

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
- 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 Physiotherapy, 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

📘 @nrchAUS



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.



Physiotherapy for healthy aging

Healthy Aging Hub at
North Richmond Community Health

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.



Our Physiotherapists can work with you to help you understand your health condition and keep you independent.

Work through a treatment plan tailored to your lifestyle and individual needs.

Our Physiotherapists can help you improve:

- pain and stiffness in joints and muscles
- back and neck pain
- recovery after surgery or injury
- mobility and walking
- balance and preventing falls
- understanding your condition.

Our Physiotherapists can provide help and advice on:

- walking aids and equipment
- exercises to improve your balance and prevent falls
- exercises to improve strength and reduce pain.

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.

