

# Nillumbik Community Health Service

Services are provided through individual consultations both at the Service and for some programs in the clients home. We also provide a range of education and support groups and activities based both at the Service and at other locations across the Shire.

- Community Health Nursing
- Counselling / Case Work  
(crisis, couples / families, young people)
- Dental (Preschool, Emergency, General, Dentures)
- Dietetics
- Disability Case Management
- Emergency Financial Relief
- Health Information
- Maternal & Child Health / Immunisation
- Needle Exchange
- Occupational Therapy
- Physiotherapy
- Planned Activity Groups
- Podiatry
- Speech Pathology
- Youth Services
- Legal Advice

## Co-located Services

- Audiology
- CentreLink Liaison
- Child Behavioural Counselling
- Mental Health
- Financial Counselling
- Gambling Counselling
- School Dental Service

## Accessing Services

Appointment based services are available by phoning 9431 1333. A referral is not necessary. Anyone can telephone or call in to access services, however, we also accept referrals from other health and welfare providers.

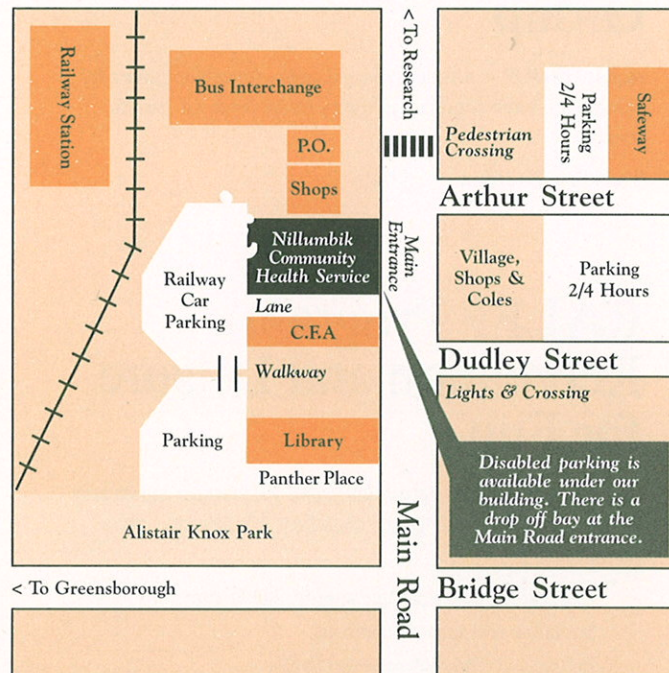
## Privacy

Nillumbik Community Health Service is committed to protecting your privacy. We are required by law to protect personal and confidential information such as information relating to your health and other personal details. We comply with all Victorian legislation relating to privacy and confidentiality, including, where relevant, the Health Services Act 1988(Vic), and the Health Records Act 2001(Vic).

If you would like access to information we hold about you or would like a copy of our Privacy Policy, please ask at reception or contact the Chief Executive Officer.

## Parking / Public Transport

Disabled and limited client parking is available under the building, otherwise parking is available behind the centre and the library. Public transport is available at the nearby Eltham Railway station and Bus interchange.



# Planned Activity Group



**Nillumbik Community Health Service**

917 Main Road Eltham 3095  
(next door to CFA Fire Station)

Telephone: 9431 1333  
Facsimile: 9431 0339

Email: [nchs@nchs.org.au](mailto:nchs@nchs.org.au)  
[www.nchs.org.au](http://www.nchs.org.au)



## Our Service

Planned Activity Group provides planned and reliable service for our clients, focussing on maintaining our clients' ability to live at home and in their community.

We do this by providing a planned program of activities which enhances and or maintain the skills our clients require for daily living.

Our program and activities will address our clients' physical, social, cultural, emotional and recreational needs and provide opportunities for support and social interaction.

We will also meet the needs of carers through providing respite and support.

## Eligibility & Access

Services are provided on the basis of eligibility and assessed need.

Within the eligible client population there are a number of groups who find it more difficult than most to get access to services. These special needs groups have priority of access to Home and Community Care (HACC) services according to their assessed individual needs:

- People from culturally and linguistically diverse background.
- Persons with dementia or other related disorders;
- Financially disadvantaged persons;
- Frail aged and other people with disabilities living in remote or isolated areas;
- People with multiple disabilities and complex support needs.

Our services ensure that we can respond to the needs of high priority consumer groups by making services relevant and accessible to these special need groups.

## Older Adult Day Programs

The Older Adult Activity Groups provides care, support and socialization opportunities for frail older and disabled adults.

A range of programs are provided from Monday to Friday offering activities which promote confidence, self esteem and dignity.

Frail Aged Groups – Monday & Wednesday  
10.00am – 2.00 pm

Dementia Specific Groups – Thursday & Friday  
10.00am – 2.00pm

## Acquired Brain Injury Group

A.B.I. GROUP is a friendly social group for adults (under 60 years) who have acquired an injury to the brain eg. Stroke, trauma.

Tuesday 10.00am – 2.00pm

## RALFF Program - Recreation and Leisure for Fun

RALFF is a weekend recreation group for younger adults and teenagers with an intellectual disability. The group enables participants to:

- Experience different, age appropriate leisure activities
- Socialise and form friendships
- Increase confidence & social skills

It provides carers with some 'time-out' & client support for inclusion into community leisure options.

The group meets on the weekend  
1.00pm – 6.00pm

## Commonwealth Respite for Carers Program

This program is part of the National Respite for Carers Program and has carers as its focus. It offers flexible respite options for carers and care recipients. The frail elderly and people with disabilities are eligible for the program. The program Coordinator will consult with the carer to assess the needs of the client. The following sessions are available at Nillumbik Community Health Service:

Friday 10.00am – 2.00pm  
Friday 2.00pm – 6.00pm

## Fees

Program times/sessions & fees are reviewed in line with Government policy and need. However, communication of any change will be given in advance.

## How to contact us

Contact Service Coordination at NCHS on 9431 1333 between 9am and 5pm Monday to Friday.