

Healthy Steps

Healthy ageing directory 2008/09



OPTOMETRISTS
ASSOCIATION AUSTRALIA
QUEENSLAND & NORTHERN TERRITORY DIVISION



Queensland Government
Queensland Health



Queensland
Stay On Your Feet®

Brisbane South

Acknowledgments

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For more information regarding Queensland Stay On Your Feet®

visit www.health.qld.gov.au/stayonyourfeet

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Disclaimer

This directory is distributed as an information source only, and is not intended to be a fully comprehensive guide to all the services and activities available to people in the Brisbane South area. The provision of information in the directory does not constitute an endorsement by Queensland Health of the products and services listed. You must make your own enquiries and satisfy yourself in respect of the suitability and the conduct of the services and activities listed.

If you have any concerns regarding your fitness level, ability or skill to undertake an activity, it is recommended that you seek appropriate advice including medical advice from your local doctor.

The State of Queensland through Queensland Health has made every effort to ensure that the information contained in the directory is correct as at the date of publication (October 2008). Queensland Health does not accept liability for the information or advice provided in this publication or incorporated into it by reference or for loss or damages incurred as a result of reliance upon the material contained in this directory.

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Note:



Indicates doctor or health practitioner referral is required or desirable

Transport and finding your way

Not knowing how to find your way is a barrier for people going to new places. Contact your destination for advice about possible local pick up services and finding your way. For public transport options phone Translink at 13 12 30 or visit www.translink.qld.gov.au for assistance.

Hello and welcome to Queensland Stay On Your Feet® - Healthy Steps: Brisbane South.

This directory aims to:

- › increase your awareness of the wide variety of physical activities that are available for you in the Brisbane South community
- › provide information about simple ways to maintain good health to help you Stay On Your Feet®.

No matter what your age or physical limitations, regular gentle exercise or any enjoyable physical activity will benefit you, make you feel fitter and also reduce the risk of injury from falls.

**Falling is not
a normal part
of ageing**





Stay active, stay independent and stay social

Why is it important?

- › 30 minutes of physical activity a day is excellent for maintaining good health, mobility and independence
- › it keeps muscles strong and supple, improves balance and coordination, and assists joint movement and stability
- › good balance and walking patterns are very important for staying mobile independent and social
- › physical activity is the best way to reduce your risk of a slip, trip or a fall and can help to reduce your concerns about falling.

Changes you can make

- › find a physical activity in your area that you enjoy and can do twice a week
- › physical activities that include strength and balance are the best options for reducing the risk of a fall, eg. Tai Chi, yoga, pilates
- › cardiovascular physical activities are excellent for maintaining your stamina, eg. walking groups, swimming, water aerobics, golf, dancing, tennis
- › group fitness activities are a great way to stay motivated, social and maintain a positive outlook.



Stay active, stay independent and stay social

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
50 & Better	Acacia Ridge	Acacia 50 & Better	Activities may include aqua aerobics, computer lessons, craft, exercises, 500 games, indoor bowls, Mah-jong, out and about, slimmers Tai Chi, theatre, trivia, walking and general activity.	Adults over 50 years	Fees may apply	29 Chardean Street Acacia Ridge Q 4110 (07) 3277 0632 50better@uqconnect.net
	Inala	60 & Better Skylarkers	Activity may include gentle exercise (free), walking, craft, slimmers, men's groups, line dancing, computer lessons, card making, canasta, Mah-jong, outings, BBQs.	Adults over 50 years	Fees may apply	20 Skylark Street Inala Q 4077 (07) 3879 0046 skylark@bigpond.net.au
	Cannon Hill	60 & Better	General activities	Adults over 50 years	Fees may apply	958 Wynnum Road Cannon Hill Q 4170 (07) 3395 5844
Active Brisbane	Brisbane	Brisbane City Council	Community-based healthy activities, fitness, recreation and leisure organisations such as cycling, bikeway maps, dancing, adventure, yoga, pilates, golf, barefoot bowls, fishing, gym, walking, wellbeing, families, active and healthy events near you.	Adults	Fees may apply	Various locations (07) 3403 8888 1300 362 787 www.ourbrisbane.com/lifestyle/health-sport-and-fitness

Stay active, stay independent and stay social

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Adapted physical activity program	St Lucia	The University of Queensland	Adapted physical activity program provided by supervised students	Designed for individuals with disabilities within the community	Varies	The University of Queensland School of Human Movements Studies St Lucia Q 4067 (07) 3365 6638 or 3365 6764
Aqua fitness	Wellers Hill	Health in Motion Community Fitness	Pool exercise Saturday 6.45am and 7.45am Wednesday 6.45pm Summer season time and day may vary	Adults (no ramp in pool)	\$6.50 adult \$5.50 pensioner	Janet Davidson Wellers Hills State School Pool 190 Toohey Rd Wellers Hill Q 4121 Fax (07) 3849 0638 0438 339 739 janetdavidson@optusnet.com.au
Belly dancing	Brisbane	Brisbane City Council	Belly dancing for social, cultural and physical benefits	All	Varies	Various locations Brisbane City Council (07) 3403 8888 1300 362 787 www.ourbrisbane.com.au

Stay active, stay independent and stay social

Activity/service	Suburb	Provider	For whom	Cost	Location	Contact
Bowling lawn	Brisbane South	Lawn bowls clubs	All	Varies	Camp Hill Bowls Club Carina Bowls Club Cementco Bowls Club Corinda Bowls Club Cunningham District Bowls Association (Acacia Ridge) Durack Inala Bowls Club East Brisbane Bowling Greenslopes Lawn Bowls Club Inc. Holland Park Bowling Club Jindalee Bowls Club	(07) 3398 1297 (07) 3398 3877 (07) 3375 4733 (07) 3379 2338 (07) 3711 7201 (07) 3372 1267 (07) 3391 4848 (07) 3394 4942 (07) 3394 1825 (07) 3376 1240
Bowling Ten pin	Greenslopes	AMF Bowling Centres	All	Varies	Greenslopes Centre, 3 Chatsworth Road Greenslopes Q 4120	(07) 3397 6191
	MacGregor				Mt Gravatt Centre 533 Kessels Road MacGregor Q 4109	(07) 3349 9766
	Richlands				Richlands Centre 407 Archerfield Road Richlands Q 4077	(07) 3375 1166
	Tingalpa				Cannon Hill Centre 31 Proprietary Street Tingalpa Q 4173	(07) 3890 1177



Stay active, stay independent and stay social

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Core strength and stability class	Sinnamon Park	Sinnamon Village Therapy Centre	Pilates-style strength and balance class Monday 1.30pm - 2.30pm	Day therapy - eligible adults over 55 years HACC eligible	Varies	Sinnamon Village Therapy 620 Seventeen Mile Rocks Road Sinnamon Park Q 4073 (07) 3714 5141
Council On The Ageing Queensland peer education program	Brisbane	COTA Queensland	Provide speakers for groups	Adults over 50 years	Varies	COTA Queensland c/o Level 5, 199 George Street Brisbane Q 4000 (07) 3316 2999
Dancing	Brisbane	Academy of Middle Eastern Dance	Belly dancing for social, cultural and physical benefits	All	Varies	Sharon Daley (Princess Shahara) Bardon, Coorparoo, Sunnybank and other locations (07) 3369 0832
	Brisbane	Brisbane City Council	Social dancing in local areas	All	Fees may apply	Various locations (07) 3403 8888 1300 362 787 http://www.ourbrisbane.com/lifestyle/health-sport-and-fitness

Stay active, stay independent and stay social

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
	Bulimba	Independence Dance	Social dancing	Adults	Varies	Joanne Buric Bulimba Senior Citizens and Community Centre 1 Barramul Street Bulimba Q 4171 (07) 3395 7651
	Buranda	Square Dancing Society of Queensland	Social dancing	Adults	Varies	Square Dancing Society of Queensland C/- 4 Salisbury Street Buranda Q 4102 (07) 3341 2229
	Holland Park	D.A.T's Dancing Ballroom Dancing Academy	Social dancing	Adults	Varies	Macgregor Scout Den 58 Arnold Street Holland Park Q 4121 0413 700 867 darryl@datdancing.com
	Sunnybank	Dance Link	Social dancing, competitive dancing	Children from six years through to adults	Varies	Dance Link Two locations in Sunnybank Q 4109 (07) 3208 6302 0408 270 518 Other sites around Brisbane www.DanceLink.com.au

Stay active, stay independent and stay social

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
	Tarragindi	Ceroc Club Brisbane	Social dancing	Adults	\$12.00	Wellers Hill Bowls Club 34 Esher Street Tarragindi Q 4121 (07) 3630 4078 0418570050
Day therapy centre	Carina Heights	Blue Care 	Centre-based day therapy centre groups, individual education, health promotion, hydrotherapy, rehabilitation	Adults over 55 years	Fees may apply	Harold Mann Day Therapy Centre 840 Creek Road Carina Heights Q 4152 (07) 3213 7218
	Corinda	PresCare Hopetoun Allied Health Services 	Physiotherapy group programs, balance and weights, Tai Chi, balance mobility and function, hydrotherapy, dietetics, audiology, optometry, speech therapy, podiatry, occupational therapy. Some centre transport provided in catchment area for therapy only.	Adults over 55 years (Home visits for HACC eligible adults over 30 years)	Varies	PresCare Hopetoun Allied Health Services 260 Cliveden Avenue Corinda Q 4075 (07) 3710 2318 jlander@prescare.org.au



Stay active, stay independent and stay social

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Exercise classes	Annerley	Health in Motion Community Fitness	Low-impact exercise Monday and Friday 9.30am	Adults	\$7.50 adult \$5.50 pensioner	Janet Davidson Jubilee Hall (day classes only) 29 Cracknell Road Annerley Q 4103 Fax (07) 3849 0638 0438 339 739 janetdavidson@optusnet.com.au
	Annerley	Health in Motion Community Fitness	Gentle exercise for older adults Monday and Friday 11.00am Monday 7.15pm Tuesday 6.30pm Thursday 6.30pm	Adults over 60 years	\$7.50 adult \$6.00 pensioner	Janet Davidson Jubilee Hall (day classes only) 29 Cracknell Road Annerley Q 4103 Fax (07) 3849 0638 0438 339 739 janetdavidson@optusnet.com.au
	Carina	Queensland Fitness and Health, Ann Lear	Light-paced exercise, strength training, Tai Chi Tuesday 12.00pm Thursday 10.30am and 12.00pm	Adults	Varies	Ann Lear Clem Jones Centre Zahel Street Carina Q 4152 (07) 3399 9179 annlear5@bigpond.net.au


Stay active, stay independent and stay social

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
	Moorooka	Health in Motion Community Fitness	Low-impact classes Monday and Tuesday 7.15pm Thursday 6.30pm	Adults	\$7.50 adult \$6.00 pensioners	Janet Davidson Senior Citizens' Club Corner Clifton and Fleurs Streets Moorooka Q 4105 (07) 3849 0638 0438 339 739 janetdavidson@optusnet.com.au
Gentle exercise classes	Brisbane	Brisbane Women's Club	Gentle exercise Monday 11.00am - 12.00pm	Women only	\$10.00	Brisbane Women's Club 25 Mary Street Brisbane Q 4000 (07) 3229 3960 www.bwc.org.au
Golf croquet	Yeronga	Stephens Croquet Club	Light exercise and fun Sunday and Friday 2.00pm - 4.00pm winter 3.00pm - 5.00pm summer	Adults	\$5.00 (including equipment)	Stephens Croquet Club Yeronga Park 100 School Road Yeronga Q 4104 enter via Frederick Street (07) 3397 3359 gindi2@bigpond.net.au
Health and fitness centres	Brisbane	Various private centres and private trainers	Aerobics, resistance training, toning, weight loss	Adults	Varies	Yellow Pages www.yellowpages.com.au


Stay active, stay independent and stay social

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Healthy Lifestyle Mob program	Inala	Indigenous Health program, Queensland Health	Social and healthy lifestyle support group Thursday 10.00am – 12.00pm conducted monthly	Adults	Free	Indigenous Health The Yarning Place Old Richlands TAFE Poinsettia Street Inala Q 4077 (07) 3275 5301 Fax (07) 3879 1018
Hydrotherapy	Sinnamon Park	Sinnamon Village Therapy Centre	Hydrotherapy classes for stability, strength, balance and flexibility. Monday to Friday, morning and afternoon sessions.	Day therapy eligible adults over 55 years and HACC eligible people	Varies	Sinnamon Village Therapy 620 Seventeen Mile Rocks Road Sinnamon Park Q 4073 (07) 3714 5141
	Corinda	PresCare Hopetoun Allied Health Services 	Group classes for physiotherapy in the pool for pain relief, strengthening, flexibility, balance and coordination. Centre transport provided in catchment area for therapy only.	Adults over 55 years (Home visits for HACC eligible adults over 30 years)	Varies	Allied health manager PresCare Hopetoun Allied Health Services 260 Cliveden Avenue Corinda Q 4075 (07) 3710 2318 jlander@prescare.org.au
Lower limb exercise	Brisbane South	Lifestyle Management Team, Queensland Health 	Four weekly exercise sessions Friday 9.00am – 10.00am	People with arthritis in the hip, knee or ankle joints	Free for HACC eligible or pensioners	Bookings (07) 3275 5411 Enquiries contact physiotherapist (07) 3275 5476



Stay active, stay independent and stay social

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
	Coopers Plains	Lifestyle Management Team, Queensland Health 	Four weekly exercise sessions	People with arthritis in the hip, knee or ankle joints	Free	Physiotherapy Department QEII Jubilee Hospital Kessels Road Coopers Plains Q 4108 (07) 3275 6331
Personal trainers	Brisbane	Various private centres and private trainers	Personal training programs	Adults	Varies	Yellow Pages www.yellowpages.com.au
Senior citizen clubs	Brisbane	SeniorInfoLink	Linking seniors with community information on physical activity options like square dancing, line dancing, ballroom dancing, indoor bowls and table tennis.	Adults over 55 years	Varies	SeniorInfoLink (07) 3316 2901 Carina (07) 3395 1162 Salisbury and District Senior Citizens (07) 3275 3218
Social groups and information	Coopers Plains	St David's Neighbourhood Centre	Friendship and social groups for various ages - harmony club-day respite and social support, craft, Mahjong, Brisbane City Council GOLD workshops, steady steps, busy hands, younger survivors of stroke group, breakfast club, special and information workshops, volunteers, newsletters.	All	Varies	St David's Neighbourhood Centre 22 Rockwood Avenue Coopers Plains (07) 3274 3240


Stay active, stay independent and stay social

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Sporting Wheelies and Disabled Association gym	Bowen Hills	Sporting Wheelies and Disabled Association Gym 	Various locations - exercise, rehabilitation. Make an appointment for health assessment. Monday, Wednesday, Friday 8.00am - 12.00pm Tuesday, Thursday, Saturday 9.00am - 12.00pm Monday -Thursday 3.30pm - 7.30pm	Disabled people	Program \$20.00 Casual visit \$2.50 monthly gym pass \$25.00	Sporting Wheelies And Disabled Association Gym 60 Edmondstone Road Bowen Hills Q 4006 (07) 3253 3333 mail@sportingwheelies.org.au www.sportingwheelies.org.au
Steady Steps classes	Statewide	Steady Steps Fitness Queensland	Steady steps is a gentle 10 week community exercise program for older adults, which increases awareness and knowledge of the risk of falls.	Older adults	Varies	Sport and Recreation Queensland (07) 3876 6522 www.fitnessqld.org.au Various locations - some classes are ongoing
Tai Chi classes	MacGregor	EZYTAICHI	Gentle exercise through Tai Chi	Adults	Varies	EZYTAICHI Rex Lowe 513 Mains Road MacGregor Q 4109 (07) 3343 5028 www.ezytaichi.com



Stay active, stay independent and stay social

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
	Fortitude Valley	Australian Academy of Tai Chi and Qigong	Gentle exercise through Tai Chi, specialising in balance, stability and "freedom from the fear of falling." Public corporate and private classes, specialised training (including train the trainer) and resources. Check website for schedules and DVDs.	Adults Low mobility classes can be provided.	Varies	Australian Academy of Tai Chi and Chi Qigong (07) 3358 1955 rod@livingchi.com.au www.livingchi.com.au
	Corinda	PresCare Hopetoun Allied Health Services 	Physiotherapy group programs, balance and weights, Tai Chi, balance mobility and function. Some centre transport provided in catchment area for therapy only.	Adults over 55 years (Home visits for HACC eligible adults over 30 years)	Varies	PresCare Hopetoun Allied Health Services 260 Cliveden Avenue Corinda Q 4075 (07) 3710 2318 jlander@prescare.org.au
Theraband exercise group	Brisbane South	Lifestyle Management Team, Queensland Health 	Resistance, strength and balance training	Adults Medical clearance required	Free	Various locations across Brisbane South Bookings (07) 3275 5411

Stay active, stay independent and stay social

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Walking	Brisbane	Brisbane City Council 'Gone Walking' program in collaboration with the Heart Foundation	Free walking initiatives - various levels	Adults	Free	1300 362 787 visit www.heartfoundation.org.au/HealthyLiving/Physical_Activity/Walking/Pages/default.aspx www.heartfoundation.org.au/HealthyLiving?pages/default.aspx
Well-being	Holland Park	Holland Park State School Community Leisure and Learning	Breathing, physical exercise, spiritual energy. Brochure available.	Adults	Varies	Community Leisure and Learning Holland Park State School 59 Abbotsleigh Street Holland Park Q 4121 (07) 3397 5113 (07) 3397 1693 www.hollparkss.eq.edu.au
Wellness program	Fortitude Valley	RSL Care	Information sessions on a variety of health issues, including falls prevention.	Older people within the Brisbane South Area	Varies	RSL Care 301 Wickham Street Fortitude Valley Q 4006 1300 796 111 www.rslcare.com.au
Yoga	Annerley	Annerley Yoga and Health Practices 	Breathing, physical exercise, spiritual energy. Brochure available.	Adults	Varies	Annerley Yoga and Health Practices 18 Denham Street Annerley Q 4103 (07) 3895 8395

Stay active, stay independent and stay social

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
	Coorparoo	Alsa Gartenstein yoga class 	Breathing, physical exercise, spiritual energy	Adults	Varies	Alsa Gartenstein Yoga School of Arts 208 Cavendish Road Coorparoo Q 4151 (07) 3359 3338
	Holland Park	Holland Park State School Community Leisure and Learning	Breathing, physical exercise, spiritual energy. Brochure available.	Adults	Varies	Community Leisure and Learning Holland Park State School 59 Abbotsleigh Street Holland Park Q 4121 (07) 3397 5113 (07) 3397 1693 www.hollparkss.eq.edu.au
	Stones Corner	Yoga Plus Therapies 	Breathing, physical exercise, spiritual energy.	Adults	Varies	Yoga Plus Therapies and Anyur Yoga PO Box 481 Stones Corner Q 4120 (07) 3398 3258 radjika@yogaplustherapies.com



Manage your medicines safely and effectively

Why is it important?


- › some medicines have side effects which can increase your risk of falling, particularly when different medicines are combined.

Changes you can make

- › have an annual medicine review with your local doctor
- › talk to your pharmacist about a Home Medicines Review and the many new professional and support services that can assist you with improving your medicine compliance, like the MedsIndex Scoring system
- › keep an up-to-date list of the medicines you take
- › ask questions and learn about your medicines.



Manage your medicines safely and effectively

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
The Pharmacy Guild of Australia Home Medicine Reviews (HMR)	Brisbane South	Community pharmacists 	Home-based medication reviews are conducted by HMR-accredited pharmacists. Assessments assist general practitioners and patients with suitable, appropriate use and management of medications. HMR are conducted on an annual basis but can be conducted more regularly if appropriate or after a recent stay in hospital.	People in the community with multiple medical conditions, multiple medications and associated with the risk of falls.	The cost of a visit to a general practitioner	Contact your pharmacist or GP to organise a review. www.guild.org.au www.aacp.com.au



Manage and maintain your health

Why is it important?


- › many health conditions can cause increased dizziness, confusion, light-headedness, and blurred vision, which increases your risk of falling
- › most long-term health conditions, such as diabetes, arthritis, high/low blood pressure, and continence can be managed.

Changes you can make

- › listen to your body and notice when you don't feel right: find a solution and develop a plan with your health practitioner
- › get to know any existing condition you may have so that you feel in control of your health
- › participate in enjoyable social and recreational activities to keep you moving
- › incontinence is a manageable condition; talk to your local doctor or phone the National Continence Help Line 1800 330 066.



Manage and maintain your health

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Arthritis self management program	Brisbane South	Lifestyle Management Team, Queensland Health	Six weekly, three hour sessions Better manage osteoarthritis, rheumatoid arthritis and fibro myalgia.	Adults	Free	Various locations Bookings (07) 3275 5411
Brisbane South Allied Health Referral Service	Brisbane South	Home and Community Care (HACC Services)	Central linkage agency for Home and Community Care (HACC) to access allied health services - dietetics, occupational therapy, physiotherapy, podiatry.	HACC eligible people	Fees may apply	Mater Health Services Annerley Road South Brisbane Q 4101 (07) 3163 1763
Chronic pain program	Brisbane South	Lifestyle Management Team, Queensland Health 	Two three hours sessions per week for six weeks A self help approach to managing persistent or on-going pain.	Adults	Free	Various locations across Brisbane South Bookings (07) 3275 5411
Continence advice and services	National	National Continence Help Line Continence Foundation of Australia (CFA)	Advice on continence, management. Resources available in English, Aboriginal and Torres Strait islander community languages and other languages. Referral generally to bulk billed services.	Information for all including health professionals	Free	Freecall 1800 330 066


Manage and maintain your health

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
	National	National Helpline Interpreter Service ask for help line (Department of Immigration)	Interpreter service	Multilingual information service and/or referral	Varies	13 14 50
	Statewide	Medical Aids Subsidy Scheme (MASS)	Provides subsidy funding assistance for daily living aids, mobility aids and managing/ maintaining your health aids.	MASS eligible adults Referral from health practitioner required	Fees may apply	Medical Aids Subsidy Scheme 184 St Paul's Terrace Spring Hill Q 4000 (07) 3250 8555 mass184@health.qld.gov.au www.health.qld.gov.au/mass/
Cognitive assessments	Carina Heights	Blue Care	Cognitive assessments Physiotherapy: Brisbane South Occupational therapy: Coorparoo and eastern area of Mt Gravatt	Adults	Varies	Brisbane Allied Health Services 840 Creek Road Carina Heights Q 4152 (07) 3213 7215


Manage and maintain your health

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Depression self management	West End	Ethnic Community Council Queensland (ECCQ)	Chronic diseases health promotion and self management program	People with chronic diseases from various cultural backgrounds	Free	ECCQ House 253 Boundary Street West End Q 4101 (07) 3844 9166
Diabetes education	Brisbane South	Brisbane South Diabetes and Respiratory Services, Queensland Health	Two hours over four weeks Learn how to better manage diabetes.	People at risk of diabetes	Free	Various locations Bookings (07) 3710 2222
Domiciliary physiotherapy and occupational therapy	Carina Heights	Blue Care	Home and centre-based assessment, application for permanent loan items, short term loan mobility and self care aids Links to hire of aids	Adults	Fees may apply	Brisbane Allied Health Services 840 Creek Road Carina Heights Q 4152 (07) 3213 7215 m.coogant@bluecare.
Falls prevention education	Brisbane South	Lifestyle Management Team, Queensland Health	Falls prevention education program for consumers and service providers	Adults Service providers can access in-service training	Free	Various locations (07) 3275 5411 Enquiries contact physiotherapist at Inala (07) 3275 5476

Manage and maintain your health

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Health Contact Centre	Statewide	Health Contact Centre 13 HEALTH (13 43 25 84)	Queensland Health's statewide information phone service operates 24 hours, seven days a week to provide information and advice by health care professionals and triage or referral for Queenslanders.	All	Free	13 HEALTH (13 43 25 84) http://www.health.qld.gov.au/13health/default.asp
Health promotion and self education	West End	Ethnic Communities Council of Queensland (ECCQ)	Chronic diseases health promotion and self management program	People with chronic diseases from various cultural backgrounds	Free	ECCQ House 253 Boundary Street West End Q 4101 (07) 3844 9166
Home and Community Care (HACC) services	Brisbane South	Blue Care 	Domestic assistance, social support, in-home respite, personal care, registered nursing care including wound dressings, medication management, personal care, continence, palliative care, support and maintenance, education	Frail aged and young disabled people and their carers HACC eligible persons	Varies	Brisbane Southside 34 / 256 Musgrave Road Coopers Plains Q 4101 (07) 3722 1700

Manage and maintain your health

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
	Carina Heights	Blue Care 	Occupational and physiotherapy services, home visiting including assessment for a range of conditions, falls prevention, minor home modifications, equipment advice and cognitive assessment, centre based including group work, eg, mobility, balance, exercise, care.	Frail aged, younger people with disabilities, and their carers	Fees may apply	Brisbane Allied Health Services 840 Creek Road Carina Heights Q 4152 (07) 3213 7215
Home care services	Brisbane South	Spiritus	Six weekly sessions of two hours duration *Charge for handbook	Adults	Free	Spiritus 138 Juliette Street Greenslopes Q 4120 (07) 3421 2874
Independent living aids/equipment	Newmarket	LifeTec independent living centre	Provides information, specialist advice and solutions to maximise independence and everyday tasks. Referrals to various suppliers.	All	Varies	LifeTec Corner of Newmarket and Enoggera Roads Newmarket Q 4051 (07) 3552 9000
Mindfulness for Mood Management program	Brisbane South	Lifestyle Management Team, Queensland Health	Two hours per week over eight weeks to aid participants with the prevention and self management of anxiety, depression and stress.	Adults	Free	Bookings (07) 3275 5411


Manage and maintain your health

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Neurological Ageing and Balance Clinic	St Lucia	University of Queensland	Individual assessment and treatment	People with neurological vestibular problems, risks of falling and mobility problems.	Varies	Dr Jenny Nitz Physiotherapy Department University of Queensland St Lucia Q 4072 (07) 3365 2232 j.knitz@uq.edu.au
Osteoporosis Prevention and Self Management	Brisbane South	Lifestyle Management Team, Queensland Health	Three hours per week over four weeks. Learn how to actively manage your health and learn about preventing and living with osteoporosis.	Adults at risk of osteoporosis	Free	Various locations Bookings Fax (07) 3275 5411
Personal Action Towards Health program	Brisbane South	Lifestyle Management Team, Queensland Health	Three one hour sessions over six weeks. How to manage the symptoms of chronic disease and improve lifestyle.	All	Free	Various locations Bookings Fax (07) 3275 5411
Physical activities	West End	Ethnic Communities Council of Queensland (ECCQ)	Chronic diseases health promotion and self management program	People with chronic diseases from culturally diverse backgrounds	Free	ECCQ House 253 Boundary Street West End Q 4101 (07) 3844 9166

Manage and maintain your health

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Private allied health providers	Brisbane	Private occupational therapist	Individual assessment and treatment	All	Varies	www.otqld.org.au Yellow Pages www.yellowpages.com.au
	Brisbane	Private psychologist	Counselling	All	Varies	www.psychology.org.au Go to home page and select psychologists Yellow Pages www.yellowpages.com.au
	Brisbane	Private social worker	Counselling	All	Varies	Australian Association of Social Workers (07) 3369 9818
	Statewide	Private physiotherapist	Individual assessment and treatment	All	Varies	www.physiotherapy.asn.au/findaphysio Yellow Pages www.yellowpages.com.au
Pulmonary rehabilitation program	Inala	Brisbane South Diabetes and Respiratory Services, Queensland Health	Two hours, twice per week for eight weeks to better manage a chronic respiratory condition and improve your quality of life.	Adults	Free	Inala Community Health Service 64 Wirraway Parade Inala Q 4077 (07) 3275 6708

Manage and maintain your health

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Various social activities	Brisbane	Brisbane Women's Club	Book club Monday morning 12.00pm Bridge Wednesday 10.00am - 2.00pm Movie day - first Tuesday of each month 10.00am - 12.00pm Luncheons throughout the year	Women	Bridge \$10.00 Movie day \$10.00	Brisbane Women's Club 25 Mary Street Brisbane Q 4000 (07) 3229 3960 www.bwc.org.au
Various therapy and rehabilitation	Brisbane South	Community Rehabilitation Service, Queensland Health 	Centre based therapy groups, domiciliary therapy Services available include physiotherapy, occupational therapy, speech pathology	Eligible older adults, younger people with disabilities, and their carers	Free	Community Rehabilitation Service 660 Kessels Road Upper Mt Gravatt Q 4122 Bookings (07) 3278 7086
Various therapy and rehabilitation	Carina Heights	Blue Care	Centre-based day therapy for groups, individual education, health promotion, hydrotherapy and rehabilitation	Adults over 55 years	Fees may apply	Harold Mann Day Therapy Centre 840 Creek Road Carina Heights Q 4152 (07) 3213 7218



Eat well for strong bones, muscles, and general health

Why is it important?

- › skipping meals or not eating enough at mealtimes can cause you to feel dizzy or light-headed
- › poor nutrition is linked with weak bones, difficulty maintaining muscle mass, dehydration and high blood pressure.

Changes you can make

- › go for two serves of fruit and five serves of vegetables every day
- › enjoy spending time with others during a meal
- › ensure you are eating two small servings of protein a day for healthy muscles, eg. fish, chicken or nuts
- › eat three to four servings a day of dairy foods for strong bones eg. milk, yogurt, cheese
- › maintain your water intake during the day.



Eat well for strong bones, muscles, and general health

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and Contact
Cooking classes	Holland Park	Holland Park State School Community Leisure and Learning	Cooking classes	Adults	Varies	Coordinator, Community Leisure and Learning Holland Park State School 59 Abbotsleigh Street Holland Park Q 4121 (07) 3397 5113 (07) 3397 1693 www.hollparkss.eq.edu.au
Eat Well Be Active	Statewide	Queensland Government	The Queensland Government campaign website provides information about healthier eating and healthy lifestyles.	Adults	Free	www.your30.qld.gov.au
Healthy eating program	Brisbane	Ethnic Communities Council of Queensland (ECCQ)	Chronic diseases health promotion and self management program	People with chronic diseases from culturally diverse backgrounds	Free	ECCQ House 253 Boundary Street West End Q 4101 (07) 3844 9166
Lighten up to a Healthy Lifestyle program and Living Strong (Indigenous)	Brisbane South	Lifestyle Management Team, Queensland Health	Seven weekly sessions that will help you improve well-being by making healthy lifestyle changes, including being physically active and making healthy food choices.	Adults	Free	Bookings (07) 3275 5411
Private allied health providers	Statewide	Private dietician	Healthy eating, weight loss, allergies	Adults	Varies	www.daa.asn.au To find an accredited practising dietician



Be safe in and around the home

Why is it important?

- › 60 per cent of falls occur in the home
- › there are many common hazards in the home and garden
- › common hazards include slippery floors and stairs, loose mats or rugs, poor lighting, clutter in the house or in the garden, cracked or broken garden paths.

Changes you can make

- › clear clutter
- › remove loose mats and rugs, and use rubber backed mats in tiled areas
- › make steps safer by adding a hand rail and non-slip edging on each step
- › replace broken light bulbs and use night lights to walk safely at night
- › ask for advice from a private occupational therapist or those listed in this directory.



Be safe in and around the home

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Domiciliary physiotherapy and occupational therapy	Carina Heights	Blue Care	Home and centre-based assessment. Application for permanent loan items. Short term loan mobility and self care aids. Links to hire of aids.	Physiotherapy available across Brisbane South. Occupational therapy services available in Coorparoo and the eastern area of Mt Gravatt.	Fees may apply	Brisbane Allied Health Services 840 Creek Road Carina Heights Q 4152 (07) 3213 7215
Home assessment	Sinnamon Park	Sinnamon Village Therapy Centre	Ensuring a safe environment. Assessment and assistance for purchase of equipment available.	Day therapy eligible adults over 55 years. HACC eligible adults.	Varies	Sinnamon Village Therapy Centre 620 Seventeen Mile Rocks Road Sinnamon Park Q 4073 (07) 3714 5141
Home maintenance and modifications	Forest Lake	Home Assist Secure	Minor modifications, small repairs, basic maintenance, and information to improve independence and make homes safe.	All	Fees may apply	Home Assist Secure Forest Lake Q 4077 (07) 3372 2904

Be safe in and around the home

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
	Mansfield	Home Assist Secure	Minor modifications, small repairs, basic maintenance, and information to improve independence and make homes safe.	Adults over 60 and any age with disability	Fees may apply	Home Assist Secure Kangaroo Point to Carina (07) 3420 8100
	Rocklea	South West Brisbane Home Assist Secure	Minor modifications, small repairs, basic maintenance, and information to improve independence and make homes safe.	All	Fees may apply	South West Brisbane Home Assist Secure Brisbane Markets Rocklea Q 4106 (07) 3379 8000
	Upper Mt Gravatt	Home Assist Secure	Minor modifications, small repairs, basic maintenance, and information to improve independence and make homes safe.	All	Fees may apply	Mt Gravatt District Community Centre 1693 Logan Road Upper Mt Gravatt Q 4122 (07) 3841 2131
	Woolloongabba	Brisbane South Home Modification Service Home Assist Secure	Major home modifications.	All	Fees may apply	Brisbane South Home Modification Service Princess Alexandra Hospital Woolloongabba Q 4102 (07) 3240 2776



Report hazards in the community

Why is it important?

- › falls occur in the community due to slippery floors in shopping centres, uneven or pot-holed footpaths, or poorly-lit public spaces.

Changes you can make

- › report the hazard to the owner or manager of the relevant commercial premises
- › contact your Brisbane City Council call centre on (07) 3403 8888.



Reports hazards in the community

Activity/Service	Suburb	Provider	What and when	For whom	Cost	Location and Contact
Brisbane City Council	Brisbane	Brisbane City Council Call Centre	Report problems or specific issues such as rubbish, graffiti maintenance for parks, roads, footpaths, stormwater drains. 24 hours, seven days a week.	All	Varies	Brisbane City Council 24 hour call centre (07) 3403 8888
Emergency Services	Nathan	Queensland Ambulance Service	Home safety advice	Older adults	Varies	Emergency Services 21 Fairlawn Street Nathan Q 4111 (07) 3336 1304



Take care of your feet

Why is it important?


- › foot problems or unsafe footwear like thongs and slippers can change the way you walk, putting you at greater risk of a slip, trip or a fall
- › foot problems like corns, calluses, bunions, ingrown or thick nails, and diabetic foot ulcers can upset your balance and the way you walk.

Changes you can make




- › avoid wearing slippers, thongs or scuffs that are ill-fitting and dangerous
- › visit your local doctor or podiatrist to manage any foot problems
- › wear good shoes that:
 - are the right size
 - are appropriate for your activity
 - have laces or loop and hook fasteners
 - have good grip
 - have a closed heel
 - have a rounded edge on the heel.




Take care of your feet

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Custom made footwear	Acacia Ridge	Footwear Solutions	Medical grade footwear and repairs	All	Fees may apply	Footwear Solutions Unit 23 / 10 Miltiadis Street Acacia Ridge Q 4110 (07) 3255 6955
	Wishart	Garnet B. Willey and Co.	Medical grade footwear and repairs	All	Varies	Garnet B. Willey and Co. 638 Mt Gravatt - Capalaba Road Wishart Q 4122 (07) 3343 4498
	Woolloongabba	Brisbane Footwear Services	Medical grade footwear and repairs	All	Fees may apply	Brisbane Footwear Services 128 Logan Road Woolloongabba Q 4102 (07) 3391 2066
Medical grade footwear	Statewide	Medical Aids Subsidy Scheme 	Scheme provides funding assistance for communication aids, home oxygen and medical grade footwear	All	Subsidised	Medical Aids Subsidy Scheme 184 St Pauls Terrace Fortitude Valley Q 4006 (07) 3250 8555 mass184@health.qld.gov.au www.health.qld.gov.au/mass

Take care of your feet

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Home assessment and centre-based podiatry	Sinnamon Park	Sinnamon Village Therapy Centre 	Individual podiatry assessment and treatment	Adults over 55 years who are eligible for day therapy	Varies	Sinnamon Village Therapy Centre 620 Seventeen Mile Rocks Road Sinnamon Park Q 4073 (07) 3714 5141
	Corinda	PresCare Hopetoun Allied Health Services 	Individual podiatry assessment and treatment	Adults over 55 years (Home visits for HACC eligible adults over 30 years)	Varies	PresCare Hopetoun Allied Health Services 260 Cliveden Avenue Corinda Q 4075 (07) 3710 2318 jlander@prescare.org.au
Podiatry	Brisbane South	Flexicare South East HACC Network Podiatry Service 	Foot advice, education, treatment, care, orthotics	HACC eligible adults	Home visits \$25.00	Flexicare South East HACC Network Podiatry Service Nine locations (07) 3422 8419 info@flexicareinc.org.au www.flexicareinc.org.au

Take care of your feet

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
	Coorparoo Inala Mt Gravatt	Brisbane South Diabetes and Respiratory Services 	Advice for people with diabetes Assessment and education for newly diagnosed people Orthotics, diabetes education, treatment for high risk feet, wound care Categorised for on-going monitoring or referrals Friday only at Coorparoo Monday to Friday at Inala Thursday at Mt Gravatt	Adults with diabetes only	Free Varies for orthotics	Coorparoo Community Health Service 236 Old Cleveland Road Coorparoo Q 4151 (07) 3847 0999 Inala Community Health Centre 64 Wirraway Parade Inala Q 4077 (07) 3275 6708 QEII Jubilee Hospital Kessels Road Coopers Plains Q 4108 (Mt Gravatt Community Health Centre) (07) 3275 6700
Private allied health providers	Brisbane	Private podiatry	Foot advice, education, treatment, care, orthotics	Adults	Fees may apply	www.epodiatry.com.au www.apodc.com.au Yellow Pages www.yellowpages.com.au

Take care of your feet

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Specialty footwear retailer	Brisbane	Children of the Revolution Footwear	Comfortable shoes, fit orthotics and foot conditions	Adults	Varies	Children of the Revolution Footwear 204 Adelaide Street Brisbane Q 4000 (07) 3210 1460
Specialty footwear suppliers	Brisbane	Paradise Footwear	Comfortable shoes, fit orthotics and foot conditions	Adults	Varies	Paradise Footwear The Wintergarden 171 Queen St Mall Brisbane Q 4000 (07) 3211 0266
	Bulimba	My Foot Dr Lifestyle Shoes	Comfortable shoes, fit orthotics and foot conditions and sizes	Adults	Varies	My Foot Dr Lifestyle Shoes 205 - 209 Oxford Street Bulimba Q 4171 (07) 3902 0548 www.myfootdr.com.au shoes@myfootdr.com.au
	Cleveland	Simply Comfort Footwear	Comfortable shoes, fit orthotics and foot conditions	Adults	Varies	Simply Comfort Footwear Shop 72 Stockland Shopping Centre Middle Street Cleveland Q 4163 (07) 3286 5433

Take care of your feet

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
	Forest Lake	Athletes Foot	Comfortable shoes, fit orthotics and foot conditions	Adults	Varies	Athletes Foot Stores 7 Victoria Close Forest Lake Q 4077 (07) 3879 9964
	Indooroopilly	Athletes Foot	Comfortable shoes, fit orthotics and foot conditions	Adults	Varies	Athletes Foot Indooroopilly Shoppingtown 318 Moggill Road Indooroopilly Q 4022 (07) 3878 1688
	Nundah	Grahams Shoes	Comfortable shoes, fit orthotics and foot conditions	Adults	Varies	Grahams Shoes 11 Nundah Street Nundah Q 4012 (07) 3260 7899 grahamshoes@bigpond.com.au
	Springfield	Athletes Foot	Comfortable shoes, fit orthotics and foot conditions	Adults	Varies	Athletes Foot Orion Springfield Shopping Centre 1 Main Street Springfield Central Q 4300 (07) 3470 0895

Take care of your feet

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
	Toowong	Simply Comfort Footwear	Comfortable shoes, fit orthotics and foot conditions	Adults	Varies	Simply Comfort Footwear Toowong Village Shopping Centre 9 Sherwood Road Toowong Q 4066 (07) 3870 7311
	Upper Mt Gravatt	Gilmour's Comfort Shoes	Comfortable shoes, fit orthotics and foot conditions	Adults	Varies	Gilmour's Comfort Shoes Shop1/ 2120 Logan Rd Upper Mt Gravatt Q 4122 (07) 3219 3046 Freecall: 1800 819 936 info@gilmours.com.au www.gilmours.com.au/ wherearewe.html



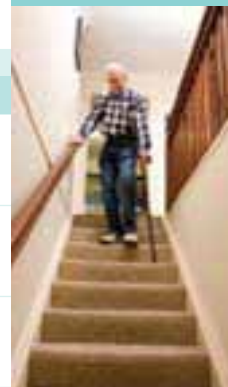
Have your vision checked every two years

Why is it important?

- › deteriorating eyesight is gradual and it may contribute to a slip, trip or a fall
- › over time changes occur to your eyesight such as misjudging depth and distances, less ability to see low-contrast, reduced peripheral vision, blurred vision and watery eyes.

Changes you can make

- › have your vision tested by an optometrist or ophthalmologist every two years
- › test your vision yourself – every morning look at a distant object with each eye and monitor any changes in your vision
- › remove bi-focal or reading glasses when walking up or down stairs and use your distance glasses if required
- › allow your eyes time to adjust when moving from a dark or bright area
- › turn on lights when you're walking around the house at night.



Have your vision checked every two years

Activity/service	Suburb	Provider	What and when	For whom	Cost	Location and contact
Eyesight	Brisbane	Ophthalmologists Private eye specialists	Pathology and treatment	All	Varies	(07) 3839 4411 Yellow Pages
Eyesight	Brisbane	Optometrists - private	Diagnose eye disease and conditions, prescribe therapeutic eye drops, exercises, spectacles and contact lenses, retail spectacles and contact lenses.	All	Most bulk-bill	(07) 3839 4411 www.optomsgld.com www.yellowpages.com.au

List of useful numbers

13HEALTH health advice on who to talk to and how quickly you should do it	13 43 25 84
Aged Care Information Line	1800 500 853
Arthritis Association	1800 011 041
Australian Physiotherapy Association	1300 306 622
Australian Podiatry Association Queensland	1300 722 242
BeyondBlue information about depression – managing depression can reduce your risk of falls	1300 224 636
Carers Queensland support for family carers	1800 242 636
Commonwealth Carelink your link to living independently	1800 052 222
Council On The Ageing Queensland	1300 738 348
Diabetes Queensland	1300 136 588
Elder Abuse Helpline	1300 652 192
Heart Foundation Information Service	1300 362 787
LifeTec Queensland access information and specialist advice on assistive technology to help individuals improve their quality of life and remain independent	1300 885 886 or (07) 3552 9000
Meals on Wheels Central office (11 services in Brisbane South)	(07) 3205 5588

Medicines Line access independent information on your prescription, over-the-counter, and complementary medicines (herbal/'natural'/ vitamin/mineral)	1300 888 763
National Continence Help Line	1800 33 066
National Seniors Australia	(07) 3233 9191
Nutrition Australia	(07) 3257 4393
Occupational Therapy Queensland	(07) 3307 6744
Optometrists Association Queensland	(07) 3839 4411
Osteoporosis Queensland	1800 242 141
Pharmacy Guild contact your local doctor or pharmacist to access programs to help you better manage your medications	(07) 3831 3788
Poisoning/Overdose Information Line	13 11 26
Queensland Aged and Disability Advocacy	1800 818 338
Queensland Blind Association Inc.	(07) 848 8888
Seniors Enquiry Line linking seniors with community information	1300 135 500
SeniorsInfoLink Council of the Ageing seniors clubs directory	(07) 3316 2901
Vision Australia	1300 847 466
Vital Call personal emergency response service enquiries	1300 360 808

