

COMMUNITY SERVICES



25 Barree Street
PO Box 77
Tallangatta VIC 3700

Main Reception
Phone: 02 6071 5200
Fax: 02 6071 2795
Email: THS@ths.vic.gov.au

TABLE OF CONTENTS

•	Services	Page 4
•	Who's Who	Page 5
•	The Eden Alternative	Page 6
•	Home and Community Care	Page 8
•	District Nursing	Page 10
•	Medical Centre	Page 12
•	A.D.A.S.S.	Page 15
•	Bowen Therapy/Massage	Page 18
•	Diabetes	Page 20
•	Occupational Therapist	Page 22
•	Physiotherapy	Page 23
•	Counselling	Page 25
•	Women's Health	Page 27
•	Wellbeing Exercise Group	Page 29
•	Respite Care	Page 31
•	Residential Aged Care	Page 33
	Equipment Hire Services	Page 36

Available at Tallangatta Health Service

- **Medical Centre**
- **Bolga Court :
Residential Care
Respite Care**
- **Lakeview Nursing
Home**
- **Acute Respite Care**
- **Acute Hospital Care**
- **Home And
Community Care**
- **District Nurse**
- **Occupational
Therapist**
- **Meals on Wheels**
- **Women's Health**
- **Asthma Education**
- **Dietician**
- **Diabetes Education**
- **Exercise Classes,
and Strength Training**
- **Podiatry**
- **Physiotherapy**
- **Bowen Therapy**
- **Massage**
- **Activity Day Centre**
- **Social Worker**
- **School Dentist**
- **Red Cross Car**
- **Community Bus Hire**
- **Room Hire**
- **OSCH Childcare**

WHO'S WHO AT TALLANGATTA HEALTH SERVICE



CHIEF EXECUTIVE OFFICER:

Wesley Carter

DIRECTOR OF CLIENT CARE:

Mary-Anne Grunow

DIRECTOR OF SUPPORT SERVICES:

Chiquita Walsh

NURSE UNIT MANAGER:

Tracey Donnelly

BOLGA COURT HOSTEL MANAGER:

Elizabeth Fuchsen

HOME AND COMMUNITY CARE MANAGER:

Denise Gigliotti

PHYSICAL ACTIVITIES COORDINATOR:

Angela Stevenson

TALLANGATTA HEALTH SERVICE

PO Box 77

25 Barree Street

Tallangatta VIC 3700

Phone reception 0260 71 5200

THE EDEN ALTERNATIVE — OUR JOURNEY



What is The Eden Alternative?

Tallangatta Health Service is a registered Eden Facility and embraces the principles of 'The Eden Alternative' which is a method of care developed by Dr Bill Thomas in the US. It is designed to overcome boredom, helplessness and loneliness in the aged by bringing into their living environment things they would have had and loved at home in the past, such as pets, plants and children, giving them a feeling of self worth, independence and spontaneity.



Mission Statement

To improve the well-being of elders and those that care for them by transforming the communities in which they live and work.

Vision

To eliminate loneliness, boredom and helplessness.

THE EDEN ALTERNATIVE—THE JOURNEY

The 10 Principles

The Heart of the Eden Alternative

1. The three plagues of helplessness, loneliness and boredom account for the bulk of suffering in a human community
2. Life in a truly human community revolves around close and continuing contact with children, plants, and animals. These ancient relationships provide young and old alike with a pathway to a life worth living
3. Loving companionship is the antidote to loneliness. In a human community we must provide easy access to human and animal companionship
4. To give care to another makes us stronger. To receive care gracefully is a pleasure and an art. A healthy human community promotes both of these virtues in it's daily life, seeking always to balance one with the other.
5. Trust in each other allows us the pleasure of answering the needs of the moment. When we fill our lives with variety and spontaneity, we honor the world and our place in it
6. Meaning is the food and water that nourishes the human spirit. It strengthens us. The counterfeits of meaning tempt us with hollow promises. In the end, they always leave us empty and alone
7. Medical treatment should be the servant of genuine human caring, never its master
8. In a human community, wisdom of the elders grows in direct proportion to the honor and respect accorded to them
9. Human growth must never be separated from human life
10. Wise leadership is the lifeblood of any struggle against the three plaques. For it, there can be no substitute

HOME AND COMMUNITY CARE SERVICES

This service is available through Tallangatta Health Service.
Enquiries can be made by phoning reception on 0260 71 5200

Home Care

House keeping duties may include:

- Sweep, mop and vacuum floors
- Clean bath, basin, toilet, shower
- Wash and dry dishes
- Wash, dry and fold clothes
- Clean inside windows/mirrors to shoulder height
- Wipe bench tops and cupboard doors to shoulder height
- Clean/defrost refrigerator
- Dust/polish table tops
- Water pot plants
- Empty small rubbish bins
- Assist with shopping/bill paying
- Assist in cooking meals

Personal Care

Assistance is available for:

- Showering, bathing and bed sponges
- Hair washing and drying
- Toileting
- Cleaning teeth/dentures
- Dressing
- Assistance at meal times
- Colostomy care
- Cleaning spectacles
- Apply non medicated creams
- Eye drops/creams
- Assistance with medication
- Apply support socks
- Simple wound care
- Accompany to medical appointments
- Care of safety pendants
- Referrals

HOME AND COMMUNITY CARE SERVICES CONTINUED.....

Gardening Services

A community mowing service is available for eligible community members that require help for safety and accessibility reasons. This includes cutting grass to prevent safety issues in regards to snakes, fire and/or trip hazards.

Please note that this is not a full gardening service, but a yard maintenance service to help prevent the above hazards.

Meals on Wheels

Hot meals are delivered Monday to Saturday in the Tallangatta township with a frozen meal provided for Sunday. Frozen meals are available to outlying areas and delivered by prior arrangement.

Occupational Health and Safety

We ask you to respect the fact that staff are not to:

- Clean, wipe or dust above shoulder height
- Stand on a chair, stool or ladder to work
- Work under the house

Use of chemicals

The following cleaning products are recommended:

- Lux/wool wash for hand washing
- Powders for washing machines
- Pine-O-Clean for toilets and bathrooms
- Cream cleansers for surfaces and toilets
- Liquid detergent for dishes
- Marveer or Mr Sheen for timber

OH&S prevent staff from using corrosive chemicals such as:

- Demestos
- Bleach and other harsh chemicals

Please ask HACC staff if you have any questions in regards to suitable cleaning products.

DISTRICT NURSING SERVICE

Tallangatta Health Service District Nurses

Our District Nurse team is comprised of highly qualified nurses devoted to the care of community members in Tallangatta and surrounding areas. Home visits are vital for many community members to maintain their independence, while having their overall health supervised by trained and caring staff.

This service is available through Tallangatta Health Service and operates seven days per week.

Referrals can be made by:

- Your doctor
- Hospital
- Family or
- Yourself

Available Services

- Monitor general health
- Blood pressure
- Blood sugars
- Blood collection for Pathology
- Carers management
- Health assessments



DISTRICT NURSING SERVICES CONTINUED.....

Palliative Care

The district nurse team is available to assist with palliative care for community members who require this service.

Post Acute Care

For members of the community who have recently left hospital and require additional care and monitoring of their condition.



Bereavement Management

Our district nurse team are trained in the bereavement process and can help you understand and come to terms with your loss.

Other Services

Our district nurse team can provide information on other service providers that can help meet your needs and requirements, including:

Home and Community Care

Doctors — helping to make appointments

Hospital — getting you prepared

Family — what requirements your family may need

Helping you deal with your condition

MEDICAL CENTRE

Appointments may be booked by phone or in person from 9.00am to 1.00pm and from 2.00pm to 5.00pm from Monday to Friday.

When making appointments, assess the time you think necessary for the appointment as full medical checks, insurance examinations, complex medical problems, removal of lesions etc. all require extra time, so a double appointment should be booked. If you are unsure about needing a long appointment, please ask the receptionist.

Urgent medical problems will be dealt with promptly at the Medical Centre and whilst Doctors endeavour to keep patients waiting times as short as possible, delays may occur if doctors are called to urgent cases or emergencies.

Prescriptions

Check your medications regularly and ensure you have sufficient supply until your next appointment. Phone request scripts will not be taken unless previously arranged with your Doctor. As this service is not covered by Medicare, the Practice charges a fee of \$5.00 for this service.

Confidentiality-Privacy and Health Information

Your medical record is a confidential document. It is a policy of this Practice to maintain security of personal health information at all times to ensure that this information is only available to authorized members of staff.

Payment

Payment is required at time of consultation by cash, cheque, Mastercard or Visa card. Children under 16 years of age and Healthcare Card holders are bulk billed. If you have any difficulties in paying our fees please discuss it with us.

Results

Pathology and test results will not be given out over the phone. Results should be discussed with your Doctor. A follow up appointment should be made at the time of the test or X-Ray. Doctors are happy to discuss some medical matters over the phone during surgery hours. It is not always convenient for the doctor to talk straight away. You may be asked to call back or to leave a message and your doctor will call back at their Convenience.



After hours Care

For after hours emergency care please call an ambulance on 000. The nearest 24 hour staffed Emergency Department is Wodonga Regional Health Services. Phone: 0260 51 7350. A triage service is available at Tallangatta Health Service Phone: 0260 71 5270

MEDICAL CENTRE CONTINUED.....

Other Services

The Doctors at this surgery may make referrals where appropriate to suitable specialists in the area.

Appointments can be made through the Medical Centre.

Adult booster and child vaccinations, flu and pneumonia vaccinations are available.

The Doctors and clinic staff can also refer you to other service providers such as Diabetes Education, Asthma Educators, counsellors, Physiotherapists, Occupational Therapists, Home and Community Care and District Nurses.

Reminder System

Our practice is committed to preventative care. We may issue you with a reminder notice from time to time, offering you preventative health service appropriate to your care. If you do not wish to be part of this system, please let reception staff know.

Home Visits

If it is impossible for you to attend the clinic, visits may be arranged in certain circumstances. Please telephone the receptionist who will consult with your Doctor. In general, if you are severely ill, please call an ambulance.

Compliments and Complaints

If at any time you have a concern or comment to make, please do not hesitate to contact the Chief Executive Officer on 0260 71 5200 or write to PO Box 77, Tallangatta VIC 3700 or contact the:

Health Services Commissioner,
30th floor 570 Bourke Street, Melbourne 3000

Phone: 1800 136 066

or the complaints line 03 8601 5200

A.D.A.S.S. PROGRAM

Adult Day Activity and Social Support

The ADASS program is held at the Tallangatta Health Service Activity Centre on Thursday from 10am to 3pm.
Cost is \$5.00 and this includes a two course lunch and afternoon tea.



Transport

If you require transport the Tallangatta Health Service bus will collect you from your home and return you to your home in the afternoon.

A.D.A.S.S. Offers You:

A range of activities

A chance to meet new people and make new friends

Companionship

Indoor bowls

Craft

Outings

Staff assistance if required

Good food and social contact

Who Is eligible to Attend?

Persons over 55 looking for social contact in a friendly, pleasant environment.

A.D.A.S.S. PROGRAM continued

Lunch and Laughter

A luncheon held fortnightly at Tallangatta Health Service. Members of the community receiving Home and Community Services are welcome to enjoy lunch, laughter and company. Cost is \$5 and includes nibbles, lunch and drinks.

Matilda Traveling HACC Bus

HACC holds outings once a month at a cost of \$10. Leaving Tallangatta Health Service at approximately 9.30 and returning between 4pm and 5pm. Pick up can be arranged. Matilda visits different towns, movies, shopping trips and mystery tours.

MAILmen -Men Active In Living

Targeting men over 60 years of age for social gatherings and outings. Includes BBQ lunches with guest speakers on topics of interest, outings, and future planning of commencing a Men's Shed to incorporate a place for men to meet and share hobbies and interests with each other.

Respite Carers Day

This is a specialised day focused on providing some 'Time Out' for people who are currently full time carers for a family member or friend. Our aim of the Carers Respite Day is to provide a variety of enjoyable social outings and activities.

The Respite Program starts from the Tallangatta Health Service Activity centre every second Wednesday from 10.30 til 3.30pm. Cost is \$5 and includes a two course lunch and afternoon tea, unless lunch is away from the health service, then people pay for their own. If you require transport from within the Tallangatta township, this can be arranged.

For more information contact reception on 0260 71 5200



Lakeview Mural of Old Tallangatta

BOWEN THERAPY

What is Bowen Therapy?

Bowen Therapy is a holistic and multidimensional approach to pain relief and healing that has achieved outstanding results. The founder of Bowen Therapy, Tom Bowen, found that the underlying source of many musculoskeletal, neurological, neuromuscular and other health problems could be found in the soft tissue or fascia. Fascia embraces all nerves, bones, arteries, veins and muscles, and therefore can effect every muscle, nerve and organ in the body. Bowen Therapy is safe to use, regardless of age. It is suitable for any condition from sports injuries to chronic complaints.

Treatment

A Treatment consists of small gentle moves at a specific site on the body. There is no force involved. Bowen Therapy is gentle and effective with substantial relief often obtained after the first session. Only two to three treatments, one week apart is required in most cases. Treatment sessions can last from 10 minutes to 50 minutes

To make an appointment

This service is available to all members of the community. Treatments are conducted on Tuesdays by appointment at the Tallangatta Health Service. Please phone the therapist directly on: 0260 71 7283 or for more information phone Tallangatta Health Service on: 026 71 5200

How can Bowen Therapy help me?

Conditions that have responded well to Bowen Therapy include:

- Sporting injuries
- Frozen shoulder
- Stress and tension disorders
- Musculo-skeletal pain
- Respiratory conditions
- Digestive complaints
- Sciatica TMJ Syndrome
- Fibromyalgia

By treating the cause, not the symptoms, Bowen Therapy has consistently shown, to have a profound and permanent healing and pain relief outcome. Benefits can include remission from pain, reduced stress, improved physical and emotional quality, greater mobility, increased energy, improved circulation, lymphatic drainage and detoxification.

HUNA MASSAGE

The skin is the largest organ of the human body and is packed with nerve endings. Massage works by soothing soft tissue and encouraging relaxation. Massage is especially effective in treating 'vicious cycle' complaints.

For an appointment please phone the therapist direct on 0421 779 101

DIABETES

Tallangatta Health Service understands the importance of comprehensive diabetes management and therefore provides the opportunity for people in the community with diabetes to have regular assessments and reviews by a General Practitioner with a special interest in Diabetes, Diabetes education, Podiatry and Dietitian work. Further ongoing referral to an Ophthalmologist, Physiotherapist, Occupational Therapist and Social Worker can be arranged.

Clinic Dates and Times

Tallangatta

Every second Tuesday 9am to 5pm

Clinics are also held annually at Mitta Mitta

Diabetes Care Made Simple

Waist Measurement and Weight Check:

- 3 monthly
- Target body mass index of 20-27kg/m²
- Waist <95cm for men and <80cm for women
- Excess body fat, especially around the waist stops insulin from working effectively and increases the risk of heart disease

Blood Pressure check:

- At every visit
- Target of 130/85mm Hg
- Tight blood pressure control helps prevent heart attack, stroke, eye and kidney damage

HbA1c Check:

- 3-6 monthly if on insulin
- 6-12 monthly if not on insulin
- Target is <7%
- Tight blood glucose control reduces the risk of eye, kidney and nerve damage

Feet Examination Check:

- 6 monthly for pulses, sensation and pressure spots
- Poor circulation (pulse), loss of feeling (sensation) and pressure spots may lead to foot ulcers, gangrene or amputation

Blood Lipids Check:

- Annually
- Target for Cholesterol to be less than 4.5mmol/L
- Triglycerides less than 2.0mmol/L
- HDL-Cholesterol >1.0mmol/L
- Too much blood fat can cause fatty deposits in artery walls and lead to heart attack and stroke

Kidney function Check:

- Type 1– 5 years following diagnosis and then annually
- Type 2– at diagnosis and then annually
- Target <20ug/minute (timed urine sample) or <20mg/L (spot urine sample)
- Small amounts of protein (albumin) in the urine indicate early kidney damage that can be treated

Eye Examination check:

At diagnosis if diagnosis is after 30 years of age

5 years after diagnosis if diagnosis is made under 30 years of age and than at least bi annually

Target is an early treatment of changes to the retina

Untreated changes to the retina can cause loss of eyesight

Who Should Attend Clinics

Clinics are for people with type 1 or Type 2 Diabetes or impaired Glucose Tolerance. People who would like to be screened for diabetes are most welcome.

Cost

Visits to the Diabetes educator are free. Please bring your Medicare card for the GP consultation.

OCCUPATIONAL THERAPIST

An Occupational Therapist works with people of all ages and from all backgrounds, assisting them to maintain or regain independence.

Tasks that people may want to be independent with include:

Paying bills

Handling money

Using kitchen items

Doing up shoe laces

Showering, bathroom and toileting tasks

Shopping

Gardening

Safety in the home

Occupational Therapy is available to clients and residents of Tallangatta Health Service, plus members of the Tallangatta community and surrounding regions.



The Occupational Therapist is available weekdays by appointment.

A referral can be obtained from your Doctor or you can make an appointment by phoning Reception on 02 6071 5200

PHYSIOTHERAPY

Inpatient physiotherapy

This service is available
Monday to Wednesday 9am to 4pm
For inpatients of the Acute Ward
and residents of Lakeview Nursing
Home and Bolga Court Hostel.

Community/Outpatient Physiotherapy

This service is available to all members of the community. Clinics
are held every second Wednesday.
Appointments can be made by phoning Reception on
0260 715 200
A referral from your doctor is required before attending the initial
Physiotherapy session

Physiotherapy Community Services

Physiotherapy is available to provide:
Advice
Treatment
Education

Support on a variety of health issues including;
Health and well being
Managing chronic conditions
Physical activity
Strength training exercise programs
Falls prevention
Pain management
Mobility problems
Rehabilitation following surgery
Healthy lifestyles

PHYSIOTHERAPY CONTINUED.....

Services Provided by physiotherapist

Physiotherapy is available to Tallangatta Health Service clients, residents and members of Tallangatta and the surrounding communities.

Physiotherapy:

- Provides advice and information following injury, surgery or hospitalisation
- Provides an assessment and treatment of movement disorders
- Helps to improve independence and function
- Provides injury prevention and self management for on-going conditions
- Mobility and rehabilitation– can provide advice and assistance with the purchase of suitable aids



SOCIAL WORKER AND COUNSELLING SERVICE

Tallangatta Health Service has a qualified and professional Counsellor available.

This service is available to all members of the community.

When

Every second Thursday at
Tallangatta Health Service
by appointment

Examples of Issues For Referral

- Loss and grief issues
- Diagnosis of life threatening illness
- Non-compliance with treatment or medication
- Mental health issues
- Adjustment issues
- Separation and divorce
- Diagnosis of a life threatening or chronic illness
- Residential Care
- Trauma
- Family Relationship Issues
- Parenting issues
- Children's Issues
- Adolescent Issues
- Stress
- Substance Use
- Gambling Problem
- Domestic Violence
- Individuals having difficulties managing their own
- Feelings and experiences relating to a family member

PODIATRY

Podiatrists treat a variety of disorders and can provide advice on the following:

- Nail disorders
- Corns
- Callous and skin disorders
- Joint problems of the feet
- Bunions

- Soft tissue injuries of the feet or lower limb
- Footwear
- Foot care for Diabetics
- Orthoses
- Sports injuries
- Children's feet problems

Private

There is a private podiatry service available every second Tuesday at the Tallangatta Health Service. The private podiatry service is available to anyone, including those with a 'Gold' Veteran Affairs (DVA) card.

Public

Provided by the Rural Allied Health team podiatrist from the Wodonga Regional Health Service, funded by Home and Community Care (HACC).

The public service is available to frail aged people or those with certain medical conditions or disabilities, which affects their mobility and independence. Due to limited podiatry sessions, priority is given to those who are at a high risk of foot complications and are financially disadvantaged. It is not available to those with a DVA card or living in a hostel or nursing home.

WOMEN'S HEALTH

Our Women's Health Nurse is an experienced Registered Nurse with post graduate qualifications in sexual and productive health. Our nurse is governed by standards of practice and is required to participate in ongoing education to maintain her expertise. This also entitles our Women's Health nurse to be a registered Pap Test Provider.

Cost

The Tallangatta Women's Health Service is a FREE SERVICE. Please bring your Medicare card or number for our records. Dates and times for January—June 2008 will be confirmed in December, however clinics at Tallangatta will continue on the first and third Monday of each month.

Who Should Attend

Clinics are for all ages.
Adolescents are particularly welcome.

Clinic Locations

Tallangatta:

Tallangatta Health Service at the Community Health Centre, enquiries to main reception.

Mitta Mitta:

At the Maternal Child Health Centre, Mitta Mitta.

Bellbridge:

At the Maternal Child Health Centre at the Bellbridge Community Centre, Bellbridge.

TALLANGATTA RED CROSS PATIENT TRANSPORT

For use by community members who need transport to medical, hospital, dental or optic appointments.
Free service—donations gratefully received and receipts issued.

Users must be able to get in and out of car with minimal assistance, wheelchairs and wheelie frames are acceptable.

To make a booking phone Kathie **0408519527**

WOMEN'S HEALTH CONTINUED.....

Services Provided by Women's Health Nurses

Our Women's Health Nurse understands that there are many social, emotional and cultural issues that can affect people's health. We are committed to offering services that meets the individual's needs. The services available from the nurse-based clinic include:

- Health Assessments and Counselling
- Pap tests
- Pregnancy testing and counselling
- Information on Sexually Transmitted Infections
- Gynaecological Health
- Contraceptive Counselling
- Mid-life Issues, Menopause
- Breast Health, including BSE
- Contenance support and advice
- Sexuality issues

Our Women's Health nurse has a broad range of skills to share with the community. This includes health awareness and educational talks. Please contact main reception if we can be of any help to your organisation.



WELLBEING EXERCISE GROUP

Our Aim

The aim of the Healthy Aging Exercise Program is to provide a variety of enjoyable exercise sessions for older adults from the community and surrounding area

Exercise Group

Gentle strength, aerobic and balance training and warm water exercises.

STRENGTH TRAINING

Monday and Thursday 10.00 am and 11.00am

GENTLE STRENGTH TRAINING

Tuesday 11.00 to 12.00 noon

Transport available

Participants require a medical clearance before attending, if over 50 years of age. Forms available on request.

Benefits of Exercise

- Reduces incidence of falls and fall related injuries
- Lessens Arthritis pain
- Improves bone density in people with Osteoporosis
- Is effective in improving glycaemic control in patients with Type 2 Diabetes
- Improves social life and helps maintain independence
- Acts as an antidepressant in depressed people and improves mood and anxiety

Pole Walking

Benefits include:

20% more calories burnt

Increase muscle strength and endurance of upper body

Reduction in neck and shoulder pain

Less impact through knees when pole walking

Improvement of overall health

Poles Supplied

WELLBEING EXERCISE GROUP CONTINUED.....

Tai Chi

Tai Chi facilitates the flow of “qi” through your body. Qi is the life energy that circulates throughout the body, performing many functions to maintain good health. Practicing Tai Chi helps to strengthen your “qi”, therefore improving your health.



LifeBALL

LifeBall is held locally and trips to other facilities are also organized

What is LifeBALL?

- Is a walking ball game
- Is a fun team game which is suitable for all ages
- Is played on a flat surface such as a netball or basketball court
- Adaptable to all fitness levels
- Reduces the risk of falls injury

BOLGA COURT/ACUTE RESPITE CARE

Philosophy of Care

A caring, supportive and positive environment provided by staff, family, friends, carers and the community enable the resident to continue as an integral respected and valued member of the community.

Every resident has the right to freedom of choice, respect and dignity, and the right to be treated fairly by others. Residents rights are not diminished regardless of their physical or mental faculties or ability to exercise or fully appreciate their rights.

Laundry

Bolga Court has provision for personal laundry services, including laundering of clothing that can be machine washed. However, this excludes cleaning of clothing requiring dry cleaning or other special cleaning processes and personal laundry where a resident chooses and is able to do them.

Newspapers

Delivery of newspapers and magazines can be arranged directly with the newsagent. Staff will deliver them daily to your room.

Visiting Hours

No times are specified, but consideration must be given to all residents and clients living within the facility.

Hairdresser

The local hairdresser visits weekly on a Tuesday to the Activity Centre. Appointments can be made via the staff.

Enquires and Personal Calls

Any enquires or personal calls can be made at the front office between 9am and 5pm.

Electrical Appliances

Electrical appliances must be checked and tagged by an electrician before they can be brought into the facility.

BOLGA COURT RESPITE CARE CONTINUED.....

Transport

Transport to pre arranged medical appointments in Albury/ Wodonga can be arranged through the Red Cross.

Fees

There is a daily fee charged that is not covered by Private Health Insurance or Medicare. You will be notified of the current daily fee prior to your admission.

Valuables

Please do not bring items of value or large sums of money with you. The Health Service will not take responsibility for loss or damage to valuable items.

Medical Clinic

A Clinic is conducted each Wednesday morning at the hostel between 9am and 12pm. Medical Officers are available outside these hours at the Tallangatta Medical Centre by phoning 02 6071 5270.



PERMANENT RESIDENCY

BOLGA COURT

Bolga Court Hostel is situated overlooking Lake Hume on Lakeview Drive in Tallangatta.

It is a residential facility consisting of 6 modules, each comprising 6 separate low care units and a shared kitchen, laundry and lounge area. Car accommodation is available for residents.

A Community dining room is utilized for lunch and dinner which are cooked fresh each day on the premises.

Regular outings and day trips are enjoyed by the residents as are activities and games organized by the Personal Care staff.

Bolga Court Hostel is staffed 24 hours a day and embraces the Eden Alternative philosophy of eliminating loneliness, boredom and helplessness while maintaining independence for each resident.

LAKEVIEW NURSING HOME

Lakeview Nursing home is a 15 bed high care facility staffed 24 hours a day by highly qualified and dedicated nursing staff.

Rooms are designed with 2 beds and a shared bathroom to each room.

Meals are enjoyed in the communal dining room with its own kitchen facilities where the residents can enjoy cooking with staff.

A soon to be completed 'Sensory Garden' is available for all residents and clients to enjoy.

For an Information Pack on either of these residential options, please contact reception 026071 5200

**If you require a service that is not listed in this
booklet, please contact
Tallangatta Health Service
for further assistance or help in contacting the
appropriate agency that can meet
your requirements**

0260 71 5200



**Tallangatta Health Service
is a
smoke free facility**



OUR VALUES

- **Caring** to be sensitive and responsive to each other
- **Honesty** To be open, trustful and trustworthy
- **Integrity** to be open, confidential and accountable
- **Respect** to treat each other with dignity, courtesy and as individuals

Complaints

If at anytime you have a concern or comment to make please do not hesitate to contact the
Chief Executive Officer on
02 6071 5200
or write to
PO Box 77 Tallangatta
VIC 3700

Tallangatta Health Service is a dynamic and flexible provider of services that meets the changing needs of our rural community

EQUIPMENT HIRE AND PURCHASE GUIDELINES

UNBIASED INFORMATION ABOUT ANY EQUIPMENT:

Independent Living Centre (ILC)

TOLL FREE 1800 686 533

Melbourne (03) 9362 6111

Canberra (02) 6205 190

TALLANGATTA HEALTH SERVICE— HIRE ONLY

25 Barree Street, Tallangatta, 3700

Tel: (02) 6071 5200

Fax: (02) 6071 2795

ALBURY AMCAL PHARMACY

507 Dean Street, Albury, 2640

Tel: (02) 6021 3648

Fax: (02) 6021 2959

BELLEVUE MEDICAL

383 Townsend Street, Albury, 2640

Tel: (02) 6041 2633

Fax: (02) 6021 3676

LIFESTYLE AND REHABILITATION

Shop 2 / 826 David Street, Albury, 2640

Tel: (02) 6041 1037

Fax: (02) 6023 2838

TALLANGATTA PHARAMCY

29 Towong Street, Tallangatta, 23700

Tel/Fax: (02) 6071 2418

ACCESS MEDICAL REHAB

69 Thomas Mitchell Drive, Wodonga, 3690

Tel: (02) 6056 7414

Fax: (02) 6056 5414

WODONGA PHARMACY

178 High Street, Wodonga, 3690

Tel: (02) 6024 1411

Fax: (02) 6056 2270



Tallangatta Health Service
25 Barree Street
PO Box 77
Tallangatta
VIC 3700
Phone: 0260 71 5200
Fax: 0260 71 2795
Email: THS@ths.vic.gov.au

