Eligibility

You can access Healthy Aging Hub services if you are:

- aged 65 years and over
- aged 50 years and over and identify as Aboriginal and/or Torres Strait Islander
- aged 50 years and over and are homeless or at risk of homelessness

Our services are:

- low cost or free
- culturally-sensitive
- tailored to your lifestyle and needs
- available in languages other than English

Interpreters

Interpreters can be arranged in any language at no additional cost.

If you'd like to find out more about Healthy Aging Hub services, contact us:

📞 (03) 9418 9807

@ intake@nrch.com.au

✉ Send a referral letter from your clinician to Intake at:

North Richmond Community Health
23 Lennox St
Richmond, VIC 3121

✈ Learn more about our services and events at our website: nrch.com.au

f 🐦 @nrchAUS

north richmond community health

north richmond community health
Wulempuri - Kertheba

Interpreter

North Richmond Community Health (Wulempuri-Kertheba) stands on the traditional lands of the Wurundjeri people. We pay our respects to their elders, past and present.

Healthy Aging Hub

Health services for aged care at North Richmond Community Health

- Podiatry
- Physiotherapy
- Occupational Therapy
- Nutrition and Dietetics

Healthy Aging Hub
at North Richmond Community Health

Our Healthy Aging Hub team provides high quality health services for people who are 50 years and over.

Our experienced team will work with you in the specialised areas of Nutrition and Dietetics, Podiatry, Physiotherapy, and Occupational Therapy.

Healthy Aging Hub services include:

Occupational Therapy

Get help with everyday activities including house tasks, transport and taking care of yourself at home.

Physiotherapy

Improve your everyday life by reducing pain and stiffness in your body.

Podiatry

Your feet change over time. Reduce the negative effect your feet can have on your health and wellbeing.

Nutrition and Dietetics

Find out how changes to your diet can improve your health and wellbeing.

Our Healthy Aging Hub team will never rush you. We will work with you to improve and maintain your overall health and wellbeing.

Healthy Aging Hub groups include:

- No Falls Group
- Smart Shopping and Cooking Skills
- Chair Based Group
- Tai Chi

Join our Healthy Aging Hub groups to build your skills and meet new people.

How to access our Healthy Aging Hub services

1. Book an appointment with your General Practitioner (GP).

   If you'd like to book an appointment with a GP from North Richmond Community Health, call (03) 9418 9800.
2. Ask your GP for a referral to one of the Healthy Aging Hub services at North Richmond Community Health.

What about My Aged Care?

My Aged Care is a Government service. They can help you find information about aged care services and how to receive them.

1. You can receive a referral from My Aged Care by calling the Contact Centre on 1800 200 422.
2. Tell the My Aged Care Contact Centre you would like to receive allied health and therapy services at North Richmond Community Health.

For more advice on how to get a referral, call our Healthy Aging Hub team on (03) 9418 9807.