

CPCS Clinics

The Bethlehem Community Palliative Care Service (CPCS) Clinics look after patients who would benefit from seeing a team of experts. The clinics' specialist doctors and nurses can help to stop pain and other signs of illness.

The clinics are available to people who are living independently at home and wish to improve their quality of life.

On arrival patients will be assessed by either a specially trained doctor or nurse.

The patient's doctor and other specialists involved in their care remain an important part of the team and will be contacted after each appointment.

Medical Specialist Clinic

Patients need a referral from a doctor to visit the medical specialist Clinic. They need to be mobile and it is preferred that they attend with a family member or guardian.

Patients do not need to be a client of the Hospital's Community Palliative Care Service to attend the Clinic.

Nurse Assessment Clinic

Patients wishing to attend the Nurse Assessment Clinic need to live in the catchment area of the Community Palliative Care Service outlined on the inside pages. They need to be mobile and it is preferred that they attend with a family member or guardian.

Once we receive a referral, we will contact the patient to arrange an appointment. Referrals should include copies of all recent pathology and radiology test results, specialist letters and discharge summaries.

The Clinic is open Friday mornings from 9am – 12pm.

It is located at Calvary Health Care Bethlehem. If you are unable to attend your appointment, please contact us as soon as possible to arrange a more suitable time.

Enquiries & Referrals

Referrals can be made by downloading the Calvary Health Care Bethlehem referral form from www.bethlehem.org.au

Please fax referrals to: (03) 9695 0412

Phone: (03) 9595 3330 Weekdays 8.30am-5.00pm

Free Interpreter Service



English

When you see the interpreter symbol you can ask for help to communicate in your language.

Mandarin | 普通话

如果看到传译员的标记，您就可用母语请求他们协助沟通。

Russian | Русский

Когда вы видите знак переводчика, вы можете воспользоваться его услугами, чтобы объясниться на

Greek | Ελληνικά

Όταν βλέπετε το σύμβολο του διερμηνέα μπορείτε να ζητήσετε βοήθεια για να επικοινωνήσετε στη γλώσσα σας.

Phone: 131 450

Contact Details

Community Palliative Care Service

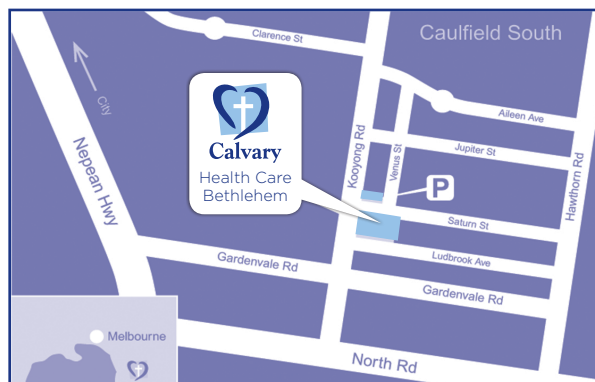
P: 03 9595 3330 F: 03 9595 0412

General

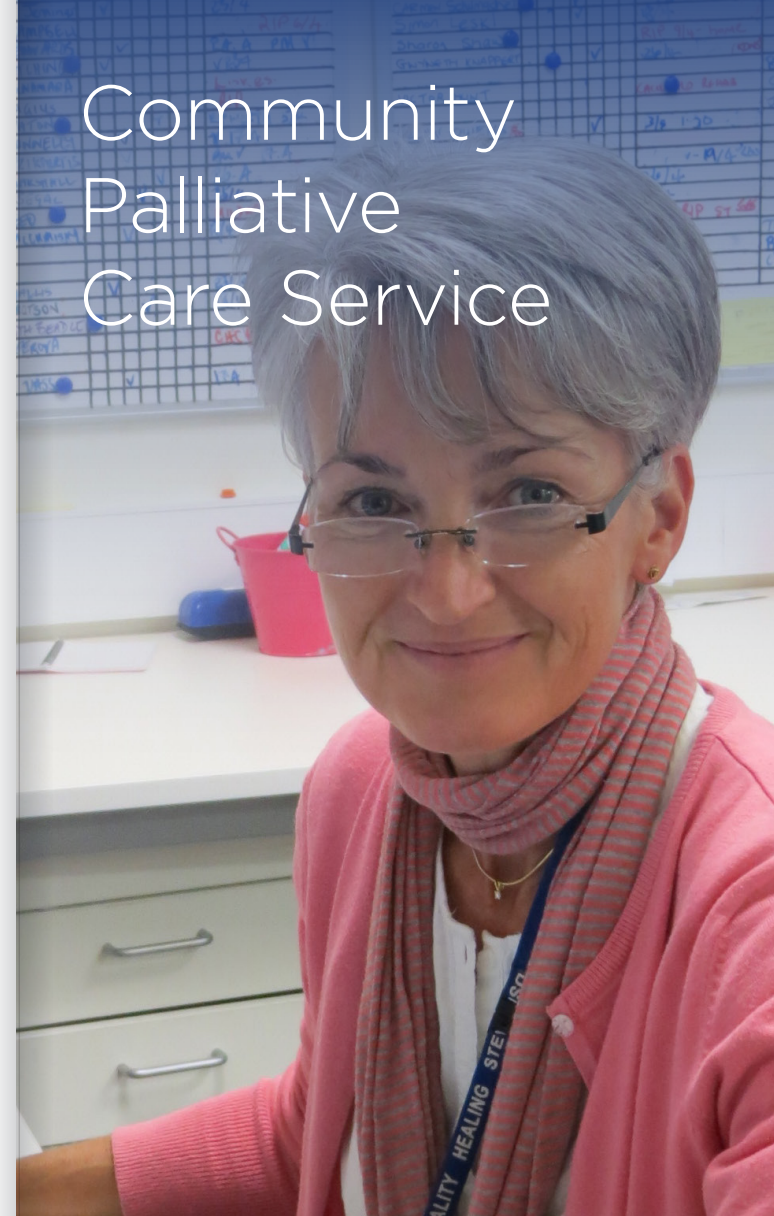
476 Kooyong Road, Caulfield VIC 3162

P: 03 9596 2853 F: 03 9596 3576

www.bethlehem.org.au



Community Palliative Care Service



Health Care
Bethlehem

Continuing the Mission of the Sisters of the Little Company of Mary

What is Palliative Care?

At Calvary Health Care Bethlehem (CHCB) we view palliative care as specialist care that enables people to live as actively as possible once they have been diagnosed with a progressive incurable illness.

The care patients receive is often provided early in the illness for people with complex needs together with a range of different therapies provided by other specialists.

The Palliative Care we deliver focuses on improving patient quality of life.

Palliative Care at Calvary Health Care Bethlehem

At Calvary Health Care Bethlehem we use a team approach to address the needs of patients and families. Our care is coordinated with other services and is focused on the whole individual. We help patients to achieve their goals and improve their quality of life. We provide support to family and friends during the course of the patient's illness and in their period of grief and loss.

- We understand that illness affects the whole person – physically, emotionally, socially and spiritually
- We try to relieve pain and other signs of distress
- We respect your freedom and choice
- We support carers, family and friends
- We offer support to families after a patient dies

Calvary Health Care Bethlehem Community Palliative Care Service (CPCS) was established in 1985. Based in Caulfield South we support over 1000 patients per year.



What services do we offer you and your family?

A Palliative Care Medical Consultant can help you manage any issues regarding your illness in consultation with your General Practitioner (GP).

Specialist Palliative Care Nurses offer care, give advice and information any time of the day or night.

Social Workers offer counselling, support, information and practical advice on getting help in the community.

Pastoral Carers offer counselling and support. They can help you on an emotional, personal, practical, and spiritual level.

Music Therapists use music to improve health and wellbeing.

Physiotherapists offer practical help and advice to live life as well as possible. They can help with managing pain and suggesting exercises.

Occupational Therapists help you manage everyday activities and assist with providing equipment.

Palliative Care Volunteers are trained to help you, provide relaxation and offer social support.

Co-ordination with other palliative care services, community agencies and hospitals.

Medical Equipment hire.

Inpatient Beds in Calvary Health Care Bethlehem. You can be admitted for a number of reasons, including symptom management and respite.

Bereavement Support Staff and Counselling offer counselling and help people deal with loss and grief in their own way.

Who do CPCS care for?

Our Community Palliative Care Service (CPCS) cares for people needing specialist home-based palliative care. We support people who live in the cities of Bayside, Port Phillip, Glen Eira, Stonnington and parts of Kingston. The Day Centre and CPCS Clinic also provide support for people living outside these areas.

Palliative Care Day Centre

The Day Centre is a caring and friendly place for you to meet others and join in a range of activities. The program offered in the centre focuses on your physical and mental wellbeing; with the opportunity to be involved in one or many activities. It also gives carers a rest.

Program activities include:

- Art, music and pet therapy
- Reiki, aromatherapy, tai chi and gentle massage
- Armchair travel and outings
- Movies, quizzes and games
- Cooking and gardening
- Discussion and reminiscence.

The Day Centre is run by a Leisure and Lifestyle Coordinator and is supported by registered nurses from the CPCS team, allied health professionals and volunteers.

The Palliative Care Day Centre is open 10am – 3pm Wednesday and Friday.

Bookings are essential.