

ROADMAP FOR PEOPLE LIVING WITH CHRONIC DISEASE in Hindmarsh Shire

CASE MANAGEMENT – LEVEL 1

High need – frequent hospital visits

ACAS – Aged Care Assessment Service - Grampians	Ph: 5320 3740
District Nursing Service	
Dimboola – Wimmera Health Care Group	Ph: 5389 1301
Jeparit – West Wimmera Health Service	Ph: 5391 4222
Nhill – West Wimmera Health Service	Ph: 5391 4222
Rainbow – West Wimmera Health Service	Ph: 5391 4222
Case Management Community Aged Care Packages	Ph: 5320 3740
Palliative Care/Wimmera Hospice Care	Ph: 5381 9363
Living at Home Assessment – Hindmarsh Shire	Ph: 5391 4444

MORE INTENSIVE CARE – LEVEL 2

At Risk of Hospitalisation – Community based care for people with chronic diseases and complex needs who use hospitals or are at risk of hospitalisation

Options for Care	Services	*Cost	Referral
Jeparit – West Wimmera Health Service	Allied health, district nursing	\$ - \$\$	Ph: 5391 4222
Nhill – West Wimmera Health Service	Allied health, district nursing	\$ - \$\$	Ph: 5391 4222
Rainbow – West Wimmera Health Service	Allied health, district nursing	\$ - \$\$	Ph: 5391 4222
Dimboola – Wimmera Health Care Group	Allied Health, district nursing	\$ - \$\$	Ph: 5389 1301
Hindmarsh Shire Council	Home support, personal care	\$ - \$\$	Ph: 5391 4444
Community Support	See Level 4	-	
Goolum Goolum Aboriginal Coop	GP, Allied Health	Free	Ph: 5381 6319

Medicare Rebate: case conferencing home medicine review contribute to another providers care plan, monitoring & support for person with chronic disease. ATSI follow up after health.

PLANNED MANAGED PRO-ACTIVE CARE – LEVEL 3

Some Risk of Deterioration

Options for Care	Services	*Cost	Referral
West Wimmera Health Service – Jeparit, Rainbow & Nhill	Community & allied health, health promotion, counselling, diabetes management, lifestyle programs, exercise gym, walking groups, day centre, dental clinic, cancer resource nurse, refugee health services	\$ - \$\$	Ph: 5391 4222
Grampians Community Health	Counselling support, drug diversion, drink drive	Free	Ph: 5362 1200 or elec
Wimmera Health Care Group	Allied health, community health, social work, day centre, general practice, dental clinic	\$ - \$\$	Ph: 5363 7100
Goolum Goolum Aboriginal Coop	GP, allied health, counselling, free diabetes management supplies, podiatry	Free	Ph: 5381 4319

Medicare Rebate: Care planning (GPMP-TCA) & review – 75+ health assessment and 45-49 health check – contribute to another providers care plan – ATSI child/ adult/older person's health check – complete cycle of care for diabetes & asthma – home medicines review.

PREVENTION – LEVEL 4

Relatively healthy

Western Victoria Primary Health Network	Ph: 5381 1756 Ph: 5585 9800	Women's Health Grampians Goolum Goolum Aboriginal Co-op Gym program, fitness assessment, counselling, diabetes education	Ph: 5322 4100 Ph: 5381 6333
Grampians Community Health Alcohol/drug/tobacco programs; drink & drive education; counselling – generalist; men's behavioural change programs; gambler's help	Ph: 5362 1200	Men's Sheds	Nhill Ph: 5391 2078 Rainbow Ph: 0457 423 774 Kaniva Ph: 0403 137 186 Dimboola Ph: 5397 2137
Hindmarsh Shire Council Senior citizens, home & community care, living at home assessment, respite care, meals on wheels	Ph: 5391 4444	West Wimmera Health Service Community health, health promotion, counselling, diabetes education, refugee health services	Ph: 5391 4222
Rainbow Learning Group & Neighbourhood House Social & recreational, health & physical activity learning hub	Ph: 5395 1428	Nhill Neighbourhood House Social & recreational, health & physical activity learning hub	Ph: 5391 2196
Wimmera UnitingCare Counselling; family services; disability support; housing and finance programs	Ph: 5362 4000	Libraries –	Dimboola Ph: 5389 1734 Nhill Ph: 5391 1684 Mobile Library www.wrlc.org.au
Salvation Army – Kaniva	Ph: 5382 2304	Nhill Swimming Pool	Ph: 5391 2196

General Eligibility Criteria:

Hospital Admission Risk Program (HARP): at least one unplanned hospital visit in the last 12 months

Aged Care Assessment Service (ACAS): over 65

HACC Home Services: 65+ (frail aged) or disability 55+ ATSI

Case Management CAPS & EACH packages: requires ACAS approval through Benetas Wimmera Community Options, Villa Maria or St Laurence

Goolum Goolum Aboriginal Coop: recognised member of the local Indigenous community

Useful Contact Numbers:

Arthritis Victoria	1800 011 041
Alzheimer's Australia	1800 100 500
Asthma Foundation	1800 645 130
Beyond Blue	1300 224 636
Carer's Respite	5381 9336
Diabetes Victoria	1300 136 588
Direct2Care	1300 121 121
Emergency After Hours Response Service	1300 487 017
Lifeline	13 11 14