

## Transition Care Program

A care program designed to improve older people's independence and confidence after a hospital stay. Transition care can be provided within the hospital setting or in the client's own home.

## Youth Assist Clinic

An outreach clinic providing assistance with physical, sexual, mental and emotional needs of adolescents (10-25 years old).



We offer affordable health care and support services. No-one will be denied services due to an inability to pay fees and/or charges. Please discuss any concerns you have regarding payment with our friendly staff.

Unless otherwise stated please contact the Community Health Centre on 03 5683 9780 for further information on each of our services (such as days, times or fees) or visit [www.southgippslandhospital.org.au](http://www.southgippslandhospital.org.au)

## Where can I get more information?

South Gippsland Hospital  
Community Care Reception

T: (03) 5683 9780

E: [sgh.chcreception@sghs.com.au](mailto:sgh.chcreception@sghs.com.au)

F: (03) 5683 9746



*South Gippsland Hospital acknowledges the Traditional Custodians of the land on which we work and pays respect to Elders past, present and emerging.*

*We commit to engage respectfully with all cultures and forms of diversity to provide excellence in care and a safe, welcoming and inclusive health service.*

*Our Values: Adaptability, Trust, Excellence, Accountability, Mutual respect.*

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South Gippsland Hospital

# Community Care

Your friendly, local, health and support service available to all members of the community



## About Community Care

South Gippsland Hospital's Community Care provides a range of Allied Health, Nursing and Support services to the Corner Inlet Community.

Our experienced healthcare providers work with each client to create a person centred plan to deliver individualised care.

We also host a range of other services provided by external practitioners. These can be found on our website or by calling the Community Health Centre.

## Community Care Services

### Balance Group Program

A 6 week program tailored to client needs by identifying individual's falls risks and safety strategies.

### Diabetes Education

Education and support for adults with Type 1 and Types 2 Diabetes Mellitus and Gestational Diabetes.

### Dietetic Clinic

Nutrition assessment and advice for clients of all ages to manage health conditions and food intolerance/allergies.

### District Nursing Service

A home based nursing service providing care in the community 7 days a week and weekly centre based clinics for specialist wound and foot care.

### Exercise Physiology

Individual assessment, group rehabilitation and exercise classes (Moovers) to improve fitness, mobility, balance and strength.

## Home Care Package Program

Commonwealth Government funded Home Care Packages to provide care and services to support people to continue to live independently at home.



## McGrath Breast Care Clinic

Specialist nursing care providing individual and family support, referral, information and resources at any stage of breast cancer.

## Mental Health Counselling

Free mental health counselling for a range of mild to moderate conditions. No referral necessary.

## Occupational Therapy

Functional assessment, education, practical advice and equipment prescription to enable people to manage independently within their home and community.

## Physiotherapy

Assessment of mobility/movement and advice/treatment to restore physical function when someone is affected by injury, illness or disability.

Specialist foot care and assessment including management of foot injury, wound care, nail care and footwear advice.

## Respite Services

Centre-based day respite services in a comfortable home like environment providing support for clients and their carers.

## Sexual Reproductive Health Clinic

Pap smears, breast awareness and education and information on all aspects of women's health from puberty to post menopause.

## Social Support Group

Centre and community based activities providing an opportunity for clients aged over 65yrs to meet new people, learn new hobbies, visit local attractions and share a meal.



## Social Work

Assisting people to overcome difficulties in their life by providing resources, counselling and advice to complete applications and access further support.

## Stomal Therapy

Nursing care for people with a stoma or fistula including pre and post-op counselling, ongoing education and review, and advice on continence and bowel health.