



Community Health Workers (CHW)

Otara Health Inc.'s Community Health Workers can provide free help with managing your family's health.

WHAT KIND OF HELP DO YOU OR YOUR FAMILY NEED?

Your doctor can refer you to one of our Community Health workers. Between 11 of them, they speak the many languages of Otara - Maori, Niuean, Cook Island, Samoan, Tongan and Indian.

They are there to help you (If needed) and to speak on your behalf if needed, with all kinds of issues like -

- Understanding your medication
- Help with housing, income support and budgeting
- Getting to health and specialist appointments
- Referral to specialist services like Disability Support and Needs Assessment
- Advice and support to improve diet and nutrition
- Joining up with exercise and activity programmes like Getting Started
- Dealing with family problems like violence, child safety and parenting support

Provider of CHW and Health Promotion Programmes

OTARA HEALTH INC

Shop 3, Fairmall, Otara, Ph: (09) 274 8355

Locations - ETHC Practices

BAIRDS ROAD SURGERY

Ph: (09) 274 3414
160 Bairds Rd
Otara

DAWSON ROAD SURGERY

Ph: (09) 274 3468
130 Dawson Road
Chapel Downs

OTARA TOWN CENTRE

Ph: (09) 274 9354
7A Fairmall Place
Otara

CHAPEL PARK

Ph: (09) 271 2670
160 Chapel Road
Chapel Park

MANGERE

Ph: (09) 275 7954
12A Waddon Place
Mangere

AIRPORT OAKS

Ph: (09) 275 1202
149A Kirkbride Road
Airport Oaks

GLEN INNES

Ph: (09) 528 9054
6 Mayfair Place
Glen Innes

DANNEMORA

Ph: (09) 272 4163
1 Redcastle Drive
Dannemora

EAST TAMAKI

Ph: (09) 274 9264
275 East Tamaki Road
East Tamaki

SYLVIA PARK*

Ph: (09) 573 1265
Level 1, Shop N215,
Sylvia Park,
286 Mt Wellington Highway

MANUREWA

Ph: (09) 264 1640
235 Browns Road
Manurewa

* Some services may not be available as this is a Tamaki PHO practice.

Fees

STANDARD CONSULTATION FEES

Charged to registered/enrolled patients for normal consultation:

0 - 17 yrs	FREE
18 yrs & over	\$10

DANNEMORA FEES

1 Redcastle Dr, Dannemora, Ph: (09) 272 4163
Dannemora fees are slightly different (being an interim funded practice)

0 - 6 yrs		FREE
6 - 17 yrs	C S Card	\$5
6 - 17 yrs	No C S Card	\$10
18 - 64 yrs		\$15
65 and over		\$10



TOTAL
HEALTHCARE
OTARA

"working with our community"



Bringing Total Healthcare to You and Your Family



Total Healthcare Otara (THO) Programmes

The following services are offered
FREE to THO enrolled patients

COMMUNITY HEALTH WORKERS

PH 274 4340

Provided to support all the services offered by THO for their enrollees

FREE

EXTENDED HOURS

PH 274 3414

We provide increased access to local medical services for our enrollees (after hours surgeries)

SEXUAL HEALTH - PH 274 7823

A programme targeting under 25s and sexual health

FREE

SELF MANAGEMENT EDUCATION

PH 274 7823

Aims to create 1 on 1 and group services promoting self management of chronic conditions and lifestyle inequalities

FREE

PRESCRIPTION SUBSIDY

PH 274 9452

Ensures medication compliance and pharmacy contribution to patient care and education are maximised

FREE

CERVICAL SMEARS

PH 274 7823

Are provided for all our at risk enrollees

FREE

DISCHARGE CARE

PH 274 7823

THO is here to assist and manage the care of patients discharged from hospital

FREE

ECG - PH 274 7823

We provide electrocardiograms for at risk patients

FREE

CARDIO VASCULAR SCREENING

PH 274 7823

Proactively screening and educating high risk enrolled patients to lower their risk of cardio vascular disease (CVD)

FREE

ORAL HEALTH

PH 274 7823

We provide links with other oral health services and aim to educate mothers on oral health

FREE

AMBULANCE & TAXI

PH 274 7823

We subsidise subscriptions for group ambulance schemes and provide transport for medical emergencies

HOME VISITS

PH 274 7823

Available to patients who are severely incapacitated (stroke, amputees, terminally ill requiring medical support) in the community

SMOKE-FREE

PH 274 7823

THO smoke-free programme - support to quit smoking and for smoke free homes and cars

FREE

MATERNITY SERVICES

PH 274 7823

Free maternity care is available to eligible women within our community.

FREE

Health Promotion Services



GETTING STARTED

A programme based in Otara, to support adults referred by their doctors, to be more active and to eat healthy food.

OTARA HEALTHY KAI

A programme in Otara Town Centre to support retailers to provide healthy, affordable ready to eat food and to encourage the public to purchase the healthy Kai choices.

ACTIVE FAMILIES

A programme based in Otara, Mangere and Manurewa, to support children and their families referred by their doctor, to be more active and to eat healthy food.



Diabetes Nurse Clinics

We now have 4,227 enrolled patients with Diabetes.

We provide education for diet, exercise and advice regarding medications.

This is designed to fit into your life the way you want it.

Remember if you can't get to one clinic there is always another nurse clinic.

Ring Jill on 274 7823 or 027 429 3700 any time for a chat about making a free appointment or for advice over the phone.



After Hours

Don't go to the Emergency Department at Middlemore and wait for several hours when you can go to East Tamaki Healthcare at 160 Bairds Road, Otara.

The Extended Hours Programme means you can see a Doctor for your urgent health needs until 11pm seven days a week.

