

## Specialist Medical Transport Service

If you live in the Ovens Valley and are over 16 years of age and are experiencing transport difficulties we may be able to help you.

## Speech Pathology

Specialised services for people with communication and swallowing difficulties. Assistance may focus on speech, language, aids to assist communication and meal times to promote independence.

## Volunteers

Are vital to the effective delivery of many of our services. Contact us to find out how you could become a valued Volunteer.

For more services that are available to you or someone you know please see the Services for Children, Disability, Gender Diverse, Men, Women & Young People brochures.

We also offer brochures about Our Services, Client Information and Privacy.



## Our Sites

### Wangaratta

45-47 Mackay Street Central,  
Wangaratta, VIC 3677

T: (03) 5723 2000

F: (03) 5722 2313

E: [info@gatewayhealth.org.au](mailto:info@gatewayhealth.org.au)

### Wodonga

155 High Street,  
Wodonga, VIC 3690

T: (02) 6022 8888

Freecall: 1800 657 573

F: (02) 6024 5792

E: [info@gatewayhealth.org.au](mailto:info@gatewayhealth.org.au)

### Myrtleford

32 Smith Street,  
Myrtleford, VIC 3737

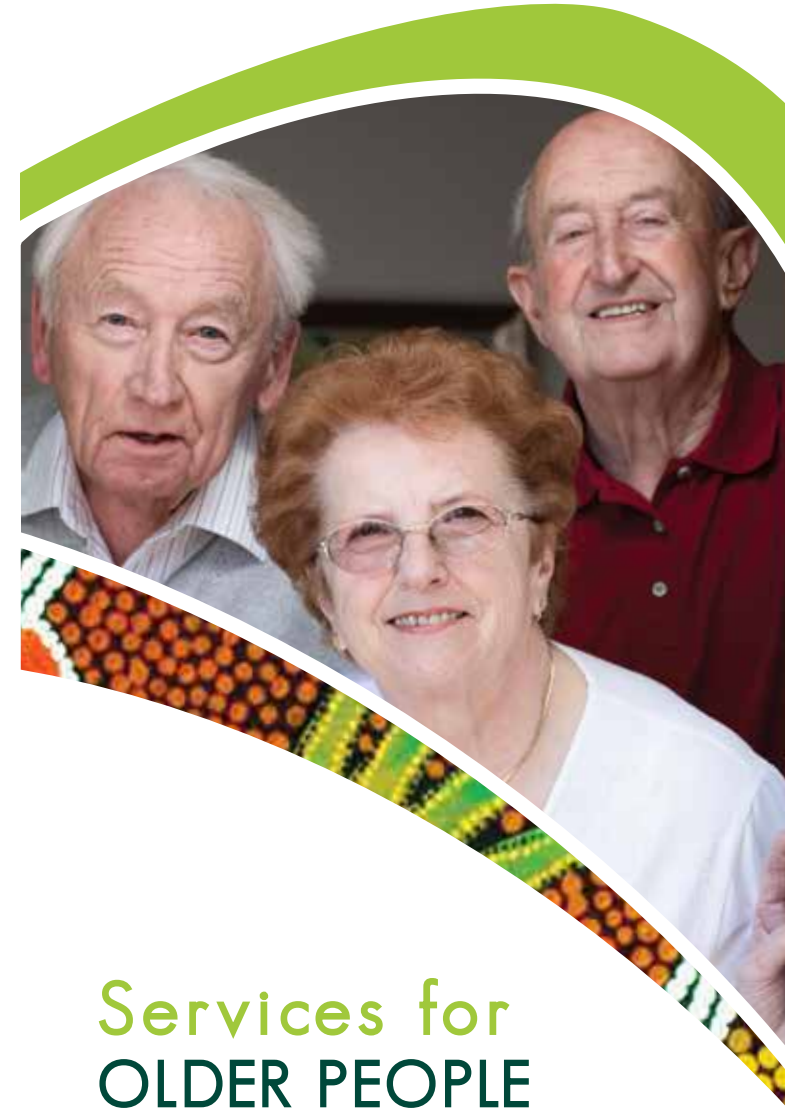
T: (03) 5731 3500

[www.gatewayhealth.org.au](http://www.gatewayhealth.org.au)



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM  
RELEVANT FUNDING AND ASSISTANCE FOR ABORIGINAL IN NEED



# Services for OLDER PEOPLE



“We work with you, to find out the things that you want to achieve and the things that are important to you.”



### Active Rural Communities (ARC)

Provides a range of group activities designed to keep people over 65 active, healthy, well and socially connected. A range of social activities and events are held during the week that focus on abilities, interests and support needs.

### Aged Care and Assessment

A team of Health Care Professionals who provide comprehensive assessment, information and advice to older people and their families. Developing a care plan that may include approval for Commonwealth funded residential respite, packaged and transitional care.

### Aboriginal & Torres Strait Islander Support

Providing support to link Indigenous people to local services to meet their individual and family needs.

### Alcohol and Drug Treatment

Free and confidential support is provided if you are worried or concerned about you or someone else's drug and alcohol use. To access: ACSO - 1300 022 760

### Community Inclusion

Provides a range of leisure, learning and lifestyle programs for people with disabilities and their families.

### Community Link

A friendly visiting program for residents in or around Bright over 65 years of age who are socially isolated.

### Continence Nursing Service

Assists you, your family and/or carers to better manage your bladder and bowel health. Individual & group programs are available.

### Counselling & Mental Health Support

We have a range of mental health services for everyone of any age including gamblers help, grief and loss, relationships, mental health recovery support and group programs.

### Diabetes Education

Specialise in the provision of self management education and skill training for people with diabetes.

### Dietitians

Can support healthy eating, diet modifications to treat specific conditions, cooking skills, meal planning, reading food labels and food budgeting.

### District Nursing

Provides home based clinical Nursing Services to rural residents of the Rural City of Wangaratta.

### Doctors

Gateway Health Medical Practices are located in Wangaratta and Wodonga. Offering a range of services by male and female doctors including general health, family and children's health, immunisations, mental health, sexual health, womens wellness, refugee health, chronic disease management, Hep C, HIV and more. Bulk billing is available.

### McGrath Breast Care Nurse

If you have been diagnosed with primary or secondary breast cancer, this program can give you and your family support and education in conjunction with Oncologists.

### Men's Behaviour Change

Assistance for those over 18 years of age who have been involved in family violence.

### Occupational Therapy

Assists people to maintain their independence by focusing on the prevention of falls and pressure injuries, safety in the home and community access.

### Parenting and Relationship Services

Offering a wide range of parenting and relationship education delivered through group programs and individual one on one support for young parents, parents grandparents and carers.

### Physiotherapy

Can assist with posture, core stability, home exercise programs and healthy muscles and joints to support mobility. Group activities such as - Tai Chi, Nordic Walking and Weights & Strength are also available.

### Podiatry

Provides foot and nail care, nail surgeries and orthotics, footwear education and wound management.

Eligibility criteria applies for some of our services.

Contact us to find out which services are available in your area.

You will find more information about the services listed on our website:

[www.gatewayhealth.org.au](http://www.gatewayhealth.org.au) or you can request further information from any of our staff.