



## ALLIED HEALTH SERVICES

Today we focus on our allied health team based at the Community Health Centre in Macauley Street. These practitioners also provide services to inpatients of Deniliquin Hospital. Allied health professionals are health professionals that are not part of the medical, dental or nursing professions. They are university qualified practitioners with specialised expertise in preventing, diagnosing and treating a range of conditions and illnesses. A member of the public may access services from one of these services individually, or from several as part of a team approach to their health care.

Referrals are done through the Community Care Intake Service (CCIS) on 1800 654 324.

### Occupational therapy (OT)

The Occupational Therapy team at Deniliquin Health Service comprises Sue Martin, Olivia Brown, Penny Strang and Belinda Pisasale, supported by Allied Health Assistants Nicole Hunt and Hanna Rath. They provide OT services to hospitals and community clients in Deniliquin, Barham, Moama, Mathoura, Moulamein and Tooleybuc.

They assist clients of all ages to be as independent as they can be in their day-to-day functioning. This includes areas of self-care, learning and play or leisure activities. The OT team can conduct assessments and recommend equipment, prescribe home modifications or suggest different strategies and techniques to adapt tasks.

#### Paediatrics (Children)

Sue Martin provides a paediatric OT service. Sue conducts assessments and observations of children who are having difficulty with motor skills, dressing, feeding and toileting, sensory differences, or participating at school. She works with families and carers who are having difficulty managing their children's behavioural responses. To get a clear picture of how a child is really participating it is important to see them in their natural environments. Children are seen at home, preschool, school and childcare and specific assessments are completed at the community health centre.

#### Adults

Penny, Olivia and Belinda see adults who are in hospital to assist in planning for a safe discharge. They also conduct home visits, recommend modifications like rails and ramps, and prescribe equipment to assist with toileting, showering and transfers.

They can make suggestions to help make your home safer and to reduce the risk of falls at home. For those living alone at home they can recommend different types of personal response systems to ensure you are able to summon assistance in the event of a fall.

They are also part of the **Palliative Care team** and can help to arrange equipment to allow clients to remain at home with their family for as long as they wish, along with education for the family regarding how to safely help their loved one shower, toilet and move around.

**Referrals:** No referral is needed to access the service. Please contact CCIS on 1800 654 325 or if you are not sure if they are the right service for you or have not heard back about your referral please give them a call directly on 03 5882 2900.

### Physiotherapy

As well as providing a physiotherapy service to inpatients of Deniliquin Hospital, the physiotherapy team provides an outpatient service to members of the Deniliquin community.

Outpatient physiotherapy comprises one-on-one physiotherapy sessions for clients recovering from a significant injury, illness, surgery, or extended hospital stay. Goals of physiotherapy are different with each individual but may include increasing strength

and movement, reducing pain, and returning to pre-injury levels of activity. These sessions are conducted in the physiotherapy room at Deniliquin Hospital.

If a client requires specialised input, they may be referred to a more appropriate source (e.g. paediatrics, women's and men's health). Strength and balance groups are also run intermittently, however these are currently on hold due to Covid-19.

**Referrals:** A referral is required from a GP or other health professional to the CCIS on 1800 654 324. Referrals will then be triaged, and clients contacted to arrange a suitable appointment time. While clients of all ages are accepted, priority is given to public health clients, frail or aged, and those who have had recent surgery, recent illness or hospital admission.

### Speech Pathology

Speech pathologists assess, diagnose and manage individuals of all ages with both communication impairments and swallowing difficulties. Speech Pathology provides both paediatric and adult services.



#### Paediatric services

Speech Pathologists see children who have:

- problems with eating and drinking
- problems with learning the sounds we use for talking- speech skills
- problems with learning how to understand and use words and sentences- language skills
- Hearing problems
- Stuttering and voice problems
- Learning difficulties at school

Their role is also to work with educators and parents/carers to encourage the development of communication skills in children in many different settings.

#### Adult services

Speech Pathologists see adults who have difficulty with their swallowing, speech and language. These can result from illness and injuries such as stroke, traumatic brain injury, Parkinson's Disease, Multiple Sclerosis, following brain surgery or loss of function due to ageing. Services are provided to inpatients in our hospitals, as well as community outpatient services and Nursing homes.

Problems with communication and swallowing, if left untreated, can have a large impact on a person's ability to participate in life. Speech pathologists use a variety of techniques to address the following issues:

**Communication problems-** can be problems with speaking, hearing, listening, understanding, social skills, reading, writing, or using voice. They can occur at any stage of life, and have multiple causes including brain disorders from birth, accidents or illness. Sometimes communication problems can have no known cause.

**Swallowing problems-** Like breathing, swallowing is a reflex and essential to everyday life. People who have trouble swallowing are at risk of poor nutrition and dehydration, while babies and children may not take in enough nutrients to support growth and brain development.

**Referrals:** One can self-refer by contacting CCIS on 1800 654 324.

For general enquiries call the Deniliquin Community Health Centre on 5882 2900.

### Nutrition and Dietician Services

Dieticians can help people improve food choices, nutrition and health and wellbeing.

Services are available for people with complex needs like tube feeding, kidney disease or for people having cancer treatment or diagnosed with an eating disorder.

**Referrals:** Although Deniliquin does not currently have a dietician, enquiries about receiving a service can be made by calling CCIS on 1800 654 324.

### Private Allied Health and Related Services:

Therapy Connect (Speech, OT, Dietetics, Physio): 1300 757 806

Deniliquin OT Services: 0427 876 841

Exercise Physiologists at Motiv8 (5881 6770) and Evolve (0429 130 660)



### Sexual Assault Services

Deniliquin Sexual Assault Service also operates from Deniliquin Community Health Centre. It offers support and counselling for anyone who has been sexually assaulted. This includes:

- Ongoing counselling and support to assist in helping the victims make sense of their feelings and thoughts following a sexual assault.
- Information and options are provided about the victim's choices regarding:
  - o Medical examinations, including a medical appointment to collect forensic evidence if required
  - o Ongoing counselling
  - o Court preparation and support for victims during the legal process.
  - o Information about Police, Community Services, JIRT, court procedures and support when making a statement to the police if required.

For more information or referrals call Deniliquin Sexual Assault Service on 5882 2925 or after hours 02 6058 4584.

**Together we can make our community kinder and more supportive for people.**

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## KEEPING THE COMMUNITY INFORMED