



### 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 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](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:

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

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### Health services

**Under the NDIS, health services are referred to as 'Allied Health'.**

Support from an occupational therapist, speech pathologist and dietician for people with all types of disabilities. We offer face-to-face appointments and assessments in your home or at a suitable location. 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.

#### 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.

# MerriHealth Disability Services



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



#### 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.

#### 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 the Healthy Mind Hub which are 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. The Healthy Mind Hub runs from Monday to Friday.





# 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



## 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.

## 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.

## 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.

## Merri Mates

Merri Mates is a one-on-one social outreach program that matches volunteers with like-minded people with a disability based on mutual interest.

This program is for passionate volunteers who would like to assist someone with a disability to access the community, explore their interests and connect with like-minded people.

## 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.**

