



## Bunbury Primary Health and Community Rehabilitation - Directory of Services

We provide both individual and group programs, on site at Bunbury Hospital or in a community setting, to help people manage their chronic conditions and undertake rehabilitation programs.

Our Team	Rehabilitation Programs
<ul style="list-style-type: none"> <li>▪ <b>Continenence Advisor</b> Provides consultation and assessment for people with bladder/bowel dysfunction or incontinence.</li> <li>▪ <b>Diabetes Educator</b> Provide shared care (assessment and education of diabetes) in conjunction with clients GP or specialist. Individualised management for people with Type 1 diabetes, diabetes in pregnancy, poor control and insulin management.</li> <li>▪ <b>Dietitians</b> Provide assessment, intervention, support and review of nutrition and diet related issues for adults.</li> <li>▪ <b>Occupational Therapists</b> Provide upper limb splinting and intervention, lymphoedema management, home assessment and modification, functional and cognitive assessment and intervention, and specialised equipment prescription.</li> <li>▪ <b>Physiotherapists</b> Provide individual assessments, intervention and group programs for a variety of chronic health conditions including lymphoedema, falls, neurological rehab, respiratory, cardiac and chronic musculoskeletal.</li> <li>▪ <b>Podiatrist</b> Provides a podiatry service for high risk clients (i.e. active ulcers and wound management).</li> <li>▪ <b>Speech Pathology</b> Provides assessment and intervention and support for swallowing, communication and voice issues for adults.</li> <li>▪ <b>Stroke Team</b> Provide multidisciplinary assessment, intervention and support for stroke clients living in the community.</li> <li>▪ <b>Allied Health Assistants</b> Assist with group programs and individual therapy programs for clients.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Falls and balance group</b> Exercise groups for people who have had falls or are at risk of falling. Includes access to falls education sessions.</li> <li>• <b>Falls education sessions</b> For people who have had a fall or are at risk of falling. A multidisciplinary series looking at risk factors for falls and how to manage these.</li> <li>• <b>Parkinson's group</b> An exercise and self-management group for people with Parkinson's Disease</li> <li>• <b>Parkinson's Voice group</b> A voice exercise group to improve vocal strength and quality in people with Parkinson's Disease.</li> <li>• <b>Recovery Group</b> For people who require rehab e.g. post hospital admission, deconditioning, neurological conditions, amputees.</li> <li>• <b>Cardiac/Pulmonary Rehab</b> An exercise and education program for people with heart and lung conditions including ACS, MI, Cardiothoracic surgery, pre/post heart/lung transplant, COPD, bronchiectasis.</li> <li>• <b>Stroke Rehabilitation Group</b> A multidisciplinary exercise group for patients following a stroke. Attendees are assisted to develop individual therapy plans based on their identified goals.</li> </ul>
	<h3>Chronic Conditions Programs</h3> <ul style="list-style-type: none"> <li>• <b>MoveIt Chronic Disease</b> Multidisciplinary group that includes hydrotherapy, gym and self-management education.</li> <li>• <b>Weight wise</b> Healthy lifestyle group that includes education sessions with a Dietitian and access to group fitness classes.</li> <li>• <b>Healthy Heart</b> A nutrition education session for those who have or are at risk of cardiovascular disease.</li> <li>• <b>DESMOND</b> Diabetes education and self-management for ongoing and newly diagnosed Type 2 diabetes.</li> <li>• <b>SMARTIE</b> Self-management and review of Type 1 diabetes education focusing on carbohydrate counting.</li> <li>• <b>Impaired Glucose tolerance</b> A group information session for people with impaired glucose tolerance.</li> <li>• <b>Eating with Insulin</b> For people who use insulin to help manage their diabetes, learn what foods can help with your control.</li> </ul>
Contact Us	Referrals
<p>South West Health Campus (SWHC) cnr Robertson Drive &amp; Bussell Highway Bunbury WA 6230 Phone: (08) 9722 1408 Fax: (08) 9722 1016</p>	<p>To refer to any of our services please send referrals to email: <a href="mailto:WACHS-SWPHCampusAdmin@health.wa.gov.au">WACHS-SWPHCampusAdmin@health.wa.gov.au</a>, Fax 97221016 Mail: Primary Health, Bunbury Regional Hospital PO Box 5301 Bunbury 6230.</p>
<p>* Please consider referring to other services if your client has private health insurance, MVIT, workers compensation, DVA, a home care package, NDIS or are eligible for private services through a GP Management Plan (EPC) or Team Care Arrangement. Find other local providers at <a href="https://wa.healthpathways.org.au/">https://wa.healthpathways.org.au/</a></p>	