



More information

Our website has the latest information about our services, our events calendar and news. Visit merrihealth.org.au

Quick contacts

All services and NDIS
1300 MERRI H (63774 4)

Carer support
03 9495 2500

Victims Assistance
Program
1300 362 739

Aged care*
1800 200 422

Feedback
03 9389 2234

We have many sites across Victoria. Visit our website merrihealth.org.au for all sites details.

*My Aged Care is the first point of contact for aged care services.

Contact

Merri Health

Registered Office:
11 Glenlyon Road Brunswick VIC 3056

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MerriHealth Aged care Services




Aged care
Part of your Merri Health network

We help you stay well,
independent and connected
in your community.



Home Care Package

A Home Care Package is a flexible approach to home care. Our wellness advisors work with individuals and families to help with the support they need to stay living in their homes and communities.

Packages are tailored so that you can meet your personal independence goals. We can help with:

- > Service coordination
- > Personal care assistance, including showering and dressing
- > Gardening and home maintenance
- > Nursing support
- > Personal alarm support
- > In-home respite
- > Transport assistance
- > Support to access social and recreational activities

Whether you require a little bit of help or a lot, a home care package can help you live life to the fullest, whatever that means to you.

Fees

You may be asked to pay an income tested fee. The Department of Human Services (Centrelink) works out the fee based on your financial information. The amount you pay will depend on your combined income and asset assessment. There are annual and lifetime limits in place.

We do not charge a basic daily fee or an exit fee.

How do I access a Home Care Package?

To be eligible for a Home Care Package you must be an older person who needs support to remain living at home a person must be assessed by the Aged Care Assessment Team (ACAS). This assessment is free and conducted in your own home.

To request an assessment, phone My Aged Care on **1800 200 422**, or your doctor or health professional can refer you.

Alternatively, you can call **1300 637 744** and we can assist you through this process.

Health services

Dietetics

This service can provide healthy eating and nutritional advice for people with a diet-related health problem. We can help you with issues such as being over and underweight, chronic disease, high cholesterol, cancer, allergy and other issues.

Exercise physiology

An exercise physiologist supports you to stay active to better maintain your health or manage your disease. We can provide exercise assessment and provide recommendations tailored for you. We can also help you learn how to exercise safely in settings such as local leisure centres and gyms.

Occupational therapy

This service will help make it easier for you to do daily activities. Occupational therapists will visit you at home to assess your mobility and comfort at home and provide guidance on how to improve this to help you feel safe and prevent falls. This may include installing equipment.

Physiotherapy

Physiotherapy can help with movement, injuries and/or pain conditions. We can provide home-based exercise programs or may recommend water exercises, gentle gym classes and chair-based classes. A physiotherapist can visit you at home, if needed.

Podiatry

Podiatrists can help prevent and treat foot, ankle and lower leg problems. They can provide information on how to avoid problems and advise on foot care and footwear. A podiatrist can visit you at home, if needed.

Speech pathology

This service can help with communication and swallowing problems. We can provide you with assistance to improve your communication, and help you eat and drink safely. A speech pathologist can visit you at home, if needed.



Merri Health
Healthcare that moves with you

Merri Health creates healthy, connected communities through local health services for people at every age and stage of life.

We know that at different times, your health needs change. That's why we support you throughout life, with services spanning from children's health to aged care.



Merri Health is your local, trusted health, aged and wellness service provider.

We offer a range of aged care services that help you live in your home and community for as long as possible.

We support people aged 65 and over, and 50 years and over for Aboriginal and Torres Strait Islander people.

To access services, phone My Aged Care on **1800 200 422**, or your doctor or health professional can refer you.

Alternatively, you can call **1300 637 744** and we can assist you through this process.



NDIS made easy

Merri Health provides services under the National Disability Insurance Scheme (NDIS) as it rolls out across Victoria. This includes:

Allied health

Support from an occupational therapist, speech pathologist and dietitian for people with all types of disabilities.

MerriKids

Support for children with a developmental delay and/or disabilities, and their families.

Support coordination

A skilled and experienced worker will help you identify, coordinate and meet your needs.

Puberty and human relations

This program delivers educational groups for people with intellectual or learning disabilities.

Mental health

The Healthy Mind Hub is a place to improve your mental health and get the most out of life. We'll partner with you to help you work through mental health issues and reach your goals.

Healthcare
that moves
with you

Social groups

Our social groups are known as Social Support Programs. They help older people, people with dementia and people with disabilities to stay healthy, active and connected with their community.

We run interesting and fun activities at our sites and within the community, such as walking groups, exercise classes, book clubs and social outings. These are tailored to people's needs, interests and culture. These activities promote physical activity, staying connected with the community, emotional wellbeing, and building or maintaining daily skills and capacity.

Respite

Respite is a short period of rest or break. We provide respite for carers of frail, older people who live at home so that they can take a break.

It is important to take a break as a carer and the daily challenges. It's some time to focus on your wellbeing.

We provide flexible respite in three settings:

- > In-home respite – a care worker will provide care in the home or may organise an outing.
- > Centre-based respite – held at a purpose-built centre that organises group activities, allowing them to meet other people.
- > Community access respite – provides activities to encourage independence by providing social interaction. This type of respite can be offered in a group setting or individually.

Access and support

Short-term support for people who have difficulty finding out or applying for services, due to their diversity. We support frail older people and people with a disability who need help to stay living at home, and their carer, or anyone with diverse needs or circumstances.

We will work in partnership with other people that support you like family, friends, your community, doctor and other health professionals.

Rapid reablement

Support to keep you moving. Return to doing the things you enjoy the most, with this intensive, goal-based therapy. Support is provided in your home or at our Glenroy site, over 6-8 weeks.

Appropriate clients are identified by the Regional Assessment Services.

Memory loss and dementia support

Supporting you through memory changes. Let's work together to help you understand what you're experiencing and how to stay independent. Support is provided in your home or at our Glenroy site.

We can help with:

Assessment and/or intervention for:

- > changed behaviour
- > grading of daily living activities to help the person with dementia stay engaged
- > the home environment and improvements based on dementia design principles
- > Home modification and equipment.
- > Sensory modulation intervention – this focuses on the use of environments, equipment and activities to maintain the person's sensory experience and improve physiological and emotional wellbeing.
- > Support for carers on different communication and engagement techniques.

You will also have access to services like occupational therapy, physiotherapy and exercise physiology, and an MBS geriatrician. A geriatrician can help with specialist support for people with cognitive complaints, like:

- > comprehensive geriatric assessment
- > medication/polypharmacy review
- > multi-morbidities that need specialist input
- > management of behavioral symptoms related to cognitive impairment/dementia
- > advance care planning.

A referral from your doctor is needed for this service.

My Aged Care

From 1 October 2017, referrals to Merri Health for people aged 65 and over (50 years for Aboriginal and Torres Strait Islander people), go through My Aged Care.

My Aged Care

You can refer directly to My Aged Care.



1800 200 422

Monday to Friday 8am – 8pm
Saturday 10am -2pm



Visit www.myagedcare.gov.au

- > Go to 'Further information' and click 'Service providers'.
- > Click 'Refer a Client to My Aged Care'.
- > Click 'Make a referral form' and follow the instructions.

If you would like Merri Health to provide the service, let My Aged Care know we are your 'preferred provider'.

Make a referral

If your doctor would like to refer you to our aged care services, we can help.



Service Access **1300 637 744**



Send a referral with all client details to Service.Access@merrhealth.org.au

Other services

Services below do not need a My Aged Care referral.

Keeping active

Stay independent and make healthy lifestyle choices with short-term exercise and education groups.

Exercise groups

Join in group water exercises, gym groups, chair aerobics and many more.

Education groups

Join Living Well with diabetes and falls prevention groups.

Walking groups

Walking groups cater for all abilities and interests. You are encouraged to walk at your own pace. Groups meet and walk in and around Moreland.

Healthy Eating and Lifestyle group

The Healthy Eating and Lifestyle group known as HEAL™, is a lifestyle education program. The eight-week program teaches and supports you to develop healthy eating and physical activity behaviours.

Community nursing

Help with a health assessment, information, support and referral to other services. Some assessments are completed in the community.

Victims Assistance Program

Help for people who have experienced violence. We can help you cope with the effects of the crime by taking you through 'legal talk', finding support services and helping you feel safe again.

Costs

There is a small fee for some of our services. Some of our services are free. To find out whether there is a fee, visit our website www.merrhealth.org.au and search for 'fees' or call 1300 637 744.

Merri Health is an inclusive service provider. We are committed to providing safe and high quality services that are inclusive and respect the needs, wants and aspirations of all people.