To access services:

If you are **over 65 years** or an Aboriginal or Torres Strait Islander person **over 50 years** contact:

My Aged Care
www.myagedcare.gov.au

If you are **under 65 years** or an Aboriginal or Torres Strait Islander person **under 50 years** contact:

Bendigo Health Referral Centre
Phone: 1300 733 581

Your doctor can also refer you.

Sometimes you may have to wait. We will offer you an appointment as soon as possible.

To find out more:

Community Allied Health Services
Phone: 5454 7102

8.30 – 5.00 pm
Monday to Friday

This program is supported by funding from the Commonwealth and Victorian Governments under the following programs:

Commonwealth Home Support Program (CHSP)
and
Home and Community Care Program for Younger People (HACC PYP)
Community Allied Health Services (CAHS) provide services to people at home or within a clinic environment in the following areas:

- City of Greater Bendigo
- Loddon Shire
- Shire of Campaspe
- Buloke Shire
- Gannawarra Shire
- Central Goldfields Shire

Please phone 5454 7102 to check which services are available in your area.

**Services offered**

**Dietitians**
Help you
- understand how your food affects your health
- develop a plan so you can choose healthy food which is right for you

**Occupational Therapists**
Help you
- work out ways to be independent with day to day tasks and activities
- manage more easily at home and in the community

**Physiotherapists**
Help you with
- walking, exercising and keeping fit
- moving around your home and community
- balance and avoiding falls
- sore joints and muscles

**Podiatrists**
- help manage foot problems
- give advice about foot care

**Note:** podiatry is not provided in Bendigo

**Speech Pathologists**
Help you
- improve your speech or ability to understand people
- manage difficulties swallowing
- communicate in the community

**Fitness for Older Adults Program**
- gentle exercise to music
- strength training
- mall walking (Bendigo)
- tai chi
$5 fee per session applies

**Community Education**
Staff are available to provide information sessions on a range of topics.

**Costs**
There is an annual registration fee of $25 (plus GST)

We will send an invoice after your first appointment.

Podiatry and Fitness For Older Adult classes charge extra fees.

Fees can be waived or reduced.

Excellent Care. Every Person. Every time.