

Patient Discharge Information

Social Work Support

From us to you

To assist you on your discharge from Forster Private Hospital please consider the following contacts and service supports to assist you in adapting and coping with requirements related to COVID-19.

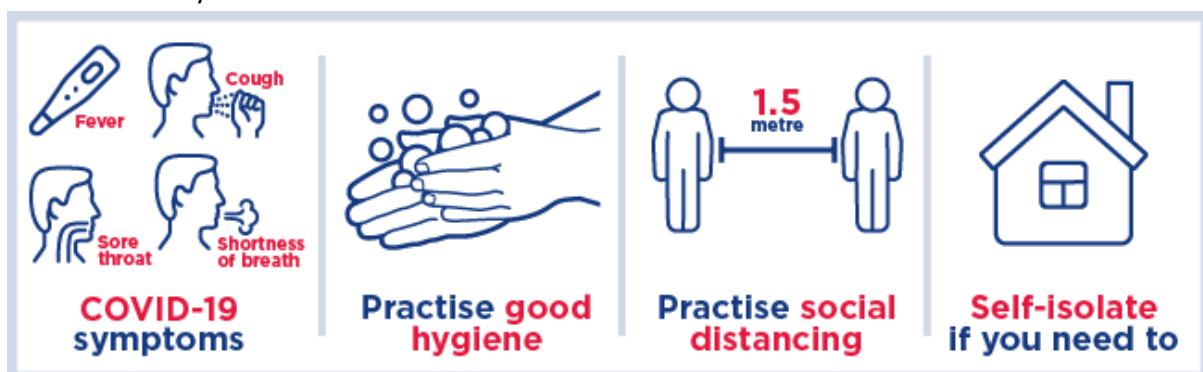
Developed by Jane Bone, Social Worker at Forster Private Hospital. 2020.

Now is the time to protect yourself and your family. You have been in a safe environment in the hospital during your recovery. You are now re-entering a community that is faced with a virus that could potentially harm you and your loved ones. We highly recommend you follow **ALL** the rules put in place to avoid COVID-19, the Coronavirus by the Australian Government and NSW Health.

The following information is to assist you in understanding what is available to you and how you can utilise services that allow you to continue your life at home in a safe and secure way. We strongly recommend you stay connected to sound announcements from reliable medical resources in relation to the Coronavirus and your continuing health.

Social Distancing and Hand Hygiene

- Understanding symptoms
- Practice good hand hygiene
- Practice social distancing
- Self-isolate – especially important for people 60+ years
- Abide by the new TWO PERSON RULE



Social Supports

A range of local services provide social support, individual and group support, assisted shopping and outings, home visiting and support programs. Services can be provided through Home Care Packages and Commonwealth Home Support Programs (CHSP) if over age 65 years.

**Please ask the Hospital's Discharge Planner or Social Worker
if you wish to discuss a referral for services.**

Some of these services include:

My Aged Care	1800.200.422	For people aged over 65yrs
National Disability Insurance Scheme (NDIS)	1800.800.110	Call to make an access request for 65 years and under
Calvary Hospital to Home (Settle Me in Service)	1300.66.22	
Helping Hands	02.6555.8977	
Red Cross Telecross (daily phone check in service)	1300.885.698	For frail, aged or disabled. Those that are housebound or recovering from illness or injury

Practical Supports

Transport

Manning Valley Community Transport	02.6554.5447	Also available to do your grocery shopping
Taxi Service	02.6554.6555	
Department of Veterans Affairs	1800.550.445	Transport bookings
Forster Bus Lines	02.6554.6431	Email – info@forsterbuslines.com.au

Meals

Omnicare Meal Services	02.6554.8811	
Manning Support Services	02.6551.1800	
Lite n' Easy	13.15.12	
Tender Loving Cuisine	1800.801.200	Delivers fortnightly on Friday
Tradies Takeaway	02.6555.8255	

New Online Priority Service – Order shopping online with delivery

You can now do your online grocery shopping with two local grocery chain stores;

- Woolworths - www.woolworths.com.au
- Coles - www.coles.com.au

Carers

Carer Support – Centre Based Respite options and In-Home Respite

Carer Gateway	1800.422.737	
Senior Rights Services	1800.424.079	
Manning Support Services	02.6551.1800	
Carer Support Group	02.6551.1800	Meets Monthly
Calvary Star of the Sea Cottage	1300.797.522 2 Cedar Grove, Forster	Overnight respite in home or in cottage, day respite programs
Aging and Disability	1300.65.88.30	Mid Coast Assist
Neighbour Aid Program	02.6554.8698	

Financial

No Interest Free Loans – to enable people on low incomes to purchase significant or essential household items or a service that improves quality of life.

Manning Support Services	02.6551.1800	
Neighbourhood Centre	02.6555.4351	Financial Counsellor
Centrelink Social Worker	13.28.50	Carers Allowance / Carers Pension / Newstart
National Debt Helpline	1800.007.007	

Welfare Supports

Samaritans	02.6539.3400	Great Lakes Manning Homeless Support Service
Great Lakes Women's Shelter – Forster	02.6555.9835	

Homeless Persons Line	1800.234.566	
St Vincent's de Paul	02.6554.6079	Vinnie's Forster
Salvation Army	02.6554.7207	Salvo's

Emotional and Mental Health Support

Ask your GP if you're eligible for a Mental Health Care Plan to access Psychological / Social Work Support. NDIS funding can be used for Psychological support if you have a disability.

This Way Up Program (thiswayup.org.au)

Online Well-being programs for coping with the following and other resources;

- Stress
- Mindfulness
- Anxiety
- Depression
- PTSD
- Chronic pain
- Insomnia
- Post-natal depression

Mental Health Access Line	1800.011.511	Mental health & Substance use
Life Line	13.11.14	
Beyond Blue	1300.224.636	
Men's Line	1300.789.978	
Suicide Call Back Service	1300.659.467	
Dads in Distress	1300.853.437	
Butterfly Foun Helpline	1800.334.673	Eating Disorders
Headspace	1800.614.434	12-25 year olds
The MindSpot Clinic	1800.614.434	
QLife	1800.184.527	LGBTI from 3pm – 12am
Panda	1300.726.306	Perinatal Anxiety & Depression
Vets & Families Counselling	1800.011.046	

Family and Relationship

Parents Line	1300.130.052
Kid's Help Line	1800.551.800
Domestic Violence Helpline	1800.737.732
Rape & Domestic Violence Services	1800.424.017
Relationships Australia	1300.364.277
Family Relationships Online	1800.050.321
Tresillian Family Care Centre	02.6515.1952

Stay home, stay connected and call us.
We are here to help.

Jane Bone

Social Worker

[Forster Private Hospital](#)

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Resources:

NSW Health - <https://www.health.nsw.gov.au/>

Clinical Excellence Commission - <http://www.cec.health.nsw.gov.au/>

Groceries or Supplies needed?



Self Isolating? Need supplies picked up?

Community Transport may be able to help.

If you are one of our clients that may be self-isolating and need shopping and other necessities picked up please give us a call we may be able to help.

If you are aged socially or geographically disadvantaged and in a difficult situation as above, please contact us we still may be able to help if you are not one of our clients.

Phone: 6554 5447

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Manning Valley & Area
COMMUNITY TRANSPORT