

Address Book of Local Services for Patients with Arthritis

Arthritis Victoria

Information on: membership, Self management courses, educational material and resources, programs available to patients with arthritis, peer support, exercises etc

Telephone 03 8531 8000 or

1800 011 041 (country callers)

Telephone Information Service: 10am to 4pm weekdays

CDM – Medicare Plus

Chronic Disease Management Program:

Medicare funds 5 visits in a 12 month period at a private physiotherapist. There may be a small co-payment. Only your doctor can complete the necessary forms of referral.

City Council

Councils are an excellent contact for support services such as Meals on Wheels, Home Help, Aged Care Services and transport assistance for you to attend medical or allied health appointments. A Doctor's referral could be required.

Casey City Council:

Phone: 9705 5200

Magid Drive, Narre Warren 3805
Cranbourne Park Shopping Centre,
Shop 58, South Gippsland Highway,
Cranbourne 3977

Greater Dandenong City Council:

Phone: 9239 5100

39 Clow Street, Dandenong 3175
397 Springvale Road, Springvale 3171

Knox City Council:

Phone: 9298 8000

511 Burwood Hwy, Wantirna Sth 3152

Monash City Council:

Phone:

9518 3555

293 Springvale Rd, Glen Waverley 3150
3 Atherton Rd, Oakleigh 3166

Community Health & Rehabilitation Centres

These Community Health Services are able to provide both home and centre based allied health services such as Physiotherapy, Occupational Therapy, Nursing, Dietetics,

Counselling and Podiatry. They also conduct Self help and Support Programs, as well as Activity, Exercise Groups and Hydrotherapy. These can be self-referred or referred by your Doctor or Physiotherapist.

Cardinia Casey Community

Health Service:

Berwick	Ph: 8768 5100
Cockatoo	Ph: 5968 8146
Cranbourne	Ph: 5990 6789
Doveton	Ph: 9212 5700
Pakenham	Ph: 5941 0500

Central Bayside Community

Health Service:

Cheltenham	Ph: 9581 1111
Clarinda	Ph: 9552 4333

Dandenong Community

Rehabilitation Centre:

Dandenong Hospital Site
David St, **Phone: 9554 8270**

Greater Dandenong Community

Health Service:

Thomas St, Dand.	Phone: 8792 2200
Springvale	Phone: 8558 9000

Knox Community Health Service:

Ferntree Gully	Phone: 9757 6200
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Monash Link Community Health

Service:

Ashwood	Phone: 9809 5499
Glen Waverley	Phone: 9803 0300
Hughesdale	Phone: 9568 2599

Ranges Community Health

Service:

Belgrave	Phone: 9754 8963
Lilydale	Phone: 9739 4577

Falls and Balance Clinics

Kingston Centre

Phone: 09265 1000

Community Health Centres also run programs to assist falls prevention in 'at-risk' clients. Refer to the intake worker.

Hospitals

Outpatient Services can provide physiotherapy, gait aids and advice. A referral may be required from your GP or surgeon.

Angliss Hospital

Phone: 9764 6111

Cnr. Albert Street & Talaskia Road,
Upper Ferntree Gully 3156

Casey Hospital

Phone: 8768 1200

Kangan Drive, Berwick 3806

Dandenong Hospital

Phone: 9554 1000

David Street, Dandenong 3175

Monash Medical Centre

Phone: 9550 2251 / 9550 2250

276 Clayton Road, Clayton 3168

Mall Walks

Mall Walks with a qualified walking trainer-walking with a group in shopping centre malls

Cranbourne Centro Shopping Centre-

Cranbourne Indoor Walk

7.45am to 8.45am Tuesdays and Wednesdays

Fountain Gate Shopping Centre-Fountain gate- Westfield Walkers

7.30am to 8.30am

Wednesdays and Fridays

Endeavour Hills Shopping Centre-

Endeavour Hills-Easy Steppers

7.45am to 8.45am

Tuesdays

Parkmore shopping centre-

Parkmore Community Mall Walk

7.30am to 8.30am

Tuesdays

Dandenong Plaza-

Dandenong Plaza-Plaza Pacers

7.30am to 8.30am Thursdays

Self help groups

Cranbourne Arthritis Support Group:

Support group, Self help group, Conducts water exercise classes, line dancing, Tai Chi, social activities.

Rae Johnson

5996 0438

Tai Chi

Cranbourne Primary School

John Hanna

5996 8984

Dandenong North

1405 Heatherton Road

Roy Jackson

9791 7706

Noble Park

Trewint Day Therapy

13/12 Heatherton Rd

Noble Park

9793 4618

Water exercise programs

Genesis health and fitness

63 Scott Street,

9792 3444

Dandenong Oasis

Cnr Heatherton Rd and Clelland Street

9706 9299

Cranbourne Heated Pool

Grant Street

5996 0438

Acknowledgements:

OWL project brochure: "Dandenong and Surrounding Regions Health Support Services"

Arthritis Victoria

Information presented is current as at September 2005. A minimal charge is associated with some activities

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