

Health Services in Your Community

North Midlands Health Service

Coorow Medical Centre

24 Main Street, Coorow
Phone: 08 9952 1002
Fax: 08 9952 1255

Business Hours

Monday, Tuesday, Thursday, Friday
9.00am - 12.00am Nurse only

Wednesday

9.00am – 12.00pm Visiting Doctor

**24 Hour
Emergency Service**

Phone: 9954 3200

North Midlands Health Service became a Multi Purpose Service (MPS) in July 2000 thus incorporating the provision of services to the Three Springs, Carnamah and Coorow catchment areas.

The North Midlands Health Service provides services aimed to prevent illness, promote health, reduce the impact of disease or trauma, and to support individuals/families to maintain independence and quality of life.

Acute and Emergency Care

An outpatient service is available only at the Coorow Medical Centre. Assistance with all emergencies and acute enquiries is available at the North Midlands Health Service.

Available: 24hrs a day

Contact: North Midlands Health Service

9954 3200

Patient Assisted Travel Scheme (PATS)

PATS is available to provide assistance to people living in the country who are required to travel more than 100kms (one way) to obtain the nearest available specialist or obstetric treatment not available locally or from a visiting service.

The service is also extended to those living between 70 and 100kms from the treatment centre, who require regular oncology or dialysis treatment, which is not available locally.

Available at the North Midlands Health Service:

9954 3200

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Community Care

Community Care support incorporates practical and flexible services to assist members of the community, particularly frail older people, people with disabilities and their carers to maintain independence and a quality of life within their home. Services include:

- **Home Nursing:** home based visiting service, which provides a wide range of nursing care services including post acute care, palliative care, education and ongoing support, monitoring and assistance for chronic, and unstable conditions.
- **Home Care:** assistance with tasks such as cleaning and food preparation along with assistance in attending appointments, banking, shopping etc.
- **Home Maintenance:** routine maintenance and repairs services such as installation of safety aids, minor modifications inside and outside the home and repairs to locks, doors and windows.
- **Meals on Wheels:** provide a home delivered hot/cold meal and sweet at lunch time to eligible clients.
- **Social Support:** is for people who are socially isolated. This service also facilitates access to transport, facilities and activities.

Aged Care Facilities: Aged Care support is available in several forms throughout North Midlands. Assistance is available to people wishing to stay in their homes through the Community Care Services, however both independent living and nursing home type care is available within the North Midlands Health Service.

Respite Care: Carer Respite Centres are committed to supporting carers and those for whom they care. The centres assist in coordinating flexible and innovative respite for carers, which allows carers to take a break from their caring role.

Palliative Care: A service is provided assisting individuals and families affected by terminal illness.

For more information contact: **Community Care Coordinator**

9954 3200

Population Health

The staff of Population Health can assist you to make healthy choices and prevent illnesses. Community Nurses, Health Promotion professionals and Allied Health practitioners are all part of the Population Health team and can provide information about a range of health issues.

Community Health: This area encapsulates a large portion of the programs and services provided for the general community. Community Health Services include chronic disease management, child & maternal health services, immunisation, parenting support & education, school health screening & education, and womens' & mens' health education & support.

Immunisation Clinic is available by appointment:

9954 3200

Allied Health: Support is available from on-site and visiting professionals. Services may be provided on a one to one basis or through a number of different programs. Allied Health services include:

Population Health

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Asthma Educator: An Asthma Educator is available for education and assistance with managing Asthma and other respiratory complaints including the use of inhaled medications, Asthma first aid, and assistance with home oxygen.

Audiology: Through full audiological assessments, consultation with Ear Nose and Throat Specialists, regular liaison with Speech Pathologists, Community and School Nurses, and referral to the Office of Australian Hearing Services, the Audiologist provides professional assessment and treatment of those with hearing difficulties.

Continence Clinic: A Continence Advisor is available as required to provide assessment, support, education, and management for those in the community with bowel and bladder problems.

Diabetic Educator: A Diabetic Educator is available for education and support of people with Diabetes.

Dietitian: The staff of the Nutrition and Dietetic Department are available to provide assessment and treatment for a range of dietary conditions. The Dietitian will provide education and support for those requiring treatment for Cardiac Rehabilitation, Diabetes Education, Stroke Rehabilitation, and eating disorders.

Occupational Therapy: Therapists work with children and adults to overcome limitations caused by injury or illness, psychological or emotional difficulties, developmental delay, or the effects of aging. Support can include direct therapy intervention, referral to different agencies, environmental assessments and provision of supportive equipment.

Physiotherapy: Consultations are available for any age group. Physiotherapists provide assessment and treatment for a variety of complaints, disorders or delays. Physiotherapists also provide group education for Injury Prevention, Health Promotion, Growth and Development, School Education – back care, school bag weights, sports injury.

Podiatry: Podiatry is a specialised field dealing with foot health and care. This service is especially beneficial to those with Diabetes, age related complications, and children.

Speech Pathology: Speech Pathologists are available to provide assessment and treatment of swallowing or communication difficulties.

Social Work: Social Workers are available to assist you and your family; they can offer counselling, referral to services, help with assessing resources and liaison with other agencies on your behalf.

A number of these services are offered on a visiting basis, while others are accessible through the North Midlands Health Service.

**For more information contact the Coorow Medical Centre
OR North Midlands Health Service**

**9952 1002
9954 3200**

Population Health

Health Promotion: Staff work in the promotion of good health and the prevention of diseases. They work with many different groups and communities to assist people in making healthy choices in order to increase control over or improve their health. Our Community Health Nurses play a large role in the promotion of health.

For information about healthy lifestyles, including nutrition, physical activity, smoking, injury prevention, sexual health and chronic disease, please contact:

Population Health Directorate 9956 1965
OR North Midlands Health Service 9954 3200

Visiting Health Services

Central West Mental Health Service: Central West Mental Health Service provides confidential assessment, treatment and management of all major mental health illnesses. Supportive counselling, therapeutic interventions and liaison and consultation with other services and agencies are offered. The Child and Adolescent Mental Health Team specialises with children and their families.

Contact Central West Mental Health Service: 9956 1999

Midwest Community Drug Service Team: A visiting service is available on an as-needs basis offering support, advice and education on Drug and Alcohol Issues for individuals, families and groups.

Contact Midwest Community Drug Service Team: 9956 2424

Other Health Related Providers

Centacare Counselling: A large range of counselling services is provided on an as needed basis, by Centacare Services 9921 1433

Dentist: Three Springs Dental Clinic 9954 1045

Disability Services Commission: Providing support and advocacy for people with disabilities within the Midwest Region 9964 3455

Doctors Surgery: North Midlands Medical Centre 9954 1013

Health Direct: Health Direct is a 24 hour, seven day a week statewide health advice line 1800 022 222

Health Info: Health Info is a health information and resource line. Operators can assist you to identify and contact the health service you need 1300 135 030

Northern Districts Community Support Group: Education, information and counselling for families and individuals experiencing personal and relationship problems. 9971 1030

Northern Districts Community Support Group also provide a counselling service for farmers and farm-related small businesses, and offer support for anything of a financial nature. 9971 1294

Rural Link: Helping people finding it difficult to cope or in crisis 1800 552 002

St John Ambulance Service: Emergencies 000