

WHAT TO LOOK FOR IN A SHOE

Many adult foot problems and pain can be caused or made worse by poor footwear.

When choosing a shoe look for:

- A thumbs-width between the longest toe and the end of the shoe
- The back of the shoe (heel) should be strong and stable
- Shoe sole should allow for natural foot flexibility but not bend in half or twist
- Laces, buckles or velcro keep the shoe secure on the foot preventing foot and leg muscle tiredness
- Leather or natural shoe materials allow the foot to breath
- If a shoe fits correctly it shouldn't cause rubbing or irritation
- A correctly fitted shoe should not need breaking in
- Measure feet every time before you buy shoes

BOOKINGS AND APPOINTMENTS



(03) 1800 007224

Email: intake@bch.org.au

Fax:(03) 5258 0864



You can make an appointment yourself or ask your doctor, health worker or other service for a referral.

Eligibility criteria and waiting periods may apply to some of our services.

BCH acknowledges the traditional Custodians of the land where we work, and pay respects to Elders past, present and emerging.

HEALTH CENTRE LOCATIONS

DRYSDALE

23 Palmerston Street
Monday - Friday
8:30am - 5:00pm

OCEAN GROVE

78 Presidents Ave
Monday - Friday
8:30am - 5:00pm

PORTARLINGTON

39 Fenwick Street
Monday - Friday
8:30am - 5:00pm
Fax:(03) 8513 6202

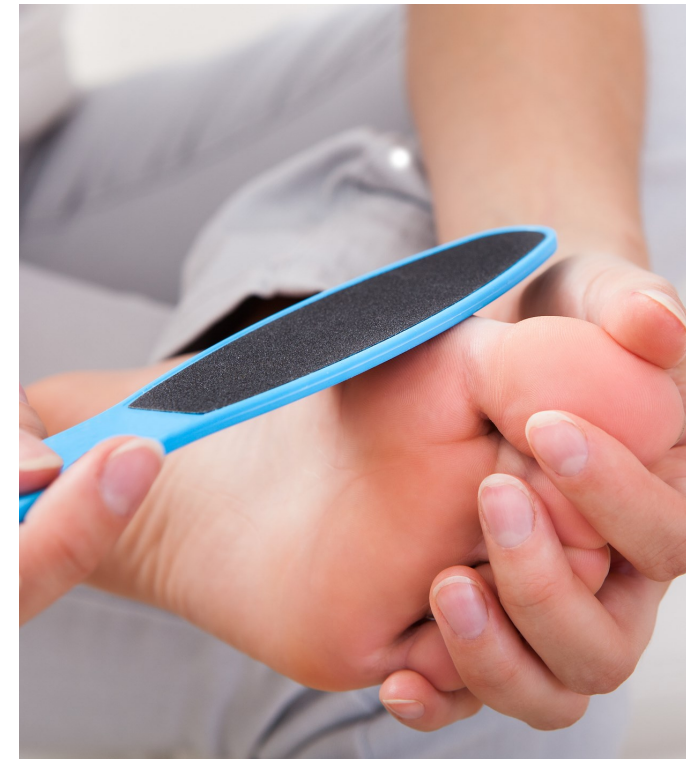
DRYSDALE YOUTH

Peninsula Drive - behind
bus shelter no.5
Drysdale
Monday - Friday
9:00am - 5:00pm
Fax:(03) 5251 5099

POINT LONSDALE

2 Nelson Road
Point Lonsdale
Monday - Friday
8:30am - 5:00pm

Adult Podiatry and Foot Care Services



Bellarine Community Health Ltd. is supported by the Australian Government Department of Health and the Victorian Government. Although funding has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

Feb 2021



✓ **CONSUMER REVIEWED**

This publication has been reviewed by a health service user

www.bch.org.au

A0025025E

PO Box 26 Point Lonsdale 3225

ABN 96 536 879 169

bch Bellarine
Community
Health

With you for life

Bellarine Community Health provides specialist health services for all ages across five locations on the Bellarine. We are committed to providing quality, affordable health care.

Bellarine Community Health is proud to promote and advocate for the health needs of our diverse community.

Our service provides safe, inclusive and high quality care for everyone.

HEALTH SERVICE FEES

Fees for health and dental services are calculated on your income and your ability to pay.

Fees will be explained prior to an appointment being made for you.

Difficulty or inability to pay will not prevent you from receiving treatment or service.

BCH is a registered NDIS provider.

Visit www.bch.org.au for detailed list of fees.

GIVE US FEEDBACK

Bellarine Community Health is wholly committed to improving our services through your experiences.

Please contact us at haveyoursay@bch.org.au or download a feedback form from our website.

ADULT PODIATRY SERVICE

Bellarine Community Health has an integrated Podiatry and Foot Care team dedicated to the care, prevention, diagnosis, treatment and maintenance of foot health and wellbeing.

Our Podiatrist will provide an initial assessment of your foot health and will discuss options for ongoing foot health care with you.

Our Podiatrists specialise in all areas of foot health care including:

- Diabetes
- Wound management
- Ingrown toe nails
- Corns and callous
- Blood flow and sensation assessments
- Painful foot conditions including arthritis
- Sports injuries
- Footwear
- Orthotic prescription



FOOT CARE SERVICE

Our Foot Care Nurse Service is only available after an assessment has been made by a podiatrist.

This service is available to people with general good health but who may have difficulty managing their own foot care.

Foot Care Nurses are Division 2 (State Enrolled) Nurses with additional foot care qualifications. Foot Care Nurses may assist people who:

- Have trouble reaching their feet
- Have difficulty managing their toe nails
- Are vision impaired

Foot Care Nurses provide people with basic foot care management which includes:

- Nail trimming and filing
- Foot self-care education
- Routine footwear advice
- Referral to a Podiatrist for annual review

