Community Chronic Conditions Service
Information for patients and carers

Domestic Assistance
• Basic household duties.

Community Health Nursing Services
• Assessment and monitoring of health needs.
• Health education in relation to chronic health conditions.

Psychology
• Working with people for whom psychological issues are impeding their ability to manage their chronic health conditions.

Social Work
• Improving health and wellbeing by working with clients living with chronic health conditions.
• Provide counselling and support to carers of people with chronic health conditions.

Physiotherapy
• Promote function and mobility through assessment and exercise prescription.
• Prescribing mobility aids and pressure care equipment.

Occupational Therapy
• Promote independence and safety in daily living skills through advice and prescribing equipment.
• Arrange home modifications and equipment to assist with day-to-day activities at home.

Speech Pathology
• Assessment and treatment for swallowing and/or communication difficulties.

Nutrition and Dietetics
• Nutrition assessment and education for people living with chronic health conditions.

Podiatry (Gympie only)
• Assessment, education and maintenance of foot health for people living with chronic health conditions.

Continence Advisory Service
• Assessment, treatment and education of clients with complex urinary and/or bowel incontinence.
• Assessment, education and support of clients with catheters and their carers.

Care Coordination Service
• A specialised self management support program for clients with chronic health conditions which enables clients to learn the skills required to manage and monitor the signs and symptoms of the disease.

Otago Exercise Program
• Home-based program combining strength and balance retraining exercises to prevent falls in older community members (80 years of age and over).

Health Education Programs
Covering education and practical strategies to manage health issues including but not limited to:
• Type 2 diabetes education.
• Managing anxiety.
• Continence awareness.

To access our services:

<table>
<thead>
<tr>
<th>Your age</th>
<th>Please call</th>
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<tbody>
<tr>
<td>Aged 65 years and over</td>
<td>My Aged Care - 1800 200 422</td>
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<tr>
<td>(50 years and over if you identify as an Aboriginal and/or Torres Strait Islander person)</td>
<td>Request our services by asking for Sunshine Coast Hospital and Health Service, Community Health.</td>
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<tr>
<td>Under 65 years of age</td>
<td>Central Intake - 07 5479 9670</td>
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Location and details of the Community Health Centres
Service hours are Monday to Friday 8.30am to 4.30pm

Caloundra Community Health Centre
West Terrace, Caloundra Qld 4551
Phone: 5436 8552

Maroochydore Community Hub
60 Dalton Drive, Maroochydore Qld 4558
Phone: 5202 9510

Nambour Community Health Centre
Nambour General Hospital
Blackall Terrace, Nambour Qld 4560
Phone: 5450 4750

Noosa Community Health Centre
14 Bottlebrush Avenue, Noosa Heads, Qld 4567
Phone: 5449 5944

Gympie Community Health Centre
20 Alfred Street, Gympie Qld 4570
Phone: 5489 8690

What can I expect from the Australian health system?

1. Access: I have a right to health care
2. Safety: I have a right to receive safe and high quality care
3. Respect: I have a right to be shown respect, dignity and consideration
4. Communication: I have a right to be informed about services, treatment and options and costs in a clear and open way
5. Participation: I have a right to be included in decisions and choices about my care
6. Privacy: I have a right to privacy and confidentiality of my personal information
7. Comment: I have a right to comment on my care and to have my concerns addressed