

## PALLNET FRASER COAST COMMUNITY SERVICES DIRECTORY

### COMMUNITY SERVICES

**Domiciliary Nursing is the provision of home nursing care which includes;**

- **Nursing assessment**
- **Clinical support**
- **Palliative care**
- **Pain & symptom management**
- **Wound care**
- **Counselling – emotional and bereavement support for family / carers and friends**
- **Case conferencing**
- **Liaison between home, hospital, and doctors**
- **Advice on respite options and equipment requirements**

**Individuals may refer themselves or be referred by friends, carers, members of their family, their doctor, another health agency, Aged Care Assessment Team or the hospital.**

Organisation	Phone	Coverage Area / Comments
Blue Care – Blue Nursing Hervey Bay (Uniting Church)	4125 3796	Hervey Bay to River Heads, Takura, Beelbi Creek and Toogoom
Blue Care – Blue Nursing Maryborough (Uniting Church)	4123 1599	Maryborough – Boonooroo, Tuan, Tiaro, Torbanlea Howard and Burrum Heads
OzCare – Community Nursing (St Vincents)	4191 3000	Fraser Coast including outlying areas
Spiritus (St Lukes)	4191 2828	Fraser Coast including outlying areas
RSL Home Care	4124 3987	Hervey Bay / Maryborough - city limits only Department of Veteran's Affairs Gold Card holders only

## RESPITE SERVICES

Respite care is designed to provide relief for a carer who has the responsibility for a person requiring ongoing care, attention and support. It is defined as an alternative form of care that enables carers to have a break.

Respite care may be provided:

- day care centres
- in-home
- overnight respite in houses in the community
- in an Australian Government-funded aged care facility; *or*
- as emergency respite care in the home.

The Department of Veterans' Affairs (DVA) respite care is accessed through the [Veterans' Home Care \(VHC\) program](#).

Respite care is available under various government programs.

Service providers can assist carers with information on respite care and support services available in the various settings

While it is anticipated that most carers will contribute to the cost of respite care provided by the various organisations and funding bodies, no carer should be refused a service because of their inability to pay.

Some respite care is available to support working carers of frail aged people or carers training to re-enter the workforce.

### Centre Based Day Respite

Centre-based respite provides short-term substitute care. Centres provide activities and outings that enhance social, emotional and physical wellbeing.

Organisation	Phone	Coverage Area / Comments
Lonsdale House	4124 1400	Hervey Bay
Blue Care – “Iluka”	4197 7276	Hervey Bay
Blue Care – “Rainbow Cottage”	4197 7276	Hervey Bay
Blue Care – “Joyce Walker”	4121 5939	Maryborough

Blue Care – “Tirrike”	4120 2720	Maryborough
Burrum District Respite Centre	4129 0995	Burrum Heads / Howard
Kal’ang – Aboriginal & Torres Strait Islander Service	4124 7780	Provides flexible service options including home and personal care, home maintenance, day care, respite and transport service to Aboriginal and Torres Strait Islander people.
Fraser Coast Multicultural Respite Centre	4124 2737	Hervey Bay - Limited hours

## In-Home Respite

In-home care is popular for obvious reasons. The temporary caregiver comes to the regular caregiver’s home, and gets to know the care receiver in his or her normal environment. The temporary caregiver learns the family routine and the care receiver is not inconvenienced by transportation and strange environments

The provision of in-home respite care may occur while the carer is absent from the home or while they are at home, but it must enable the carer to be relieved of caring tasks.

In-home respite services include emergency respite, in-house activities and outings around the Fraser Coast.

Organisation	Phone	Comments
Blue Care – Hervey Bay Maryborough	4197 7266 4120 2700	In-home respite care Other services: Dementia specific flexible respite services including centre based & overnight cottage respite, transport, domestic assistance, social support.
OzCare Respite – Fraser Coast	41904122	In-Home respite care Other services: domestic assistance, social support, personal care
Commonwealth Respite & Carelink Centre	1800 059 059	
Dha’li Community Care	4197 7215	ATSI Service – covers Fraser Coast
Bay Support Services	4124 5433	Disability service provider only Direct inquiries to number provided
Wide Bay Respite Service	4125 3855	Disability service provider only Direct inquiries to number provided

## Overnight Respite

Overnight care may be provided in the family home or in a respite house ('cottage style' respite)

**Overnight respite is not restricted to the area where you normally reside – travel assistance is not provided**

Organisation	Phone	Coverage Area / Comments
Blue Care – "Iluka"	4197 7276	Cottage type respite - Hervey Bay
Blue Care – "Rainbow Cottage"	4197 7276	Cottage type respite – Dementia specific Hervey Bay
Blue Care – "Joyce Walker"	4121 5939	Cottage Type respite - Maryborough
Blue Care – "Tirrike"	4120 2720	Cottage Type respite - Maryborough

## Residential Aged Care Respite

Residential respite provides short-term care in an Australian Government-funded aged care facility or other approved accommodation for people:

- who are being cared for and whose carer is in need of a temporary break from the caring role
- who do not have a carer, but are in need of respite care
- who intend to return to the community

Residential respite care may be used on a planned or emergency basis to help with carer stress, illness, holidays, or when a carer is unavailable for any reason. It is usually provided in an Australian Government-funded aged care facility that provides high-level (nursing home) or low-level (hostel) care. In rare instances, respite care may be provided in a hospital if no other form of accommodation is available or appropriate.

Organisation	Phone	Comments
<b>Hervey Bay</b>		
<b>Bayhaven</b> Long Street Pt Vernon	4128 1055	High care respite

<b>Fairhaven</b> Pantlins Lane Pialba	4124 8955	High care respite
<b>Torbay</b> Exeter Street Torquay	4125 0800	High care respite
<b>Maryborough</b>		
<b>Fairhaven</b> Morning Street Maryborough	4121 2436	High & low care respite options

## AGED CARE ASSESSMENT TEAM

The Aged Care Assessment Team (ACAT) will provide information on suitable care options and complete the relevant patient assessment for entry into residential aged care.

Should you need residential respite, they can also provide assistance to find a suitable facility.

**Aged Care Assessment Team**

Maryborough  
167 Neptune St  
Maryborough QLD 4650

**Phone: 4122 8710**

**Please note an Aged Care Assessment is required for admission into an aged care facility**

## COMMUNITY AGED CARE PACKAGES (CACPS)

**Community Aged Care Packages (CACPs)** use care managers to assess a client's needs and arrange community care services that help clients to remain living in their own homes.

The packages are individually designed for each client and are based on particular needs and the help that is available in their area.

Package includes assistance with:

- bathing
- meal preparation
- laundry
- dressing
- transport
- housework
- temporary in-home respite
- home maintenance or
- social activities
- pastoral care

The services provided are very flexible and can change as your needs change.

To be eligible to receive a Package, your needs must first be assessed by an Aged Care Assessment Team member (ACAT) to determine whether you would benefit from the kind of assistance a Package provides.

ACATs help older people and their carers to determine the kind of care that will best meet their needs when they are no longer able to manage at home without assistance.

Care recipients may be required to pay a fee for a Community Aged Care Package. The amount charged forms part of an agreement between the recipient and the organisation and follows guidelines set by the Commonwealth Government.

## EXTENDED AGED CARE at HOME - PACKAGES (EACH)

**Extended Aged Care at Home (EACH)** packages are individually planned and coordinated packages of care, tailored to help frail older Australians to remain living at home with daily assistance.

Extended Aged Care at Home packages are very flexible and depend on the complexity of each individual's needs. Generally, a person who requires high level care could be eligible for an EACH package.

The types of services that may be provided include help with:

- registered nursing care
- care by an allied health professional such as a physiotherapist, podiatrist or other type of allied health care
- personal care
- social support
- home help
- social activities
- temporary in-home respite

## **EXTENDED AGED CARE at HOME DEMENTIA - PACKAGES (EACH D)**

**Extended Aged Care at Home Dementia (EACH D)** packages are individually planned and coordinated packages of care tailored to help older Australians living with Dementia to remain living in their home.

EACH D packages are flexible; services and supports are tailored to the individual clients' needs, which are assessed in conjunction with the client and their family.

Appropriate services and supports may include:

- care management and coordination
- technical nursing care
- care by an allied health professional such as a physiotherapist, podiatrist, diversion therapist, occupational therapist, continence specialist or other type of allied health care
- personal care
- lifestyle options
- home help
- gardening
- meaningful Dementia-specific activities
- carer support, in-home respite, assistance to access residential respite
- continence management
- mobilisation aids

## PACKAGE SERVICE PROVIDERS

Organisation	Phone	Comments
<b>Blue Care</b> Hervey Bay Maryborough	4197 7223	CACPs EACH
<b>OzCare</b> Fraser Coast	4191 3000	CACPs EACH EACH D
<b>Prescare</b> Fraser Coast	4194 3500	CACPs EACH EACH D
<b>Spiritus</b>	4191 2828	CACPs EACH EACH D
<b>Fairhaven</b>	4124 8955	CACPs
<b>Torbay</b>	4125 0800	CACPs
<b>Integrated Living / Community Solutions</b>	1300 782 896	CACPs EACH
<b>Feros Care</b>	1300 763 583	CACPs EACH D
<b>Blue Care Dha'li</b>	4197 7215	ATSI - CACPs
<b>Kal'ang</b>	4124 7780	ATSI - CACPs

# ALLIED HEALTH SERVICES

## **Physiotherapists and Occupational Therapists**

Physiotherapists help people to maintain as much movement and functional ability as possible.

Occupational therapists look for any changes that may be needed at home. This is to help someone who is ill to stay at home safely. It will also help to support the family in providing care. These changes may include hand-rails in the toilet or shower, temporary ramps for wheelchairs and other aids to help with daily living.

Physiotherapists and occupational therapists will often work together to help support people at home.

## **Speech and language pathology**

Speech and language pathologists provide a wide range of services, mainly on an individual basis, but also as support for individuals, families, support groups, and providing information for the general public. Speech services begin with initial screening for communication and swallowing disorders and continue with assessment and diagnosis, consultation for the provision of advice regarding management, intervention and treatment, and provision of counseling and other follow up services for these disorders.

## **Social workers**

Often social workers are involved in palliative care. They can help families understand what is happening “in the system”. They can help to understand the emotional, psychological, social and practical matters that will have to be tackled.

## ***Other health professionals***

- **Dietitians**, speech therapists, pharmacists and complementary therapists can all contribute to improving the quality of life of patients
- **Case managers** are sometimes assigned to help coordinate care
- **Psychologists** can offer skilled help when the person who is ill or their family carer may need professional emotional support
- **Pharmacists** can be found in chemist stores or in the hospital. They often provide helpful information on the effects of the drugs that patients are taking
- **Aboriginal Health Workers** are able to help Australian Aboriginal and Torres Strait Islander people.

The Allied Health Services listed below receive government funding to provide centre and home based services to people living on the Fraser Coast.

Organisation	Phone	Comments
<p><b>Blue Care – Fraser Coast Allied Health Services</b></p> <p>Long Street Pt Vernon</p>	<p><b>4197 7202</b></p>	<p><b>Self referral – must be HACCC eligible</b></p> <p>Services include;</p> <ul style="list-style-type: none"> <li>&gt; Dietitian</li> <li>&gt; Occupational Therapy</li> <li>&gt; Podiatry</li> <li>&gt; Physiotherapy</li> <li>&gt; Speech Pathology</li> </ul>
<p><b>Ozcare – Fraser Coast</b></p> <p>Torquay Road Pialba</p>	<p><b>4191 3000</b></p>	<p><b>Self referral - must be HACCC eligible</b></p> <p>Services include;</p> <ul style="list-style-type: none"> <li>&gt; Physiotherapy</li> <li>&gt; Dietitian</li> <li>&gt; Occupational Therapy</li> <li>&gt; Speech Pathology</li> </ul>
<p><b>Fraser Coast Health Services Allied Health Cancer Care Team</b></p> <p>Hervey Bay Hospital Nissen Street Pialba</p>	<p><b>4120 6670</b></p> <p><b>4120 6672</b></p> <p><b>4120 6681</b></p> <p><b>4120 6683</b></p> <p><b>4120 6686</b></p> <p><b>4120 6695</b></p> <p><b>4120 6687</b></p>	<p><b>GP, specialist, hospital or self referrals</b> <b>Cancer patients only :-</b></p> <p>Services include;</p> <ul style="list-style-type: none"> <li>&gt; Social Worker</li> <li>&gt; Dietitian</li> <li>&gt; Occupational Therapist</li> <li>&gt; Physiotherapist</li> <li>&gt; Speech Pathologist</li> <li>&gt; Psychologist</li> </ul>
<p><b>Fraser Coast Health Service - Allied Health Services (hospital based)</b></p> <p>Hervey Bay Hospital Nissen Street Pialba</p>	<p><b>4120 6670</b></p>	<p><b>GP, specialist or hospital referral is required to access these services</b></p> <ul style="list-style-type: none"> <li>&gt; Social Worker</li> <li>&gt; Dietitian</li> <li>&gt; Occupational Therapist</li> <li>&gt; Speech Pathologist</li> </ul>
<p><b>Community Based Rehabilitation Team</b></p> <p>Hervey Bay Hospital Nissen Street Pialba</p>	<p><b>4120 6040</b></p>	<p><b>GP, hospital or self referral</b></p> <ul style="list-style-type: none"> <li>&gt; Dietitian</li> <li>&gt; Speech Pathologist</li> <li>&gt; Physiotherapist</li> </ul>

		<ul style="list-style-type: none"> <li>&gt; Occupational Therapist</li> <li>&gt; Social Worker</li> <li>&gt; Registered Nurse</li> </ul>
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### Home and Community Care (HACC) program

HACC is a jointly funded Australian Government and state/territory government program. It provides funding for basic maintenance and support for people who live at home and whose capacity for independent living is at risk, or who are at risk of premature or inappropriate admission to long term residential care.

These could include:

- older and frail people with moderate, severe or profound disabilities
- younger people with moderate, severe or profound disabilities
- unpaid carers of people assessed as being eligible for the program

HACC services are offered in your home or local community and may be provided by a HACC agency, community nursing services, community health centre or local council.

Each HACC service has its own policy on fees, but most services ask for a small contribution, depending on your situation. Special consideration is given to people with limited finances.

## Private Allied Health Service providers on the Fraser Coast

No referrals are required – phone for appointment

Organisation	Phone	Comments
Physikal Rehabilitation Services	4124 1888	<ul style="list-style-type: none"> <li>&gt; Physiotherapy</li> <li>&gt; Occupational Therapy</li> <li>&gt; Massage</li> </ul>
Bayside Physiotherapy	4124 2324	Physiotherapy
Fraser Coast Physiotherapy	4124 5231	Physiotherapy
Hervey Bay Physiotherapy Centre	4125 3350	Physiotherapy
Maryborough Physiotherapy Centre	4122 2953	Physiotherapy
Pam Kaur Physiotherapy Centre	4194 5677	Physiotherapy
Physiomatters	4197 1960	Physiotherapy
Physiotherapy Solutions	4121 4466	Physiotherapy
Pialba Physiotherapy Centre	4124 4023	Physiotherapy
Ann Maree Block	0428879293	Dietitian
See Change Dietitian Pty Ltd	0428879293	Dietitian Hervey Bay & Maryborough
Fraser Coast OT for Kids	4124 3888	Occupational Therapy <ul style="list-style-type: none"> <li>&gt; Ronald McDonald Learning Skills</li> <li>&gt; Disability Services</li> </ul>

Sara Suthers	0427013777	Occupational Therapy
Barbara van den Heyden		Occupational Therapy Maryborough
Brenda Muller	0402 418 268	Psychologist
Desley Fraser & Associates	4123 4344	Psychologist
Insight Clinical Psychology & Counselling	4191 4950	Psychologist
Nanette Irving Psychology Services	4194 1244	Psychologist
Sally Stephenson Psychology	4123 4111	Psychologist
Stepping Stones	4194 5944	Child Psychology Service
Speech Language Solutions	4123 4575	Speech Pathologist
Wide Bay Podiatry	4128 4604	Podiatrist

# EQUIPMENT

Community nursing services have equipment available for loan and some Fraser Coast chemists have equipment available for purchase or can be hired on a **weekly or monthly basis**.

Organisation	Address	Phone	Comments
<b>Blue Care - Blue Nurses Hervey Bay</b>	Exeter Street Torquay	4125 3796	Clients only
<b>Blue Care – Blue Nursing Maryborough</b>	Churchill Street Maryborough	4123 1599	Clients only
<b>OzCare – Community Health</b>	Torquay Road Pialba	4191 3000	Clients only
<b>Active Plus</b>	Maryborough	4122 4444 0400519340	Equipment hire – Fraser Coast area Delivery fee applies
<b>Amcal Chemist Torquay</b>	418 Esplanade TORQUAY 4655  Pialba Place PIALBA  Urangan Central Shopping Centre	4125 2733  4128 1140  4128 9608	Delivery fees apply, contact for details. Contact prior to travel with as much notice as possible.
<b>The Friendlies – Independent Living</b>	Shop 2 Comet Place 133 Lennox St MARYBOROUGH  Fraser Shores Plaza Shop 17 81 Boat Harbour Drive PIALBA	4123 2733 4124 7533	Delivery available by courier at a cost to the client. Require at least 24 hours lead time.
<b>Good Price Pharmacy Warehouse</b>	227 Adelaide Street Maryborough	4121 3184	
<b>AusCare Pharmacies</b>	36 Murphy Street Pt Vernon  2 -3 Melory Place Torquay Road Pialba	4194 1500  4124 2477	
<b>Cincotta Discount Chemist</b>	14 Main Street Pilaba	4128 1492	

<b>Chemist Warehouse</b>	1/99 Main Street Pialba	4124 2477	
<b>Oxygen Supplies</b>			
<b>BOC Medical</b> Oxycare Medical		1800 050 999 1300 363 109	Oxygen Medical Gases
<b>Medical Products</b>			
<a href="#">Independence Australia Health Solutions</a>		1300 788 855	Shop on-line from a choice of over 12,000 products including leading brands and products.  Our secure system accepts payments via credit card.

## HELPLINES / COUNSELLING / SUPPORT SERVICES / GROUPS

HELPLINES	Phone	Comments
Aged Care Information Line	1800 500 853	
Lifeline <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	13 11 14	24 hour telephone counselling service
Palliative Care Helpline <a href="http://www.palliativecarehelpline.org.au">www.palliativecarehelpline.org.au</a>	1800 772 273	A telephone service that provides information, emotional and counselling support to individuals affected by life-limiting or terminal illness. Services are provided to families, friends, carers and health professionals. Only available business hours
Cancer Helpline and Counselling Service <a href="http://www.qldcancer.com.au">www.qldcancer.com.au</a>	13 11 20	8am – 8pm Monday to Friday A free and confidential cancer counselling service providing information about cancer, and provides, support and referrals to other services

Carers Queensland <a href="http://www.carersqld.asn.au">www.carersqld.asn.au</a>	1800 242 636	Providing carers with information and services to support them in their caring role
Children and Young People's Bereavement Centre (Qld) <a href="http://www.childbereavement.org.au">www.childbereavement.org.au</a>	3240 1190	The Centre offers support to school aged children and young people aged 5 to 17 years who have been through the experience of a close family member dying from a terminal or long-term illness
Alzheimers Association Queensland	1800 639 331	Information and support on Alzheimers Disease
Dementia Helpline	1800 100 500	Information and support on Alzheimers disease and other dementias
Elder Abuse Helpline	1300 651 192	Promoting the right of older people to live free from mistreatment or abuse
Health Line (13 Health)	13 43 25 84	Available 24 hours
Kids Help Line <a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>	1800 55 1800	Kids Help Line is a free, confidential and anonymous, 24 hour telephone and online counselling service specifically for young people aged between 5 and 18
Leukaemia Foundation	1800 620 420	Provides information about leukaemia and related diseases, counselling and practical support including accommodation, transport or in special circumstances , financial support
Men's Helpline	1800 600 636	
SIDS Queensland 24hr.Child Death Support Line	1300 308 307	24 hour bereavement support Call and you will be connected to your local SIDS & Kids office in your state or territory.
Medicines Line <a href="http://www.nps.org.au/consumers">www.nps.org.au/consumers</a>	1300 888 763	The Medicine Line provides information and advice relating to the best use of medicines

Poisons Information Centre	13 11 26	24 hour advice on all exposure to poisons, medicines, plants, bites/stings
<b>SUPPORT GROUPS</b>	<b>Phone</b>	<b>Comments</b>
Alzheimer's Australia Wide Bay & Burnett	4123 5611	
Leukaemia Foundation	4122 6670	
ARAFMI (Association of Relatives and Friends of the Mentally Ill)	1800 351 881	Caring for someone with a mental illness

<b>Hervey Bay</b>	<b>Phone</b>	<b>Comments</b>
Hervey Bay Cancer Support Group	4125 3796	3 <sup>rd</sup> Thursday from 2.00 – 3.00 pm at the Blue Nurses building Exeter Street
Hervey Bay Bereavement and Cancer Support Group	4125 3796	Monthly lunch
CANN (Create a New Norm)	4120 6687	Meets 2 <sup>nd</sup> Wednesday 9.30 – 11.30 in the Conference Room – Hervey Bay Hospital
Breast Cancer Support Group	4125 2086	Meets 2 <sup>nd</sup> Tuesday
Prostate Cancer Support Group	4128 3328	Last Tuesday at 2.00 pm
Multiple Sclerosis Support & Social Group	4128 2692	
Carers Queensland	4124 7977	
Parkinson's Syndrome Support Group	4128 5411	
Hervey Bay Chronic Pain Education & Support Group	4124 3544	

<b>Maryborough</b>	<b>Phone</b>	<b>Comments</b>
Maryborough Cancer Support Group	4122 3761	4 <sup>th</sup> Wednesday 1.30 – 3.45 pm in the Neighbourhood Centre
Breast Cancer Support Group	4122 8733	
Prostate Cancer Support Group	4123 1190	2 <sup>nd</sup> Monday at 6.00 pm
Carers' Support Group	4123 3699	
Stroke Support Group	4123 8733	
Motor Neurone Disease Association of Qld.	4122 2575	

<b>ADVOCACY &amp; MEDIATION</b>		
Queensland Aged & Disability Advocacy	1800 818 338	Advocacy support for people living in Residential Aged Care, people receiving Community Care Packages (CACP/EACH) and people receiving Home and Community Care (HACC) services
Fraser Coast Tenancy Advice & Advocacy Service	4124 1523	
Wide Bay Dispute Resolution Centre	4125 9225	
<b>LEGAL SUPPORT</b>		
Adult Guardian Office	1300 653 187	
Legal Aid	1300 651 188	
Public Trust Office	1300 360 044 4121 2905	Free Will making service
Queensland Law Society	1800 017 719	Referral Line

Seniors Legal & Support Service	4124 6863	
Taylor Street Legal Service Hervey Bay Neighbourhood Centre	4194 2663	
Women's Legal Service	1800 677 278	
Welfare Rights Centre	1800 358 511	Social Security matters only
<b>PRACTICAL SUPPORT</b>		
Meals on Wheels: Hervey Bay Maryborough	4128 1334 4121 4297	
Community Health Home Care	4122 8733	Domestic Assistance
Home Assist / Secure	4197 4332	Fraser Coast Regional Council Home modifications
Blue Care – Domestic Assistance	4197 7266	
Veterans Home Care	1300 550 450	
Marycare	4124 7412	Short term help
We Care 2	4124 0913	<ul style="list-style-type: none"> <li>▪ Extra Choices Food Co-Op for concession and care card holders</li> <li>▪ Emergency relief (appointment required)</li> <li>▪ Counselling (appointment required)</li> </ul>

<b>TRANSPORT</b>		
TransComCare	4124 5906	Home & Community Care (HACC) funded transport service Hervey Bay based service covering River Heads to Burrum Heads with trips to Maryborough
Maryborough Escorted Transport Service (METS)	4121 0898	Home & Community Care funded transport service
Optus - Community Car	4129 3227 040 5764 205	Maryborough based Powerhouse Community Centre
Queensland Transport	4194 4700	Information on taxi subsidy and disability parking
St John Ambulance Transport Access Project	4121 4877	Phone for details and eligibility

## **CHURCH AND RELIGIOUS GROUPS**

### **Burrum Heads**

#### **Burrum Heads Christian Community Church – 4129 5641**

1 Burrum Heads Rd, Burrum Heads - Anglican, Catholic and Uniting Church

#### **Catholic Church (St Peter the Fisherman) 4124 3334**

#### **Uniting Church – 41255233**

### **Hervey Bay**

#### **Anglican Church (St John's) - 41241499**

Cnr Gilston and Doolong Rds, Torquay

#### **Assemblies of God (Bayside Christian Church) – 4124 4131**

18 Neils St, Pialba

#### **Assemblies of God (Hervey Bay Christian Church) – 4124 0913**

Cnr Denman Camp Rd and Totness St, Torquay

#### **Church by the Bay- 4124 4311**

Urangan Community Centre

#### **Church of Jesus Christ of Latter Day Saints (Mormon) - 4124 0921**

37 Grevillea St, Scarness

#### **Church of Reconciliation – 0411 645 898**

Korrawinga Farm, Scrub Hill, Nikenbah

#### **Fraser Coast Baptist Church – 4128 4014**

Urraween Rd, Pialba

#### **Gospel Chapel - 4124 7050**

46 Hunter St, Pialba

#### **Hervey Bay Baptist Church - 4124 7200**

Dundowran Rd, Nikenbah

#### **Hervey Bay Church of Christ - 4124 0631**

27 Neils St, Pialba

#### **Hervey Bay Full Gospel Church - 4194 2984**

17 Cypress St, Torquay

#### **Jehovah's Witness – 4125 3920**

Kingdom Hall - 88 Exeter St, Torquay

#### **Salvation Army - 4125 1848**

11 Robertson St, Urangan

**St David's Presbyterian Church – 4124 7018**  
5 Denman Camp Rd,

**Seventh Day Adventist Church - 4124 0058**  
39 Hervey St, Scarness

**St James Lutheran Church - 4124 1554**  
1 Urraween Rd, Pialba

**St Joseph's Catholic Church - 4124 3334**  
Bryant St, Pialba

**United Ministries Church - 4125 5595**

**Uniting Church – 4125 5233**  
Exeter St, Torquay

### **Howard**

**Baptist Church - 4129 4292**  
30 Mary St, Howard

**St Matthew's Anglican Church - 4124 1400**  
William St, Howard

**St Patrick's Catholic Church – 4124 3334**  
William St, Howard

**Uniting Church – 4125 5233**  
Coal St, Howard

### **Maryborough**

**Anglican Parish - 4121 4745**  
200 Adelaide St, Maryborough

**Apostolic Church of Queensland - 4121 2835**  
Cnr Dale and Banana St, Maryborough

**Assemblies of God- New Life Centre - 4121 3242**  
New Life Centre- Fort and Alice St, Maryborough

**Baha'i Faith – 4123 5515**

**Baptist Church – 4121 3316**  
168 Fort St, Maryborough

**Christian Outreach Centre – 4123 2711**  
Hervey Bay Rd, St Helen's

**Door of Hope (Churches of Christ) – 41216822**  
569 Kent St, Maryborough

**Gospel Chapel - 4123 2129**  
69 Walker St, Maryborough

**Grace Community Church – 4122 1980**  
Powerhouse Community Centre-Cnr Kent and Tooley St, Maryborough

**Lutheran Church of Australia (St Matthew's) - 4121 3743**  
60 John St South, Maryborough

**Maryborough Christian Fellowship - 4122 2673**  
102-103 Wharf St, Maryborough

**Maryborough Church of the Nazarene - 4122 1564**  
190 Neptune St, Maryborough

**Maryborough City Church - 4121 3242**  
330 Alice St, Maryborough

**Maryborough Presbyterian Church – 4153 2954**  
523 Alice St, Maryborough

**New Apostolic Church – 4121 6369**  
Cnr Pallas and Premier St, Maryborough

**Richmond Street Community Church - 4121 2488**  
90-92 Richmond St, Maryborough

**Salvation Army - 4121 3643**  
100 Bazaar St, Maryborough

**Seventh Day Adventist Church – 4128 2873**  
Cnr Ferry and Howard Sts, Maryborough

**St Mary's Catholic Church - 4121 3701**  
269 Adelaide St, Maryborough

**St Paul's Lutheran Church - 4123 4200**  
203 Cheapside St, Maryborough

**The Revival Fellowship - 4123 1717**  
Meetings in the CWA Hall, Wharf St, Maryborough

**Uniting Church - 4121 3204**  
21-25 Sussex St, Maryborough

**Wesleyan Methodist Church - 4122 4415**  
68 Gayndah Rd, Maryborough

**Tinana**

**Jehovah's Witnesses** – 4121 4351  
109 indah Rd, Tinana

**Tinana Christian Fellowship** - 4122 4300  
115 Gympie Rd, Tinana

**Torbanlea**

**Uniting Church** – 4125 5233  
Gympie Rd, Torbanlea

## INFORMATION

PallNet ( Palliative Care Network)

PallNet Project Manager  
Shop 9 / Fraser Shores Shopping Complex  
79 Boatharbour Drive  
Pialba

Phone: (07) 4124 8311  
Mobile: 0448 119 630

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Fraser Coast Health Service  
Palliative Care Clinical Nurse Consultant  
c/- Hervey Bay Hospital  
Cnr Nissen Street & Urraween Road  
Urraween

Phone: (07) 4120 6846  
Mobile 0407 757 832

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Commonwealth Carelink

1800 05 90 59

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Palliative Care Helpline

1800 77 22 73

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# ADVANCE CARE PLANNING <sup>1</sup>

## **Think now. Plan sooner. Peace of mind later.**

When you or someone close to you becomes ill, injured, disabled, or goes through a life-changing event, it can make you think about many things. Some of them aren't easy to dwell on, such as what might happen in the future if you're no longer able to make decisions for yourself. If you haven't already thought about this, now might be the time to do so.

The first step in advance care planning is thinking about it. For example, you might like to consider your preferences for future health care and treatment and what would be important to you at the end of life. You might also like to consider where you want to live, types of home services you want, and even planning the type of funeral you want. The second step is to discuss your choices for future health care and any concerns you have with your doctor – seeing what is possible and planning for it. Your doctor can advise you about your options, the implication of your choices and clarify what might happen if you want to receive or refuse certain kinds of medical treatment.

The third step is discussing the choices and decisions you have made and are still thinking about with family and friends. You might like to involve your family and friends in your decisions or you may already have firm views about what you would want. The fourth step is optional and involves formally documenting your choices and/or nominating one or more people to make decisions on your behalf. This will involve completing some legal documents, such as an Advance Health Directive or Enduring Power of Attorney. It is important to note that these documents will come into effect **ONLY** if you lose the capacity to make or communicate decisions about your health care.

Advance care planning is entirely voluntary. You can change your mind and your plans (and your legal documents) at any time while you have capacity. Please take some time to read carefully through the booklets that you can download. Even if you are fit and healthy, it is never too early to consider what health care you may want in the future.

Think now. Plan sooner. Peace of mind later.

For more information about advance care planning and to download a brochure or booklet, please visit [Advance Care Planning Online](#).

<sup>1</sup> Queensland Health Advance Care Planning, web site <http://apps.health.qld.gov.au/acp/HOME.aspx>