



MerriHealth Chronic conditions Services

Contact

Merri Health
Registered Office:

Wurundjeri Woi Wurrung
11 Glenlyon Road Brunswick VIC 3056

More information

Our website has the latest information about our services, our events calendar and news. Visit merrihealth.org.au

Quick contacts

All services
1300 637 744 (MERRI H)

Carer Gateway
1800 422 737

My Aged Care*
1800 200 422

Feedback
03 9389 2234

**Brunswick Community
Medical Centre**
1300 056 300

We have many sites across Victoria. Visit merrihealth.org.au for site details and contact numbers.

* My Aged Care is the first point of contact for aged care services.

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**Management of
chronic conditions**
Part of your Merri Health network

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



HARP Complex Care: Respiratory and cardiac services

The Hospital Admission Risk Program (HARP) is a service for people with chronic and complex medical conditions who regularly go to hospital because of their health.

A chronic health condition is a health problem that is ongoing and affecting your life. It may include diabetes or diabetic foot conditions, heart failure or respiratory disease.

We help you by providing treatment to improve your health, teaching you how to manage your condition and assisting with the support you need. Specialist doctors, nurses, physiotherapists, pharmacists, and care coordinators work with you to meet your health needs.

We provide services in your own home and at Merri's community centres.

Who can use this service?

You are eligible for this service if:

- > You have had a recent admission to hospital which was not planned
- > Have a high risk of going to hospital due to your condition
- > Have a diagnosed chronic condition like heart failure or lung disease
- > Live in the city of Melbourne, Moonee Valley or Merri-Bek

Cost?

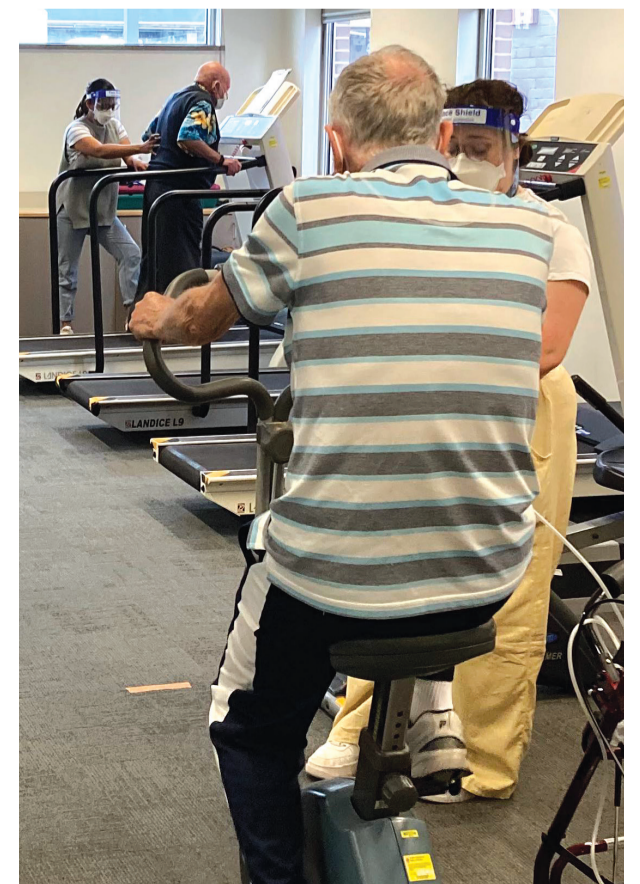
It's free

Do I need a referral?

Yes. Your local GP can refer you by calling the Direct Access Unit at the Royal Melbourne Hospital on (03) 8387 2333.

You can call the Royal Melbourne Hospital on (03) 9342 4530 and talk to the HARP liaison team for more information about the service.

This service is provided by Merri Health with the Royal Melbourne Hospital.





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.

- ◀  Aged Care
- ◀  Carer Support
- ◀  Child and Family
- ◀  Chronic Conditions
- ◀  Dental
- ◀  Disability
- ◀  Health and Wellness
- ◀  Medical
- ◀  Mental Health
- ◀  Young Adults



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 education

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

All-in-one diabetes clinic

Our unique clinic offers newly diagnosed adults or those seeking better diabetes management the chance to see a Dietitian, Diabetes Nurse Educator, and Exercise Physiologist in one appointment for better, specialised care.

Knee and hip osteoarthritis management

If you have osteoarthritis, our team can provide you with an individual assessment and plan treatment with you based on current evidence.

Merri Health also run an education and exercise support program called GLA:D®, which stands for Good Living with Arthritis in Denmark. This is a graded neuro-muscular exercise and education program delivered by appropriately trained physiotherapists or exercise physiologists. Merri Health provides the GLA:D® program in conjunction with GLA:D® Australia, a not-for-profit initiative led by La Trobe University. Please see our website or contact us for more information.

Be Well, Live Well

Be Well, Live Well is an eight week group program suitable for people who have, or are at risk of, a chronic health condition who need support to change their lifestyle.

Cardiac Rehabilitation

Well at Heart is an eight week group program with tailored exercise and education to support people following heart surgery or with a heart condition.

Support to manage persistent pain

The Chronic Pain Service helps you self-manage and recover from pain with evidence-based care from a range of health professionals.

Care coordinators

A care coordinator can help you to manage your chronic health conditions by assisting you to navigate the health system and support you to manage your health on your own.

Costs

Our services are either free or require a small fee to provide ongoing support for you. To find out whether there is a fee for a service, visit our website 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.



Carer Gateway

Do you care for a family member or friend with disability, mental illness, health or age issues?

Does it impact your wellbeing, ability to work, study or socialise?

Contact Carer Gateway for free support groups, respite, counselling, tailored support packages, coaching, information and more.

Phone **1800 422 737** Monday to Friday or visit www.carergateway.gov.au

Merri Health leads the delivery of Carer Gateway in Victoria.

Healthcare that moves with you