

## Social Worker

Social Work services for people of all ages, throughout the Ararat Region.

Providing emotional and social support, advocacy, information and problem solving assistance. Counseling offered includes health, grief and bereavement support. Counseling focuses on helping people to use existing resources to improve their ability to cope with life.

## Speech Pathology

Speech Pathology services for pre-school children and adults. Services include: speech and language production, swallowing difficulties, stuttering and voice issues.

## Cardiac Rehabilitation

Is an eight week lifestyle support program for those who have had a heart attack, heart surgery, coronary angioplasty or angina. Also people who are overweight, smoke or have high blood pressure are encouraged to attend. Information and support for people prior to heart surgery or procedures is provided.

## Pulmonary Rehabilitation

This is an eight week program for people with an ongoing, disabling respiratory condition, such as chronic bronchitis or emphysema. Focuses on exercise and education and is aimed at improving people's overall quality of life.

## Support Groups

- DIBS (Difficulty in Breathing Support Group)
- Prostate Cancer
- Heartbeat

Information available on a variety of health issues:

- Health and nutrition
- Antenatal classes
- Diabetes education
- Continence nurse
- Pregnancy and birth
- Cardiac rehabilitation and heart health
- Counselling on health issues
- Breast screen liaison
- Special events health promotion
- Women's health—breast self-examination

## Fees

A broad range of programs and services are provided that attract fees. Please ask at the time of booking as to the fee. If you have any concerns, you are welcome to discuss them with the Manager of the Community Health Centre.



Improving the health of our community

The East Grampians Health Service  
Community Centre offers an  
extensive range of services to  
Ararat and District.

P: 03 5352 9327 F: 03 5352 9319

The Community Health Centre promotes wellbeing, health maintenance, illness prevention and support groups throughout the Ararat Rural City. The staff welcomes you to East Grampians Health Service and its many programs in a confidential environment.

Community Health Staff provide the following programs, information and support:

- Antenatal bookings and classes
- Breast screen bus to Ballarat
- Breast care nurse
- Breast cancer support
- Birth debriefing
- Cancer support
- Cardiac rehabilitation
- Continence problems
- Heartbeat and heart health
- Pulmonary rehabilitation program
- Respiratory problems (difficulty in breathing support group)
- Stomal therapy
- Social Work
- Physiotherapy
- Dietetics
- Speech pathology
- Occupational therapy
- HARP program
- Podiatry
- Diabetes educator
- Pap test nurse

## Dental Services

Hours: 8.30am to 5.00pm Monday to Friday

The dental service provides dental care for:

Pre-schoolers (with or without a concession card)

School dental service (Years prep to six)

Year 7-12 students and adults (with a concession card) (fees apply)

A waiting list applies, except for emergencies

## Dietitian Service

Consulting on all issues associated with nutrition and dietetics. Clients may be self-referred or referred by their medical practitioner.

## Physiotherapy

Group programs and individual sessions provided.

## Occupational Therapy

Assistance to maintain independence in activities and daily living. Home safety assessment and modifications. Falls prevention advice. Provision of equipment/small aids. Scooter/wheelchair assessment. Rehabilitation post-stroke or surgery. Emergency alarm pendant assessment. Ramp/rails assessment.

## Hospital Admission Risk Program

Providing better care for older people to reduce hospital admissions and length of hospital stays.

## Podiatry

Podiatrists are trained to diagnose, prevent and treat foot disorders.

## Diabetes Educator

Consulting on all issues associated with diabetes. Clients may be self-referred or referred by their medical practitioner.

All services are provided for clients living in rural areas of the Ararat Rural City.

## East Grampians Specialist Consulting Rooms

The Community Health Centre has two general surgeons and an orthopaedic surgeon.

This services is only available with a doctors referral.  
Phone: 5352 9348