



## More information

Our website has the latest information about our services, our events calendar and news. Visit [merrihealth.org.au](http://merrihealth.org.au)

## Quick contacts

**All services and NDIS**  
1300 637 744 (MERRI H)

**Carer support**  
1800 422 737

**Victims Assistance Program**  
1300 362 739

**My Aged Care\***  
1800 200 422

**Feedback**  
03 9389 2234

We have many sites across Victoria. Visit our website [merrihealth.org.au](http://merrihealth.org.au) for all site details and contact numbers.

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

## Contact

**Merri Health**  
Registered Office:  
11 Glenlyon Road Brunswick VIC 3056

Published May, 2020. Supported by the Australian Government Department of Social Services. Supported by the State Government.



We help people with an ongoing health problem get treatment and support that makes managing their condition easier.



## Complex care Respiratory and cardiac services

**To be eligible for this service you must have had a recent admission to hospital due your condition, or be at risk of needing to go to hospital. Please see the Royal Melbourne Hospital website for more information:**

<https://goo.gl/feTwb1>

This is a service for people with chronic and complicated medical conditions who are regularly going to hospital because of their health, and who would benefit from having some help to co-ordinate their care.

A chronic health condition is a health problem that is ongoing and is affecting your life. It may include diabetes or diabetic foot conditions, heart failure, respiratory disease, or many other health conditions. The service helps you by providing treatment to improve your health, as well as teaching you about your disease, supporting you to remain active in the community, and avoid having to go to hospital.

Specialist doctors, nurses, social workers, physiotherapists, pharmacists, occupational therapists, dieticians and care coordinators work with you to meet your health needs.

We provide services at home and in different community settings.

# MerriHealth Chronic conditions Services



**Chronic conditions**  
Part of your Merri Health network



## Keeping active

### Healthy Eating Activity and Lifestyle Group

The Healthy Eating Activity and Lifestyle group known as HEAL™ is a lifestyle education program. It teaches and supports you to develop healthy eating and physical activity behaviours. The program runs for eight weeks and includes information about a healthy diet, general health and exercise tips and an exercise component.

## Care coordinators

A care coordinator helps clients that have been identified as having a chronic health condition and need help with managing their health needs. A chronic disease can be things like diabetes, respiratory or cardiac disease and arthritis. A care coordinator will help with lifestyle changes and will support you to manage your health on your own.





**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.



### **NDIS made easy**

Merri Health provides many 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. We offer face-to-face appointments and assessments in your home or at a location that suits you, home modifications, Assistive Technology, referrals to other services, easy to read reports for your NDIS planner or Local Area Coordinator, and functional assessments to build your capacity and independence.

#### **MerriKids**

MerriKids support children with a developmental delay and/or disabilities, and their families. Providing early childhood intervention, our team works in partnership with you to develop strategies to support the health and wellbeing of your child.

#### **Support coordination**

A skilled and experienced worker will help you identify, coordinate and meet your needs. We will work in partnership with you to help you access the supports and services you want and need to live a fulfilling and happy life.

This could involve staying connected with your community, finding the right services for you and identifying your needs to ensure your personal goals are met. We will support you when you make decisions about your health to ensure the best outcomes for your personal situation.

#### **Mental health**

The Healthy Mind Hub offers community group activities tailored to suit your needs, your strengths and your interests.

#### **Would you like to know more?**

Call or email our team to talk about your needs.



1300 1300 637 744 (MERRI H)



NDIS@merrihealth.org.au

Healthcare  
that moves  
with you



### **Costs**

Our services are either free or require a small fee. To find out whether there is a fee for a service, visit our website [www.merrihealth.org.au](http://www.merrihealth.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 respect the needs, wants and aspirations of all people.**

