



ABORIGINAL HEALTH SERVICE

(Tasmanian Aboriginal Centre Inc)

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WHATS NEW AT THE AHS HOBART

April 2014

PROTECT YOURSELF AGAINST THE 'FLU'

'FLU' VACCINES HAVE ARRIVED
Come in and get your vaccination before the winter hits

All Aboriginal people aged 15 and above and children with a chronic illness are eligible for the immunisation- make an appointment with Helen or Jason. (Children should see the GP first)

THE ABORIGINAL HEALTH SERVICE IS MAKING SOME IMPROVEMENTS FOLLOWING YOUR INPUT INTO OUR ACCREDITATION SURVEY.

- Starting in early April we will be offering **an evening clinic** (open until 7pm) once a week. Priority will be given to people who work full time; appointments will be bookable up to 2 weeks in advance.
- You can now **book appointments** up to 2 weeks in advance with the nurse, health worker and the GP you usually see. Some appointments will always be kept for booking on the day, to make sure that we are always able to see people with serious illnesses. If you need an appointment on the day, please phone at 8.45 am.
- Our procedure has changed for **getting hold of test results**. Please wait 48 hours after the test is done and then phone the AHS, leave your name and contact details and a Clinic Worker will phone you back between 4 and 5 pm on that day. Some results cannot be given out over the phone, you will be told to make an appointment with the GP to receive these results. We will contact you if your result needs urgent action. **PLEASE make sure that your contact details are up to date every time you visit the AHS.**

- **Worker's Compensation** cases are now handled by Dr Schramm at Davey Street Medical Centre. Our clinic workers will help you with this process. Please ask to speak to the clinic worker if you think your injury or illness is work related.

STAY HEALTHY

Come in for your Aboriginal Health Check every year

Aboriginal health checks are about keeping healthy and the early detection of disease. By checking for and reducing the risk factors for chronic disease it is possible to avoid developing the disease. An example of this is treating high blood pressure so that heart attacks or strokes are avoided. Even if the chronic diseases cannot be avoided problems with the disease can be reduced by early treatment for example early treatment of diabetes can avoid blindness.

By not waiting to get sick and then trying to fix the problem, you are in control of your health. It could be as simple as getting a bit more exercise each day, or changing some of what you eat. So it is worth making a few changes now as this will have a big impact later on.

Make an appointment with reception to get your health check NOW.

Don't forget, in addition to the clinical services, the AHS has a wide range of programs, including counsellors, nutritionist, exercise physiologist and exercise program, youth and children's programs, maternal health including a midwife, quit smoking home visiting program, chronic disease care program, parenting program and many more to support you and your families health and wellbeing

Check out the Tasmanian Aboriginal Centre website (www.tacinc.com.au) and like our



Facebook page for up to date information on what is happening in your community.

We look forward to seeing you at the AHS in the coming months.

Raylene and the AHS team 😊