

# A ROADMAP FOR PEOPLE LIVING WITH CHRONIC DISEASE IN HINDMARSH

copies available [www.wimmerapcp.org.au](http://www.wimmerapcp.org.au)

last updated 23/06/11

## General Eligibility Criteria:

- 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 Cooperative:** 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 - (03) 5381 9336
- Diabetes Victoria - 1300 136 588
- Direct2Care—1300 121121
- Emergency after-hours Response Service - 1300 487 017
- Lifeline - 13 11 14

## Service information at your fingertips

[www.connectingcare.com](http://www.connectingcare.com)

Directory of local services - open door to easy access.  
Human Service Directory  
[www.humanservicesdirectory.vic.gov.au](http://www.humanservicesdirectory.vic.gov.au)

High Need - Frequent Hospital Visits

## District Nursing Service

<i>Dimboola—Wimmera Health Care Group</i>	Ph: 5389 1301
<i>Jeparit—West Wimmera Health Service</i>	Ph: 5391 4222
<i>Nhill—West Wimmera Health Service</i>	Ph: 5391 4222
<i>Rainbow—West Wimmera Health Service</i>	Ph: 5391 4222
<b>Grampians Aged Care Assessment Service</b>	Ph: 5320 3740
<b>Palliative Care/ Wimmera Hospice Care</b>	Ph: 5381 9363
<b>Case Management Community Aged Care Packages</b>	Ph: 5320 3740
<b>Living at Home Assessment—WWHS</b>	Ph: 5391 4222
<b>Living at Home Assessment—Hindmarsh Shire</b>	Ph: 5391 4444

CASE MANAGEMENT LEVEL 1

## COST:

- \$\$ Moderate
- \$ Minimal
- Free

## COMMUNITY BASED CARE FOR PEOPLE WITH CHRONIC DISEASES AND COMPLEX NEEDS WHO USE HOSPITALS OR ARE AT RISK OF HOSPITALISATION.

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 below		See level 4 below
Goolum Goolum Aboriginal Coop -Horsham	GP, Allied Health	Free	Ph: 5381 6319

MORE INTENSIVE CARE LEVEL 2

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

Some Risk of Deterioration

Options for Care	Services	Cost	Referral
West Wimmera Health Service Jeparit, Nhill and Rainbow	Community & Allied Health, Health Promotion, Counselling, Diabetes management, lifestyle programs, exercise gym, walking groups, Day Centre, Dental Clinic	\$ - \$\$	Ph: 5391 4222
Grampians Community Health	Counselling Support, drug diversion, drink drive	Free	Ph: 5362 1200 & electronic referral
Wimmera Health Care Group Dimboola	Allied Health, Community Health, Social Work, Day Centre General Practice, Dental Clinic	\$ - \$\$	Ph: 5363 7100
Goolum Goolum	GP, Allied Health, Counselling, Free diabetes management	Free	Phone: 5381 6319

**Medicare Rebates:** - 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.

PLANNED MANAGED PROACTIVE CARE LEVEL 3

Relatively Healthy

<b>ACAS (Aged Care Assessment Service)</b>	<b>(03) 5320 3740</b>
<b>Active Script - Westvic Division of GP</b>	<b>(03) 5381 1756</b>
<b>Grampians Community Health</b>	<b>(03) 5362 1200</b>
- Quit program, Drink Drive Education, Counselling	
- Gambler's Help, Drug & Alcohol counseling	
- Men's behavioural change programs, ABI support	
<b>Hindmarsh Shire Council</b>	<b>(03) 5391 4444</b>
- Senior Citizens, Home and Community Care	
- Living at Home Assessment, Respite Care	
- Meals on Wheels	
<b>Library WRLC —</b>	
<b>Dimboola</b>	<b>(03) 5389 1734</b>
<b>Nhill</b>	<b>(03) 5391 1684</b>
Mobile Library timetable	<a href="http://www.wrlc.org.au">www.wrlc.org.au</a>
<b>Men's Shed—Nhill</b>	<b>mob: 0427 563 929</b>
<b>Men's Shed—Rainbow</b>	<b>mob: 0457 423 774</b>

<b>Nhill Neighbourhood House</b>	<b>(03) 5391 2196</b>
- learning and skills hub	
<b>Nhill Swimming Pool</b>	<b>(03) 5391 1224</b>
<b>Rainbow Learning Group &amp; Neighbourhood House</b>	<b>(03) 5395 1428</b>
- learning and skills hub	
- social and recreational programs	
- health and physical activity classes	
<b>Wimmera UnitingCare</b>	<b>(03) 5382 6789</b>
- Counselling, Family Services, Disability Support programs, Housing and Finance programs	
<b>Wimmera Online Physical Activity Directory</b>	<a href="http://www.sportlink.org.au/wimmera">www.sportlink.org.au/wimmera</a>
<b>Women's Health Grampians</b>	<b>(03) 5362 1400</b>

PREVENTION - LEVEL 4