



Peninsula
Health

Community Health Programs and Services



For all our services and groups

Phone 1300 665 781

and ask to speak with an Access Worker



We provide a broad range of affordable centre and home-based services for people living in Frankston and on the Mornington Peninsula. Our services aim to keep you active and healthy as well as provide treatment and advice to help you regain your health. Any person of any age can access our services. You can self-refer or be referred by your GP, Health Worker or other service. Priority is given to those with special needs, low income and chronic health conditions.

Services for Everyone

Aboriginal & Torres Strait Island Health

- Aboriginal Hospital Liaison Officers
- Access and Support
- Care Co-ordinators
- Healthy Start to Life Nurse

Alcohol and Other Drug Services

- Counsellors and nurses provide support to people experiencing problems with alcohol or other drugs
- Older Wiser Lifestyle provides support and outreach for people aged 55+ who would like to make changes to their drinking or drug taking
- Needle & Syringe Programs (fixed site & outreach)
- Drink & Drug drive related courses

Children's Services

Assistance for families in helping their children where there are concerns with:

- Speaking and understanding language
- Movement skills
- Hand skills
- Social-emotional and behavioural development
- Eating and diet
- Hearing
- Feet (Podiatry)
- How children organise sensory information
- An infant's head shape (under 4 months)

Community Kitchens

A place where groups of 6-8 people come together regularly to meet and cook affordable healthy meals.

Counselling

Appointments for adults, young people, children and families – supporting people to make positive changes in their life. Groups to help with anxiety management and chronic conditions.

Community Care – Care Co-ordination (formerly Hospital Admission Risk Program)

Community Care helps people recover at home after a hospital stay, manages people's health with GP's in the community and residential aged care facilities and supports clients in the right place, at the right time. Health Professionals such as nurses, physiotherapists, occupational therapist, dietitians, pharmacists or social workers will help you to manage better at home, stay out of hospital and find ways to improve your health by linking with other services.

Dental

Public Dental Services

- 0 to 12 years – Free
We accept Child Dental Benefits Schedule
- 13 to 17 years – Free if you have a Health Care Card or Pension Card. We accept Child Dental Benefits Schedule
- 18+ years of age or older – you need a Health Care Card or Pension Card and there is a small fee to pay and a waiting time

Medicare Child Benefits Schedule

We bulk bill for Child Dental Benefits Schedule so no out of pocket expenses.

Private Dental Services

Everyone can come to our Private Dental Services. There are no waiting lists and we only charge at the Department of Veterans Affairs rates.

Emergency Care - if you have pain phone the dental clinic as soon as you can for help.

**For a Dental Appointment
Phone: 9784 8184**

Diabetes Education

Our educators can help you to understand and look after your diabetes. This may be in an individual appointment or a group session.

Dietitian

Dietitians give advice on diets that help with weight, high cholesterol, diabetes, food allergies and other food issues. We also provide a service to help with eating disorders.

Domiciliary Care

A service for older adults or people with disabilities who live at home and find it hard to get to appointments. We can visit you in your home and help you to live independently and safely.

- The Occupational Therapist can make older person's homes safe. We can organise equipment. The carpenter can make small changes to your home for you to be able to do everyday things.
- The Speech Pathologist can work with people with communication problems or swallowing problems. Communication problems include problems with speech, language, swallowing, stuttering and voice.
- The Physiotherapist can help you with exercise, equipment to help you walk, avoid falls and keep your chest and lungs healthy.

Exercise

There are a number of exercise programs that are available across the Peninsula such as walking groups, Tai Chi, KickStart, LIFE plus and Agestrong. We also have Exercise Physiologists who use exercise and lifestyle skills as a way of helping you stay healthy and fit which also helps you to lower your risk of long term illness or injuries.

Family Carer Support Groups

Support groups to help those who care for frail aged people or people with a disability.

Family Violence Services Men's Behaviour Change Program

Groups for men who have used violent, abusive and/or controlling behaviours within the family, and want to stop using these behaviours. The safety of women and children is a priority

Keeping Families Safe

Family therapy, outreach support, case management and group work with families who are experiencing adolescent violence in the home with their 12 to 17 year old.

Men's Shed

A place where men of all ages can meet, share hobbies and skills.

Physiotherapy

Physiotherapy services can teach you how to manage your chronic health conditions to maximise your quality of life and maintain your independence. This is by individual appointments or by attending groups.

Podiatry

Podiatry services can assist and teach you how to manage your foot health. This service also includes a High Risk Foot Clinic for clients that have foot wounds requiring a multidisciplinary approach. This clinic requires a doctor's referral.

Quit Smoking Support Services

Support to help you stop smoking.

Rehabilitation Services

We provide rehabilitation services for people who have:

- Chronic Heart Failure
- Lung conditions
- A recent cardiac event, for example a heart attack or heart surgery
- Been diagnosed with cancer in the last two years.

Sexual Health

A friendly and relaxed approach to sexual health needs with a female nurse.

Supported Social & Active Groups

Groups run at our Hastings and Mornington centres for adults who are isolated, have dementia, are frail or have a disability.

Youth

The Youth team offers:

- Alcohol and other drug assessment, counselling and outreach support to people aged 12 to 24
- Outreach support to people aged 12 to 24 who are at risk of homelessness

Community Health Fees

Our fees are based on your level of income and the amount and type of services you require. In case of hardship please discuss fees with your clinician.

Your income per year	Fee for appointments	Fee for Groups
Under \$80,000	\$10.00 per visit	\$5.00 per visit
Over \$80,000 for individuals or Over \$115,00 for a family	\$90.00 per hour	\$5.00 per visit

The following services are exempt from fees:

Aboriginal Health
Alcohol & Drug Services
Family Violence

M.I. Health
QUIT Smoking Services
Youth Services

Our Locations

Frankston Community Health

Frankston Integrated Health Centre
Hastings Road
Frankston 3199

Dental Clinic at this location

Hastings Community Health

185 High Street
Hastings 3915

Dental Clinic at this location

Mornington Community Health

62 Tanti Avenue
Mornington 3931

Rosebud Community Health

38 Braidwood Avenue
Rosebud West 3939

Dental Clinic at this location

Disclaimer: The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals. Print Code: 16033 – 18/12/2015 Authorising Department: Community Health

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Peninsula Health

PO Box 52
Frankston Victoria 3199
Telephone (03) 9784 7777
www.peninsulahealth.org.au



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