



SCHS
Sunraysia Community
Health Services

OUR SERVICES GUIDE



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 service and programs that prevent and manage high prevalence of chronic disease within Aboriginal communities.

ADULT DAY ACTIVITY CENTRE

Located at Hecht Adult Day Centre, 5 Johns Street Mildura. We provide social support groups for older people and people with a disability. These groups aim to assist people to remain living in their own home by providing a range of enjoyable and meaningful activities.

AGED CARE ASSESSMENT SERVICES (ACAS)

The ACAS team aims to assist people with complex needs, to stay in their own home for as long as possible. Assessments are generally undertaken in a person's home and the specialist clinician can discuss appropriate service options to meet your needs. This may lead to referrals to other community supports and/or approvals for Government subsidised aged care services.

ALLIED HEALTH

Allied Health services can increase a person's mobility, independence and ability to care for themselves. They can also help reduce the risk of complications in chronic conditions, or following illness or injury.

- Child Health Services (0-6 years) – including Speech Pathology, Occupational Therapy and Physiotherapy)
- Dietetics
- Group programs (Tai Chi, Walking Group, Hydrotherapy, Falls and Balance)
- Occupational Therapy
- Physiotherapy
- Podiatry
- Speech Pathology
- Diabetes Education

CHRONIC DISEASE MANAGEMENT

This service aims to support and educate clients who have chronic and complex health conditions such as Heart Disease and/or Lung conditions. The service provides several exercise programs, and one on one support that aims to improve quality of life and reduce avoidable trips to hospital.

COGNITIVE DEMENTIA AND MEMORY SERVICE (CDAMS)

This service is a specialist 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.

COUNSELLING SERVICES

This service is available to individuals, couples, families or groups to help them with problems that they are facing, such as:

- Stress
- Depression and anxiety management
- Low self esteem
- Family relationship/separation challenges
- Pregnancy options counselling

DENTAL

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

- Dentures
- Emergency care (free for children under 12 years)
- General care
- Specialist referral
- Youth dental program
- Pre-school program*
- School dental services*
- Oral health promotion

DIABETES

Diabetes educators provide support and education to people, and their families, who have Type 1 or Type 2 Diabetes. They can teach you how to monitor, interpret and manage your blood glucose patterns.

DRUG TREATMENT SERVICES

The service we provide is accessible, non-judgemental and aims to help clients and their families to address problematic use of alcohol and other drugs. This includes:

- Counselling, consultancy and continuing care
- Pharmacotherapy maintenance program
- Self-esteem and interpersonal communication issues
- Day rehabilitation
- Addiction and relapse prevention counselling
- Home and hospital based detox and opioid replacement therapy (ORT)
- Needle syringe program
- Withdrawal services
- Youth accommodation support program
- Koori alcohol and drug diversion service
- Daybreak – non-residential rehabilitation program.

GP CLINIC

Our general practice (GP) service is available Monday to Friday from 9.00am – 6.00pm. The service provides person-centred, continuing, comprehensive and coordinated health care to individuals and families in the community.

HEALTH PROMOTION

The health promotion team aim to improve population health and wellbeing of the local community by addressing priority areas; healthy eating, physical activity, sexual health and smoking cessation. The team undertakes a setting based approach, working in collaboration with schools, early year's services, workplaces and other organisations.

MEN'S BEHAVIOUR CHANGE

The focus of this program is to work towards the reduction and prevention of male family violence and foster a non-violent relationship through working with individuals, families and groups whilst promoting women's and children safety.

MENTAL HEALTH

We work to address mental health as well as AOD issues including dual diagnosis through a number of different but interlinked programs.

Types of issues addressed and services provided include:

- Mental health issues, including but not limited to anxiety and depression
- Grief and loss as well as other life changes
- Trauma, torture and abuse including counselling for refugees and new arrivals
- Managing emotions including anger.

NURSING

The District Nursing program aims to provide a professional and comprehensive clinical nursing service to eligible clients, while providing timely and accessible care to assist clients to reach their healthcare and wellness goals and increase independence and safety.

The District Nursing Service can provide nursing care in the home, school, workplace or community venue. The District Nursing Service can assist with

- Nursing assessments
- Wound Care
- Assistance with medications and diabetes
- Continence Care - including catheter changes
- Stoma support
- Advice and referrals to other services
- Health Education
- Support and technical care from programs such as Hospital in the Home, Post-Acute Care, Transitional Care.

We also provide a **CONTINENCE SERVICE** to men and women of any age, who experience bladder or bowel problems that affect their independence and quality of life. The Continence

Service takes a coordinated and holistic approach for the prevention, care and management of a client's continence needs.

PAIN REHABILITATION SERVICE

Our multidisciplinary team provides comprehensive, whole-person assessment and treatment for people with chronic non-cancer pain. We work together to help you identify all the contributors to your pain and assist you to manage it more effectively. Treatments are tailored to your needs and may include input from physio, OT, nursing, pain physician and mental health services.

PALLIATIVE CARE

Palliative care aims to support people living with a terminal illness. Our care focuses on supporting the person who has the illness (as well as their family and friends) by managing symptoms, supporting quality of life and meeting social, emotional and spiritual needs. We provide advice, support and education to family and friends, and support our valued Palliative Care Volunteers.

REFUGEE HEALTH

This service works to ensure the long-term health of refugees by offering culturally appropriate health care that looks after the needs of refugees and asylum seekers.

SEXUAL AND REPRODUCTIVE HEALTH

We provide a range of services with regard to sexual and reproductive health. These include;

Options Counselling – providing ethical and unbiased information and support to assist women who have an unplanned pregnancy, to identify their options and determine what they want to do.

Women's Health Clinic – Our Women's Health clinic is conducted by nurses for women of all ages and sexual diversity. Our staff provide pap smears and offer advice and information on a range of women's health issues.

PrEP (Pre-Exposure Prophylaxis for HIV) - advice, education and assessment for PrEP for HIV prevention; including HIV and sexually transmitted infection testing and treatment, free vaccines and prescribing of PrEP for eligible people, as well as help with partner notification if diagnosed with an infection.

Viral Hepatitis - advice, testing and treatment for all sexually transmitted infections (STI) including PrEP for HIV prevention, HIV testing and treatment, free vaccines for eligible people.

THE FAMILY AND CHILD HUB

Located in Mildura City Heart (41 Pine Avenue), The Family and Child Hub provides a range of services to support families to care for children. Our services are available to parents, grandparents, family members or others who provide care to children.

We also work with the SCHS Antenatal Services to support women and families in pregnancy.

LOCATIONS

Main site (incl. Dental)

137 Thirteenth Street, Mildura (Cnr Thirteenth Street & Deakin Avenue)

(03) 5022 5444 | schs@schs.com.au

Dental Services (03) 5021 0944

The Family and Child Hub

41 Pine Avenue, Mildura

(03) 5021 7621 | familyhub@schs.com.au

Hecht Adult Day Activity Centre

5 Johns Street, Mildura

(03) 5021 1564

Daybreak

Deakin Avenue, Mildura

GENERAL ENQUIRIES

PHONE (03) 5022 5444

FAX (03) 5022 5445

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SCHS would like to acknowledge all the traditional Aboriginal tribes on whose land we live and work as the first people of this Nation.

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