



# SCHS

Sunraysia Community  
Health Services

## Our Services

[www.schs.com.au](http://www.schs.com.au)



## Home Nursing

- Home nursing support, wound management, medication management, post hospital admission support, DVA home nursing
- Lucky Legs Club, for people with leg ulcers, skin tears or skin conditions



## Mens Behaviour Change Program

Facilitates the reduction and prevention of male violence and fosters non-violent relationships through working with individuals, families and groups



## Palliative Care

- Community Palliative Care providing specialist palliative care nursing, trained volunteers, equipment support and bereavement follow-up
- Consultancy Palliative Care for patients and families with complex symptoms including patients with cancer, degenerative neurological disorders, end stage chronic illness and other palliative diagnoses



## Refugee Health

- Refugee Health Nurse
- Counselling for refugees who have survived torture and trauma
- Exercise Groups at SMECC
- Kitchen Garden Program at Eco Village



## Counselling Services

- General counselling
- Grief and loss
- Family relationship/separation challenges
- Depression/anxiety management
- Womens Wellness Program



## Aged Care Assessment Service (ACAS)

The team of multidisciplinary specialist staff in ACAS assist frail elderly people with complex needs to discuss appropriate service options to meet their needs. They also assist with referrals to community supports and/or approvals for the following Government subsidised aged care services:

- Home care packages
- Transitional care program
- Respite or permanent placement in an aged care facility

To arrange an assessment call My Aged Care on **1800 200 422** or visit **[www.myagedcare.gov.au](http://www.myagedcare.gov.au)**



## Chronic Disease Self Management Support

This program is aimed at empowering people living with chronic disease(s) to better manage their health and sustain healthy lifestyle choices. Clients are provided with support, education, and advice on how to navigate the health care system.



## Community Health Nursing

- Diabetes management and education
- Well womens clinic, pap smears, contraception education, pregnancy testing and sexual health testing
- Continence Advisor
- Multi-disciplinary nurse providing post-sexual assault services



## Adult Day Care and Disability Services

**Located at HECHT Adult Day Centre, 5 John Street, Mildura**

- Adult day activities and respite for carers
- Community access programs
- Dementia care
- Disability support services
- Social support programs
- Planned Activity Groups



## Drug Treatment Services

- Counselling, consultancy and continuing care
- Pharmacotherapy maintenance program
- Needle syringe program
- Withdrawal services
- Youth Accommodation Support Program (YASP)
- Koori alcohol and drug diversion
- Daybreak (non-residential rehabilitation)



## Aboriginal Health Promotion and Chronic Care Program

Supporting Aboriginal community-controlled health organisations (ACCHOs) and community health services to work in partnership to develop and deliver local services and programs that prevent and manage the high prevalence of chronic disease within Aboriginal communities.



## Community Dental Program

A range of dental services are provided for Health Care Card or Pension Card holders. Some dental services, as indicated with \*, are also available to the general community.

- Dentures
- Emergency Care
- General Care
- Specialist referral
- Youth dental program
- Pre school program\*
- School dental services\*
- Oral health promotion



## Healthy Together Mildura

Develop and implement community health strategies within the Sunraysia community to support:

- Healthy eating and accessible food
- Physical activity and active communities
- Community development projects



## Allied Health

- Occupational Therapy
- Podiatry
- Physiotherapy
- Tai Chi Group
- Nordic Walking Group
- Falls Prevention Group
- Aquatic Physiotherapy
- Mildura Central Walking Group
- Dietetics
- Food label reading
- Supermarket tours
- Infant program for new mothers
- Speech Pathology
- Regional Communication Service for people with Complex Communication Needs
- Child Health Services
- Pain Management service
- Movement Disorder Nurse



## Cognitive Dementia and Memory Service (CDAMS)

The Cognitive Dementia and Memory Service (CDAMS) is a specialist multidisciplinary diagnostic, referral and educational service for people experiencing memory loss or changes to their thinking (cognition). In partnership with Bendigo Health, clients are able to access specialist medical consults for diagnosis and long term management strategies.



## General Enquiries

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## Site Locations

 137 Thirteenth Street, Mildura



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