

Coonamble Aboriginal Medical service

offer:

Health checks/ full health assessments for anyone over the age of 50 years, both Aboriginal and Non Aboriginal.

Visiting services:

- Dieticians
- Diabetic Educators
- Exercise Physiologist
- Psychology
- Mental Health Nurses,
- Podiatry
- Hearing
- Optometry
- Women's Health Nurse

Community health

Stay physically active: This includes daily exercise for at least 30 minutes.

- Movement Matters exercise Group at Community Health Wednesdays
- Gym Group on Tuesday
- Heart and Lung Rehabilitation at Community Health Wednesdays

Stay connected to other people:

- Join the Health Council – Contact Elizabeth Burnheim at The Multi-Purpose Services, Coonamble Hospital

Castlereagh Health Centre offer:

Medical check – up and support

We have x 3 full time GP's available and x 2 full time Practice Nurses

Drop in clinic's:

- Monday to Friday 9:00 – 12pm patients can drop in for quick check up with a practice nurse. No appointment is needed, for basic check up. (If patient knows scripts are required they **will** have to make appointment to see GP).

Health Assessment screening:

- Yearly for 75 years and over (non – indigenous) & 55 and over for indigenous patients. This involves review by practice nurse where your basic history and family history is taken / Weight, height, BP etc / ECG (if appropriate). Then review by GP to complete physical exam and medication review and discuss any issues that are raised.

Management of chronic conditions:

- Care plans are developed to assist with managing your care if you have an illness such as heart disease / diabetes / Emphysema etc / or combination. These help to keep track of specialists / investigations required / support services needed / patient education and support.

Coonamble Shire Library

Seniors Craft every Thursday 10.30-3pm. Self-guided craft (crochet, knitting). They bring their lunch and have tea and coffee supplies and use our kitchen

Healthy Active Living books and DVDs

Large Print

Talking Books

Celebrate Seniors Week each year