

COMMUNITY ALLIED HEALTH SERVICES (CAHS)

We provide services to people at home or within a clinic environment in the following areas:

- City of Greater Bendigo
- Loddon Shire
- Shire of Campaspe
- Buloke Shire
- Gannawarra Shire
- Central Goldfields Shire

Please phone 5454 7102 to check which services are available in your area.

SERVICES OFFERED

DIETITIANS

Help you

- understand how your food affects your health
- develop a plan so you can choose healthy food which is right for you

OCCUPATIONAL THERAPISTS

Help you

- work out ways to be independent and safe with day to day tasks and activities
- manage more easily at home and in the community

PHYSIOTHERAPISTS & EXERCISE PHYSIOLOGISTS

Help you

- improve strength and fitness
- move around your home and community
- improve balance and prevent falls
- with sore joints and muscles

SPEECH PATHOLOGISTS

Help you

- improve your speech or ability to understand people
- manage difficulties swallowing
- communicate in the community

PODIATRISTS

- help manage foot problems
- give advice about foot care

SOCIAL SUPPORT GROUP (SSG)

Social Support Groups can help you maintain social interaction and independent living

Activities can include:

- gardening
- craft
- exercise
- social outings

FITNESS FOR OLDER ADULTS PROGRAM (FOAP)

- gentle exercise to music
- strength training
- walking group (Bendigo)
- Tai Chi

COMMUNITY EDUCATION

Staff are available to provide information sessions on a range of topics.

Fees

As per the Community Services Fee Schedule.

This can be paid via invoice, or EFTPOS for some services.

Please contact CAHS on 54547102 if you are having difficulty paying fees.



Excellent Care. Every Person. Every time.

TO ACCESS SERVICES :

If you are **over 65 years** or an Aboriginal and Torres Strait Islander person **over 50** contact:

My Aged Care
www.myagedcare.gov.au
Phone: 1800 200 422

If you are **under 65 years** or an Aboriginal and Torres Strait Islander person **under 50** contact:

Bendigo Health Referral Centre
Phone: 1300 733 581

Your doctor or health professional can also refer you.

Sometimes you may have to wait for an appointment.
We will offer you an appointment as soon as possible.

TO FIND OUT MORE:

Phone Community Allied Health Services on:

5454 7102

8.30 – 5.00 pm
Monday to Friday

This program is supported by funding from the Commonwealth and Victorian Governments under the following programs:
Commonwealth Home Support Program (CHSP)
Home and Community Care Program for Younger People (HACC PYP)



COMMUNITY ALLIED HEALTH SERVICES

Supporting you to be
independent
at home and in your
community