



**ST VINCENT'S
HOSPITAL**
MELBOURNE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

YOUNG ADULT COMPLEX DISABILITY SERVICE

**ST. VINCENT'S HOSPITAL
MELBOURNE**

RESOURCE DIRECTORY

2016

The role of the Young Adult Complex Disability Service (YACDS) is to assist you to move from children's health services to those provided for adults. Your General Practitioner GP is your primary contact in the Adult health care system for your medical needs.

This resource directory provides contact details for organizations/agencies.

There is information on what to do if:

- Your equipment requires repair/modification
- You would like assistance from your local council for services/community health
- You need some extra support in your life

You are welcome to contact the Young Adult Complex Disability Service if you face any issues that cannot be managed by others already involved in your healthcare.

We look forward to getting to know you and help you achieve your goals.

The Young Adult Complex Disability Service

St. Vincent's Hospital Melbourne

COUNSELLING

Name of Agency	Service Provided	Contact
Community health service CHC	Crisis intervention, grief and general counselling for families, couples and individuals.	Phone your local CHC
Lifeline	24hr Telephone counselling	Ph: 13 11 14

CONTINENCE

Community continence service	<i>You will need to visit your G.P to get a referral</i>	Most major hospitals have a continence service you can access.
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CONSUMER RESOURCES

Cerebral Palsy Support Network	1800 242 636 http://www.carersvic.org.au	Provides information, resources and support services for people with Cerebral Palsy and their families/carers.
Travellers Aid Access Service (TAAS)	Flinders Street Ph: 9610 2030 Sun - Thurs: 8am - 8pm Fri - Sat: 8am - 10pm Southern Cross Ph: 9670 2072 Mon - Fri: 10am - 5pm Sat - Sun: 11am - 4pm www.travellersaid.org.au	<ul style="list-style-type: none"> • Meal assistance • Personal care • Communication assistance to fill in forms • Accessible bathroom with ceiling hoist and adult change table • Wheelchair/scooter recharging facilities • Accessible public internet computers with JAWS software available

DENTISTS

Dental services can be accessed either publically (via the Royal Dental Hospital) or privately. If you would like more information re private dentists please ask a member of the YACDS team

DEPARTMENT OF HUMAN SERVICES

Name of Agency	Service Provided	Contact
Client Services - Department of Human Services	Provides state wide case management, info, advice and disability services to people who have an intellectual or physical disability. DHS are also able to approve a package of care to be case managed externally	<ul style="list-style-type: none"> ➤ DHS Statewide Central Intake & Response: ➤ 1800 783 783

EQUIPMENT

What happens if my equipment needs to be repaired?

State Wide Equipment Program: SWEPE

Ph: 1300 747 937 or swepcentralintake@bhs.org.au

If purchased via your funding package, or other private funding, you are responsible for the cost of any repairs/maintenance. Please contact the supplier who provided the equipment to arrange this.

Mobile Repairs – ph: 9725 6577

What happens if I need my equipment modified or replaced?

Before your equipment can be modified or replaced, you will need an assessment by an Occupational Therapist or Physiotherapist.

Following discharge from YACDS, you have several options available to you.

Option 1: If you attend a day centre with therapy services attached e.g SCOPE or Yooralla

Option 2: You could refer yourself to your local community health centre.

Option 3: Medicare Enhanced Primary Care Program

Option 4: Access OT or Physiotherapy privately

FINANCIAL ASSISTANCE/RESOURCES

Name of Agency	Service Provided	Contact
Centrelink	Assess individual situation and respond to need according to government criteria regarding pensions and allowances	Ph: 132 717 www.centrelink.gov.au
Multi-purpose taxi program	Provides a card that entitles people who have a permanent disability to half price taxi travel. Requires a GP to apply.	Ph: 9320 4300 or 131 171

LOCAL SERVICES

You have access to the following services in your local area.

LOCAL SERVICE	HOW TO ACCESS	WHAT SERVICES
Council Services	Phone call to your local council	Personal care and household cleaning Meals on wheels Respite services Linkages packages Property maintenance Counselling
Medicare – Chronic Disease Management Allied Health Scheme	GP must complete application forms to be eligible for this scheme.	Medicare rebate available for up to five allied health sessions each year for people with chronic medical conditions.
Nurse-On-Call	Ph: 1300 60 60 24	24 Hour access to health and medical advice

RECREATION

Name of Agency	Service Provided	Contact
Disability Sport and Recreation	Offers sport and recreation activities for people with disabilities	Ph: 9473 0133 www.dsr.org.au

RESPITE

Respite is when someone else provides care to the person you support so you can have a break. If you have a case manager they will be able to assist you to explore respite options

There are several types of respite available including:

- **Emergency Respite**
- **Planned Respite**
- **Overnight / Facility based**
- **In Home**

Name of Agency	Service Provided	Contact
Respite Victoria	Respite search database (statewide)	http://www.respitevictoria.org.au

ORTHOTICS

Orthoses (braces, splints, AFO's) and specialist shoes can be supplied by private providers or by St Vincent's or other public hospitals.

Please note **there is no Medicare funding of orthoses**. Funding options for orthoses and shoes include:

- Self pay
- Government funding schemes eg StateWide Equipment Program (SWEP), NDIS.
- Private health insurance (check coverage with your insurer).

These options apply whether orthoses are supplied by a public hospital or a private company.

What do I do if I need a review or replacement of my orthosis or shoes?

Option 1: While being seen by YACDS you can be seen by the YACDS orthotist at St Vincent's Hospital in Fitzroy.

Option 2: You can access a private orthotist closer to home. If you are already seeing a private orthotist you can maintain continuity of care by continuing to see them. YACDS can assist you in finding a suitable orthotist.

After discharge from YACDS you can be seen by the Orthotics Department of St Vincent's Hospital as an outpatient, or by a private orthotist.

Contact YACDS on 03 9288 4672 for a review of your orthoses or for assistance in finding a suitable orthotist.

THERAPY SERVICES

Community Health Centre	All community health centres have different criteria it is best to contact your local CHC to ask them what they need for a referral	Focus on long term illness / disability Allied health e.g physiotherapy, occupational therapy, speech pathology, podiatry and dietetics Nursing care and counselling
Community Rehabilitation Centre	You will need to visit your G.P to get a referral	Short term goal focused rehabilitation. Access to all allied health services and specialised clinics e.g. continence clinic and falls and balance group.
Yooralla – Community Learning and Living Program	Ph: 9916 5800 http://www.yooralla.com.au	Independent Living Centre - provides advice re: equipment to support people with disabilities to live an independent life.

