

OTHER SERVICES

BCCHS has access to a complete range of Allied Health practitioners at BCCHS. Referrals can be arranged for the following:

- Physiotherapist
- Occupational Therapist
- Podiatrist
- Diabetes Educator
- Primary Care Health Nurse
- Refugee Health Nurse
- Generalist counseling
- Maternal Child Health
- Planned Activity Groups
- Tinnitus Support Group
- Lymphoedema Support Group
- Drug and Alcohol Services
- Disability Services

WHO CAN REFER?

Referrals are accepted from any source with client's written or verbal consent, including:

- Individuals/self
- Families
- General Practitioners
- Hospitals, and
- Other service providers

Referrals can be made by telephoning BCCHS on 5671 9200.

VISION

Bass Coast Community Health Service's mission is to provide quality, accessible, responsive, community health/primary care services to our community.

LOCATIONS

San Remo 1 Back Beach Road,

Phone: 5671 9200 Fax: 5678 5595

Cowes 81 Chapel Street

Wonthaggi Cnr Watt & Billson Streets

Limited services available at:

Grantville Grantville Transaction Centre
Cnr Bass Highway & Pier Road

Corinella Corinella & District Community Centre

Inverloch A'Beckett Street



If you need an interpreter, please call the Translating and Interpreting Service (TIS National) on 131 450 and ask them to telephone Bass Coast Community Health Services on 5671 9200.

FEEDBACK

Feedback forms and our fees policy and donation forms can be found on our website.

Website: www.bcchs.com.au

FUNDING RECOGNITION

Our programs are supported by funding from the Australian and Victorian Governments.

ACN: 136 473 660 ABN: 69 207 761 231



Health Coaching

*for self-management
of
your chronic disease*



DO YOU HAVE...

ONE OR MORE OF THE FOLLOWING:

- Diabetes
- Cardio-vascular disease (heart, stroke, vascular problems)
- Respiratory disease (including Chronic Obstructive Pulmonary Disease and/or asthma)
- Arthritis (osteo and/or rheumatoid and/or osteoporosis)

WOULD YOU LIKE...

- A health professional (coach) to work in partnership with you? Assisting in minimising the impact of your illness on your quality of life.
- To be at the centre of your health care, where you make decisions to improve your health and well being?

WOULD YOU LIKE...

- To set goals in relation to your health that are realistic and which will be achieved by close tracking and support by your own coach?
- To gain more knowledge about your chronic condition?

If **yes** to any of these then

Health Coaching is for you!

HEALTH COACHING MODEL*

The nature of Health Coaching:

- Client is the expert in own life
- Client finds own solutions
- Assistance in making change(s)
- Goal setting suits clients needs

Health Coaching provides health education, health recommendations and behaviour change assistance.

**The above information has been taken from Health Coaching Australia with permission. www.healthcoachingaustralia.com*

ABOUT YOUR COACH

Paul Greenhalgh has been a Registered Nurse for over 16 years and has a special interest in chronic disease management. He is keen to meet with you to discuss your condition and assist you to live a fuller and healthier life.

Paul is trained in the Health Coaching Model and is studying Health Promotion whilst working for the Bass Coast Community Health Service.

He works Monday and Wednesday and is based at San Remo. He is happy to meet with you in your home or one of our other locations if you prefer.

SELF MANAGEMENT

- Self-management follows and emphasises a person-centred model of care.
- Goal setting, action planning and problem solving skills will be used to promote behaviour change.