



OTWAY HEALTH NEWS

In the event of an emergency please call 000.

Our Urgent Care Unit operates 24 hours per day / 7 days per week.

Location: 75 McLachlan Street, Apollo Bay

For more information and to book health and community services please phone

Otway Health Reception: (03) 5237 8500 or email info@otwayhealth.org.au

Help us make a Winter Wonderland for our residents this Christmas!

As a part of Otway Health's Montessori approach to aged care we encourage our residents to celebrate all occasions that are special to them.

This Christmas, our theme is 'Winter Wonderland' and we are now seeking donations of new silver and blue tinsel and clear fairy lights to put up as decoration.

If you can help, please leave your donation at the Nurses Station with your name and a list of donated contents by 25 November. For your support, you will be entered into our Christmas Raffle - to be drawn on 19 December at the Residents Christmas Party.

Thank you for your support!

Did you know that Otway Health can assist you with navigating these care services:

National Disability Insurance Scheme (NDIS)
Commonwealth Home Support Program (CHSP)
Home Care Packages (HCP)
Veteran's Home Care
Veteran's Nursing
My Aged Care (MAC)

Let us take the mystery out of exploring, registering, and determining eligibility for these services. We can help you or someone you know.

Please call us on 5237 8500 or email us at otwayhealth@swarh.vic.gov.au for more info.

Listen to the latest Otway Health Check Podcast

Featuring Community Services Manager, Anne Rout, who breaks down the process of navigating and accessing Home Care packages.

otwayhealth.org.au/latest-news/podcasts
The Otway Health Check airs fortnightly on 3ABR.

Apollo Bay Medical Centre GP Availability

Dr Denise Ruth - Tuesdays, Wednesdays, Thursdays

Dr Dave Mullen - Wednesdays

Dr Aysha Rasul - Monday to Friday

Dr Josh Bye - some Mondays

To make an appointment phone (03) 5237 8595.

VISITING AND SUPPORT SERVICES

Legal Services with Neil Longmore

NOW Friday 12 October

To make an appointment phone: 5237 8500.

Physiotherapy

Monday 15 October and Tuesday 16 October

To make an appointment phone: 5237 8500.

Exercise Physiologist

Monday 15 October

To make an appointment phone: 5237 8500.

Australian Hearing

Wednesday 17 October

To make an appointment phone: 5233 9100.

Podiatry

Friday 19 October

To make an appointment phone: 5237 8500.

New Exercise Class Schedule Starts in October!

Strength For Life:

Every Monday and Wednesday
11.30am – 12.30pm

NO CLASS Mon 8, Wed 10 and Wed 24 Oct.

Healthy Balance

Every Tuesday 11.30am - 12.30pm
with the option to stay afterwards until
1.00pm for a cuppa and BYO lunch.

NO CLASS Tues 9 Oct

All classes held at the Community Centre in Whelan Street.

Please note that an initial assessment by a physiotherapist is required before participating in these classes. Please phone Otway Health to arrange your assessment on (03) 5237 8500.

STAY CONNECTED WITH OTWAY HEALTH

Otway Health Community Advisory Committee

Email: CAC.OH@swarh.vic.gov.au

Otway Health Board

Email: otwayboard@swarh.vic.gov.au

Otway Health Website & Social Media

www.otwayhealth.org.au / @otwayhealthcomms