



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



## More information

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

## Quick contacts

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

**Carer Gateway**  
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](https://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:

**Wurundjeri Woi Wurrung**  
11 Glenlyon Road Brunswick VIC 3056

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# MerriHealth Chronic conditions Services



**Management of  
chronic conditions**

Part of your Merri Health network

## 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.







# 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.

## Carer Gateway

Carer Gateway is an Australian Government initiative that delivers improved and expanded services to carers across Australia.

In Victoria, these services are provided by a group of seven health and social support providers, led by Merri Health.

All carers can access Carer Gateway services.

[www.carergateway.gov.au](http://www.carergateway.gov.au)



## 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.

### 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 637 744 (MERRI H)



[NDIS@merrihealth.org.au](mailto:NDIS@merrihealth.org.au)

# Healthcare that moves with you



## 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.

## Diabetes educations

One-on-one support and group education to help you manage your diabetes and health and live well.

## Knee and hip osteoarthritis management

Education and exercise support for anyone suffering from osteoarthritis of the knee or hip.

Known as GLA:D which stands for Good Living with Arthritis in Denmark™, it is a graded neuro-muscular exercise program delivered by appropriately trained physiotherapists.



## Be Well, Live Well

Be Well, Live Well is an 8 week program suitable for people who have, or are at risk of, chronic cardiac or respiratory disease or diabetes, or people who need to change their lifestyle.

## Chronic Pain Management Service

The Chronic Pain Management Service provides evidence-based, multidisciplinary care to help you to self-manage and recover from pain.

## 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.

## 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.**