

Inspiro Service Listing

Our Locations

Inspiro - Lilydale
17 Clarke Street

Inspiro - Tecoma
3/1527 Burwood Highway

Please note: Belgrave Children's services have moved to Sherbrooke FCC. Belgrave temporarily closing from April 2016.

Phone: 9738 8801 Fax 9739 4689

Bookings are essential. Please email hello@inspiro.org.au or call us on 9738 8801.

Waiting periods may exist for some groups and services. Minimum numbers may apply.



Dental

Lilydale. [Adults, youth and children](#)
Access via: Public and private

Children 12 years and under are bulk billed with no out-of-pocket fees. Child Dental Benefits Scheme welcome.

Seniors, Health Care and Pensioner card holders receive 10% off private dental fees.

Diabetes Education

Lilydale and Belgrave.

[Adults](#)
Public, private, DVA and CDM (GP) care plans.

Dietetics and Nutrition

Lilydale and Belgrave

[Adults, youth and children](#)
Public, private, DVA, TAC, WorkCover and CDM (GP) care plans.

Adult's Occupational Therapy

Lilydale and Belgrave

[Adults, youth and children](#)
Public, private, DVA, TAC and WorkCover

Waitlist: Inspiro's waitlist varies depending on the service. In most cases we can respond in a short timeframe. Contact us for the latest times.

Adult Speech Therapy

Lilydale [Adults](#)
Public, private, DVA, TAC and WorkCover

Physiotherapy

Lilydale and Belgrave.
[Adults, youth and children](#)
Public, private, DVA, TAC, WorkCover and CDM (GP) care plans.

Podiatry

Lilydale and Belgrave
[Adults, youth and children](#)
Public, private, DVA, TAC, WorkCover and CDM (GP) care plans.

Social Support Service

Lilydale and Belgrave. [Adults](#)
Public only

Counselling

Lilydale and Belgrave
[Adults, youth and children](#)
Public & MBS Mental health plans, Private.

Includes psychology, mental health social work, generalist, family violence and drug and alcohol counselling.

Children's Speech Therapy

Lilydale. Belgrave - operating from Sherbrooke Family and Children's Centre
[Preschool children](#)
Public and fee for service

Children's Occupational Therapy

Lilydale. Belgrave - operating from Sherbrooke Family and Children's Centre
[Preschool children](#)
Public and fee for service

- Public = Community health
- Private = Fee for service (incl. DVA, TCA, WorkCover)
- CDM = Chronic disease management
- All health care and pension concession card holders with a CDM (GP) care plan are bulk billed
- Private fees = \$65-\$75 per consultation

Social and support groups

- Diabetes Support Group
- Stroke Survivors Group
- Interlink For those aged 16 years+ with an intellectual disability.
- Friendship Group
For older women to support friendship and social interaction.
- Graduates Walking Group: For those who have suffered a cardiac event or would like to improve their fitness.

New nutrition workshop - Apple or cake?

This new workshop is for anyone who struggles to maintain healthy eating habits. Learn how to control eating in this monthly workshop.

Run by an accredited practising dietitian these workshops will improve your relationship with food and help you lose weight

Where: Inspiro Lilydale

When: 3rd Tuesday of month starting Tue 16th August

Time: 5:00-6:30pm

Cost: \$20 or 3 sessions for \$50



Other service providers at Inspiro

17 Clarke Street, Lilydale

- **Eye clinic** - every 4th Wed monthly. 9:30am - 3pm.
Australian College of Optometry
Call Inspiro to book 9738 8801.

- **Free legal advice** - every 4th Wed monthly.
Eastern Community Legal Centre
Call 1300 79 70 88 or 9762 6235.

Community services

NSP - Needle Syringe Program (self service)

NILS - No Interest Loans Scheme

Our Groups and Programs

Bookings are essential.

Please call Inspiro on 9738 8801 or email hello@inspiro.org.au

Waiting periods may exist for some groups. Minimum numbers may apply.

Community
Health
Service

inspiro

Gentle Exercise



Hip Health Knee Knowledge Group

If you suffer from hip or knee pain this education and exercise group can help you. It's ideal for people who have been diagnosed with arthritis or considering joint replacement surgery.

When: 4 fortnightly sessions on a Thursday

Time: 10:00am - 12:00 midday

Venue: Inspiro Lilydale

Cost: \$10 p/session + \$10 for one-off physio assessment

Tai Chi for Arthritis

Tai Chi is a form of exercise and relaxation. Research shows that the Tai Chi for Arthritis program improves strength, flexibility and balance to help prevent falls and manage stress.

When: Thursdays

Time: 10:00 - 11:30am

Venue: Japara House (TBC)

Cost: \$7.30 per week + \$9.40 for one-off physio assessment

Steady As You Go

A 15-week falls and balance exercise program for those whose mobility or balance may be deteriorating. The group is run in conjunction with Yarra Ranges U3A.

Where: Lilydale Court House
61 Castella Street

When: Tuesdays

Time: 10:30am – 12:00 midday

Cost: \$10 payable once for a physio assessment + \$50 annual U3A fee

Participants are required to join U3A.

Aquatic Physiotherapy

Are you looking for a low impact treatment program? Our physiotherapists can provide up to 6 sessions of hydrotherapy. Great for those in rehabilitation, have joint or muscle pain and can be used together with your physiotherapy treatment.

When: Tuesdays

Time: 2:00 – 3:00pm

Where: Croydon Leisure and Aquatic Centre, 11 Civic Square

Cost: \$10

Water Exercise

A group water exercise program for the frail aged is facilitated by our Allied Health Assistants at Lilydale Sports Squash and Fitness Centre on Mondays.

Please note for all exercise programs a Inspiro physiotherapist assessment is required before joining.

Youth



Youth Health Services

Aged 25 or under and concerned about your health, but don't know who to ask?

Consultations are confidential and can be about any aspect of your health, including mental health, sexual health, nutrition and general healthy living.

Wellbeing



Finding Me Being Free

A 8-week group for women who have experienced past or current issues of family violence/abuse in their relationships. Topics include:

- Finding my strengths
- Managing power and control issues Finding equality in relationships
- Options to increase safety
- Effects of abuse on children and how supportive parenting helps

Cost: Free.

Stop Smoking Service

Learn about nicotine replacement and behaviour strategies to stop smoking.

Cost: \$20 Covers initial assessment and ongoing appointments.

Venue: Inspiro Lilydale

Women's Health Clinic

A community health nurse is available to talk confidentially about any women's health issues such as menopause, continence, pap smears, contraception, mental health, sleeping, breast health and more. This is a free service by appointment only.

Communication Chat Group

The communication chat group is for people who have had a stroke and experience communication difficulties. The group is facilitated by a Speech Pathologist and will work towards communication goals with strategies and confidence building. When: Thursdays

Time: 1:00 - 2:30pm

Venue: Inspiro Lilydale

Chronic Disease



Healthy Living Support Program Lilydale and Tecoma. Individual sessions.

Do you have a chronic condition, such as arthritis, diabetes and heart disease? You will be assigned a health professional for 12 months to link you to other health services and help you set and reach your health goals.

Diabetes Annual Cycle of Care Clinic Lilydale. Individual sessions.

This one-stop-shop clinic allows you to see a dietitian, podiatrist, diabetes nurse educator on the one day to complete your annual cycle of care. Total cost is \$10.

Understanding Diabetes Lilydale. Group program.

This is a four session program (2hrs per week) to help you understand and manage your diabetes with confidence. Session speakers include a diabetes nurse educator, community health nurses, optician, dietitian, podiatrist and physiotherapist. Cost is \$7 per session.

Life! Program Lilydale. Group Program.

Do you have risk factors for diabetes, heart disease and stroke? This FREE program includes one individual and five group sessions with a health professional to talk about being active and healthy eating.

Healthy Eating



Healthy Eating Workshops Lilydale. Adults

Choose from a range of dietitian-led workshops where you can learn to:

- make healthy shopping choices
- mindful eating
- cooking small - healthy cooking for singles or couples.

When: Held throughout the year

Where: Inspiro Lilydale

Cost: Up to \$10

Healthy Supermarket Tours Lilydale. Adults

An Inspiro dietitian will teach you how to make healthy food choices in this educational and interactive program.

When: Held throughout the year

Where: Lilydale, supermarket TBC

Cost: Free for Diabetes Victoria members \$15 for others

Not Another Diet Lilydale. Adults

Considering a detox? Made new year promises? Want to find the real facts about Paleo or other diets? This session is run by accredited dietitians and nutritionists.

When: held throughout the year

Where: Inspiro Lilydale

Cost: \$7

Children



STARS (School Transition & Readiness Skills)

Upwey. Preschool-aged children

This school readiness program is run by our paediatric OT and is a fun, interactive group for preschool-aged children. For children referred by the Sherbrooke Family Centre. All aspects of a child's development are addressed ready for school.

Where: Sherbrooke Family Centre
Burwood Hwy, Upwey

Cost: Free

Parenting



Sing Play Create Upwey. Adults and preschoolers.

This group program is run in partnership with Yarra Ranges Council is for parents with children aged up to four years who would like additional support.

When: Tuesdays

Time: 10:00 – 12:00pm

Venue: Upwey Baptist Church,
21 Darling ave, Upwey.

Cost: Free

Let's Play Mooroolbark. Adults and preschoolers.

This group program is run in partnership with Yarra Ranges Council is for parents with children aged up to four years who would like additional support.

When: Wednesdays

Time: 10:00 – 12:00pm

Venue: Rolling Hills Family
& Children's services,
54-56 Landscape Drive,
Mooroolbark

Cost: Free

Healthy Mothers Healthy Babies Lilydale and Belgrave. Adults

This program supports women who need additional help during pregnancy and up to six weeks after birth. HMHB can help:

- connect you to services such as housing, food and clothing, emotional support and advice
- provide parenting education and one-to-one child birth education
- provide education on smoking, nutrition, drug and alcohol use and general health.

You can refer yourself or be referred. This is not an ante-natal class or an emergency service.

Referral checklist

All intake and waitlist enquiries can be made by calling Inspiro on 9738 8801 or emailing hello@inspiro.org.au. Referral instructions are in the table below.

Everyone can access our services.

There are three ways to do this:



Eligibility	Referral process
<p>1. EPC or Chronic Disease Management CDM (GP) care plan</p> <p>For patients with a chronic medical condition.</p> <p>Bulk billing is available for Health Care and Pensioner Concession card holders.</p>	<p>EPC / CDM care plan referral checklist:</p> <ul style="list-style-type: none"> Completed GP Management Plan (Medicare item 721) Completed Team Care Arrangement (Medicare item 723) <ul style="list-style-type: none"> refer to Inspiro and nominated allied health service(s) Completed CDM (formally EPC) Referral Form <ul style="list-style-type: none"> refer to Inspiro and nominated allied health service(s) note how many allocated visits for each allied health service signed and dated
<p>2. Community health services</p> <p>Priority access is given to:</p> <ul style="list-style-type: none"> Aboriginal and Torres Strait Islanders Refugees or asylum seekers Those who are homeless or at risk Registered clients of mental health or disability services Pregnant women (public dental and Healthy Mothers Healthy Babies only). 	<p>Community health referral checklist:</p> <ul style="list-style-type: none"> Completed SCTT Referral Form; and Fax to 9739 4689 or Completed online S2S (preferred) or Self referral
<p>3. Private services</p> <p>For everyone, including those with or without private health insurance. Reasonable fees will be charged. DVA, TAC, NDIS and WorkCover are welcome.</p>	<p>Self referral:</p> <p>Patients can call Inspiro on 9738 8801 to book.</p>

In order for Inspiro to provide the best care to patients, we have defined the minimum amount of information we need. Please include the following information when you refer to Inspiro. Additional information is welcome.

Minimum standard for referral	
Referral type	GP referrals
All	<ul style="list-style-type: none"> Reason for referral – why do you want this patient seen? Relevant medical history Current medications Any risks/allergies/drug reactions Any relevant social/family issues
Physiotherapy and Podiatry	Plus any relevant scan or xray reports
Diabetes education and dietician	<p>Plus</p> <ul style="list-style-type: none"> HbA1c Albumin to creatinine ratio Cholesterol Fasting glucose/glucose tolerance test

Phone: 9738 8801

Fax: 9739 4689