



Pregnancy Advisory Centre

Continuing with a Pregnancy

Metropolitan Information
and Resources for Clients



Government
of South Australia

SA Health

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Information in the *Continuing with a Pregnancy* booklet is subject to change without prior notification and is current at the time of printing. Specific information is available from relevant and authoritative services and their websites are referenced for easy access to maximise the accuracy of information such as current locations, telephone contact details and services available.

1. ANTE-NATAL CARE AND BIRTHING

The Women's and Children's Health Network has the *Child and Youth Health* website, www.cyh.com a very comprehensive and easy to read website of health topics and information on arrange of topics including:

Pregnancy: <http://www.cyh.com/SubDefault.aspx?p=432>

Parenting and Child Health: <http://www.cyh.com/SubDefault.aspx?p=98>

Types of care available during pregnancy and birth

The Pregnancy Infoline: 1300 368 820

The *Pregnancy Infoline* will guide you to your closest public hospital to provide for your antenatal care, including nutrition, exercise, medical testing and ultrasounds. Also see www.cyh.com for all information relating to maintaining good health during your pregnancy what is safe to take and what is to be avoided.

Deciding where to have your baby and the type of care you want during your pregnancy (antenatal care), the birth and after your baby is born (postnatal care) is a major decision. The following link is to information for people who live in South Australia on the topics listed below.

<http://www.cyh.com/healthtopics/healthtopicdetails.aspx?p=438&np=458&id=2750>

Choosing the type of care you want

Public care options

Midwifery care in public hospitals

Medical care in a public hospital

GP shared care as a public patient

Private care options

Services for women in country South Australia

The Metropolitan Aboriginal Family Birthing Program

Homebirth options

South Australian Pregnancy Record

Do you need an interpreter?

The Metropolitan Aboriginal Family Birthing Program

The Metropolitan Aboriginal Family Birthing Program is a free service for Aboriginal women in metropolitan Adelaide who are pregnant. As part of the Program, you will be cared for by a group of midwives and one Aboriginal and Maternal Infant Care (AMIC) worker throughout your pregnancy, labour, birth and after your baby is born.

For more information contact the Program Coordinator Telephone: 0427 427 576



The Metropolitan Aboriginal Family Birthing Program

Contact an AMIC worker at:

Women's and Children's Hospital: **8161 7000**

Lyell McEwin Hospital: **8182 9000**

Flinders Medical Centre: **8204 5511**

Nunukuwarrin Yunti: **8406 1600**

Other specific services that can be helpful for antenatal care and birthing

Metropolitan Youth Health Services:

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/service/s/health+services+for/youth+health+services/youth+health+services>

Services for young people 12-25 in metropolitan Adelaide

<http://www.cyh.com/SubContent.aspx?p=223>

Women's Services:

Women's Health Services information can be found here:

<http://www.whs.sa.gov.au/>

Refugee Health Service 21 Market Street Adelaide: **8237 3900**

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/health+services+for/refugee+health+service/refugee+health+service>.

2. PARENTING SUPPORT

The Women's and Children's Health Network has the *Child and Youth Health* website, www.cyh.com a comprehensive and easy to read website of health topics and information on a range of topics including:

Parenting and Child Health: <http://www.cyh.com/SubDefault.aspx?p=98>

Child and Youth Health state wide services contact **1300 733 606** for an appointment
Metropolitan Youth Health Service <http://www.cyh.com/SubContent.aspx?cp=188&p=223>

Parenting and Young Mothers Groups are available in most areas of South Australia – speak with your local child and family health nurse to find out when and where a group is closest to you

<https://www.pregnancybirthbaby.org.au/being-a-parent>

For information on keeping your baby safe:

Kids Safe SA:

<http://www.kidsafesa.com.au/>

The *SIDS and Kids* website provides you with everything you need to know about baby safety especially safe sleeping information

<https://www.sidssa.org/>

Australian Breastfeeding Association

For support with breastfeeding contact: 1800 686 268

<https://www.breastfeeding.asn.au/>

For information about any of the following topics and more go to www.cyh.com or www.choice.com.au or www.education.sa.gov.au/parenting-and-child-care/parenting/parenting-sa/parent-easy-guides

- ❖ Preparing your home
- ❖ Buying furniture – what essential items do I need
- ❖ Preparing to bring baby home
- ❖ Breastfeeding – what support is available

<https://raisingchildren.net.au/grown-ups/services-support/local-services/sa-services>

Assistance and support is available to enable young people to complete their education whilst parenting in a supportive environment.

St Joseph's Education Centre <http://www.cesa.catholic.edu.au/our-schools/school-directory/school-detail/2807/st-joseph-s-education-centre>
<http://www.olsh.catholic.edu.au/file.php?f=g5lbL~.ml76NA.133>

<https://youngpregnantandparenting.org.au/schools/sa/>

For Practical/Material assistance:

Salvation Army Family Stores <https://www.salvationarmy.org.au/get-involved/shop-with-us/>

St Vincent De Paul Charity Stores <https://www.vinnies.org.au/shops>

<https://www.genesispregnancysupport.org.au/material-assistance>

Choosing to Adopt

Adoption is a legal and permanent arrangement where you relinquish the responsibilities and rights to a child and these are taken up by the adopting parents. For further information you can read this booklet:

https://www.childprotection.sa.gov.au/_data/assets/pdf_file/0017/107045/considering-adoption-information-booklet.pdf or

Phone 8463 3666 or visit

<https://www.childprotection.sa.gov.au/adoption/placing-a-child-for-adoption>

3. INCOME SUPPORT AND FINANCIAL CONSIDERATIONS

The information contained in this section can assist you to consider the financial implications of continuing with a pregnancy. The information will prompt you to consider which services you might need to speak with or be referred to, to help you plan for your circumstances.

Look at the following website for information about pregnancy, birthing and bringing a baby home <http://www.cyh.com/SubDefault.aspx?p=432>

Who do you need to talk to?

- ❖ About your budget and making budget plans
- ❖ Essential and non-essential costs with having a baby
- ❖ Accommodation now and in the future
- ❖ Health insurance and ambulance cover
- ❖ Child care and returning to work

Parents and parents-to-be can be eligible for financial assistance from Centrelink. Make an appointment with a social worker at a local Centrelink office to discuss your circumstances. Telephone: **13 61 50** <https://www.servicesaustralia.gov.au/individuals/subjects/having-baby>

Welfare Rights Centre: <https://welfareinrightscentre.org.au/>

Other Services that may be helpful:

SA Department for Child Protection Offices: <https://www.childprotection.sa.gov.au/>

Anglicare SA: <http://anglicaresa.com.au/> **8305 9200**

Salvation Army: 1300 371 288 <https://salvos.org.au/need-help/financial-assistance/>

Uniting Care Wesley: 1800 615 677 <https://www.unitingcommunities.org/services/financial-legal-services/financial-services/>

Uniting Care Community: 1800 007 007

https://uccommunity.org.au/sites/default/files/financial_counselling_factsheet.pdf

4. **LEGAL ISSUES**

For people who have legal issues and do not have financial capacity for a private service, the following agencies can be of support:

Women's Legal Services SA Inc.

http://www.wlsa.org.au/members/womens_legal_service_south_australia

1800 816 349 and Indigenous Women's Program **1800 685 037**

Aboriginal Legal Rights Movement – state-wide services available

http://www.lsc.sa.gov.au/category_organisation_list.php?category_id=57

1800 643 222

Uniting Communities Central Community Legal Service :

<https://www.unitingcommunities.org/services/financial-legal-services/legal-services/>

8342 1800 / 1300 886 220

Community Legal Services: <http://www.saccls.org.au/>

Parentage Testing

Prenatal parentage testing can be provided by a private laboratory and there is a cost associated for this. For more information/support please call reproductive and paediatric genetics on 81617375.

There are a number of online services for pre-natal and post-natal DNA testing in Australia that can be searched online via "pre natal paternity testing". eg

<http://dnalabs.com.au/dna-test-menu/prenatal-paternity-testing.aspx>

<https://easydna.com.au/dna-tests/prenatal-paternity-test/>

5. **ACCOMODATION**

Safe, affordable housing is essential for people to feel secure when parenting. Some of the services listed below may be able to assist.

Housing SA: **13 12 99** <https://www.sa.gov.au/topics/housing/contacts/housing-sa-contacts>

For assistance with rent relief, bond assistance for private rental properties and priority accommodation

There is a range of services providing supported accommodation to young people under 25 years of age who are pregnant and or parenting.

Louise Place <http://www.centacare.org.au/service/louise-place/>

Coolock House <http://centacare.org.au/service/coolock-house/>

Malvern Place <http://www.centacare.org.au/service/malvern-place/>

Youth Gateway- emergency housing for people under the age of 25 at risk of homelessness
1300 306 046

Homelessness Gateway Service: 1800 003 308

Domestic Violence and Aboriginal Family Violence Gateway phone 1300 782 200 or
1800 800 098

Housing Cooperatives and Associations:

Managed by tenants, housing is available for people with low incomes and can cater for groups of people with shared needs.

Community Housing Council of SA: <http://chcsa.org.au/>

6. DOMESTIC VIOLENCE

There is a range of services available for people experiencing Domestic Violence and who want support to access safe accommodation, counselling and advocacy support, legal and financial information. The following website provides comprehensive information to enable access to a wide range of support services. <http://womenssafety.com.au/>

Domestic Violence Gateway Service **1800 800 098** free call 24 hours : **1300 782 200**

<https://www.1800respect.org.au/> 1800 737 732 24/7 counselling and support

<https://www.police.sa.gov.au/your-safety/domestic-violence>

7. RELATIONSHIP ISSUES

There is a range of services available for people experiencing relationship issues and are seeking supports through counselling services.

Check the internet for *relationship counselling* for services near to you which may include community services and private services.

Some services will require payment for services and the payment fees vary widely.

<https://www.rasa.org.au/>

8. SEXUAL ABUSE AND ASSAULT

Women that are seeking support following sexual abuse, rape or assault anywhere in South Australia are encouraged to contact Yarrow Place for support. You can access support without having to make a formal complaint.

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/primary+and+specialised+services/sexual+health+services/yarrow+place/yarrow+place>

9. DRUGS AND ALCOHOL

The range of services provided by the Drug and Alcohol Services of South Australia is available through information contained on their website. Other community organisations may also provide support related to substance use and pregnancy.

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/service/s/mental+health+and+drug+and+alcohol+services/drug+and+alcohol+services/drug+and+alcohol+services>

<https://www.unitingcommunities.org/service/counselling/alcohol-and-other-drugs>

For more information

Pregnancy Advisory Centre

21 Bellmore Terrace

Woodville Park SA 5011

Telephone: 7117 8999

Free call: 1800 672 966 (country callers)

9am to 4pm Monday to Friday

Email: HealthPAC@sa.gov.au

www.sahealth.sa.gov.au/AbortionSupportServices



Non-English speaking: for information in languages other than English, call the Interpreting and Translating Centre on (08) 8226 1990 and ask them to call the Pregnancy Advisory Centre. This service is free.



www.ausgoal.gov.au/creative-commons