

# A ROADMAP FOR PEOPLE LIVING WITH CHRONIC DISEASE IN HORSHAM

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

last updated 12/11/09

## 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  
**Local Government Home Services:** Over 55 or disabled.  
**Diabetes Self-Management:** Diagnosed with Type 2 Diabetes in the last 12 months  
**Goolum Goolum Aboriginal Cooperative:** recognised member of the local Indigenous community.

Useful Contact Numbers:  
 Arthritis Victoria - 1800 011 041  
 Asthma Foundation - 1800 645 130  
 Beyond Blue - 1300 224 636  
 Carer's Respite - (03) 5381 9336  
 Diabetes Victoria - 1300 136 588  
 Go For Your Life - 1300 739 899  
 Lifeline - 13 11 14  
 Alzheimer's Australia: 1800 100 500

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 Ph: (03) 5381 9103  
 Hospital Admission Risk Program (HARP) Ph: (03) 5381 9022  
 Grampians Aged Care Assessment Service Ph: (03) 5381 9190  
 Case Management & Community Aged Care Packages Ph: (03) 5381 9336  
 Palliative Care/Wimmera Hospice Care Ph: (03) 5381 9363

INTENSIVE CASE MANAGEMENT - LEVEL 1

COST:  
 \$ Minimal  
 \$\$ Moderate  
 Free

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
HARP (Hosp. Admission Risk Prog)	Care facilitator, Allied Health	Free	Ph: 5381 9022 electronic ref. pref.
Wimmera Health Care Group	Allied Health	\$ - \$\$	Ph: 5381 9333
District Nursing Service	Home Nursing Services	\$	Ph: 5381 9103 electronic ref. pref.
Private Allied Health	Enhanced Primary Care	\$\$	Through own GP
Horsham Rural City Council	Home Support	\$ - \$\$	Electronic referral preferred
Community Support	See Level 4	-	See level 4 below
Goolum Goolum	GP, Allied Health	Free	Phone: 5381 6319

At Risk of Hospitalisation

MORE INTENSIVE CARE LEVEL 2

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

Options for Care	Services	Cost	Referral
Grampians Community Health	Counselling Support, drug diversion, drink drive	Free	Ph: 5362 1200 elect. Ref. pref.
Wimmera Health Care Group	Allied Health	\$ - \$\$	Ph: 5381 9333
Diabetes Self Management Program	Self management support and packages of care incl. gym, dental, podiatry, weight loss	Free	Ph: 5362 1243 Electronic referral preferred
District Nursing Service	Home Nursing Services	\$	Ph: 5381 9103 electronic ref. pref.
Private Allied Health	Enhanced Primary Care	\$\$	Through own GP
Goolum Goolum	GP, Allied Health, Counselling, Free diabetes management supplies.	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.

Some Risk of Deterioration

PLANNED MANAGED PRO-ACTIVE CARE LEVEL 3

Relatively Healthy	ACAS (Aged Care Assessment Service)	(03) 5381 9190	Horsham Rural City Council	(03) 5382 9777	PREVENTION - LEVEL 4
	Active Script - Westvic Division of GP	(03) 5381 1756	- Senior Citizens		
	Goolum Goolum Aboriginal Co-Op	(03) 5381 6333	- Community Services	(03) 5382 9715	
	- Gym program		- Home & Community Care	(03) 5382 9715	
	- Fitness assessments		- Horsham Library	(03) 5382 5707	
	- Active Script		Salvation Army, Horsham	(03) 5382 1770	
	- Counselling		- Family Services, Housing		
	Grampians Community Health	(03) 5362 1200	Wimmera Health Care Group	(03) 5381 9111	
	- QUIT programs		- Health Promotion		
	- Drink Drive Education		- Community Health		
	- Counselling - generalist		- Sexual and Reproductive Health.		
	- Gambler's Help		Wimmera UnitingCare	(03) 5382 6789	
- Drug & alcohol counselling - youth specific & adult		- Counselling			
- Men's Behavioural Change Programs.		- Family Services			
- Active Places - Nexus		Wimmera Online Physical Activity Directory			
Horsham Community House	(03) 5382 5352	<a href="http://www.sportslink.org.au/wimmera">www.sportslink.org.au/wimmera</a>			
Horsham Aquatic Centre YMCA	(03) 5382 2576	Wimmera Regional Sports Assembly	(03) 5382 4599		
- Gym, exercise programs, chronic disease programs		- Walking groups			
Horsham Men's Shed	(03) 5362 1225	Women's Health Grampians	(03) 5362 1400		