



## 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**  
03 9495 2500

**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 sites 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 February, 2019, Supported by the Australian Government Department of Social Services.  
Supported by the State Government.



# MerriHealth Disability Services



**Disability services**  
Part of your Merri Health network

**Giving opportunity to people with a disability to live life to the full, with flexible health services and greater choices.**



## Health services

### Exercise physiology

This service supports older people and those with a disability to stay active. We can help with an exercise assessment and provide recommendations tailored for you, health education and disease management. 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 undertake daily activities. Occupational therapists provide assessment and advice to help people achieve maximum mobility and comfort at home. This may include installing equipment to help you feel safe and prevent falls.

### Physiotherapy

Physiotherapy can help with movement and getting around, injuries and/or pain conditions. A physiotherapist can provide home-based exercise programs or may recommend water exercises, gentle gym classes and chair-based classes.

### 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.

### Speech pathology

This service can help with communication and swallowing problems. People who have a disability or long-term illness and those who are frail aged can access this service. A speech pathologist can visit the client at home, if needed.



## Community nursing

This service can help you with a health assessment, information, support and referral to another service. Some assessments are completed in the community, if needed

## Social groups

Our social groups are known as Social Support Programs and help older people, people with memory loss and people with disabilities to stay healthy and active.

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.



**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 is a place to improve your mental health and get the most out of life. We'll partner with you on your recovery journey to help you work through mental health issues and reach your goals. We offer community group activities tailored to suit your needs, your strengths and your interests. We support you to build your confidence, make new friends and connections, grow your skills and boost your mental wellbeing.

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

Call or email our team to talk about your needs.  
1300 MERRI H – 1300 637 744

Healthcare  
that moves  
with you



#### **Wellness at Home**

Our Wellness at Home program helps frail older people and people with dementia, who have complex and/or changing needs and their carers. It supports you to live in your home and community for as long as possible.

#### **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. We can support with 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.

#### **Developmental delay and disability**

##### **MerriKids**

MerriKids support children aged 0-8 years that have a developmental delay and/or disability, and their families. This is known as early childhood intervention services and is National Disability Insurance Scheme approved.

We support your child to learn, develop and reach their full potential. We'll work with your family when and where it suits you, including at home, at childcare, in kindergarten or school and in other community settings. Our team includes early childhood teachers, speech pathologists, occupational therapists and a physiotherapist.

#### **Respite**

Our respite program is known as Interchange North West and provides respite for families of children and young people with disabilities.

Respite is a short period of rest or break. It provides some time to focus on your wellbeing.

We have a recreation program that offers fun, community-based activities for children and young people with disabilities. Activities are run in a group setting where members share similar interests, hobbies and are of a similar age. We also have a volunteer host program, where specially trained volunteers provide regular respite to families that have children with disabilities.

#### **Mental health**

The Healthy Mind Hub is a place to improve your mental health and get the most out of life. This service is offered under the NDIS. See the left column for more information.

#### **Support Coordination**

We can help you coordinate your services under the NDIS and ensure you are able to access the supports and services you need. See the left column for more information.



#### **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 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 are inclusive and respect the needs, wants and aspirations of all people.**