

# Health Services in Your Community

## Dongara Eneabba Mingenew Health Service

### Dongara Health Service

48 Blenheim Road, Dongara  
Phone: 08 9927 0200  
Fax: 08 9927 0240

### Business Hours

8.30am - 5.00pm

**24 Hour  
Emergency Service**

**Phone: 9927 0200**

Dongara Health Service became a Multi Purpose Service (MPS) in August 2000. This community driven decision has enabled pooling of Commonwealth and State health and aged care funds within the areas of Dongara, Eneabba and Mingenew, and apply these funds flexibly across all health and aged care programs.

The MPS enables communities to have:

- The ability to operate all health and aged care services under one organisation, with improved co-ordination and opportunities for greater flexibility and better targeting of services to meet community needs.
- The ability to be innovative in service delivery.
- The opportunity for small communities to access Commonwealth funds to meet aged care needs.
- The opportunity to attract and retain staff by offering them flexible and multi-faceted roles.

The Dongara Eneabba Mingenew MPS provides services aimed to prevent illness, reduce the impact of disease or trauma, and to promote healthy lifestyles for individuals and families.

## Acute and Emergency Care

Dongara Health Service provides a 24-hour Accident and Emergency service and 24 – 48 hour acute care.

**Available: 24hrs a day**

**Contact: 9927 0200**

## Patient Assisted Travel Scheme (PATS)

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

People who live between 70 and 100kms from the treatment centre and who require regular oncology or dialysis treatment which is not available locally, can also access PATS.

**Available: Dongara Health Service 9.00am to 4.00pm**

**Contact: 9927 0200**

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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:

### Community Care Services:

- **Nursing Care:** 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 Help:** assistance with tasks such as cleaning and food preparation along with assistance in attending appointments, banking, shopping etc.
- **Home Maintenance and Gardening:** 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. Gardening can also be provided to ensure a safe environment.
- **Meals on Wheels:** provide a five-day, 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.

**Centre-Based Day Centre:** This service offers a varied range of activities that are meaningful, relevant, and age appropriate. It provides the opportunity for clients to socialise with persons of a similar age and circumstance, in a friendly and comfortable environment.

**Aged Care Facilities:** Aged Care support is available to assist people wishing to stay in their own homes, as well as support within a residential care facility.

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

**Palliative Care:** A home-based and health centre-based service is provided assisting individuals and families affected by terminal illness.

**For more information contact: Dongara Health Service, 9am - 5pm      9927 0200**

## 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 service aims to provide a broad range of programs and services for the general community, including chronic disease management, child & maternal health services, immunisation, parenting support & education, school health screening & education, and women's, mens' and youth health education & support.

**Immunisation Clinic: Thursdays 2pm - 4pm**

**Contact: 9927 0200**

# Population Health

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

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

**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 Advice:** The Continence Resource Nurse provides assessment, support, education, and management for those in the community with bowel and bladder problems.

**Diabetes Education:** A Diabetic Educator is available to provide advice and support for those pre-disposed or having existing diabetes. Assistance can be offered with diabetes management and/or dietary advice for the management of weight loss, cholesterol, glucose intolerance and general healthy lifestyle skills.

**Dietetics:** 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, 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:** Physiotherapists provide assessment and treatment for a variety of complaints, disorders or delays, providing group education for injury prevention, health promotion, growth and development, school education – back care, school bag weights, sports injury. Consultations are available for any age group.

**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.

**Social Work:** Social Workers are available to assist individuals and families and offer counselling, referral to services, help with assessing resources and liaison with other agencies on your behalf.

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

**For more information contact the Health Service:**

**9927 0200**

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## Population Health

**Health Promotion:** Staff work with many different groups and communities to assist people in making healthy choices in order to increase control over or improve their health.

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

Population Health Directorate  
Or Dongara Health Centre

9956 1965  
9927 0200

## 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 regular visiting service is available 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

**Audio Clinic National:** Visits monthly to provide support and maintenance of hearing aids

1800 057 220

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

9921 1433

**Dentist:** Provides visiting service on Monday and Wednesday each week from rooms within the Dongara Health Service

9927 1823

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

9964 3455

**Doctors Surgery:** Located within the Dongara Health Service

9927 0250

**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

**Pharmacy:** Brian Rowe Pharmacy, Moreton Terrace, behind Post Office, Dongara

9927 1132

**Rural Link:** Helping people finding it difficult to cope or in crisis

1800 552 002

**St John Ambulance Service:**

Emergencies 000