



360 Health + Community

Background

- Operated as a primary health care provider for nearly 20 years
- Recently rebranded from Perth South Coastal Medicare Local
- Delivers services between Cockburn and Pinjarra
- Range of programs across physical & mental health

Background

- We deliver services for support and management of chronic disease, diabetes, and mental health.
- We aim to address gaps in availability of primary health care in an affordable & accessible setting



Living Well Programs



- Aimed at improving people's health in a way that is individualised to their lifestyle
- Chronic conditions such as diabetes, heart disease, obesity and chronic pain
- Individual and group sessions
- Living Well Team consists of Credentialed Diabetes Educators, Dietitians, Exercise Physiologist and Lifestyle Educators
- We also have a Mental Health team into which we can refer patients internally.



Diabetes Education

- Credentialed Diabetes Educators
- Insulin education, diet & exercise advice
- Diabetes Education & Self Management for Ongoing & Newly Diagnosed (DESMOND) workshops
- Walking Away Program for GDM & at risk of developing diabetes
- Type 2 Diabetes exercise group

Complex Care

- Coordinated Endocrinology & Diabetes Service (CEDS)
- Delivered in Mandurah with Dr Brett Sillars, Endocrinologist
- Suitable for Type 1 and complex Type 2 Diabetes
- Access to Dietitian and CDE
- Collaborative Complex Care in Diabetes (CCCiD) program for upskilling GPs in diabetes education



How To Refer

- 360 Health + Community Referral forms are on the website
- Living Well Referral Form from GP or from Allied Health Provider
- Include GPMP / TCA / EPC / all necessary documentation as outlined on referral form
- Fax to 360 Health + Community: 08 9527 1193

For more information



- Visit our website: www.360.org.au
- Call us on 08 6595 8800
- Refer to Information Pack

