

Our Service

The Allied Health team at Nillumbik Community Health Service (NCHS) offers a holistic approach to individual's health needs by providing a multidisciplinary and integrated service through individual consultation, groups and health promotion activities. Our programs cater for all ages.

Podiatry

Podiatrists treat a range of foot and lower limb conditions including:

- Nail and skin problems
- Bone and joint disorders
- Soft tissue and muscular abnormalities
- Neurological and circulatory diseases

Conditions such as arthritis and diabetes often have associated foot problems which can be assisted by Podiatrists.

Home visits can be arranged as necessary for clients who are house bound or cannot travel due to illness.

Foot education sessions can also be arranged for groups.

Physiotherapy

The physiotherapy service provides assessment/treatment and management of a wide variety of conditions including:

- Acute/chronic neck and back pain
- Sports injuries
- Arthritis
- Post immobilisation of fracture/post joint surgery
- Respiratory conditions
- Paediatric conditions

Home Visits can be provided for those in acute pain or who are unable to access the service for health reasons.

A range of groups such as arthritis water and land exercise, strength training and pulmonary maintenance are also provided. Contact the Service for more details.

Occupational Therapy

Occupational Therapy enhances a person's safety, well being and independence in their normal environment – at home, pre-school, school, work, or in the community.

Our service is often carried out in a person's home or other environments. The Occupational Therapist will provide a comprehensive assessment of the needs of the client and those around them and includes:

- Personal care
- Managing day to day activities in and around the home
- Driving assessments
- Safety issues, particularly for older people, including falls and prevention of falls
- Carer's support
- Prescription of specialised equipment
- Gross and Fine motor skills development
- School skills such as handwriting, concentration and socialisation.

Speech Pathology

The Speech Pathology service provides assessment and management of communication and/or swallowing difficulties to:

- Preschool aged children (0 -6 years)
- Adults meeting HACC eligibility criteria: frail aged and younger adults with a disability and their carers.

Communication disabilities are the result of problems with:

- Developing/using/understanding language
- Speech, voice and fluency
- Hearing
- Reading and writing
- School readiness skills (including social skills)

The Speech Pathology service provides individual and group programs, and support and education for clients, carers and community groups. Home visits are provided to adults unable to access the Service due to health reasons.

Dietetics

The dietitian is available for individual consultations for people of all ages, community groups and organisations on general nutrition and issues related to illness.

The dietitian is available to discuss issues such as:

- General nutrition and healthy eating
- Antenatal and postnatal care
- Paediatric nutrition & nutrition for the elderly
- Diabetes – heart disease and management
- Women's health
- Counselling and education on body image and eating disorders

Community Health Nurse

The Community Health Nurse coordinates the Healthworks Program, which aims to provide a coordinated and integrated approach in the screening and management of people with heart disease and diabetes.

This program offers:

- Individual consultation and review
- Assessment & education in the prevention & management of cardiac disease & diabetes.
- Weekly, supervised aerobic exercise program.
- Support Groups

Eligibility and Access

We offer allied health services to all residents of Nillumbik and surrounding areas with priority given to Health Care Card holders and Pensioners. Referrals are made through Service Coordination and may be from GP's, other health agencies and health professionals or by the individual directly. Home visits can be arranged for all services.

Fees

Fees for HCC holders and pensioners is \$7.50 per session or \$15.00 for other clients. Group fees are \$5.00 per session. It is NCHS policy that individuals will not be excluded due to inability to pay.

Allied Health Services

Podiatry

Physiotherapy

Speech Pathology

Occupational Therapy

Dietetics

Community Health Nursing