

## Group Programs & Projects

- Education and skill building
- Personal development
- Social connectedness

## Our Partnerships Are Important

- HIV Clinical Nurse Consultant
- Heterosexual HIV service (HHAS)
- Sexual Health and HIV clinics
- Local doctors
- Mental Health services
- Drug and Alcohol services
- Non-Government agencies

**There is no charge for  
Positive Central services**

**Your  
confidentiality  
is assured**

## Referrals

### How?

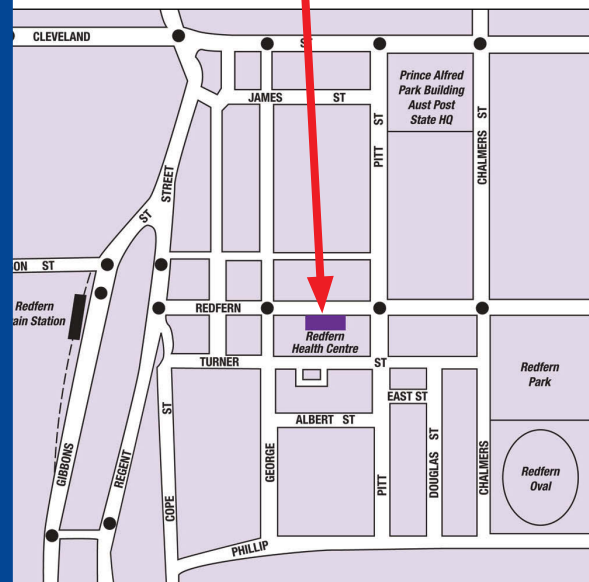
Phone **02 9395 0444** or walk into the centre between 8.30am - 5:00pm Monday to Friday

### Who?

- People living with HIV or a carer of a person living with HIV  
and
- People living, working or receiving health care within Sydney Local Health District

**Any person can make a referral  
to Positive Central**

**We are here**



AVS 74272

**POSITIVE CENTRAL**

**Your first stop for  
health and wellbeing  
in the community**

**Redfern Health Centre**

103-105 Redfern st  
Redfern 2016

**Phone (02) 9395 0444**

**Fax (02) 9690 1978**



Health  
Sydney  
Local Health District

## WHO OR WHAT IS POSITIVE CENTRAL?

- Positive Central is a community based HIV team located within Sydney Local Health District providing case management
- We are a team of social workers, occupational therapists, physiotherapists and dietitians
- We provide outreach services in Community Health Centres, and can visit you at home
- We aim to enable people living with and affected by HIV in the community to improve and maintain their health and wellbeing
- We support you individually and in groups
- We provide case management and work closely with your chosen health team

### SOCIAL WORK

- Counselling
- Advocacy
- Case management
- Housing support

### DIETETICS

- Budget and eating well
- Management of medication side effects
- Weight management
- Cooking skills and food preparation

## POSITIVE CENTRAL



### OCCUPATIONAL THERAPY

- Physical and memory assessment
- Home modifications, equipment
- Case management support
- Management of stress, tiredness

### PHYSIOTHERAPY

- Exercise programs (home, gym, groups)
- Hydrotherapy
- Rehabilitation after hospital
- Better health focus