

SUMMARY OF SOUTHCARE SERVICES

Phone No: 9540 7956

Fax No: 9540 7869

- **ACAT (Aged Care Assessment Team)** - assess the needs of older people who require support at home or in need of residential respite or permanent care. ACAT will refer clients to appropriate Southcare and/ or HACC and other services to ensure access to adequate support and assistance in the community. The team also provides ongoing support and education ie for Carers of clients with a dementing illness.
- **Community Nursing** - for wound dressings, personal care, general assessments and administering of injections and medications. A written, signed medication authorisation is required for the Community Nurse to give injections, medications and enemas in the home. Please state the drug, route, dosage and frequency.
- **Liaison Pharmacist** - to review medication management in the home, and where required liaise with the hospital.
- **Continance Advisor** - (in client's home or clinic) advice and information regarding continence management, education and care of urinary catheters; teach and supervise clean intermittent self catheterisation.
- **Community Options Program** - provide individual, flexible packages of care and topping up of necessary services.
- **Dementia Home Monitoring Program** - provides practical in home support for people with a dementing illness. Includes meal and medication supervision, assistance with personal care, shopping and supervised social outings. Operates in conjunction with other community support services eg. Home Care, Neighbour Aids, Meals on Wheels.
- **Mobility Clinic** - For those experiencing recent declines in their mobility with the potential to improve. Gait analysis and mobility skills education is provided to improve mobility, safety and confidence.
- **Occupational Therapy** - to assess function and safety in the home, specifically looking at needs for equipment and modification; High risk / need clients are given priority.
- **Physiotherapy** - for mobility issues, hydrotherapy, chest therapy, recent joint replacements and muscular skeletal problems; High risk / need clients are given priority.
- **Podiatry** - available for those who meet the criteria. An application form will be sent to the client which needs to be completed by their Medical Practitioner and returned to Southcare for assessment.
- **Social Work** - advise and assist with guardianship, financial, legal and elder abuse issues and complex care and accommodation concerns.
- **Combined Caring Centres** - Coordinator based at Southcare; there are a number of volunteer run Caring Centres operating throughout the Sutherland Shire, providing socialisation programs for people who are aged, have a disability or are lonely.
- **The Retreat** - day care centre for the frail aged and younger disabled with high care needs requiring more professional assistance than can be provided by volunteer run Caring Centres. Provides social activities with transport available, enabling Carers to benefit from the respite.
- **The Cottage** - day care centre for people with a dementing illness. Provides social activities with transport available, enabling Carers to benefit from the respite
- **Sutherland Heart & Lung Health Team** - provides assessment, home based support and education for patients with congestive cardiac failure and chronic airways limitations and their carers.

HACC (Home & Community Care) Services: There are also a number of community services, other than those provided by Southcare, to assist Sutherland Shire residents with disabilities, frail older people and the family and friends who care for them. These include Home Care, Meals on wheels, Neighbour Aid etc. Phone the HACC Development Officer for further information on **9542 6244**