

REDHS News

Hospital Rebuild

Revised stages of our re-build are:

→ Stage 1

**anticipated completion date June 2024*

- **Aged Care Stage 1**
30 beds
- **Acute Hospital & Urgent Care**
- **Support Services**
Kitchen, Stores, Laundry

→ Stage 2

**anticipated completion date October 2024*

- **Community Care**
Home Care, Allied Health, GP Clinic, SSG Function Room, Administration, Reception

→ Stage 3

**anticipated completion date December 2024*

- **Aged Care Stage 2**

*(*assuming no major delays/interruptions)*

Remote Patient Monitoring

This is a new service available to people with conditions such as diabetes, COPD and heart failure. Call 03 5484 4421 for more information.

Candidates must have access to a smart phone/device, internet access, an email address, and be able to complete the monitoring requirements.

Could Remote Patient Monitoring be for you?

RPM allows you to

- Measure your own vital signs
- Share them with your healthcare team
- Avoid extra trips to the hospital
- Avoid waiting room queues



Tel: 03 5484 4421

- Blood pressure
- Oxygen levels
- Weight
- Temperature
- Heart rate
- Blood glucose



Tips for surviving the heat

Extreme heat can be dangerous

Know the risks. Get prepared. Stay safe.



Keep hydrated, drink plenty of water throughout the day. Visit Rochester Community House for a free Zupa Dooper and a cold drink during open hours



Use air conditioning and fans, wear light, loose fitting clothing



Block heat with blinds or curtains. Open windows and doors if it's hotter indoors than outside



Splash or spray cool water onto skin. Wrap ice cubes in a damp towel and drape around your neck



Check in with family, friends & neighbours



Watch the forecast, plan activities for cooler times of the day, visit an airconditioned public space e.g. library, look out for Campaspe Shire Heat Respite Centres open during days declared as Extreme Heat Days

Urgent Care

located at 40-44 Moore St
Rochester, 8:30am - 5:00pm
Monday to Friday
Call 0428 358 892



redhs
caring for our community