

A ROADMAP FOR PEOPLE LIVING WITH CHRONIC DISEASE IN WEST WIMMERA SHIRE

available www.wimmerapcp.org.au

last updated 20/12/10

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

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.

Service information at your fingertips
www.connectingcare.com

Directory of local services - open door to easy access.
 Human Service Directory
www.humanservicesdirectory.vic.gov.au

High Need - Frequent Hospital Visits

District Nursing Service

Edenhope & District Memorial Hospital Ph: 5585 9826
 Goroke—West Wimmera Health Service Ph: 5391 4222
 Kaniva—West Wimmera Health Service Ph: 5391 4222

Grampians Aged Care Assessment Service Ph: 5320 3740

Case Management Community Aged Care Packages Ph: 5320 3740

Palliative Care/Wimmera Hospice Care Ph: 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

At Risk of Hospitalisation

Options for Care	Services	Cost	Referral
Edenhope & District Memorial Hospital	District Nursing, Allied Health	\$ - \$\$	Ph: 5585 9800
Goroke - West Wimmera Health Service	District Nursing, Allied Health	\$ - \$\$	Ph: 5391 4222
Kaniva—West Wimmera Health Service	District Nursing, Allied Health	\$ - \$\$	Ph: 5391 4222
Harrow Bush Nursing Centre	District Nursing, Allied Health	\$ - \$\$	Ph: 5588 2000
West Wimmera Shire Council	Home Support	\$ - \$\$	Ph: 5585 9900
Community Support	See Level 4	-	
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 provider's care plan, monitoring & support for person with chronic disease, ATSI follow up after health.

Some Risk of Deterioration

Options for Care	Services	Cost	Referral
Grampians Community Health	Counselling, drug diversion, drink drive programs	Free	Ph: 5362 1200 & electronic referral
Edenhope & District Memorial Hospital	Community Health, Health Promotion, Day Centre, Counselling, Diabetes Management, Allied Health	\$ - \$\$	Ph: 5585 9800
Goroke—West Wimmera Health Service	Community Health, Health Promotion, Day Centre, Counselling, Diabetes Management, Allied Health	\$ - \$\$	Ph: 5391 4222
Kaniva —West Wimmera Health Service	Allied Health, Health Promotion, Day Centre, Counselling, Diabetes Management	\$ - \$\$	Ph: 5391 4222
Harrow Bush Nursing Centre	Health Promotion programs, Day Centre, Counselling	Free	Ph: 5588 2000
Goolum Goolum Aboriginal Coop. Horsham	GP, Allied Health, Counselling, Free diabetes management supplies.	Free	Ph: 5381 6319

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

PLANNED MANAGED PRO-ACTIVE CARE LEVEL 3

Relatively Healthy

Active Script & Lifestyle Modification Program
 - Westvic Division of GP (03) 5381 1756
Edenhope District Memorial Hospital (03) 5585 9800
 - Community Health, Health Promotion, Physical Activity, counselling, diabetes education
Goolum Goolum Aboriginal Co-Op (03) 5381 6333
 - Gym program, Fitness assessments
 - Active Script, Counselling, diabetes education
Grampians Community Health (03) 5362 1200
 - QUIT programs, Drink Drive Education, Counselling,
 - Gambler's Help, Drug & alcohol counselling,
 - Men's Behavioural Change Programs, ABI support
Harrow Bush Nursing Centre (03) 5588 2000
 - Exercise programs, activity groups, visiting GPs & Allied health, counselling, community lunches
Libraries
 - Edenhope Library (03) 5585 1302
 - Goroke Library (03) 5386 1360
 - Kaniva Library (03) 5392 2723

Men's Sheds

* Edenhope Men's Shed (03) 5585 9825
 * Goroke Men's Shed (03) 5386 1104
 * Harrow Men's Shed (03) 5588 1251

Rural & Remote Engagement RARE

- "talk to a mate" West Wimmera outreach worker
Salvation Army—Kaniva (03) 5392 2304
Westvic Division of General Practice (03) 5381 1756
West Wimmera Health Service (03) 5391 4222

- Goroke & Kaniva sites
 - Community Health, Health Promotion
 - Counselling, diabetes education,
West Wimmera Shire Council (03) 5585 9900

- Community Services
 - Home & Community Care
Wimmera UnitingCare (03) 5382 6789

- Counselling, Family Services, RARE program see above
Wimmera Online Physical Activity Directory

www.sportslink.org.au/wimmera
Women's Health Grampians (03) 5362 1400

PREVENTION - LEVEL 4