

# COMMUNITY HEALTH

easternhealth

Healesville Hospital and Yarra Valley Health

easternhealth.org.au



If you have any English language difficulties, please ask staff to book an interpreter.

From home contact the Telephone Interpreter Service on 9605 3056.

Services are provided free of charge. Ask staff if this information is available in your preferred language.

## Physiotherapy for Adults

**Our Physiotherapists at Eastern Health Community Health** provide one on one appointments to help you achieve wellbeing and recovery.

Our **Physiotherapists** will start by assessing your condition and then develop a treatment plan with you. This may include information and techniques to look after you, complete home exercises and or join community exercise groups.

### Physiotherapists can help with:

- Pain related to muscles, joints and bones
- Therapy after breaking a bone or having surgery
- Strengthening the body after a fall or sports injury
- Preventing falls
- Breathing problems
- Recovery after a stroke
- Healthy lifestyle changes such as improving fitness levels
- Physical health when pregnant and after birth exercise classes
- Exercise classes including in water



### Need something else? We also have:

- Diabetes Education
- Podiatry
- Occupational Therapy
- Counselling
- Dietitians
- Services for children
- Social support for seniors
- Women's Health Nurse

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### TO MAKE AN APPOINTMENT:

Phone: **1300 130 381** (Mon to Fri)

Fax: **(03) 5962 1458**

E: **communityhealth@easternhealth.org.au**

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## What are the costs?

The level of fees you will have to pay is dependent on your income and whether you have a concession card.

There is no charge to healthcare card holders.

*Due to demand for services there may be a waiting time for some services.*

## What else do we offer at Healesville Hospital and Yarra Valley Health?

- GP clinic, including After Hours service
- Renal Dialysis
- Pathology
- Radiology
- Surgery
- Specialist Outpatient clinics
- District Nursing
- Aboriginal Health team

If you are unsure which services you require, we will be able to offer guidance. Our 'No Wrong Door Policy' ensures that if we cannot help you, we will direct you to a service better suited to your needs.

## For Further Information

Phone: 1300 130 381

Fax: 5962 1458

Monday – Friday

9.00am – 5.00pm

## Location details:

### **377 Maroondah Hwy, HEALESVILLE 3777**

- Bus Stop (corner Eadie Avenue & Maroondah Hwy)
- Car parking onsite

### **2475 Warburton Hwy, YARRA JUNCTION 3797**

- Bus Stop (in front of Eastern Health building)
- Car parking onsite

## Website:

<https://www.easternhealth.org.au/locations/healesville-hospital-and-yarra-valley-health>



## Feedback

If you have any feedback or suggestions on how to improve this information sheet, please contact the Centre for Patient Experience at our email address: [feedback@easternhealth.org.au](mailto:feedback@easternhealth.org.au) or call 1800 327 837

For more information or to book an appointment, call **1300 130 381**



## Protecting Your Privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and will disclose information about you only when required or permitted by law. We comply with relevant information and privacy legislation.

If you would like more information, please ask a staff member or visit our website [www.easternhealth.org.au](http://www.easternhealth.org.au)

Eastern Health is accredited by the Australian Council on Healthcare Standards. 5 Arnold Street, Box Hill, Victoria 3128 1300 342 255

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