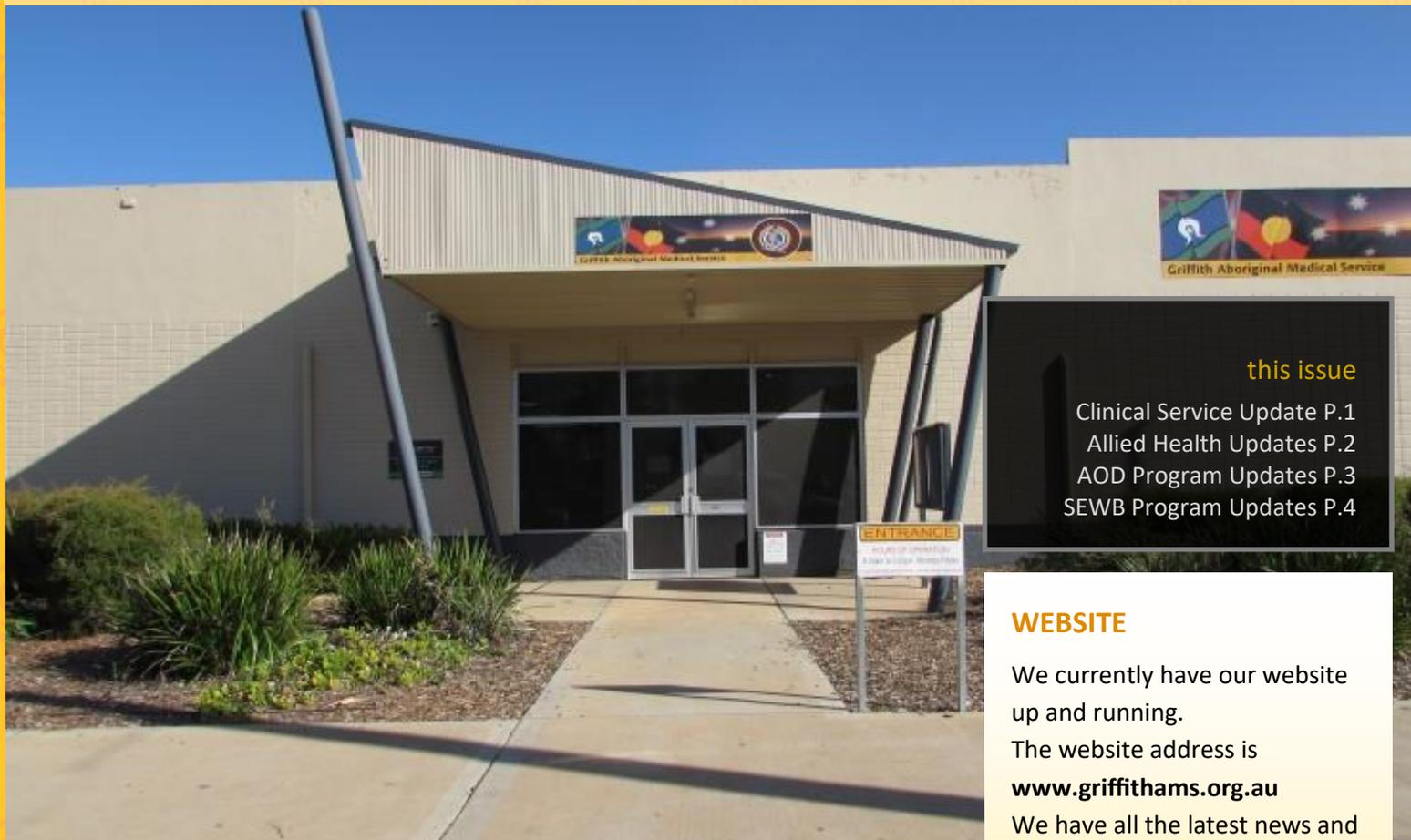


# Newsletter

Griffith Aboriginal Medical Service  
COVID UPDATE ISSUE



## this issue

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## WEBSITE

We currently have our website up and running.  
The website address is [www.griffithams.org.au](http://www.griffithams.org.au)  
We have all the latest news and events regarding the service posted on there.  
If you have any ideas or information to be posted please contact Duncan on 6962 0000

## Changes to Policy and Procedures

There have been a few changes in our policy and procedures since the covid outbreak began, we appreciate all support and understanding from the community during this time. We will endeavour to update you all as soon as any changes occur, either through our Facebook site or Newsletters. For any clarification on any policies feel free to contact our CEO Stacey Meredith or our Practice Manger Lisa Penrith on 6962 0000.

# Clinical Service Update

- Due to restrictions on the number of patients we can have in the service at any one time, we can only allow the patient who has the appointment and one carer/parent (if essential) in the waiting room and consult room. If there is more than one person with you they will be asked to leave.
- We are still offering Telehealth appointments if you are unable to comply to these restrictions, just inform Reception at the time of booking the appointment.
- Telehealth appointments mean instead of you coming in to the service the doctor/nurse will just call you at your appointment time and conduct the consultation over the phone. Just ask reception when you make the appointment that you want it to be a telehealth.
- The AMS is still offering transport for our Aboriginal Clients from 9:30am - 3:30pm. Again only the person who has the appointment along with one carer/parent will be picked up.
- We are currently still triaging all clients when you arrive at the service for your appointment. We have a worker there who will ask you a series of questions. If you answer yes to any of these questions you will be asked to put on a mask and come around to the Triage Room. In the triage room you will see a nurse before your appointment with the doctor.

## Specialists Services

- **Podiatrist** - is currently still attending the service and seeing our Aboriginal Diabetic clients.
- **Cardiologist** - is currently still attending the service and seeing any eligible clients.
- **Ears Nose & Throat Specialist** - has cancelled all clinics until 2021
- **Endocrinologist** - is currently doing telehealth clinics for eligible clients.
- **Audiologist** - is currently still attending the service and seeing our Aboriginal clients.

**To get on the waiting list or to book an appointment with any of our visiting specialists you are required to see a doctor first and they will let you know whether you are eligible and will ask reception to book any follow up appointments for referrals if necessary.**

# Allied Health Service Update

- We are still conducting health checks at this time, please book in with reception. We are currently offering telehealth health checks if you aren't comfortable coming to the service.
- The Chronic care team continue to work on the AMS grounds. They are doing as many Telehealth consults as recommended although on occasion will conduct one on one meetings with hygiene protocol and social distancing.
- Child and Maternal Health Team have put all outreach and Marrabinya Mothers Group on hold at this stage. Although Ngiaran is still available to support our local community and is accepting new referrals.
- Ellie our Dietitian is seeing clients within the AMS environment and is available for telehealth if preferable. If you would like to see Ellie please make an appointment to see the Doctor to get a referral.
- Jaclyn our Diabetes Educator is also seeing clients face to face on Fridays only and telehealth is also available. Please make an appointment to see a Doctor to get a referral for Jaclyn.
- Our two Speech Therapist's are conducting out reach in the school environment only and also seeing clients within the AMS. If you would like to see either of our Speech Therapists make an appointment with a doctor to get a referral.

**All the above services are still accepting new referrals and are conducting strict hygiene protocol and social distancing.**

**For any information feel free to contact the Allied Health Team Leader Melissa on 6962 0000**

# Alcohol & Other Drugs Program Update

- The GAMS Alcohol and Other Drugs program services Leeton, Narrandera, Darlington Point, Lake Cargelligo, Murrin Bridge, Hay, Hillston, Murrumbidgee, Whitton, Goolgowi and Yenda.
- We now have a caseworker based in Hay who will provide service delivery to Hay, Deniliquin, Jerilderie, Finley, Moama and townships within that area.
- The program aims to assist Indigenous people over 18 and their spouses who are experiencing Alcohol and Other Drug dependence, through a culturally appropriate AOD service consisting of non-clinical counselling, local support for AOD detoxification and rehabilitation, community development, education and awareness, advocacy and referral.
- Each AOD Caseworker will develop holistic case plans with clients to cover all life domains in order to address issues impacting their wellbeing.
- We are also a sponsor for the Work Development Order Program which allows clients to access our AOD , SEWB and Mental Health Programs and support groups to assist with paying off outstanding fines with NSW State Revenue, eligibility criteria will apply for this.
- Referrals to the AOD program can be by a service provider, family, friend or self referral.

Home visits for our Drug and Alcohol team will recommence on Tuesday the 1st of August. We will be following Covid-19 guidelines this will involve asking our clients a series of questions. We will be wearing gloves and a mask accordingly to stop the spread of Covid-19 .

# Social Emotional Wellbeing Team

- The Social Emotional Well Being Worker George and the Bringing Them Home worker Sophie are both still available to offer support to our Aboriginal clients. The BTH program is aimed to assist members from the Stolen Generations, their families and their descendants. They support clients with search, reunion and post reunion processes. The SEWB worker can assist clients with a range of things from housing, Centrelink, job providers, Department of Communities and Justice (DCJ). Both these roles outreach to Griffith, Leeton, Darlington Point, Coleambally, Hay, Hillston and Lake Cargelligo.
- Julie is our trainee Mental Health Worker. Her role is to deliver mental health support and programs to the Aboriginal and wider community. She works mainly with adults and delivers educational programs around mental health to adolescents. She is able to work one on one with individuals and their family and support network. If you would like to see Julie please make an appointment with the doctor and they will do a referral. She is available Monday-Friday from 9am to 4:30pm.
- Our Child Counsellor Lorraine is also currently seeing Aboriginal clients three days a week. A Mental Health Care Plan referral is needed from the doctor before appointments with Lorraine can be scheduled so please contact Reception.
- Home visits for our Social and Emotional wellbeing teams will recommence on Tuesday the 1st of August. We will be following Covid-19 guidelines this will involve asking our clients a series of questions. We will be wearing gloves and a mask accordingly to stop the spread of Covid-19.

# KEEP OUR COMMUNITIES HEALTHY

## Good health and hygiene stop the spread of COVID-19

Coronavirus (COVID-19) is a dangerous illness that can spread from person to person. Practicing good hygiene and staying healthy can help stop the spread in our communities.

**Cover a cough** with the inside of your elbow instead of your hand.



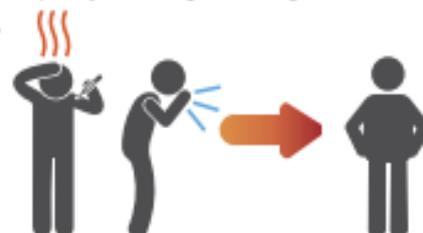
**Wash your hands** with soap and water for at least 20 seconds after you cough, sneeze, go to the toilet, and before making food or eating.



**Put tissues in the bin** and wash your hands straight away.



**Keep a distance** from other people, especially if they are sick.



**Clean your home** well, especially if someone gets sick.



If you or your family get sick call your local health service for advice. In an emergency, call 000



For more information visit [nsw.gov.au/covid-19](https://nsw.gov.au/covid-19) or call Healthdirect (24-hour help line) on 1800 022 222

COVID-19

# We can all help keep our mob COVID safe.

**Stay home if unwell**



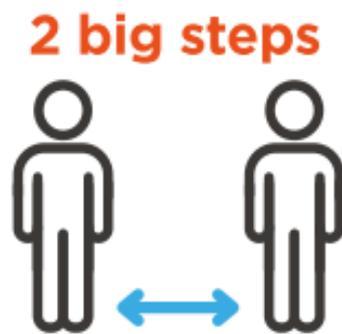
**Got symptoms? Get a test**



**Wash your hands often**



**Keep a safe distance**



**> KEEP OUR MOB SAFE**

For more information visit [nsw.gov.au](https://nsw.gov.au)





## FIND US ON FACEBOOK

Please feel free to search our Facebook page for information regarding our services and how we are striving to be a welcoming, community focused organisation. Delivering culturally appropriate service and programs aiming at improving the health and wellbeing of the Aboriginal community.

## CLIENT CONFIDENTIALITY

Protecting the privacy and rights of our clients and individuals within our community is a priority to the Board of Management and Staff of the AMS. There are strict guidelines and safeguards in place to ensure that this happens. Any breach of AMS policy in regard to this matter will result in swift disciplinary action against any AMS Board or Staff Member

GAMS NEWSLETTER

## Brother to Brother Hotline

Brother to Brother is Australia's first 24-hour hotline assisting Aboriginal men throughout COVID-19. The crisis number is **1800 435 799**. The line is staffed by Aboriginal men, including elders, to promote a culturally-safe service. Brother to Brother is the only hotline in Australia specifically created to assist Aboriginal men seeking help during the coronavirus crisis.



**Griffith Aboriginal Medical Service**