to make an appointment to see a Dietitian.

Simply call our friendly Intake team on 5391 4292 and they can guide you through making an appointment with Georgia or Lily.



Hello, my name is Lily!

I was inspired to become a Dietitian because I wholeheartedly believe in the power of food and nutrition in optimising longevity and preventing and managing chronic disease.

I love my job because frankly, as a passionate foodie, talking about food all day every day is the ultimate dream! I also love constantly learning; the field of nutrition science is forever evolving! I feel grateful that my workload is so incredibly varied; no two days are ever the same. I'm fortunate enough to work with a highly-skilled and incredibly-friendly bunch of colleagues, and travel to multiple towns within our beautiful Wimmera region!

I believe that my role makes a difference to our customers and community because everyone eats, so food is oftentimes an accessible therapy that people already have at their disposal!

Our job is to empower individuals to harness their own ability to strengthen their health through food.

Georgia and myself don't have much time for diets – we believe every food fits and you generally won't hear us telling you what you can and cannot eat! Rather, we love to put our patients and clients in the driver's seat and work towards tailored goals that feel both attainable and sustainable! If I can inspire people to enjoy more fresh produce, I consider that a successful day in the office!

***Thank you
Georgia and Lily!***



***Dietitians provide
personalised,
practical advice
and
recommendations
based on needs
and goals.***



COMMUNITY HEALTH News

HEALTHY COMMUNITIES, HEALTHY LIVES



Keep Your Smile for Life

Wimmera Smiles dental clinic, a part of West Wimmera Health Service, continues to support our community members to have good oral health.

Our friendly staff are available to guide and assist you on all things oral health including brushing, flossing techniques and transitioning from a manual to electric toothbrush.

While we don't currently have a Dentist available at West Wimmera Health Service, we can still provide Dental Vouchers for you to redeem at selected private practices.

All adult Pension and Health Concession Card holders will be required to pay the \$29.50 co-payment per visit as they would be if being treated at our West Wimmera Health Service dental clinic.

Call our Wimmera Smiles dental team on 5391 4266 to ask if you are eligible for a Dental Voucher or for tips on oral health.

Key Safe, Be Safe

A great initiative is available for those living in the Minyip, Murtoa and Rupanyup region, which provides a safe place at your local police station where you can keep a spare set of house keys in the event of a medical emergency.

The key will be locked securely in a safe at the police station, and will be properly registered, ensuring that emergency services can gain access to your home if required. As part of the program you will also complete a consent form, which includes next-of-kin information.

The program was initiated a number of years ago when police and medical staff could not access the home of an elderly resident who lived alone.

If you wish to register for the program please call your local police station or the Minyip or Murtoa Community Health Centres on 5363 1200 or 5363 0400.



Centre for Participation Community Transport

Community Transport

The Centre for Participation's Community Transport bus runs every Wednesday from Kaniva to Horsham, stopping at Nhill, Dimboola and Pimpinio. Separate arrangements may be made for clients from Jeparit. The Bus drops off in Horsham at Roberts Ave, the Hospital, Horsham Plaza, Tristar Medical Centre, the Centre for Participation and Lister House.

To book your seat call 1800 952 211.

Fee for Service Transport

The Centre can also assist you with your transport anywhere within the Wimmera and from the Wimmera to as far as Ballarat. This service is provided at a cost and relies on the availability of a vehicle and a suitable volunteer.



To find out more about this service please see the Wimmera Social Support page:

<https://centreforparticipation.org.au/community/wimmera-social-support/>



Victorian Patient Transport Assistance Scheme

The Victorian Patient Transport Assistance Scheme (VPTAS) helps eligible people living in rural or regional Victoria with the cost of travelling long distances for specialist medical services. The scheme contributes to the cost of travel (including petrol for private cars, public transport fares and air and taxi travel reimbursement) and accommodation (if required).

Assistance may also be provided to Victorian residents who are referred to an interstate specialist when the service is not available in Victoria or if it is the nearest location. The specialist must confirm in writing that you can't get the service in Victoria.

You may be eligible for subsidies if: you live in rural Victoria; your treatment is included in the list of eligible medical specialist treatments; you need to travel 100 kilometres or more one way or you need to travel (on average) 500 kilometres per week for five or more weeks in a row.

If you are eligible for travel support you will receive:

- approximately 17 cents per kilometre if a private car is used (check with VPTAS);
- full economy class fare reimbursements for public transport;
- air travel reimbursement – only if the journey exceeds 350 kilometres one way and a commercial flight is used;
- taxi travel reimbursement – only to or from the nearest public transport when there are no other transport options.

If you are not the primary card holder of an approved pensioner concession card or health care card, you will pay the first \$100 each treatment year for your travel and accommodation.

In order to apply to receive a subsidy, you will need to complete a VPTAS claim form.

Call 1300 737 073 or email vptas@dhhs.vic.gov.au



Residents enjoying their BBQ meal



Ian enjoying the BBQ

OUT & ABOUT



Jeparit BBQ preparation



Col Clee was awarded Citizen of the Year for Jeparit on Australia Day 2022



Each Wednesday - Jeparit Trips



Jean and Kevin enjoying Australia Day celebrations



Nancy and Fran having fun being artistic



Sue enjoying a colouring activity



Leila and Bob getting into the Aussie spirit



Cynthia and Maisie arranging flowers



Betty and Jacqui down the main street of Kaniva



X-RAY MARKS THE SPOT!

Help West Wimmera put our x-ray equipment on the map!

Our Radiology department provides a critical service to have a timely x-ray close to home.

Our x-ray equipment needs to be updated to go digital but we need your help!

Updating our outdated equipment will cost \$112,000! However, we have currently raised \$103,375.92.

Special thanks to the Kaniva Lions Club who have generously donated a huge \$50,000 to our fundraiser!

We are greatly appreciative of all the support and generosity from our community towards improving the quality of our radiography services.

Your donor support will help to advance our diagnostic capabilities for you, with a faster, higher quality and safer service.



Only

\$8,624.08

required to reach
our fundraising
target



Donations
are 100%
tax deductible



Visit www.wwhsdonate.net.au to
learn more or get in touch to discuss
how you can support us
please call **(03) 5391 4222**.

HAVE YOUR SAY

We always welcome your feedback to help us know where we need to improve.

We love to hear what we got right, but it's just as essential for us to know what we didn't get right.

Your input and ideas can make a difference. They are crucial to ensuring that we're responding to the needs of you and our community.

There are a number of ways you can share your feedback.

HAVE YOUR SAY BY:

- Completing a 'My Say' form, available at all reception desks or you can ask one of our friendly staff for a form
- Sending us an email to mysay@wwhs.net.au
- Writing us a letter and posting to:
Reply Paid, PO Box 231, Nhill VIC 3418
- Calling our Communications and Customer Partner on (03) 5391 4293
- Talking to a member of our staff

**WE RESPECT YOUR PRIVACY.
YOUR FEEDBACK MAY BE PROVIDED ANONYMOUSLY.**



**IF WE HAVE BEEN UNABLE TO RESOLVE YOUR COMPLAINT THROUGH THE SERVICE,
YOU CAN CONTACT:**

Health Complaints Commissioner

Level 26, 570 Bourke St
Melbourne, VIC 3400
Telephone: 1300 582 113
www.hcc.vic.gov.au

Aged Care Quality and Safety Commission

GPO Box 9819
Melbourne VIC 3001
Telephone: 1800 951 822
www.agedcarequality.gov.au

NDIS Quality and Safeguards Commission

PO Box 210
Penrith NSW 2750
Phone: 1800 035 544
www.ndis.gov.au

CAFÉ



HEALTH

Discussing health differently...

Life is full of stress and challenges, but why do some people remain in good health through the hard times and others do not?

CAFÉ Health (Community and Friendly Engagement for Health) is creating community spaces for conversations about the health and wellbeing issues that affect rural citizens and communities.

CAFÉ Health gives people in the Wimmera region, particularly newcomers and socially isolated people, the opportunity to integrate and be part of the community. It is all about connection with and among local citizens to build relationships and networks, with the aim of addressing isolation and exclusion.

Listening, facilitating, supporting and educating is a two-way street. CAFÉ Health meetings are facilitated by Health Promotion Officers and provide easy access to health education in a comfortable community setting while also allowing the West Wimmera Health Service (WWHS) - Health Promotion team to build networks on the ground and better understand community needs and priorities.

The program engages people to identify opportunities for increased health and wellbeing in local towns. Community members typically identify a project or activities that they would like to pursue and WWHS Health Promotion staff support them to bring these to fruition.

The underlying principle to the meetings is that expansion of health literacy is supported and regional priority areas of social connection, healthy eating and active living are implemented in an understated and localised way.

The first CAFÉ Health sessions were piloted in Kaniva, Minyp and Jeparit in late 2019 and have been interrupted due to COVID-19.

Monthly CAFÉ Health meetings are planned from February 2022 to cover the rest of the West Wimmera Health Service catchment including the townships of Natimuk, Gorokey, Nhill, Rainbow, Rupanyup and Murtoa.

Sessions are held in local cafes if possible, to support local businesses, but may also be held in other suitable community spaces if need be. For example, in Jeparit, the group meets at the local Pioneer Museum. It has been a conscious choice to meet away from WWHS infrastructure.

CAFÉ Health meetings are held monthly in each town, at times and places chosen by community members. Initial meetings in new towns are announced by flyers, Facebook posts, engagement with local stakeholders and often with a letter box drop of invitations.

Participants are encouraged to 'bring a friend'. Numbers have grown consistently and, though there is no pressure to attend every meeting, most people do.

The town of Jeparit (347 residents in 2016 according to ABS) has embraced the CAFÉ Health model and chose a community pool party as an initial activity.

Over 50 people attended and newcomers mixed with long term residents across all the generations.

Sessions of the innovative program have recently expanded to include Goroke, with plans for all communities in our health service catchment to feature CAFÉ Health events.

***Mobilise your community -
it can be as simple as a cup
of coffee!***

To learn more about Café Health dates and locations near you, contact Abdul from our Health Promotion team on 5391 4312 or email abdul.basir@wwhs.net.au

This story has been reproduced with the permission of Prevention Victoria.
<https://prevention.health.vic.gov.au/>





ALL KIDS DESERVE A HEALTHY START WHERE THEY LEARN, LIVE AND PLAY

We're **boosting** delicious and nutritious food and drink options in places where children and young people spend time.

JOIN THE MOVEMENT!

Vic Kids Eat Well offers organisations four simple healthy food and drink actions. Organisations can self-select the changes that are right for them. Some might skip the deep fryer and others might refresh the fridge and say goodbye to sugary drinks for good!

Join as a single organisation or create a local network to work through the healthy eating actions together.

CALLING ALL:

- Primary and secondary schools
- Outside school hours care providers
- Council and community-owned facilities
- Sport and recreation facilities
- Sports clubs

ORGANISATIONS CAN CHOOSE TO:

Refresh the fridge

Give sugary drinks the boot and let water take the spotlight.

Switch up the snacks

Ditch the sweets so delicious healthy snacks give kids the fuel they need.

Change up the menu

Give fruit and veggies a chance to shine.

Put the 'fun' into fundraising & marketing

Add health appeal to meal deals and fundraising activities.



Visit vickidseatwell.health.vic.gov.au

Email WWHS Health Promotion Officers to find out more! health.promotion@wwhs.net.au

Vic Kids Eat Well is supported by the Victorian Government and is delivered by Cancer Council Victoria's Achievement Program, in partnership with Nutrition Australia's Healthy Eating Advisory Service.



OUR SERVICES

AGED CARE SERVICES

- Commonwealth Home Support
- Home Care Packages
- Residential Aged Care

CLINICAL SERVICES

- Acute Hospital Care
- Audiology
- General Surgery
- Geriatrician
- Immunisations
- Infection Control
- Medical Imaging (CT Scanning, X-Ray, Ultrasound, Dental Orthopantomogram)
- Ophthalmic Surgery
- Optometry
- Oral Surgery
- Orthopaedic Surgery
- Palliative Care
- Pathology
- Urgent Care

DENTAL SERVICES

- General Dentistry
- Mobile Clinic
- Oral Health Education and Promotion
- Oral Health and Hygiene Therapy
- Oral Surgery

COMMUNITY PROGRAMS

- GP Management Care Plan
- Hospital in the Home (HITH)
- National Disability Insurance Scheme (NDIS)
- Post-Acute Care (PAC)
- Transport Accident Commission (TAC)
- Transition Care Program (TCP)

COMMUNITY SERVICES

- Cancer Resource Nurse
- Cancer Support Group
- Cardiac Rehabilitation
- Community Health
- Continence Education
- Diabetes Education
- Dietetics
- Community Nursing
- Falls and Balance Groups
- Gentle Exercise Groups
- Health Promotion
- Healthy Lifestyle Groups
- Initial Needs Coordination
- Occupational Therapy
- Physiotherapy
- Podiatry
- Refugee Health Nurse
- Services Australia
- Social Work
- Social Support Groups
- Specialist Telehealth Clinics
- Speech Pathology
- Well Women's Health Clinic

MATERNAL & CHILD HEALTH

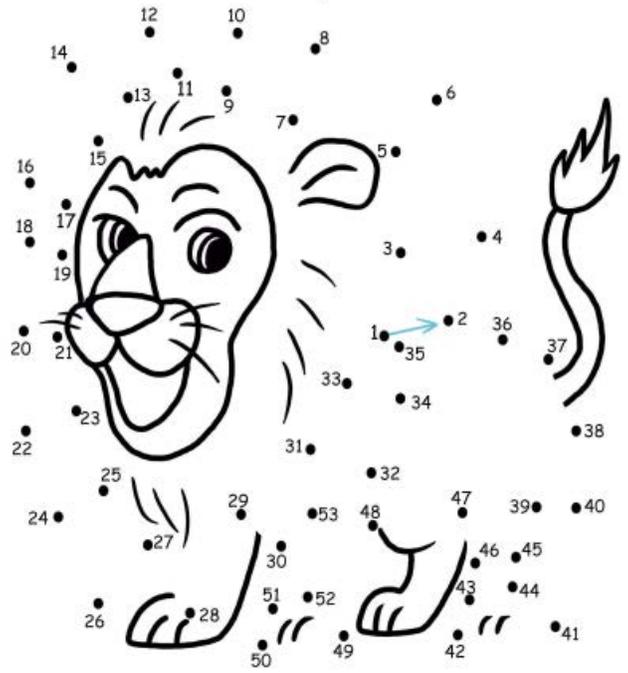
- Antenatal Care
- Domiciliary Care
- Hindmarsh Day Stay Program
- Immunisations
- Key Stages Visits

NEED HELP?

If you are unsure how to access our services, please contact our friendly Intake team on 5391 4292 and they can guide you.

RIDDLES

1. What has to be broken before you can use it?
2. I'm tall when I'm young, and I'm short when I'm old. What am I?
3. What question can you never answer yes to?
4. What goes up but never comes down?
5. A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?
6. What gets wet while drying?
7. David's parents have three sons: Snap, Crackle, and what's the name of the third son?
8. What has many keys but can't open a single lock?
9. I'm light as a feather, yet the strongest person can't hold me for five minutes. What am I?
10. It belongs to you, but other people use it more than you do. What is it?

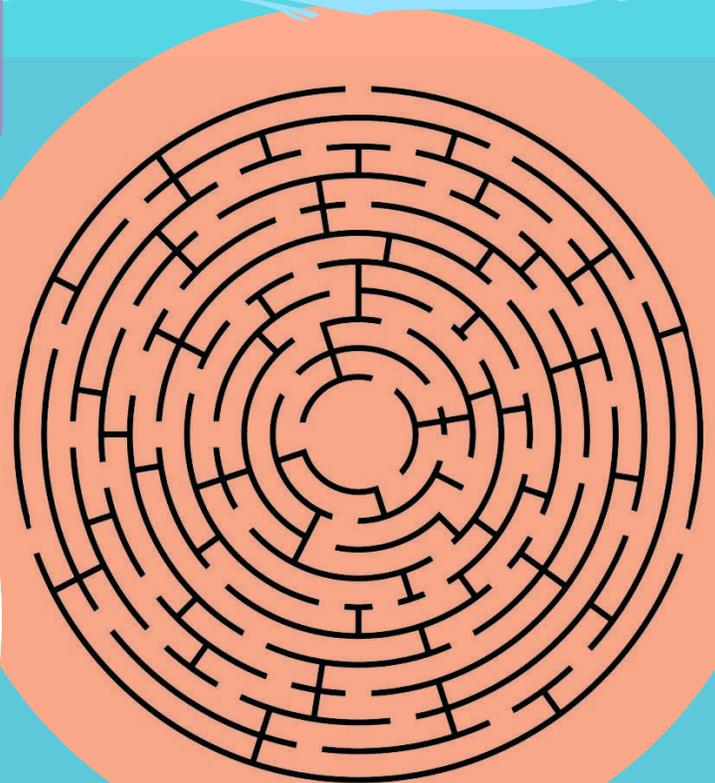


ACTIVITIES FOR ALL AGES

G E S U O M H N W R B W C W L
 X D A Q H J X O O M L T H W J
 B W S H N L H T P I C R A W M
 Y W M E F F A R I G L K D O G
 R C K R R R S Y K T H I P P O
 J T O W I E F B X X L Q R J E
 D R O T A G I L L A E B Z H X
 T H N X P I C L F C R V Z S Z
 V N H R S T H E T D R I B I Q
 N Z A C S T Y X L W I N H F L
 W U Q H K L J A E A U F A H F
 V Q Q D P O Y K N V Q Z A T V
 X M T L Q E T J Y E S Y R C H
 T A C K Q C L K M O N K E Y R
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CAT	HIPPO	MOUSE
DOG	SQUIRREL	MONKEY
BIRD	GIRAFFE	ALLIGATOR
ELEPHANT	FISH	LION



1. An egg. 2. A candle. 3. Are you asleep yet?
 4. Your age. 5. He was bald. 6. A towel
 7. David. 8. A piano. 9. Your breath. 10. Your name