

Wellness my Way Prevention Pathways

Free and low cost statewide and local prevention pathways which focus on health behaviour change are included within the Wellness my Way service. All can be delivered virtually, via phone, or face to face in the community to improve access of care close to home. For the most up to date list visit www.hw.qld.gov.au/wellnessmyway

Table 1: Wellness my Way embedded Prevention Pathways

Program	Description	Delivery	Delivery locations	Access Pathway
Programs supporting multiple health behaviours:				
My health for life	A health coaching chronic disease prevention program that supports Queensland adults at risk of developing conditions such as Type 2 Diabetes, heart disease and stroke. This free program is delivered by a health coach over 6 sessions either via 1:1 telephone sessions or online group sessions.	Delivered via 1:1 telephone sessions or online group sessions.	Available statewide	<p>Community members at high risk of developing Type 2 Diabetes (according to AUSDRISK) without existing chronic disease, and all First Nations people over the age of 18 years, can access this program.</p> <p>Health professionals can complete a referral form either via their medical practice software (Medical Director or Best Practice) or download a referral form and email to info@myhealthforlife.com.au</p> <p>Visit https://www.myhealthforlife.com.au/our-community/health-professionals/ to access referral options.</p> <p>Community members can do the simple online health check to find out if eligible for the My health for life program via the website: www.myhealthforlife.com.au</p>
Self-Management of Chronic Conditions (SMoCC)	<p>COACH program that supports people with in-scope chronic conditions* develop self-management skills required to reduce the progression of their chronic condition. This free program is delivered by a team of Registered Nurses and runs for approximately 6 months, with a call every 4–6 weeks.</p> <p>*Coronary Artery Disease, Type 2 Diabetes, Pre-diabetes, Chronic Obstructive Pulmonary Disease, Asthma</p>	Delivered via telephone, including First Nations telephone counsellors.	Available statewide	<p>Health professionals can complete a referral form either online or by downloading a referral form and email to SMOCC@health.qld.gov.au</p> <p>Visit https://www.health.qld.gov.au/clinical-practice/referrals/smocc to access referral options.</p> <p>Community members living with in scope chronic conditions can self-refer by calling 13 HEALTH (13 43 25 84) and asking to leave a message for the SMoCC Service.</p>

Program	Description	Delivery	Delivery locations	Access Pathway
1800 ASTHMA	COACH program that supports people living with Asthma. A team of Asthma Educators empower individuals with evidence-based information and strategies to improve asthma management, at no cost.	Delivered via telephone.	Available statewide	<p>Health professionals can complete a referral form either via their medical practice software (Medical Director or Best Practice), online or by downloading a referral form.</p> <p>Visit https://asthma.org.au/health-professionals/refer-to-asthma-australia/ to access referral options.</p> <p>Community members living with asthma can call 1800 ASTHMA for free (1800 278 462) or book a call with an asthma educator via the website: https://asthma.org.au/support/how-we-can-help/1800-asthma-book-a-call/</p>
Podsquad	A play-based wellbeing app helping families with children aged 5-12 years to build healthy habits together, exploring nutrition, physical activity and sleep. The program is free, self-paced and tailored to the family's health goals.	Delivered through mobile apps for Apple and Android devices.	Available statewide	Families can download the Podsquad app for free from the Apple App Store or Google Play Store.
SQRH Healthy Lifestyle Program	Southern Queensland Rural Health (SQRH) deliver a free Healthy Lifestyles program. The program assists participants to make healthy lifestyle choices, increase their physical activity levels and improve their future health outcomes.	Delivered face to face.	Available in St George: twice per week at the Goondir St George Community Wellbeing Centre.	<p>Health Professionals can complete the referral form and email to sqrhstg@uq.edu.au. (Appendix C).</p> <p>Community members can contact SQRH St George at: ph: 0467836514, e: sqrhstg@uq.edu.au, online at https://www.sqrh.com.au/health-lifestyles-program-st-george or in person at the Community Wellbeing Centre, 106-110 Alfred St, St George.</p> <p>Occasional programs running in Charleville. Contact SQRH Charleville for further information (07) 4573 5000</p>

Program	Description	Delivery	Delivery locations	Access Pathway
SQRH Strength and Balance Program	<p>Southern Queensland Rural Health (SQRH) delivers a free strength and balance program for residents over 50yo or those otherwise at risk of falling.</p> <p>The program offers exercise and education to improve strength and balance, assisting with the prevention and management of a number of age-related issues including sarcopenia, osteoporosis, malnutrition, functional decline, cognitive decline and increased falls risk.</p>	Delivered face to face.	Available in St George: twice per week at the Goondir St George Community Wellbeing Centre.	<p>Health Professionals can complete the referral form and email to sqrhstg@uq.edu.au. (Appendix C).</p> <p>Community members can contact SQRH St George at: ph: 0467836514, e: sqrhstg@uq.edu.au, online at https://www.sqrh.com.au/health-lifestyles-program-st-george or in person at the Community Wellbeing Centre, 106-110 Alfred St, St George.</p> <p>Occasional programs running in Charleville. Contact SQRH Charleville for further information (07) 4573 5000</p>
Nutrition				
Community Dietitian Program	The SWHHS Community Dietitian delivers a free 8-week program and individual consultations to promote and enable healthy eating. Tailored to the South West, the program empowers those at risk or with diagnosed chronic disease with nutrition knowledge and skills for lasting health improvements.	Delivered face to face and via telehealth, as well as hybrid model and group sessions.	Available in the South West Queensland Hospital and Health Service Region.	<p>Health Professionals can complete a referral form and email to Referrals_Roma@health.qld.gov.au (Appendix A)</p> <p>Community members can call 07 4505 1565 or email swhhshealthy-communities@health.qld.gov.au to register interest in the Community Dietitian Program.</p>
Vital Health Dietitian Program	Vital health delivers a dietitian service to the South West community, providing tailored nutrition advice to the unique needs of the individual.	Delivered face to face and telehealth to communities across the south west.	Available in the South West Queensland Hospital and Health Service Region.	Health Professionals can complete the referral form and email to info@vitalhealthqld.com.au (Appendix B)
Cook & Connect	The SWHHS Healthy Communities Team delivers a free local program that builds cooking skills and nutrition knowledge with a focus on budget friendly recipes and ingredients.	Delivered face to face across the SWHHS region by locally trained community members.	Available in the South West Queensland Hospital and Health Service Region.	Health Professionals and community members can call 07 4505 1565 or email swhhs-healthy-communities@health.qld.gov.au to register interest in joining Cook & Connect.
Physical activity				

Program	Description	Delivery	Delivery locations	Access Pathway
Community Exercise Physiology Program Intensity to suit individual's capacity	The SWHHS Community Exercise Physiologist delivers a free 8-week program that allows access to supervised exercise support. The program builds self-management skills, using physical activity as a tool to prevent and manage chronic conditions and maintain a good quality of life. Face-to-face sessions take place in a gym, health clinics and community spaces throughout the South West. Telehealth can be from the home or health clinic.	Delivered face to face with potential for a hybrid model and group sessions.	Available in the South West Queensland Hospital and Health Service Region.	Health Professionals can complete a referral form and email to Referrals_Roma@health.qld.gov.au (Appendix A) Community members can call 07 4505 1565 or email swhshealthy-communities@health.qld.gov.au to register interest in the Community Exercise Physiology Program.
Vital Health Exercise Physiology Program Intensity to suit individual's capacity	Vital health delivers an Exercise Physiology service to the South West Community. This service uses clinical exercise prescription and the delivery of exercise and lifestyle modification programs to improve health and wellbeing.	Delivered face to face and telehealth to communities across the South West.	Available in the South West Queensland Hospital and Health Service Region.	Health Professionals can complete the referral form and email to info@vitalhealthqld.com.au (Appendix B)
parkrun Moderate-high intensity	A collection of 5-km events for walkers, joggers, runners and volunteers that take place every Saturday morning. parkrun is free and you only need to register once.	Delivered by volunteers in Roma with scope for other communities to establish parkrun.	Active parkrun events in Roma, St George, Charleville and Surat.	Community members can register for free to join parkrun via the parkrun website: https://www.parkrun.com.au/register/ A barcode is sent via email which can be scanned to attend any parkrun event and is used to keep track of attendance and times.
Heart Foundation Walking Low to moderate intensity	Australia's largest free walking network, offering Australians multiple ways to start walking and keep walking, including social walking groups and digital personal walking plans.	Walking group currently delivered by volunteers in Roma; and personal walking plans delivered digitally.	Active walking groups in Roma and St George.	Heart Foundation Walking is for everyone. Community members can visit the Heart Foundation Walking website https://hrt.how/walking-maranoa to: <ul style="list-style-type: none"> • Join a walking group by searching by location • Complete a short 2-minute form to get a digital personal walking plan • Complete a short form to become a volunteer walk organiser and start a new walking group

Program	Description	Delivery	Delivery locations	Access Pathway
10 000 Steps	A free, evidence-based program that encourages and supports people to increase their awareness and participation in physical activity by tracking steps, setting goals, and finding ways to be active as a part of their everyday lives.	Delivered online and via mobile app, with local capacity to lead community challenges and/or tournaments.	Available statewide	Community members can get started now to make every step count: <ul style="list-style-type: none"> • Create a free 10,000 Steps account on the web, iOS or Android apps and switch between the platforms that suit you most. • Track your steps, view your progress over time, connect with friends, and join our monthly Challenges. Visit 10,000 Steps to learn more: www.10000steps.org.au
Hydrotherapy Low intensity	Vital Health delivers a group hydrotherapy class, led by an Exercise Physiologist, targeted at decreasing pain and swelling, and increasing function, strength and range of motion. This class is ideal for those experiencing muscle, bone and joint pain.	Delivered face to face.	Available in Mitchell and Charleville. Mitchell: Wednesdays at 8:45-9:45am, at Mitchell Spa (Free) Charleville: Wednesdays 9-10am at Charleville Pool (\$3.50 cost for pool entry).	Health Professionals can complete the referral form and email to info@vitalhealthqld.com.au (Appendix B)

Program	Description	Delivery	Delivery locations	Access Pathway
Yoga Low Intensity	<p>The Yoga Partnership offers free weekly online yoga classes people living in rural Queensland.</p> <p>Yoga builds strength, flexibility and balance, and incorporates movement, breathing and meditation benefiting both physical and mental health.</p> <p>Everyone is welcome - no experience necessary. Occasionally short courses are also available in addition to weekly classes.</p>	Delivered online via Zoom	Available anywhere in rural Queensland	<p>Classes are free for residents of rural Queensland.</p> <p>Community members can self refer by visiting https://theyogapartnership.com.au/qldrural/ and registering.</p>
Pilates - Charleville Low-moderate intensity	<p>Vital Health delivers a free group pilates class, led by a Physiotherapist, targeted at increasing core strength, range of motion, breathing regulation, and posture.</p>	Delivered face to face.	<p>Available in Charleville</p> <p>General class: 9-10am Tuesday at Vital Health Clinic (12 Wills St)</p> <p>Mums, Bubs and Bumps: 10-11am Tuesday at Vital Health Clinic (12 Wills St)</p>	<p>Health Professionals can complete the referral form and email to info@vitalhealthqld.com.au (Appendix B)</p>
Let's Dance St George Low-moderate intensity	<p>An informal, welcoming group for anyone who wants to move their body, enjoy music, and connect with others.</p> <p>Participants learn to dance a range of different dance styles in a fun and supportive environment, no experience needed. Just come along, have fun, and enjoy the benefits of movement and social connection. Everyone is welcome!</p>	Delivered Face to Face	<p>Available in St George:</p> <p>Friday Nights 6-7.30pm at St George Community Wellbeing Centre</p>	<p>Classes are free.</p> <p>A gold coin donation for refreshments.</p> <p>No booking or prior notice necessary, just turn up.</p>

Program	Description	Delivery	Delivery locations	Access Pathway
Mums and Bubs Pilates - Mitchell Low-moderate intensity	Vital Health offers Mums and Bubs pilates to the Mitchell community, delivered by an Exercise Physiologist. The class is targeted at creating a safe environment for mothers post-partum to reintroduce movement into their lives. Providing 45 minutes to focus on themselves and moving their bodies in ways that promote deep breathing, core strengthening and safe movement. There is a space for bubs to play if Mums prefer to complete the class solo, or variations of exercises that the bubs can join in on.	Delivered Face to Face	Available in Mitchell 10:15-11am Wednesdays at the CWA Hall, Mitchell (87 Cambridge st)	Health Professionals can complete the referral form and email to info@vitalhealthqld.com.au (Appendix B)
Exercise Group Surat Low intensity	Vital Health delivers a free exercise group class, led by an Exercise Physiologist, emphasising the improvement and maintenance of activities of daily living and chronic health conditions through a strength-based exercise program using gym equipment.	Delivered face to face.	Available in Surat: Fortnightly Thursday 9:30-10:30am, at Surat Gym, 10 Cordelia St	Health Professionals can complete the referral form and email to info@vitalhealthqld.com.au (Appendix B)
Exercise Group Roma Moderate Intensity	Vital Health partners with U3A Roma to deliver a free weekly Exercise Group. The class builds strength and balance to improve and maintain activities of daily living and help manage chronic health conditions. Led by an Exercise Physiologist, participants use 1-2kg dumbbells and a step.	Delivered face to face.	Available in Roma: Mondays 11:15am-12:15pm, at SNAP Fitness, 33 Hawthorne Street	Health Professionals can complete the referral form and email to info@vitalhealthqld.com.au (Appendix B)

Program	Description	Delivery	Delivery locations	Access Pathway
St George Open Gym Low-moderate intensity	Vital Health offers a free open gym delivered by an Exercise Physiologist. Individualised programs are written for participants and suitable for all ability levels, regardless of fitness level.	Delivered face to face	Available in St George: Tuesdays 10am– 11am, at St George Aboriginal Housing Gym on the Terrace.	Health Professionals can complete the referral form and email to info@vitalhealthqld.com.au (Appendix B)
Tai Chi Low intensity	SWHHS partners with U3A Roma to deliver a free weekly Tai Chi class. Tai Chi is a gentle, low-intensity, slow-motion form of exercise that increases strength, flexibility and balance. It is also a form of meditation bringing mental health benefits.	Delivered face to face.	Available in Roma: Fridays 2-3pm, at Senior Citizen's Building	Community members can access these classes by attending at the appropriate time and location. There is no need to register. Visit www.u3aroma.com to access the most up to date calendar of activities.
Blue Light Boxing Charleville Moderate-High intensity	Blue Light delivers boxing classes to community members aged 10 and over. Led by a trainer, boxing classes are suitable for all fitness levels. Boxing is a moderate to high intensity workout that combines cardiovascular endurance with strength-building, making it an effective way to improve overall fitness.	Delivered face to face.	Available in Charleville: Tuesday morning and afternoons, Wednesday and Thursday mornings at Charleville Showgrounds	Boxing classes are available for a low annual fee of \$20, and a gold coin at each training session attended. Community members can self-refer by visiting Charleville Police Station or contacting Buddy Peacock on 07 46505500
Charleville Cycling and Triathlon	An informal group who meet regularly to run, swim, and cycle; suitable for all fitness levels. The social club encourages and supports anyone that wants to train for social and health benefits. Community members can participate on their own terms and are welcome to join any or all sessions. Spare bikes are available to loan for the first couple of sessions for members interested in trying cycling.	Social club that meets face to face.	Available in Charleville most mornings at 5.30am; various locations. Meeting details are posted the Facebook group, CRABS (Charleville Runners and Bikers).	Participating in activities is free (or cost of pool entry). Community members can join the Facebook group for updates and meeting locations: CRABS Facebook Group . Or alternatively contact Robert Eckel on 04284541358 or charlevilletriathlon@gmail.com

Program	Description	Delivery	Delivery locations	Access Pathway
Charleville Healthy Ageing (Walking group, boxercise, Tai Chi)	<p>The Charleville Healthy Ageing program offers a range of activities to support social, emotional and physical wellbeing for seniors in the community.</p> <p>Activities include walking groups, Tai Chi, and boxercise and are appropriate for various fitness levels and interests.</p> <p>These activities can support strength, flexibility, balance and mental wellbeing.</p>	Delivered face to face.	<p>Available in Charleville:</p> <p>Activities run Monday to Friday from 8:30 AM to 3:00 PM.</p> <p>Timetables and availability of activities changes monthly.</p>	<p>Most activities available at no cost, some activities may incur a fee.</p> <p>To participate, visit 112 Alfred St, Charleville (across the road from Council Chambers, next to the neighbourhood centre) or call 07 4654 7950 for the most up to date calendar of activities.</p>
Free and low cost local pools	Communities across the South West Queensland Region have free or low cost access to local pools, offering a great whole body, low impact option that is suitable for all fitness levels	N/A	Available in various locations across South West Queensland	<p>Community members can contact their local pool for up to date opening hours:</p> <p>Maranoa Regional Council: Roma, Surat, Injune, Mitchell, Wallumbilla = Free entry</p> <p>Quilpie Shire: Quilpie, Eromanga = Free entry</p> <p>Paroo Shire: Cunamulla = \$2 entry</p> <p>Murweh Shire: Charleville = \$3.50 entry</p> <p>Balonne Shire: St George = \$4 entry, Dirranbandi = \$2 entry</p>

Program	Description	Delivery	Delivery locations	Access Pathway
Free Gyms and publicly available equipment	Many communities across South West Queensland have free or low cost access to a gym and/or publicly available equipment to incorporate additional cardio and resistance physical activity.	N/A	Available in Injune, Mitchell, Roma, Surat, Wallumbilla and Thargomindah	<p>Injune: publicly available equipment at the Injune Lagoon</p> <p>Mitchell: Free gym at the Mitchell Spa 8am-6pm (open until 7pm Tuesdays and Thursdays October-March). Visit https://www.greatartesiasspa.com/wellness for the most up to date information</p> <p>Roma: publicly available equipment along Adungadoo Pathway</p> <p>Surat: publicly available equipment along Surat Riverwalk, or gym available via the Timber Crate for a gold coin donation (collect key from Timber Crate)</p> <p>Wallumbilla: publicly available equipment near the walkway along the creek near the skatepark</p> <p>Thargomindah: Thargomindah Community Centre provides a gym to the community for a one-off payment of \$20. Community members can visit the centre at 15 Dowling Street or call Bulloo Shire on (07) 4621 8095</p>
Alcohol, tobacco & other drugs				
Quitline	Free tailored support and counselling service to help people quit smoking and vaping.	Delivered via telephone, including First Nations telephone counsellors.	Available statewide	<p>Health professionals can complete referral form either online or by downloading a referral form and email to 13QUIT@health.qld.gov.au</p> <p>Visit https://www.health.qld.gov.au/public-health/topics/atod/quitline-hp-referral-form to access referral options.</p> <p>Community members can self-refer by calling Quitline for free on 13 7848 or by requesting a call back on https://www.quitline.qld.gov.au/</p>

Program	Description	Delivery	Delivery locations	Access Pathway
Adis 24/7 Alcohol and Drug Support	Free 24/7 counselling, information and support for people in Queensland with alcohol and other drug concerns.	Delivered via telephone (24hrs) or web chat (8:00am-10:00pm).	Available statewide	<p>Health professionals can complete the online referral form available on https://www.adis.health.qld.gov.au/for-health-professionals</p> <p>Community members can self-refer by calling the helpline for free on 1800 177 833, or by web chat or requesting a call back on www.adis.health.qld.gov.au</p>
Mental Wellbeing*				
MindSpot	A free online mental health service that provides screening assessments and internet-delivered cognitive behavioural therapy courses for Australians troubled by stress, worry, anxiety and depression.	Delivered online and via telephone.	Available statewide	<p>General Practitioners can refer online via: www.mindspot.org.au/mindspot-gp</p> <p>Community members can access the service via the website: www.mindspot.org.au and begin by completing a free online mental health assessment.</p>
Medicare Mental Health	Connects consumers who are experiencing stress, anxiety and other mental health issues to appropriate, locally accessible mental health programs and services, at no cost.	Delivered via telephone.	Available statewide	<p>Health Professionals can visit https://rhealthlimited.snapforms.com.au/form/h2h-referral-form to refer to Head to Health's local intake team. Alternatively community members or their referring provider can make a free call (8.30am-5pm weekdays) on 1800 595 212. Enter postcode and connect to the local intake team for advice and referral to free or low-cost mental health services, if needed.</p> <p>Visit https://www.headtohealth.gov.au/ to find evidence-based mental health apps, online programs, forums and phone services.</p>
headspace Roma	headspace Roma is a free and confidential service that helps young people in South West Queensland aged 12-25 with their mental health and wellbeing, including alcohol support.	Delivered face to face or via telephone.	Available in Roma (face to face), and South West Queensland (telehealth)	<p>Health Professionals can visit https://headspace.org.au/headspace-centres/roma/ to complete a Community Referral Form and email to headspace.roma@rhealth.com.au</p> <p>Community members can call headspace Roma on 07 4523 6262 to book an initial assessment for a young person aged 12-25 years.</p> <p>Visit the website for opening hours and more information https://headspace.org.au/headspace-centres/roma/</p>

Program	Description	Delivery	Delivery locations	Access Pathway
eheadspace	eheadspace is a free, anonymous and confidential service that provides short-term support to help young people aged 12-25 with their mental health and wellbeing.	Delivered online via webchat, via telephone, or via email.	Available statewide	Young people aged 12-25 years can access eheadspace between 9am – 1am via: Web chat at eheadspace.org.au ; Calling 1800 650 890 ; or Email (at any time) by visiting eheadspace.org.au
Cancer Screening				
BreastScreen Queensland	BreastScreen Queensland invites women aged 50-74 years who haven't noticed any changes to their breasts to have a free breast screen every two years, unless otherwise advised. It is recommended that women aged 40-49 years, and over 75 years, consult their GP about whether breast screening is right for them.	Delivered face to face in the South West Queensland region via visiting mobile van.	Available statewide. To find a location, visit: https://www.breastscreen.qld.gov.au/find-a-location	Between the ages of 50-74 years, women are invited to participate in breast screening every two years. Community members can call 13 20 50 or visit the BreastScreen Queensland website to book a free appointment.
Cervical Screening	The Cervical Screening Test detects human papillomavirus (HPV) and looks for early changes in the cells of the cervix if HPV is detected. This test is for people aged 25-74 years who have a cervix and have ever been sexually active, every five years unless otherwise advised.	Choice to collect own sample, or healthcare provider can collect sample.	Available statewide	Community members contact their usual general practice or Aboriginal and Torres Strait Islander Community Controlled Health Organisation (A&TSICCHO)
Bowel Cancer Screening	Men and women aged 45-74 can participate in bowel cancer screening every 2 years by completing a simple, free home test kit. If symptoms are present or there is a family history of bowel cancer, individual screening needs to be discussed with GP.	Home bowel screening kit sent via mail from the National Bowel Cancer Screening Program.	Available statewide	Between the ages of 45-49, individuals can commence the bowel screening program by requesting an at home bowel screening kit. Between the ages of 50-74 years, individuals are invited to participate in bowel cancer screening every two years. To request a bowel screening kit, or order a replacement, community members can visit https://www.ncsr.gov.au/information-for-participants/order-a-replacement-bowel-test-kit

Program	Description	Delivery	Delivery locations	Access Pathway
Other pathways:				
Primary Care	A recommendation to visit an individual's preferred primary health care provider for further health assessment or management of chronic and complex conditions.	Usual general practice or A&TSCCHO.	Available locally	Community members contact their usual general practice or A&TSCCHO

*Note for frontline health professionals:

In addition to the Mental Wellbeing Programs listed above, following are two evidence-based mental health and wellbeing apps for clinician supported delivery.

Stay Strong

The AIMhi Stay Strong App is a motivational care planning tool that assists health professionals to promote the wellbeing of First Nations Australians by considering their social supports, strengths, worries and the goals or changes they would like to make. It is an evidence-based, low-intensity mental health and wellbeing app that is culturally relevant for First Nations Australians. Visit: https://www.menzies.edu.au/page/Research/Projects/Mental_Health_and_wellbeing/Development_of_the_Stay_Strong_iPad_App/

Weathering Well

Adapted from Stay Strong, the Weathering Well app is designed for Australian farming communities, in particular farmers, growers and graziers experiencing adversity from drought and other climatic events. The app uses strength-based motivational interviewing techniques to deliver a structured low intensity mental health, wellbeing, and alcohol and drug intervention. Visit: https://www.menzies.edu.au/page/Research/Projects/Mental_Health_and_wellbeing/The_Weathering_Well_app/

Wellness my Way is an initiative of the Queensland Government, delivered in partnership by Health and Wellbeing Queensland, Queensland Health's Health Contact Centre, South West Hospital and Health Service and The Health and Wellbeing Centre for Research Innovation at The University of Queensland.

Appendix A: SWHHS Adult Allied Health Referral Form

Also available online at: https://hw.qld.gov.au/wp-content/uploads/2024/11/Referral-Form-SWHHS_V2-1.pdf and can be emailed to Referrals_Roma@health.qld.gov.au

South West Hospital and Health Service

Community Nursing & Allied Health

Charleville

Community & Allied Health
72 King Street
Charleville Q 4470
Fax: 4621 2525

Roma

Community & Allied Health
PO Box 124
Roma Q 4455
Fax 4622 5595

St George

Community & Allied Health
PO Box 602
St George Q 4487
Fax 46202201

Discipline/Service required

Referral date:

Telehealth Referral:

Length of referral:

Service Eligibility Check:

Location where patient would like to receive service:

Patient Details

Name:

Medicare Number:

DOB:

Age:

Expiry:

Sex:

Address:

Patient Home Phone:

Patient Mobile Phone:

Patient Email:

Next of Kin:

Relationship to Patient:

Next of Kin Contact details:

Aboriginal or Torres Strait
Islander origin:

Interpreter required:

Yes

No

If yes, what is the preferred
language:

Community Nursing or Allied Health Service Required

Clinical Speciality (select one or multiple specialities)

Group Based Program

Support Group

Healthy Lifestyle Groups

Reason for referral

Include all relevant information. Eg: diagnosis, duration, severity and impact.

Please explain if you consider the referral urgent:

Relevant Investigations/Observations

(Include all investigations including pathology, radiology, correspondence from specialists etc)

Investigations:

Observations:

Past History

Current medications:

Allergies:

Immunisation status:

Smoking status:

Alcohol history:

Social history and/or Psychosocial risk factor(s):

Relevant Family History:

What additional documents have been faxed or sent:

Referring Clinician Details

Clinician :

Provider No.:

Clinician Address:

Phone:

Fax:

Patient's Usual G.P. (if different from referrer):

Is anyone else involved in the care of the patient?

Verification

Signed:

Appendix B: Vital Health Referral Form

Referral Form



PATIENT DETAILS / HOSPITAL ID STICKER

Name:

Date of birth:

Medicare:

Pension Number:

Phone:

Email:

- ☐ Healthcare Card
- ☐ Private health insurance for Allied Health
- ☐ DVA Gold Card
- ☐ Pensioner
- ☐ Aboriginal and/or Torres Strait Islander

☐ Patient has been notified that they will be contacted directly by Vital Health

SERVICE REQUEST

- ☐ Mitchell Hydrotherapy
- ☐ Roma U3A
- ☐ Surat Group Exercise

REASON FOR REFERRAL

REQUESTED FUNDING TYPE

- ☐ Private
- ☐ TCA / MBS
- ☐ T2DM / MBS
- ☐ Checkup
- ☐ DVA
- ☐ RPHS / PHN
- ☐ ATSI / MBS

MEDICATIONS / MEDICAL HISTORY (attach list if necessary)

REFERRING DOCTOR DETAILS / STAMP & SIGNATURE

Name:

Signature:

Date:

South West Centre Locations

20 Quintin Street, **Roma**
CWAATSICH, 94 Edwards Street, **Charleville**
71 Victoria Street, **St George**

Contact Details

Phone: 07 4622 4322
Fax: 07 4622 4275
Email: info@vitalhealthqld.com.au

Outreach Areas

Mitchell Injune Surat
Wallumbilla Augathella Tambo
Morven Cunnamulla Thargomindah
Mt Isa Normanton Cloncurry

Appendix C: Southern Queensland Rural Health Referral Form

ALLIED HEALTH EDUCATION AND TRAINING HUB REFERRAL FORM

Individual and group Allied Health services aimed at addressing the health and wellbeing of community members. Programs delivered at **no cost** by an Interprofessional health team.

Patient information		
Name		Referral date:
Date of Birth		
Goondir Client ID (if applicable)		
Address		
Phone number		
Doctor information		
Referring doctor		
Medical Clinic		

Please tick reason for referral:

Healthy Lifestyles	Strength and Balance	OT Program
<input type="checkbox"/> Current Chronic Disease <input type="checkbox"/> Chronic Disease Risk <input type="checkbox"/> Sedentary / exercise advice <input type="checkbox"/> AUSDRISK score ≥ 12 <input type="checkbox"/> High blood pressure	<input type="checkbox"/> Recent Fall <input type="checkbox"/> Fear of falling <input type="checkbox"/> Falls risk / poor balance <input type="checkbox"/> Desire to improve balance <input type="checkbox"/> Osteoporosis / Osteopenia	Health Assessment indicates risks in: <input type="checkbox"/> Cognition (cognitive screening) <input type="checkbox"/> Home safety / home environment <input type="checkbox"/> ADL performance OR <input type="checkbox"/> More information required prior to Health Assessment for Older Persons

Please attach a patient health summary, medications list and relevant recent pathology to this referral

Additional Comments

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Please send referral documents through Medical Objects:

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