

Health does not only signify the physical well being but includes social, emotional, spiritual and cultural well being of yourself, your family and the whole community in which we reside. This is what we perceive and acknowledge as Indigenous people.

As an Aboriginal and Torres Strait Islander Community Health Service we strive to promote, provide and accomplish healthy services to our community.



ADDRESS

31-33 Victoria Street
Mackay QLD 4740
Phone: (07) 4957 9400
Toll Free 1800 817 773

OPENING HOURS

Monday: 8:30am - 4:00pm
Tuesday: 8:30am - 4:00pm
Wednesday: 8:30am - 4:00pm
Thursday: 8:30am - 4:00pm
Friday: 8:30am - 5:00pm
Saturday: 8:30 - 11:00am
Sunday: CLOSED
Closed on Public Holidays

AFTER HOURS

Refer to the emergency department at
Mackay Base Hospital
(Bridge Road, Mackay)
Ph: (07) 4885 6000



Aboriginal & Torres Strait Islander
Community Health Service Mackay Ltd

Chronic Disease



INTRODUCTION

The Aboriginal and Torres Strait Islander Community Health Service Mackay Ltd (ATSICHS) commenced in 1978 from a community initiative.

The vision was for the improvement of Aboriginal and Torres Strait Islander people in the Mackay region.

ATSICHS Mackay Ltd region includes the shires of Mackay, Pioneer, Proserpine, Belyando, Mirani, Nebo, Broadsound, Sarina and Bowen.

The Aboriginal and Torres Strait Islander Community Health Service Mackay Ltd is community controlled and receives funding from Department of Health and Ageing – Office of Aboriginal and Torres Strait Islander Health. The services we offer aims to address the health issues in our community with a large focus on prevention, education and effective management in a culturally appropriate way.

SERVICES

We provide the following services at ATSICHS Mackay to assist with the management of chronic disease:

- Diabetes Educator
- Dietician
- Podiatrist
- Counselling SEWB
- Support from Community Agencies
- Mentoring
- 'Health at Home' visits
- DRS Camera - Visiting Ideas Van
- Pharmacist

HEALTHY LIFESTYLE PROGRAMS

- Physical Activity
 - Water Aerobics
- Healthy Eating and Nutrition Sessions

VISITING SPECIALISTS

Clients who are referred by our General Practitioners can also attend regular sessions with visiting specialists at the Health Service.

Diabetes Educator	Visits Fortnightly
Dietician	Visits weekly
Podiatrist	Visits Weekly
Optometrist	Monthly
Endocrinologist	Every 3 months

This program combines the need to do fun activities with the family and get enough physical exercise, which is beneficial to both individuals and the family unit.

The program bridges the gap between primary care 'cure-focused' services and preventative 'lifestyle-focused' services

– both offered by ASTICHS Mackay as

part of the commitment to the primary health care of Aboriginal and Torres Strait Islander people with chronic diseases such as diabetes and heart disease.

For more information about this program, please ask for the program brochure.