Community Wellness Program

Eastside Community Care

Blue Care Eastside
Community Care
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www.bluecare.org.au

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What is the Community Wellness Program?

The program aims to provide support and services to assist people over 55 in our community. Staff can do this by assessing their health and community service needs, and introducing basic services and care as required within a preventive health focus. The intention of the program is to enhance health and empower over 55 people and their families to make lifelong choices to reduce the risk of illness. It emphasises the client's role as an active partner in their own health care.

The Community Wellness program will provide the opportunity for clients to work in partnership with the health care professionals to maximise their quality of life through various educational opportunities, including health awareness expos.

Who can attend the Clinic?

Persons 55 and over who:
- are able to participate in the development and maintenance of a comprehensive health management program.
- have a desire to participate in a program that focuses on wellness, and promotes ageing as active, positive and productive.

How does the program work?

The intention of the program is to promote wellness and improved health management by:
- assisting participants to identify their personal health goals
- developing realistic health plans that will reflect participants' goals
- supporting self-monitoring
- providing education and health resources
- referring to other services as required
- providing clinical support and care.

This program is also offered in the privacy of the participants home if preferred.

Is there a fee?

There is no financial cost to the participant.

Who funds this program?

Funded by partnership between the Port of Brisbane and Blue Care.

What geographical area does the program cover?

Services can be provided to people residing in the Brisbane Eastside District, including the suburbs of Belmont, Mackenzie, Burbank, Cannon Hill, Capalaba West, Chandler, Gumdale, Hemmant-Lytton, Lota, Manly, Manly West, Ransome, Tingalpa, Wakerley, Wynnum, and Wynnum West.

When does the program operate?

Each Tuesday between 8.00am and 4.00pm or at a time convenient to the participant.

Where does the program operate?

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166 Sibley Road, Wynnum Q 4178 or in the participants home if preferred.