

No.34 Aboriginal Health Service provides health and wellbeing support, programs and services to Aboriginal and Torres Strait Islander people located primarily on the Central Coast and surrounding areas of Tasmania.



NO. 34 ABORIGINAL
HEALTH SERVICE



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No. 34 Aboriginal Health Service
Rural Health Tasmania Inc.
Hours: Monday-Friday 9-5pm

Wellbeing Centre

34 Alexandra Road, Ulverstone TAS
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Clinical Care Services

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[/no34AHS](https://www.instagram.com/no34AHS)



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www.ruralhealthtas.com.au

No.34 Aboriginal Health Service provides:

- Integrated Team Care (ITC) – Care Coordination of chronic health conditions
- Aboriginal Support Worker - Advocacy and Transport
- Outreach Worker – Transport and Support with medical appointments
- Eye and Ear Surgical Support (EESS)
- Social Emotional Wellbeing (SEWB) programs and groups
- Mothers and Babies support and groups
- Mental Health Support

Integrated Team Care – Care Coordinators/Outreach Workers

The ITC team consists of care coordinators and outreach workers who support Aboriginal and Torres Strait Islanders with chronic disease(s) by:

- providing culturally appropriate primary health care assessments
- helping clients develop chronic condition self-management skills
- improving access/transport to appointments and services
- advocating on behalf of Aboriginal and Torres Strait Islander clients
- working collaboratively with a range of health professionals, including specialists, GPs, nurses and allied health professionals
- providing pathology and immunisations services

The Eye and Ear Surgical Support (EESS)

Objectives of the EESS program are:

- To reduce surgery wait times for Aboriginal and Torres Strait Islander people needing eye and/or ear surgery
- to reduce barriers to accessing timely surgical treatment including funding for travel, meals and accommodation for patients and/or carers
- strengthened and culturally supported patient surgical pathways
- improve eye and ear health for patients who receive surgery
- prioritised services to people living in regional, rural and remote locations across Tasmania

Social Emotional Wellbeing (SEWB)

The social and emotional wellbeing (SEWB) program aims to reduce mental illness and associated risk factors and improve the social and emotional wellbeing of Aboriginal and Torres Strait Islander people. SEWB addresses this through the facilitation of a Women's and Men's Group run weekly/fortnightly from the Wellbeing Centre. These groups focus on a "Connection to Country" and other art and cultural activities which assist people to reconnect with Community and Culture, reduce social isolation and improve access/referral to appropriate mental health services.

Mothers and Babies Program

Mothers and Babies program aims to improve the health and wellbeing of women during and after pregnancy through group based activities, educational sessions and advocacy to

appointments with nurses, GPs and other services. The program seeks to improve social and Community connections and to encourage mothers to be confident in taking an active role in seeking health care.

Aboriginal Support Worker

Provides culturally safe advocacy and transport to appointments, support during intake and referral processes, provide links to culturally appropriate information, services and health promotion material and encourages services and Community to work together towards better health outcomes for Aboriginal & Torres Strait Islander people.

