Aboriginal people continue to experience greater health risks, poorer health and shorter life expectancy than non-Aboriginal people, partly because of higher rates of chronic disease such as diabetes, heart and lung disease.

A chronic condition is one that has been or is likely to be present for six months or longer. It includes, but is not limited to asthma, cancer, cardiovascular illness, diabetes mellitus, musculoskeletal conditions and stroke. Mallee District Aboriginal Services operates a wide range of services aimed at supporting people with chronic disease, including chronic disease management plans and preventative programs.

Eligible clients can receive 'no gap' services at our clinics, with no out-of-pocket expenses. They can be referred to MDAS chronic disease programs from our clinics, or by any General Practitioner. Once a plan is in place, it should be regularly reviewed by your GP. This is an important part of the planning cycle, where you and your GP check that your goals are being met and agree on any changes that might be needed.

Talk to your doctor to find out more about the plans.

Our health services in Mildura, Swan Hill and Kerang provide a full range of medical, specialist and allied health services.

The staff at our sites include General Practitioners, Aboriginal Health Workers, nurses, a midwife and maternal and child health workers. There are also professionals in healthy lifestyles, mental health, drug and alcohol support and counselling.

Mallee District Aboriginal Services is a member of the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and has been accredited under the Australian General Practice Accreditation Limited (AGPAL) as a general practice since 2003. MDAS also works in partnership with other health organisations to provide access to the complete range of health services.

Mallee District Aboriginal Services would like to acknowledge all the Traditional Aboriginal tribes along the rivers in the Mallee and District area and on whose land we work and live as the first people of this Nation. We also pay respect to all Elders past and present and to honour
Mallee District Aboriginal Services is committed to providing safe, quality care to clients who access its services. It is becoming increasingly difficult to get an appointment within MDAS health services, so MDAS Health Service has systems in place and are looking for ways to try and address these issues. If you are unable to attend, we would appreciate you notifying reception staff at least 2 hours prior to your appointment. If a client is more than 15 minutes late for their appointment it will have to be rescheduled. Any patient who fails to attend is utilising valued appointment times which can be used for other patients who need appointments on the day, and as such, the doctor/specialist is unable to provide services to other patients. If the appointment book is full reception will take patient details and prepare a waitlist in order of time of phone call (first call would be 1st priority etc.) Therefore, when a client cancels waitlisted clients will be phoned to see if they would like the newly available appointment.

**ADULT HEALTH CHECKS**

Adult health checks are general assessment of a client's health, and recommended to be completed every nine months.

The MDAS assessment is done by trained staff and is offered free of charge to clients in Mildura, Swan Hill and Kerang.

The assessment involves a general review of the client's health, such as their physical, psychological and social wellbeing.

**MDAS Health**

MDAS Health can offer assistance when attending specialist appointments away. To be eligible for assistance you must be:

- Registered with MDAS and using the service for more than 6 months
- Of Aboriginal or Torres Strait Islander descent
- Up to date or willing to complete your health checks
- Able to provide documentation to confirm appointment detail
- Have given MDAS least 5 days’ notice prior to appointment
- Possibly eligible for ITC
- Please call the clinic for further information

If you are new to MDAS Health, please collect and complete a New “Patient Registration Form” from reception.

Once the completed forms are returned to reception and previous medical history received, an appointment may be made with the doctor. It may be up to 40 days for prior medical records to be released from your last medical clinic. This will ensure that your medications are prescribed safely and the GPs are well informed of your prior history.

This program is to increase access to antenatal care, postnatal support and hospital liaison to improve the health and wellbeing outcomes for Koori and Torres Strait Islander women and their babies. Services provided include:

- Family planning and contraceptive advice;
- Support for women during their pregnancy;
- Referrals into other relevant programs; Antenatal and postnatal education and care;
- Liaison with other health care providers; Breastfeeding information and support.

MDAS offers transport for patients with booked appointments at the health service. Due to high demand, transport needs to be arranged before the day of the appointment – transport cannot be added by request on the day.

All transport can be arranged through Health reception at the time of making your booking. If you live in an outlying suburb (e.g. Merbein, Red Cliffs) please aim to schedule your appointment before 2pm. No intoxicated clients will be transported.

A full range of medical, specialist and allied health services is available by appointment through the MDAS at Mildura, Swan Hill and Kerang. Which include:

- Podiatry
- Audiology
- Physio
- Cardio
- Speech
- ENT
- Optometrist
- Psychiatrist