

WOULD YOUR PATIENT BENEFIT FROM ONE OF OUR COMMUNITY PROGRAMS?

Referral Forms Available at: www.gpgc.com.au

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Adult Community Health

Gold Coast Health Service District



REHABILITATION	CHRONIC DISEASE	HEALTHY AGEING
<p>Rehabilitation programs aim to increase functional capacity and optimise quality of life. May include</p> <ul style="list-style-type: none"> • Individual assessment • Exercise sessions • Intervention • Self management programs • Education <p>Involvement is time limited, up to 12 weeks, with follow up as required.</p>	<p>Chronic Disease Wellness Programs are for complex patients. May include</p> <ul style="list-style-type: none"> • Individual assessment • Education • screening • Exercise • Treatment <p>The program aims to develop patient capacity for self-management. Involvement is time limited, up to 12 weeks, with follow up as required.</p>	<p>Healthy Ageing programs provide a comprehensive, coordinated and integrated range of maintenance and support services.</p> <p>Some programs are for HACC eligible patients only Duration of service may vary</p>
<p>Community Rehabilitation Program</p> <p>Acquired Brain Injury</p> <ul style="list-style-type: none"> • Stroke • Traumatic brain injury • Brain tumour • Hypoxic brain injury • Infection • Other neurological conditions (excluding dementia and spinal cord injury) <p>Cardiac Rehabilitation MS Fitness Program</p>	<p>Type 2 Diabetes or Pre Diabetes</p> <p>Chronic Kidney Disease</p> <p>Heart Failure Respiratory Complex Care</p> <ul style="list-style-type: none"> • Exercise • COPD • Education • Pulmonary Rehabilitation • Chronic Asthma (Nursing only) • Type 2 Diabetes/CKD multi-disciplinary clinics <p>Indigenous Specific Chronic Disease Services</p> <ul style="list-style-type: none"> • Mungulli Community Education • Mungulli Wellness Clinic • Indigenous Heart Health <p>A range of services are available to existing CD Wellness Program patients only including:</p> <ol style="list-style-type: none"> 1. Mindfulness Training 2. Smoking Cessation 3. Appetite for Change (Weight Management) 4. Advanced Health Care Directives 	<p>Falls and Balance Clinic</p> <p>Memory Clinic</p> <p>HACC Services</p> <ul style="list-style-type: none"> • Continence Advisory Service • STAR Group • Home Care Domestic Services • Falls and Balance Intervention Program

STAFFING: All Programs have a specialist Multi-Disciplinary Team available to assess each patient as appropriate, including: dietetics/nutrition, doctors, exercise physiology, nursing, occupational therapy, pharmacy, physiotherapy, podiatry, psychology, social work and welfare officer.

[Printable Version](#)
[Adult Community Directory](#)

ELIGIBILITY	<p>FOR PATIENTS RESIDING IN THE GOLD COAST HEALTH SERVICE DISTRICT:</p> <ul style="list-style-type: none"> • 18 years and older; with health related issues whose health outcomes will be improved by the provision of specialist multidisciplinary programs; • Australian residents with Medicare Card (patients without Medicare Cards will be required to pay for service); • Patients receiving HACC home support and maintenance services PRIOR to an acute admission to hospital are entitled to the immediate reinstatement of the HACC services they were receiving prior to admission following discharges. If the patient requires additional specialist nursing or allied health services post discharge this must be provided by the GCHSD. <p>At the conclusion of programs, the patient will be referred to appropriate community or primary care agencies for maintenance and support if required.</p>	<p>HACC ELIGIBILITY CRITERIA:</p> <ul style="list-style-type: none"> • A frail older person with a moderate to severe disability, a younger person with a moderate to severe disability, or a carer for either of the above persons; requiring support to be more independent at home and in the community, thereby enhancing their quality of life and/or preventing their inappropriate admission to long term residential care (Australian Government, Department of Health and Ageing 11/1/06)
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