

Inner North Community Health Services

Directory of Services

Dec 2014



Government
of South Australia

SA Health

Welcome to the December 2014 edition of our Directory of Community Services.

Inner North Community Services, part of the Barossa, Hills, Fleurieu Rural Region of Country Health SA, is co-located with Acute Services across 5 sites, namely Angaston, Eudunda, Kapunda, Tanunda and Gawler.

Pages 4/5 outline the Teams that deliver services. The Directory lists programs and services delivered by staff from these Teams and contact details for further information on services.

Referrals to all our services are managed via the Country Referral Unit. See Page 6/7 for the contact numbers and details for this Unit.

We have also a number of Health Partners who are co-located on our sites. These can be contacted directly for information and appointments.

Director, Inner North Community Services

Alison McLennan

Ph: 8563 8569

Rural Regional Director, Barossa Hills Fleurieu

Debbie Martin

Ph: 8521 2020

Inner North Community Services Sites

Angaston	(08) 8563 8544
Eudunda	(08) 8581 1404
Gawler	(08) 8521 2080
Kapunda	(08) 8566 0275
Tanunda	(08) 8563 0690

Inner North Catchment Areas—yellow and orange



Community Service Teams

Community Services Staff are co-located in multidisciplinary teams across the sites. Services and programs are offered at various locations, however due to facility and some specialised equipment requirements, some programs may only be offered at specific locations.

Domiciliary Care—Service Management Team

Team Leader: Jacqui Jones

Ph: 0457 531 710

Assessment, case management, therapy and support provided by Social Workers, Occupational Therapists, Physiotherapists and Equipment Officers.

Aged Care Assessment Team

Team Leader: Jacqui Jones

Ph: 0457 531 710

Primarily for frail aged and people with dementia. Assessments to determine a person's eligibility for respite and permanent residence in Commonwealth funded aged-care facilities (low and high care), for a Community Aged Care Package, or an Extended Care at Home Package, or an Extended Care at Home Dementia Package, or if an inpatient a Transitional Care Package.

Domicilliary Care—Home Support Team

Team Leader: Jackie Hall (Acting)

Ph: 0438 846 957

Offering a professional personal care service provided by Paramedical Aides and domestic assistance service provided by Home Helpers, including social support options with the availability of five Community Aged Care Packages.

Volunteer Services Team

Team Leader: Rita Britton

Ph: 0428 115 740

A wide range of volunteer opportunities support professionals across all sites.

Healthy Families Team

Team Leader: Angela Schuster

Ph: 0477 761 247

Service delivery provided by Paediatric Speech Pathologist, Paed Physiotherapist, Paed Occupational Therapists, Ante Natal Social Worker, Families Support Worker, Early Childhood Intervention Consultant, Allied Health Assistants and Dietetics.

GP Plus / Out of Hospital Strategies Team

Team Leader Carolyn Wilksch (Acting) Ph: 8563 8544

Service delivery of hospital avoidance packages including RIBS/CHL, Better Care in the Community Programs, Pulmonary, Diabetes and Cardiac Programs, Community Nursing. McGrath Mt Franklin Breast Care Nurse.

Aboriginal Health Team

Team Leader: Peter Taylor Ph: 8521 2080

Based at Gawler , many programs to develop the health, wellbeing and services to the Aboriginal community. Closing the Gap initiatives.

Palliative Care Team

Team Leader: Heather Thomson Ph: 0428 102 962

Specialised care, support and education provided to someone living with a life limiting illness by relieving the associated physical, emotional, social, cultural, spiritual symptoms.

Mental Health Team

Team Leader: Tracey Rainsford Ph: 85212080

Assessment, case management and psycho-social education for people from 18 years of age, provided by a multi-disciplinary team of mental health clinicians. Visiting psychiatric services

Healthy Communities Team

Team Leader: Glenda Scira (Acting) Ph: 0475 826 487

Service delivery provided by Dietitians, Diabetes Educators, Outpatient Physiotherapists, Womens Health Worker, Health Promotion Facilitators, Youth Workers, Adult Speech Pathology, Podiatry, Loss and Lifestyle Change Counsellor. Transitional Care Packages.

REFERRAL PATHWAYS

Country Referral Unit

Information and referral agency for Country Health SA. Trained staff and clinicians who will connect you to the community, offer advice on available health services and supports for you, your family or carers.

This Unit unites the functions of five referral programs—Access2HomeCare, Community Health, Transition Care Program, Country Home Link and End of Life Choices.

Community Health

Ph: 1800 003 307

Fax: 1800 771211

Email: HealthCHSACountryReferralUnit@health.sa.gov.au

Monday—Friday 9am to 5pm

Community allied health referrals for Country SA Services and programs, dietetics, diabetes educator, early childhood services, Palliative care, Mental Health, Cardiac and Pulmonary Rehab, Midwifery, Continence Nurse, Mental Health

Access2HomeCare

Ph: 1300 130 551

Fax: 8561 2142

Email: health.chsaaccess2homecare@health.sa.gov.au

Monday—Friday 9am to 5pm

Referrals to Home and Community Care (HACC) Services for 65 years and over
ATSI 50 years and over

Intake service provided using a needs identification tool, intake staff link clients with the services that best meet their needs. Clinical Support Officers are available to manage complex referrals. Aged Care Assessments, Physiotherapy, domestic assistance, personal care, Occupational Therapy, Domicilliary Care.

Country Home Link

**All referrals for these programs are accepted through the
Metropolitan Referral Unit**

Ph: 1300 110 600

Fax: 8201 7822

**and forwarded to Country Home Link
Link to referral form on www.sahealth.sa.gov.au**

Statewide program within Out Of Hospital Strategies and the Better Care in the Community Initiatives providing supportive and responsive services for people from country SA to reduce metropolitan hospital admissions and length of stay.

Discharge Summaries and Admin enquiries only to

Ph: 1800 258 688

Fax: 8561 2128

**Email: health.chsacountryhomelink@health.sa.gov.au
7 days 8am—6pm**

Transition Care Program

Ph: 8561 2149

Fax: 8561 2128

**Email: chsatransitioncareprogram@health.sa.gov.au
Monday—Friday 9am to 5pm**

Statewide short term, goal oriented, time-limited and therapy focussed restorative care to self-sustainability.

End of Life Choices

See Page 35 for details

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Dietetics

Education, information, advice and support for people with nutrition related health conditions, including diabetes and cardiovascular risk factors, underweight/malnutrition, gastrointestinal issues, renal disease, antenatal and children’s nutrition. Clients with more specific clinical needs are seen individually.

Enquiries to:	Dietitians	When:	Mon—Fri
Location:	Gawler/Tanunda + Outreach	Lead Time:	based on clinical priority

Diabetes Educators

Education for people recently diagnosed with diabetes, and for those seeking additional information and advice. Individual appts or group sessions. Appts available for those having problems with managing their diabetes, experiencing hypoglycaemia, needing sick day management action plans and those who are commencing injectable medications or blood glucose monitoring.

Enquiries to:	Diabetes Educators	When:	Mon—Thurs
Location:	Gawler/Angaston + Outreach	Lead Time:	based on clinical priority

Podiatry

Treatment, management and prevention therapies to people at high risk of foot ulceration and for those with existing ulcerations. Minor nail surgery. Assessment and treatment of foot conditions in children. Criteria applies; excludes ongoing routine podiatry care

Enquiries to:	Podiatrists	When:	Mon—Fri
Location:	Gawler only	Lead Time:	based on clinical priority

Speech Pathology—Adult

A community based service that will provide support for people with acquired speech and language disorders including aphasia and dysarthria; difficulties with swallowing ie dysphagia ; clients with voice disorders or chronic coughs. Home visits or centre based appointments. (service not available to hospital inpatients).

Enquiries to: Speech Pathologist **When:** Phone for appt
Location: Inner North **Lead Time:** based on clinical priority

Physiotherapy

Provision of generalist physiotherapy services for people under inpatient and outpatient care. A program of specialist clinic knowledge and professional competence to plan, implement and evaluate a range of therapeutic interventions. Individual appointments, group programs.

Clinic appointments available at Kapunda and Eudunda sites only.

Enquiries to: Physios **When:** Mon—Fri
Location: Inner North **Lead Time:** based on clinical priority



Occupational Therapy Paediatric

Able to offer individual appointments, group therapy and community information. Providing assessment on daily activities and skills, including dressing, sleeping and toileting. Independence, play skills and problem solving skills. Making sense of the senses. 0—8 years.

Enquiries to: OTs
Location: Gawler/Tanunda + outreach
When: Mon—Fri
Lead Time: based on clinical priority

Physiotherapy Paediatric

Individual appointments and group therapy. Providing assessment on early motor skills, gross motor skills, balance and co-ordination. Head shape, positioning and physical disabilities. 0—8 years.

Enquiries to: Physio Paed
Location: Tanunda base
When: Mon—Fri
Lead Time: based on clinical priority

Speech Pathology Paediatric

Information / group / individual services for pre-language skills, understanding language, talking, speech sounds, swallowing and feeding, stuttering and voice. 0—4 years.

Enquiries to: Speech Path
Location: Gawler/Tanunda + outreach
When: Mon—Fri
Lead Time: based on clinical priority

Youth Worker

Identification, implementation and evaluation of primary health care programs and initiatives focussed on young people aged 12—25 yrs. Focussing on priority target groups of ATSI, young people in care and other vulnerable groups. Working in partnership with community stakeholders to strengthen youth services across the Inner North. Advocacy and provision of youth specific health information sector development.

Enquiries to: Youth Workers
When: Mon—Fri
Lead Time: Nil

Location: Gawler 8521 2080
 or Womens Hlth Ctr 8521 2175

Families Support Worker

Provide advice and support for parents, playgroups, referrals and liaison with other support agencies, facilitating groups and community development programs.

Enquiries to: YC&FW
Location: Gawler base
When: Mon—Fri
Lead Time: based on clinical priority

Early Childhood Intervention Consultant

Support via home visits, phone and venue visits. Linking with relevant services for therapy, specialists, assessments, Paeds, GPs, etc. Advocacy, group facilitation, sibling support, school guidance and counselling support. ASQ for > 3 yrs.

Enquiries to: Tina Dunks
 Ph: 8565 7027
Location: Groups and programs at various sites
When: Mon—Thurs
Lead Time: based on clinical priority

Ante Natal Social Worker

Information/support for women, and their families, who are birthing at Gawler Hospital

Enquiries to: Ante Natal
 Social Worker
Location: Zadow Suite
 Gawler Hospital
When: Mon—Fri
Lead Time: based on clinical priority

Paediatrician—Outreach

Providing specialist medical care to infants, children and adolescents.
 [External Service Partner]

Enquiries to: Dr Mark Thesinger
 Ph: 8522 2899
Location: Gawler
When: contact for appt times

Better Care in the Community— Chronic Heart Failure Support

Chronic heart failure support program is for those clients living with moderate to severe heart failure not suitable for Phase 2 Cardiac Rehabilitation. Care is provided in collaboration with the clients GP, Cardiologist and the Heart Failure Clinic Lyell McEwin Hospital. Management involves home visits and phone support targeted at providing education on self-management, monitoring of symptoms and response to treatment, providing emotional support (to the client and family) and linking into other services.

Enquiries to: Health Rehab Co-Ord **When:** Phone for sessions
0427 096 255 **Lead Time:** Nil
Location: Inner North

Better Care in the Community - Chronic Condition Self-management Program

Chronic Condition Self Management is a health coaching program for those with a diagnosed chronic disease including those complex clients with more than one medical condition. The program aims to assist clients and their family better understand and manage their chronic condition to improve their quality of life. The program is offered 1:1 or in a group setting and tailored to the needs of the individual.

Enquiries to: Co-Ordinator **When:** Phone for sessions
0427 096 255 **Lead Time:** Nil
Location: Inner North

McGrath Mount Franklin Breast Care Nurse

This nurse supports people with breast cancer, their family and carers throughout the breast cancer journey. The breast care nurse has a thorough understanding of breast care and the services available to support patients from diagnosis through treatment and act as principal liaison between patient and the breast care team to coordinate treatment, whether it is surgery, radiotherapy or chemo therapy.

Enquiries to: **When:** Mon, Tues, Wed
8563 8544 **Lead Time:** Nil
Location: Inner North

Better Care in the Community - Healthy Living with Diabetes

A 6 week exercise and education program for people at high risk of developing diabetes or pre-diabetes. Also for Type 2 diabetics

Enquiries to: Program Co-Ord
0429 162 537

When: Phone for sessions
Lead Time: Nil

Location: Sessions at Gawler,
available to clients across Inner
North

Better Care in the Community - Pulmonary Rehabilitation

A comprehensive program for people living with chronic lung disease. Individually tailored programs to optimise physical and social wellbeing. 8 week with exercise twice per week incl an education component. Individuals with home oxygen are welcome. Self management education available for those who have complex needs and where distance might be a barrier.

Enquiries to: Pulmonary Rehab
Co-Ord
0477 336 531

When: Phone for sessions
Lead Time: Nil

Location: Phone for session locations,
available to clients across Inner North

Better Care in the Community - Cardiac Rehabilitation

Primary and secondary Prevention program for anyone who has heart disease, had heart surgery or cardiac procedure or at risk of heart disease. Topics covered: Benefits of exercise / activities of daily living, heart disease and risk factors, diet, cholesterol, label identification,

Psychological recovery and stress management and medications. Group based programs and 1:1 chronic condition self-management.

Enquiries to: Co-Ord, 0429 162537

When: Phone for sessions

Location: Offered at Gawler or Barossa

Lead Time: Nil

Mycroft Sleep Diagnostics

Home Based Sleep Studies and Sleep Disorder examination
[External Service Partner]

Enquiries to: 8272 0096

When: contact provider

Location: Gawler

Lead Time: within 2 weeks

“ Dealing with Diabetes” Program

A 3 part program facilitated by Diabetes Educator and Dietitian.

Gawler residents can also refer to Healthy Living with Diabetes program, page 17.

Session 1 : Dealing with Diabetes

- Management and self care
- Including Type 1, Type 2 and Pre diabetes
- Blood glucose monitoring

Session 2 : Diet and Diabetes

- Glycaemic Index, carbohydrate serves, healthy options
- Food myths and facts

Session 3 : Virtual Supermarket Tour

- How to read labels on packaging

See flyer for full program information

Enquiries to: Dietitian / Diabetes Educator

When: Monthly

Lead Time: Nil

Location: Program run at Tanunda only

Heartbeat Inc

Provides health support (pre and post operative) for cardiac patients. Health service assistance, reassurance, accommodation, guest speakers, social outings and activities. [External Service Partner]

Enquiries to: 8177 2270

When: 1st Wed month @

Location: Gawler Comm Svc Day Centre

1.30pm

Renal Specialist—Outreach

Senior consultant nephrologist at The Central Northern Renal and Transplantation Service, and clinical director of renal services for the Country Health region of SA Health.

[External Service Partner]

Enquiries to:

When: contact provider

Dr Steven McDonald

Lead Time: contact provider

Ph: 8222 0900

Location: Tanunda

Community Clinical Nursing Services In Home and Clinic

Provide 7 day a week in-home and 2 day a week in Gawler Clinic based nursing service. Including wound care, intravenous medication administration, venepuncture, wound drain management, anti-coagulation therapy regime as well as promoting healthy lifestyle choices. Criteria applies.

Enquiries to:	Community Health	When:	Mon—Sun
Location:	Inner North	Lead Time:	May be < 1 week but no > 1 mth

Continence Nurse

Assessment, information and support in relation to continence.
Advice on options available.

Enquiries to:	Continence Nurse	When:	Tues and Thurs
Location:	Angaston + Kap fortnightly	Lead Time:	4—8 weeks

Stomal Therapy

Clinic and home visits. Assisting with the management of stomas and education, counselling support for people to learn to live with and look after their stomas.

Enquiries to:	Stoma Nurse	When:	Tuesdays
Location:	Angaston	Lead Time:	> than a week but < month

See next page for range of packages of care...

GP Plus Services – Rapid Intensive Brokerage Support (RIBS)

Country Hospital Avoidance / supported early discharge

Provides short term (7 days) in-home support and assistance to reduce or avoid a lengthy stay in local hospitals. Rehabilitation packages are customised to assist the client to leave hospital and be well supported at home. Referrals for patients presenting for an Emergency Dept or General Practice and is at risk of an avoidable admission to a Country Hospital. Patient is an in-patient and could leave hospital earlier than otherwise possible if appropriate short-term home based supports are in place. Patient is inpatient of Country Hospital and their risk of re-admission can be reduced if appropriate short term home based supports are in place

Enquiries to:

Community Health - 1800 003 307
RIBS Co-Ordinator
0429 162 537
Mon—Fri 8.30—5pm

When:

Mon—Fri, flexible wknd service

Lead Time:

Phone for approval of service
Immediate response to phone request

Location: Inner North

GP Plus Services – Country Home Link (CHL)

Metropolitan Hospital Avoidance / supported early discharge

Short term packages of care, generally up to 7 days. Nursing care, paediatric and midwifery, allied health, personal care, respite and support for carers, transport assistance, short term supply of medical equipment. Referrals for patients presenting for an Emergency Dept or General Practice and is at risk of an avoidable admission to a Metro Hospital. Patient is an in-patient and could leave hospital earlier than otherwise possible if appropriate short-term home based supports are in place. Patient is inpatient of Metro Hospital and their risk of re-admission can be reduced if appropriate short term home based supports are in place.

Enquiries to:

Country Home Link
1800 258 688
CHL Co-Ordinator
0429 162 537

When:

Mon—Fri, flexible weekend service

Lead Time:

1 week to 1 month

Location: Inner North

Transitional Care Packages (TCP)

8—12 weeks of support for people 65 yrs + or 45yrs+ ATSI. Targets those people who require more time and support in a non-hospital environment to complete their restorative process, optimise their functional capacity and finalise their longer term care arrangements. This program is goal orientated, time limited and therapy focussed. May be provided in a residential or a community setting. Must be inpatient of hospital and assessed by ACAT Team. Fees payable.

Enquiries to:
Ph: 8561 2186
TCP Co-Ordinator
0427 206 426

When: Mon—Fri, flexible weekend service
Lead Time: 1 week to 1 month

Location: Inner North



GP Closed? Call the GP Helpline on
1800 022 222



Supermarket Tour (Virtual)

A virtual supermarket tour by our Dietitian to teach people how to read food labels and show some of the better food choices. Excellent for people with diabetes, high cholesterol, etc. Clients must have already received some dietary input (group or individual) before attending this session.

Enquiries to: Dietitian
 Location: Tanunda and Gawler
 When: Monthly
 Lead Time: Nil

Falls and Balance Clinic

8 week program for clients “at high risk of falls”.
 Pilot program to commence March 2013. Further information available post pilot program. Duplicate program to be provided in Gawler if pilot successful.

Enquiries to: Physio, OT, Community Nurses
 Location: Angaston
 When: Phone for sessions
 Lead Time: new pilot program

Mannequin Hire—Skeleton and Torso

Hire available for school/organisations for health promotion activities

Enquiries to: Kylie Fotheringham,
 0410404476.
 Location: Inner North
 When: Mon—Fri
 Lead Time: Nil

Friendship Group

A social group funded through the IDSC (Disability SA) and promotes young people enjoying great times together. For 18 - 25 yrs

Enquiries to: Volunteer Services

Location: Gawler

When:

Fortnightly Tues 7—9pm

Lead Time:

No booking required but courtesy call preferred

Fitness—Walking Group

The walking group is are a great way to get out and keep fit. Meets at entrance to underground parking at Woolworths Gawler.

Enquiries to: Volunteer Services

Location: Gawler

When:

Tuesday 8.15—9.15am

Lead Time:

No booking required but courtesy call preferred

Fitness—”Rev It Up” Exercise Class

A chair based exercise program. Transport can be provided to and from this group for the morning class only. \$2.00 + gold coin donation for transport bus.

Enquiries to: Volunteer Services

Location: Gawler

When:

Thurs 11—12pm
and 1—2pm

Lead Time:

Bookings required

Craft Group

Offers members of the community the opportunity to learn new skills, make new friends. Cost is \$4.00 which includes a light lunch. Community Bus is available for transport.

Enquiries to: Volunteer Services **When:** Fri 9.30—1.45pm
Location: Gawler **Lead Time:** Booking required

Cancer Support—Look Good Feel Better

A free program that provides useful information and tips specifically tailored for women to help them deal with the appearance-related side-effects of cancer treatment. Experienced volunteers from the cosmetic and beauty industry, you will learn how to care for your skin and apply make-up, practical ways of dealing with possible hair loss. [External Service Partner]

Enquiries to: 8270 6582 **When:** April, July,
 Patricia Dent Sept and Dec 2013
Website: www.lgfb.org.au **Lead Time:** Bookings required
Location: Gawler

Alcoholics Anonymous

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. [External Service Partner]

Enquiries to: 1300 222 222 **When:** Mon 8pm
Location: Gawler

Social Work

For individuals, couples and families to enhance their coping capacities. Focus on personal skills, education and advocacy, as well as developing relationships and supportive networks

Enquiries to: Social Worker

Location: Gawler

When: Mon—Fri

Lead Time:

From next day to 3 weeks depending on service requirement



Loss and Lifestyle Change Counselling

Specialised counselling for psychological issues related to loss and lifestyle change. Counselling available for individuals and families. Clinic based, home visits and hospital sessions. Services offered from 3 yrs onwards.

Enquiries to: Counsellor

Location: Angaston for enquiries

When:

Mon, Tues, alt Wed

Lead Time: 4 weeks

Bereavement Support Group—“Orienteers”

A group of interesting individuals who have experienced a loss meet to talk about life, love and have a laugh. The Vine Inn, Nuriootpa.

Enquiries to: Counsellor

Location: Angaston

When:

2nd Mon month @

5pm

Lead Time: nil

Drug and Alcohol Services SA

Counselling, assessment and referral for all people with alcohol and other drug related problems. Counselling and support for family members and friends. Community and professional info sessions.

[External Service Partner]

Enquiries to: 1300 131 340

Location: Gawler/Ang

When: Mon—Fri

contact for appt times

Family Dispute Resolution—Family Relationship Centre Outreach

Provides intake and assessment for Family Dispute Resolution (mediation services for women experiencing relationship issues)

[External Service Partner]

Enquiries to: 8255 3323

Location: Womens Health

Ctr, Gawler

When:

1st Wed mth

Northern Domestic Violence Service—Outreach

Counselling and support for women and children experiencing domestic and family violence.

[External Service Partner]

Enquiries to: 8522 9100

Location: Womens Health

Ctr, Gawler and

Outreach sites

When:

contact for appt

times

Service of Remembrance

Enquiries to: Counsellor

Location: Angaston

When:

annually

Referrals for Services

For Over 65 years and Over 50 years ATSI
Phone Access2HomeCare 1300 130 551

For Under 65 years and under 50 years ATSI
Phone Community Health 1800 003 307

Home and Community Care eligibility criteria applies. Frail aged and eligible younger people with disabilities living in the Barossa (except Mt Pleasant), Gawler and Light Council Districts and parts of the Goyder, Mallala and Mid Murray Council districts

Domicilliary Care provides services including

- Assessment for community care
- Case management
- Care co-ordination and planning
- Personal care
- Domestic assistance
- Equipment
- Minor home modifications
- Falls prevention

Domicilliary services are delivered through a multi-disciplinary team comprising of allied health professionals, nurses, personal care workers, home helpers and equipment officers.

Domicilliary Care—Service Management Team **Team Leader: Julie McCowat** **Ph: 0457 531 710**

Social Workers
Physiotherapists
Occupational Therapists
Registered Nurses
Equipment Officers

Domicilliary Care—Home Support Team **Team Leader: Jackie Hall** **Ph: 0438 846 957**

Personal Care Workers
Home Helpers
Geriatric Evaluation Management Team (GEM)
Home Care Packages



Thanks for caring for
my mother.

Thanks for caring for
my sister.

Thanks for caring for
my grandmother.

Thanks for caring for
my aunty.

Aged Care Assessment Team (ACAT)

Primarily for frail aged and people with dementia. Assessments to determine a person's eligibility for respite and permanent residence in Commonwealth funded aged-care facilities for access to Home Care Packages, or if an inpatient a Transitional Care Package.

Enquiries to:

Access2HomeCare 1300 130 551
or

Jacqui Jones

Team Leader @ 8521 2080

Location: Inner North

(Commonwealth : Wakefield)

When: Mon—Fri

Lead Time: dependant on priority and service capacity

Geriatric Evaluation and Management (GEM) Team

Comprehensive assessment and management of older people with complex health issues - to reduce or prevent their functional decline - occupational therapy, social work, nursing, and Geriatrician

Enquiries to: GEM Team

At Gawler and Angaston

Location: Inner North

When: Mon—Fri

Lead Time: dependant on priority and service capacity

Home Care Packages (HCP)

A care recipient focused service which offers comprehensive support to frail older people, assisting them to remain at home for as long as possible through consultation and negotiation to tailor personal package of care services.

Enquiries to: Dom Care Team
Leader

Location: Light Regional,
Goyder, Mid Murray and Barossa
Local Government areas

When: Mon—Fri

Lead Time: dependant on availability

Memory Loss Support Group “The Club”

Centre based day activity program for people with memory loss. The Club provides a range of purposeful activities that aim to enhance clients’ cognitive, psychosocial, and physical well being as well as promote social interaction. It also provides carer support. Eligibility criteria apply.

Enquiries to: Dom Care **When:** Mon 10-2.30pm
Location: Club at Gawler **Lead Time:** wait time may apply
 Comm Services Day Centre

Shopping Bus— Transport by Community Van/Bus

Eligibility criteria applies. Fortnightly shopping service using the community bus to pick up and drop at clients home. Must be independent and not require support for shopping. Only general supervision and some assistance with carrying bags. People who are not clients of Dom Care will be referred to Gawler Home Assist Service.

Enquiries to: Volunteer Transport **When:** Mon 10-2.30pm
 Coordination. **Lead Time:**
Location: Gawler area

Mens Workshop—“Willos Shed”

Workshop to allow men to join together and to share in a working environment. Areas include woodworking, metal work. Fun, tea and coffee in a relaxed and friendly environment

Enquiries to: Volunteer Services

Location: Gawler

When: Tues and Thurs

Lead Time: No booking required but courtesy call preferred

Mens Health Forum—“Blokes at the Shed”

Learn about a variety of men's health topics. Informal and relaxed environment Held at Willo's Shed, Little Paxton St, Willaston

Enquiries to: Volunteer Services

Location: Gawler

When: Tues am weekly

Lead Time: No booking required but courtesy call preferred

Mental Health—Adult

Assessment, case management and psycho-social education for people from 18 years of age, provided by a multi-disciplinary team of mental health clinicians. Visiting psychiatric services.

After Hours—Rural & Remote Mental Health Ph: 13 14 65

Enquiries to:	Duty Worker 8521 2080	When:	Mon—Fri 9am to 4.30pm
Location:	Inner North	Lead Time:	within 24 hours

Emergency Triage Liaison Service—Rural and Remote
For after hours Mental Health Assistance
Ph: 131 465

Perinatal and Infant Mental Health Education

CaFHS provide an on site service for women pre and post birth (up to 2 yrs) who present with antenatal or post natal depression; and various other issues relating to developmental and emotional wellbeing of the mother and infant.

[External Service Partner]

Enquiries to:	Mary Farrington 0423 821 493	When:	2nd, 3rd 4th Wed of month
Location:	Womens Health Ctr, Gawler	Lead Time:	contact for appt

Child Adolescent Mental Health Service

CAMHS provides a range of programs for children, young people and perinatal woman and infants. Up to 17 years.

[External Service Partner]

Enquiries to:	1800 819 089	When:	Mon—Fri
Location:	Angaston/Kapunda Eud + outreach	Lead Time:	initial consult within 2 weeks



1300 224 636. 24 hrs/7 days

Palliative Care

Specialist care provided to people living with a life limiting illness with a focus on symptom management, support and quality of life.

Enquiries to: Palliative Care
Ph: 8521 2080
When: Mon—Fri
Location: Inner North
Lead Time: Contact made within 48 hours

Social Worker—Palliative Care

Assessment, information and support to people and their families/carer living with a life limiting illness. Bereavement support for clients and families.

Enquiries to: Social Worker
Location: Gawler/Ang
When: Mon—Fri
Lead Time: Dependant on availability

Occupational Therapist—Palliative Care

Assessment, information and support to people and their families/carer living with a life limiting illness. Specialised targeted interventions to promote quality of life.

Enquiries to: OT
Location: Gawler/Angaston
When: Mon—Fri
Lead Time: Dependant on availability

Chaplaincy Service

The chaplain provides a spiritual and liturgical resource in pastoral ministry to clients of the Inner North Palliative Care service.

Enquiries to: Chaplain
Judi Carpenter
Location: Gawler
When: As required
Lead Time: Dependant on availability

Playgroup—“Learning Through Play”

Facilitated playgroup (free) for children with additional needs - physical, speech, language or social and motor development. For Birth to 5 yrs.

Enquiries to: Tina Dunks **When:** refer to program
8565 7027 **Lead Time:** Criteria applies.
Location: Gawler and Ang Phone to book

Parent Peer Support Group “ My Time”

A facilitated group that provides local support for parents/carers with a child with a disability or chronic medical condition.

Enquiries to: Tina Dunks **When:** Mon—Fri
8565 7027 **Lead Time:** Nil
Location: refer current
program

Family Support Worker

Provide advice and support for parents, playgroups, referrals and liaison with other support agencies, facilitating groups and community development programs.

Enquiries to: YC&FW **When:** Mon—Fri
Location: Gawler **Lead Time:** based on clinical
priority

Early Childhood Intervention Consultant

Support via home visits, phone and venue visits. Linking with relevant services for therapy, specialists, assessments, Paeds, GPs, etc. Advocacy, group facilitation, sibling support, school guidance and counselling support. ASQ > 3yrs.

Enquiries to: Tina Dunks **When:** Mon—Thurs
Ph: 8565 7027 **Lead Time:** based on clinical
Location: Nuriootpa priority

Barossa Antenatal Education Program

6 week program, presented by Midwife and weekly guest speakers, including GP, Dietitian and Physiotherapist. Information on breastfeeding, immunisation, labour and birthing, community supports, safe sleeping of infant, healthy eating and exercise. Small, interactive group sizes. Partners and support persons encouraged to attend.

Enquiries to:	Midwife 8563 2398	When:	Tues or Wed 6.30—8.45pm
Location:	Tanunda Hospital	Lead Time:	refer 2013 program Booking required

Childbirth and Parenting Education Session—Pregnancy

Facilitated by experienced Midwife to provide information about the maternity service and pregnancy. Session meets at Zadow suite and includes a tour of the Maternity Unit and then to Womens Health Centre.to support successful breastfeeding.

Enquiries to:	Zadow Suite 8521 2369	When:	1st Wed 6.30—8..30pm
Location:	Gawler Hospital	Lead Time:	Booking required

Childbirth and Parenting Education Session—Labour and Coping Skills

Facilitated by experienced Midwife and other health professionals to provide information to support women and men to prepare for labour and birth.

Enquiries to:	Zadow Suite 8521 2369	When:	2nd Wed 6.30—8..30pm
Location:	Gawler Hospital	Lead Time:	Booking required

**PARENT SUPPORT, incl birthing
and supported play**

Childbirth and Parenting Education Session— Dealing with Pain and Unexpected Outcomes

Facilitated by experienced Midwife and other health professionals to provide information to support women and men to prepare for labour and birth.

Enquiries to: Zadow Suite **When:** 3rd Wed
8521 2369 6.30—8..30pm
Location: Gawler Hospital **Lead Time:** Booking required

Childbirth and Parenting Education Session— Going Home After Birth

Facilitated by experienced Midwife and other health professionals to provide information to support women and men with preparing to go home after birth.

Enquiries to: Zadow Suite **When:** 4th Wed
8521 2369 6.30—8..30pm
Location: Gawler Hospital **Lead Time:** Booking required

Childbirth and Parenting Education Session— Breastfeeding

Facilitated by experienced Midwife to provide information to support successful breastfeeding.

Enquiries to: Zadow Suite **When:** 2nd Tues
8521 2369 12.30—2.30pm
Location: Gawler Hospital **Lead Time:** Booking required



Many opportunities are available to support the services we operate in our community.

Inner North Community Services—Volunteer Services Team recognizes the importance and value of engaging volunteers in a well structured and coordinated volunteer program.

Volunteers operate across all sites, Angaston, Kapunda, Eudunda, Tanunda and Gawler in both the Hospital and Community Services.

Enquiries can be made to :-

Volunteer Management Team
Manager Volunteer Services

Ph: 8521 2080
Ph: 0428 115 740

Here are some of the programs volunteers can be involved in:-

Administration
Community Education
Craft Group
Day Centre Program
Drama Group
Friendship Group
Gardening
Mens Health
Rev It Up Exercise
Gawler Café

Aboriginal Health
Community Garden
Creche
Diversional Therapy
Foodies
Fundraising
Home Visiting
Palliative Care
Social Support
Transport

Transport Services

Assisting clients in the Gawler community with their transport needs, to and from health appointments and hospitals. Available for frail aged and younger disabled.

Small fees apply.

Enquiries to: Transport
8521 2078
9—11am for
bookings only

Location: Gawler and
surrounds

When: Mon—Fri
Lead Time: Bookings requd

Womens Health Worker

1:1 therapeutic counselling for women who have experienced rape or sexual assault. Group work with young women in schools focusing on sexual health, healthy relationships, drugs, alcohol, self image, mental health, self harm, family relationships etc. Community groups with focuses incl domestic violence, post natal depression, sexual assault, young mums groups. Promoting womens health across Inner North.

Enquiries to: Womens Health Worker
When: Mon—Fri
Lead Time: Nil
Location: Gawler

Gynaecology Clinic

Medical consultation, information and treatment for common gynae concerns incl menopause, premenstrual tension, same sex health issues, contraception, pregnancy counselling and options.

Enquiries to: Zadow Suite
 Gawler Hosp
 8521 2369
When: Mon, Thurs and 2nd Fri
Lead Time: based on clinical priority
Location: Womens Health Ctr

McGrath Mount Franklin Breast Care Nurse

This nurse supports people with breast cancer, their family and carers throughout the breast cancer journey. The breast care nurse has a thorough understanding of breast care and the services available to support patients from diagnosis through treatment and act as principal liaison between patient and the breast care team to coordinate treatment, whether it is surgery, radiotherapy or chemo therapy.

Enquiries to: Lesley Porter 8563 8565
 0427 998 767
When: Mon, Tues, Wed
Lead Time: Nil
Location: Inner North

Multiple Sclerosis Support Group

A community driven support group for women who have been diagnosed with MS. All ages and stages of MS women are welcome. Guest speakers and combined events with the Barossa MS group may be arranged.

Enquiries to:
 Connie 8522 5305
 Tash 8521 2080
Location: Womens Health
 Ctr, Gawler

When: 2nd Mon month
 * Transport can be arranged

Gawler and Surrounds Womens Health Action Group (GASWHAG)

A community action group which pulls together resources and funding to ignite positive change to womens health services and strives for improved health outcomes for women.

Enquiries to: Gaye 8522 3518
Location: Womens Health
 Ctr, Gawler

When: 6 weekly

Pregnancy and Neonatal Loss Playgroup

A playgroup for bereaved women with children who have experienced a neonatal or pregnancy loss. A community driven group for women who are coping with grief and loss while parenting other children.

Enquiries to:
 Liz 0401 751 595
 Pauline 0429 380 310
Location: Womens Health
 Ctr, Gawler

When:
Lead Time:

Post Natal Depression Support Group

A support group facilitated by Peri-Natal Mental Health clinician and Womens Health Worker.

Enquiries to:
 Tash 8521 2080
Location: Womens Health
 Ctr, Gawler

When: Thurs 1—3pm
Lead Time: Booking pref

Disability SA

Disability Services provides a state-wide range of specialist community and accommodation services to people with disability, and their families and carers.

[External Service Partner]

Enquiries to: Marion

When: contact for appt times

Location: Angaston

Ron Kendall Audiology

Full range of audiology hearing services for children and adults.

[External Service Partner]

Enquiries to: 1300 734 866

When: contact for appt

Location: Gawler and
Kapunda

RAH—Mobile Bone Density Unit

The aims of bone densitometry are to identify those at risk of developing osteoporosis and to monitor change in bone density, particularly with therapy.

[External Service Partner]

Enquiries to: 8222 5408

When: contact for appt

Location: Tanunda yearly

Breastscreen SA

To extend the lives of South Australian women by the early detection of breast cancer and enabling improved treatments.

[SA Health Partner]

Enquiries to: 13 20 50

When: contact for appt

Location: Gawler

see website for mobile locations
and dates

www.sahealth.sa.gov.au

Are we meeting your needs?

Country Health SA is committed to providing safe, high quality health care. Your feedback helps us to understand your needs and informs us how to improve our services.

Feedback is very important so if you have a compliment, a concern, a complaint or a suggestion about our services, we invite you to discuss it with a staff member at your health care facility.

Consumer Feedback Forms are available at all our sites. Or contact us at any of our sites and we can take details over the phone, or can post a feedback form to you.

Post Forms to the:
Consumer Feedback Co-Ordinator
Barossa Hills Fleurieu Rural Region
PO Box 196 Gawler SA 5118

Unhappy with your response?

If you believe you were not treated appropriately or if you feel your suggestion, concern or complaint was not well managed, please contact

The Manager, CHSA Consumer Feedback
Ph: 8226 6153

OR

Health and Community Services Complaints Commissioner
Mon—Thurs 10am—4pm
Ph: 8226 8666 or 1800 232 007

OR

Aged Care Complaints Investigation Scheme
Ph: 1800 550 552